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Justice.  
Compassion  
Love



## A Lifeline for Anita: ADRA Bangladesh Delivers Food Assistance

Cyclone Remal made landfall on 26 May 2024 in the south-western part of Bangladesh. It left a trail of destruction in the livelihood of the marginalized community in Dacope Upazila of Khulna district. It causes immense suffering to the residents of the area.

I was devastated to learn about Anita's situation. Her livelihood had been completely destroyed by Cyclone Remal, leaving her and her family in a state of despair. Anita's fish pond, which she had worked so hard to build, was swept

away by the powerful winds and flooding. She was left with nothing but debris and uncertainty about the future.

With her source of income gone, Anita found herself struggling to make ends meet. She didn't have enough money to buy food for her family, and the situation seemed bleak.

The emergency response team of ADRA Bangladesh was on the ground during the disaster. They swiftly assessed the situation in Dacope Upazila of Khulna

district and identified that food was the most urgent need for victims of Cyclone Remal. ADRA Bangladesh immediately launched a relief distribution programme to mitigate the hunger crisis caused by the Cyclone Remal.

The relief efforts provided by ADRA Bangladesh were a ray of sunshine for Anita and her community. Bags of rice, lentils, cooking oil, and other essential food items were distributed to the families in need. Anita's family was overjoyed to receive this

support, as it meant that they could have regular meals for at least two weeks without worrying about going hungry.

*"In the aftermath of Cyclone Remal, food relief is a lifeline, offering my family the sustenance, comfort, and strength we need to get through this together. I'm so grateful to ADRA Bangladesh for providing me with this essential aid in times of crisis,"* said Anita - a victim of the Cyclone Remal.

# News & Updates

## Farmers Market School (FMS): A Holistic Approach to Empower Farmers

ADRA Bangladesh organized Farmers Market School (FMS) training in Gouripur, Mymensingh. Amol Kha Kha, Assistant Program Officer, ADRA Bangladesh, and Ruksana Parvin, Trainer, CEP-Khulna facilitated the training. The FMS Training plays a crucial role in empowering marginalized farmers in Bangladesh. By providing valuable marketing knowledge and skills, the program equips farmers with the tools to effectively promote and sell their products. This training not only helps farmers gain access to larger markets but also enables them to

secure better prices for their produce. Ultimately, the Farmers Market School Training contributes to the economic upliftment of marginalized farmers, offering them a pathway to sustainable livelihoods and improved financial stability.

Furthermore, farmers market school training also helps trainees develop important life skills. From budgeting and money management to understanding nutrition and healthy eating, there are many valuable lessons to be learned at the farmers market.



## Ongoing Construction Work of TCEP: Expanding the Facilities for Children

ADRA Bangladesh is making strides to improve educational facilities for underprivileged children in the Ershad Nagar slums. The organization has been working tirelessly to construct better classrooms and environments that will provide a conducive learning environment for these children. We are delighted to share that the construction work at Tongi Children Education Program (TCEP) is making excellent progress. The wall has been accomplished, and the structural

work is well underway. The construction team is working diligently, and everything is on track for the completion of the school infrastructure. With improved infrastructure, the hope is to empower these young minds and provide them with better educational opportunities for a brighter future. It's fantastic to see the project moving forward, and the local community is eagerly waiting to see a model school in their area.



## CSCDP Provides Nutritious Meals for Its Children

Providing meals for children in slum areas can help alleviate hunger and food insecurity, which are common issues in marginalized communities. By ensuring that children have access to nutritious meals, the Chalantika Slum Children Development Project (CSCDP) is playing a vital role in promoting the health and well-being of the children in the Chalantika slums.

Feeding programs for school children have several positive impacts. Firstly, they help to improve the nutritional status of children, ensuring that they have access to a balanced and healthy diet. This, in turn, can improve physical health, cognitive development, and academ-

ic performance. Currently, CSCDP offers meals for the students five days a week. Through feeding programs, CSCDP reduces absenteeism and dropout rates, as children are more likely to attend school when they know that they will receive a nutritious meal. This can have a positive impact on the future prospects of children, as education is key to breaking the cycle of poverty. CSCDP is working to build stronger and more resilient communities, as they often involve collaboration between schools, parents, and local organizations. Feeding programs for school children can have a significant and lasting positive impact on the lives of children and their communities.



## MYDP Organized Leadership Training for Youth

Leadership training for youth is significant because it helps young people develop crucial skills and qualities that will benefit them throughout their lives. Through leadership training, young people learn how to communicate effectively, set and achieve goals, work collaboratively, and make difficult decisions. Make-up Your Dream Project (MYDP) organized Leadership Training

for the participants. Trainers from the Department of Youth Development (DYD) conducted the training. Leadership skills are valuable not only in the workplace but also in personal relationships and other areas of life. That training aimed to develop the skills, knowledge, and attitudes of MYDP participants.





## CEP-Manikganj Promotes Organic Farming and Building Healthier Ecosystems

Community Empowerment Project (CEP) in Daulatpur, Manikganj, promotes organic farming among its beneficiary farmers. Salma, a beneficiary of CEP-Daulatpur, Manikganj, cultivates squash following the organic farming methods and gets optimum yield. Organic farming promotes environmental sustainability by reducing the use of synthetic pesticides and fertilizers, which can contaminate soil and water. Organic farming also helps preserve biodiversity and promotes healthier ecosystems. From a consumer perspective, organic

produce is free from synthetic chemicals, which have potential health benefits. Organic farming represents a more holistic and natural approach to agriculture which aims to benefit both the environment and consumers.

Through training sessions and workshops, farmers in the community are learning about natural pest control methods, composting techniques, and crop rotation to maintain soil fertility.

## Economic Empowerment through Goat Distribution in Dacope, Khulna

The distribution of goats among the marginalized community in Bangladesh has several positive impacts. Through the goat distribution activity, the Community Empowerment Project (CEP), Dacope, Khulna, boosts economic empowerment. Goat rearing provides an additional source of income for marginalized communities, helping to alleviate poverty and improve their financial stability. Goat rearing has become a

sustainable livelihood option for marginalized communities in Dacope, providing an ongoing source of income and livelihood security. In many cases, women are involved in goat rearing, which empowers them by giving them a source of income and decision-making power within their households. Goat distribution contributes to the economic, nutritional, and social well-being of marginalized communities in Dacope.



## CEP-Mymensingh is Fostering Financial Solvency by Promoting IGA

CEP-Mymensingh has been making significant strides in empowering marginalized individuals within the Mymensingh region. Promoting income-generating activities (IGA) aims to uplift and support vulnerable community members. Through a series of targeted programs and initiatives, CEP-Mymensingh has provided valuable skills training, resources, and support to individuals who have historically faced barriers to economic participation.

Habibullah, a male counterpart from the Sonampur Women's Development Coop-

erative Association of Community Empowerment Project (CEP), Gouripur, Mymensingh, commenced production of bamboo products in accordance with CEP technical instructions. Habibullah's wife, Modina Begum (a member of the CEP's Community-Based Organization), secured a loan of BDT 10,000 from their Shomity to purchase bamboo. They now manufacture bamboo baskets and mats, which they sell at BDT 60 and BDT 100 each in the local market. This has enabled them to generate an impressive BDT 15,000 in revenue each month.



## Cyclone Remal Relief Distribution in Dacope, Khulna

In collaboration with local authorities, ADRA Bangladesh conducted a relief operation for the victims of Cyclone Remal in Dacope, Khulna. The cyclone had left a trail of destruction, causing immense suffering to the residents of the area. ADRA Bangladesh, known for its swift and effective response to such disasters, wasted no time in mobilizing resources to reach

out to those in need. The relief operation was carried out meticulously, with a focus on providing essential supplies to the affected population. Food packages, consisting of rice, lentils, cooking oil, and other necessary items, were distributed to ensure that the victims had access to nutritious meals.

## CSCDP Celebrated World Environment Day

World Environment Day, is a day dedicated to raising awareness and promoting action for the protection and preservation of our environment. Chalantika Slum Children Development Project (CSCDP) celebrated World Environment Day with various activities aimed at promoting environmental awareness and sustainable practices. CSCDP held tree planting, rallies on recycling, and community cleanup. It was a great opportunity to show our commitment to protecting and preserving our environment for future generations. One of the key objec-

tives of the CSCDP in celebrating World Environment Day 2024 was to raise awareness among the children about the impact of our daily choices on the environment. From the food we consume to the products we buy; our actions have far-reaching consequences for the planet. By promoting sustainable consumption and production patterns, we can reduce waste, conserve resources, and mitigate the ecological footprint of our lifestyles. Together, we can make a difference and create a world where nature thrives, and future generations can thrive alongside it.





**Tonmoy Roy**  
Supervisor, CEP-Manikganj

# Employee Spotlight

## Where We Work



### When did you first join ADRA Bangladesh and why?

I joined ADRA on March 18, 2012. ADRA is a humanitarian development organization. I joined to engage in humanitarian work and enhance my skills in the development sector.

### What do you love most about your position?

Now, I work as a supervisor in the Community Empowerment Project (Phase II). This role allows me to take a leading position and support the community. I can work together with community members and participate in various meaningful activities that motivate me.

### What were the challenges and difficulties you faced during your journey and how have you overcome them?

At the project's outset, numerous challenges arose in establishing the new CBO. The primary issue stemmed from skepticism and a lack of understanding among individuals regarding ADRA. Collaborating in group formation proved to be a significant hurdle. To address this issue, all project staff worked together as a cohesive team. By reaching out to influential members of the community, we ultimately triumphed. Presently, all beneficiaries view us as an integral part of their community. This is our success.

### What does the work of ADRA Bangladesh mean to you?

ADRA is an organization committed to serving humanity, working for the empowerment of marginalized individuals in society, and fostering empathy. This contributes to creating a positive societal transformation.

# System of Rice Intensification (SRI) Practice in CEP Manikganj



The System of Rice Intensification (SRI) is a modern and efficient technique of rice cultivation that has been embraced by the ADRA CEP Manikganj project to enhance rice production and reduce cultivation costs. This innovative method has been shown to increase rice yields by 15% to 25% compared to traditional methods, translating to an additional 5 to 7 kilograms of rice per decimal of land. Between 2022 and 2024, ADRA CEP Manikganj provided SRI training to 180 farmers, and currently, 184 farmers are implementing this method in their rice production.

**SRI Process:** The System of Rice Intensification (SRI) is a comprehensive approach that involves specific practices at each stage of rice cultivation, from land preparation to harvesting. The following sections outline the key steps involved in the SRI process:

- 1. Land Selection and Preparation:** Choose land that is free from water logging to ensure optimal growth conditions for the rice plants. Plow the land 2 to 3 times to improve soil aeration and structure, which are crucial for healthy root development.
- 2. Initial Fertilization ("Vasal Dose")** Apply a one-time "Vasal Dose" of fertilizers per decimal of land: MOP (Muriate of Potash): 300 grams, TSP (Triple Super Phosphate): 700 grams, Gypsum: 300 grams, Zinc: 30

grams (applied either before or after TSP, but not simultaneously), Boron: 30 grams.

- 3. Irrigation & Water Management:** Apply a sufficient amount of water to the land, and then wait until the soil dries and begins to crack slightly before the next irrigation.
- 4. Planting:** Transplant rice seedlings aged 15-20 days, maintaining a spacing of 10 square inches between each plant. This spacing helps to promote healthy growth and reduces competition for nutrients.
- 5. Weeding and Perching:** Regular weeding is essential to prevent competition from unwanted plants and to maintain soil aeration. Use perches for birds to help control harmful insects during the top-dressing period, promoting a healthier crop.
- 6. Top Dressing Fertilization:** Apply the first round of urea fertilizer 15-20 days after planting. Conduct 3 to 4 top dressings at 20-25-day intervals, using a total of 700 grams of urea per decimal of land over this period. During the final top dressing, add 300 grams of MOP.
- 7. Ripening Phase:** Ensure adequate water supply during the last 60 days of the crop's ripening phase. Cease water supply 10 days before harvesting to prepare the crop for harvest.

By meticulously following these steps,

the SRI method can significantly enhance rice yield and ensure a healthy and robust crop.

## **Economic Benefits of SRI:**

The adoption of SRI not only boosts rice production but also offers significant cost savings for farmers:

- 1. Irrigation Cost Reduction:** SRI requires less water, thereby reducing irrigation costs.
- 2. Seed and Fertilizer Cost Savings:** The method uses less seed and less fertilizer than the traditional method, with five times fewer seeds being used.
- 3. Increased Production:** SRI yields 35-37 kilograms of rice per decimal, compared to 30 kilograms per decimal using traditional methods.
- 4. Disease control and pest management:** Since SRI maintains sufficient spacing between plants, it facilitates easier pest management and disease control.

## **Conclusion:**

The System of Rice Intensification (SRI) represents a transformative approach to rice cultivation, providing a sustainable and efficient method for increasing rice yields while reducing input costs. The success of SRI in the CEP Manikganj project underscores the potential of this technique to improve food security and farmer livelihoods.

We provide children with

- Quality Education
- Primary Health Checkups
- Nutritious Meals
- Educational Materials
- Awareness Sessions



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