

Sadhana learns to become a healthy mother

“I had no idea about health issues during pregnancy but from JANO group, I got a deeper understanding of how healthy nutrition and prioritizing one’s health are connected. I am so grateful to see my little one grow everyday into a healthy and happy child.”

Sadhna Rani, Domar,
Nilphamari



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Tajmira defeats her fears surrounding her menstrual cycle

“Earlier, our lives would come to a standstill but now, through Gender Equity Movement in Schools (GEMS) sessions, we defeated our fear and live life to the fullest on those days.”

Tajmira Akter,
Jaldhaka, Nilphamari



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Community Support Group (CSG) rallies for improved nutrition

With the collaborative effort each member of the CSG contributed to buy papaya plants. With the reinforcement from the CSG, this community planted 300 papaya plants in 101 households in just one month to fulfill their nutrition needs.

Geddo Balapara
Community Support Group,
Kaonia, Rangpur

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Noor sheds her inhibitions towards a healthier motherhood

“As char dwellers, we have little or no access to health services. With the support from CSG I went to the Community Clinic and I think I made the most right decision of my life.”

Noor Nahar, Gangachara,
Rangpur.



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Shimul and his life-changing tool

“The garden we have in our school from JANO project is a learning tool for me. I learned how to take care of a real garden and replicate those in my own garden.”

Shimul, Jaldhaka,
Nilphamari



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Mohsina takes charge of her family's nutrition

"We were not rich enough to buy expensive foods. The courtyard sessions taught me to grow nutritious vegetables & rear livestock, providing my family with nutritious food at low costs."

Mohsina Taraganj,
Rangpur



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Lima is now
future proof!

“From the 13 GEMS sessions facilitated by JANO, I have learned the most important lessons to become a healthy and safe mother. My future as a mother definitely got brighter.”

Lima Akhter, Taraganj,
Rangpur



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It is not just a board game but a game changer!

“I never thought a board game would change the way I think. Leading us through changes between ages 10-19, the adolescent centre really changed my perspectives on growing up.”

Riya, Kishoreganj Shishu Niketon School, Kishoreganj, Nilphamari



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Learning too can be fun!

“Learning about
nutrition, adolescent
health and hygiene
through videos... the
adolescent centre is a
whole new world!”

Parimal, Khokshabari



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Puja smashes stereotypes through acting

“As an actor, theater for development Show is a medium for me to challenge stereotypical social norms and practices. Through this I have raised awareness on gender, nutrition, health, and hygiene, which gives me a feeling of empowerment.”

Puja, Dalia Tfd group,
Kishoreganj



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Nasima,
spreading
nutrition
around
her community!

“I was an ordinary woman until JANO empowered me as an entrepreneur, linking me with a private company (ACI). I now sell vegetable seeds, ensuring nutrition within my home & the whole community.”

Nasima, Gangachara,
Rangpur

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Learning has
never been
this easy!

“This talking book is
the easiest learning
tool ever. It sings and
it is very fun to use. I
have learned so many
important things
about pregnancy and
I also share my
learning with other
pregnant women.”

Ayesha Siddiqa,
Gangachara, Rangpur



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Rahena, the guardian angel

“As a woman representative of Mornoa Union Parishd and CSG member, I have ensured clinical and safe delivery of 31 women in the community clinic! This was the biggest achievement of my life and this all possible because of the revitalization of CSG group.”

Rahena Begum, Rangpur



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Afsana bikes her way to freedom

“I faced objections from everyone, including my parents about riding a bicycle, until they watched the TfD show about gender equality organized by JANO and realized their mistake. Now, I hold my head up high while riding my bike as many others follow my lead.”

Afsana Mimi Alo, Taraganj,
Rangpur

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