



Institute of Wellbeing  
B A N G L A D E S H

2022

# Institute of Wellbeing Bangladesh Annual Report 2022

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Bangladesh

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# **Table of Contents**

## **+ Reaching Young People**

- Internship Program
- Camp Cool
- Diversity is our Strength
- Amader Shishu ~ Our Children
- Bangladesh Youth Climate Network

## **+ Sharing Ideas**

- Facebook Live Talk Shows
- Online Meetings and Trainings
- Seminar

## **+ Promoting Solutions**

- Demonstrations
- World Car free Day

## **+ Media**

- Article Writing
- Social Media Campaign
- Videos

## **+ Our Reach**

## **+ List of 2022 Interns**

## Reaching Young People

### Internship Program

The IWB internship program reaches out to young people (usually university students) to encourage them to maintain their idealism and find a practical expression for it. Interns engage in a number of activities including listening to presentations, watching videos, discussing a number of issues, organizing and participating in demonstrations, participating in live talk shows, and making posters, Camp cool, presentations and videos.

In 2022 the internships were conducted both online and offline and total 60 interns successfully completed the internship. While most interns were from Bangladesh, we also had interns from Afghanistan, Myanmar, Nepal, India, Pakistan, Syria, Finland, USA, and Timor-Leste. The largest number of participants were from the Asian University for Women. The AUW interns engaged in a number of activities to enhance their skills in leadership, communication, presentation, and video making. They made posters, a PowerPoint presentation on an assigned topic, and a video. They also all participated in a live talk show (on the IWB Facebook page).



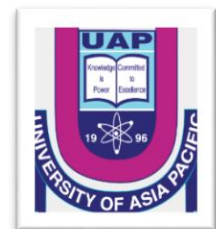


There was several internship sessions with students from different universities. The interns came from the following universities:

- Asian University for Women (international)



- University of Asia Pacific



- The Peoples University of Bangladesh



## Reaching Young People

### Camp Cool

Camp Cool is a 2.5-day residential training where participants learn about new topics (car free Cities, Revolt against Plastic, Diversity, Urban Gardening, climate Crisis) and gain advocacy skills. Camp Cool teaches participants about wellbeing of economics campaigns and other topics through a fun, participatory approach.


This year Institute of Wellbeing Bangladesh organized one Camp Cool session, Camp Cool-14. Every time Camp Cool focuses on a specific topic. The theme of the Camp Cool-14 was “Burn less fuel, Build Better Cities” organized by Car free Cities Training Institute. As right now, the world is affected by global energy crisis. There were number of participants from different countries and universities. Institute of Wellbeing Bangladesh awarded certificate among all participants.



Pictures of Talent show in the Camp Cool:



## Camp Cool participants Reflection:



### Camp Cool 14

Review

“ Hello, I am Ambassador **Mohamed Juldeh Barrie**, from Sierra Leone. My experience was quite amazing, even though I missed the orientation they still makes me feel welcomed. This is a camp that I will forever cherish. I learnt about carfree cities, burn less fuel and build better cities. The staff made us feel like home, very welcoming and generous people. I would like to thank Ma'am Debra for this prestigious organization and initiative: C-A-M-F-COOL. ”

Organized by Carfree Cities Training Institute  
IWB, CCAB, BYCN



### Camp Cool 14

Review

“ Asalamulikum I'm **Alie Alusine Kamara** from Sierra Leone currently studying at the Islamic University Technology. I went to Camp Cool with very little knowledge on Car Free Cities during the Camp I got to learn a lot ranging from advocacy, networking and public speaking this has help shaped my thoughts on how I can positively contribute towards sustainable future. The staff were awesome I appreciate the effort put in to making the Camp a success. I am also privileged to meet with people from different countries sharing stories about our cultures. I want to use this opportunity to urge stakeholders to do the needful in Building Better Cities free from Cars. As the name implies CAMP COOL it was indeed Cool, Educative and Fun altogether ”

Organized by Carfree Cities Training Institute  
IWB, CCAB, BYCN



### Camp Cool 14

Review

“ Mother Earth is speaking and It's time to listen. Hello I'm an enthusiastic traveller. My passion for travelling inspired me to join this interesting camp about Carfree Cities. It was actually a coool camp. I have learnt leadership skills, connections and the necessity of reducing cars within the city. As a traveller I think this is not the time to keep silent. We should speak up about the climate change and the necessity of preserving the nature of our beautiful earth. A big thanks to the organizer and Debra, The One Man Army. ”

**Raihan Shakhwat Tuhin**  
Student, International Relations  
University of Dhaka  
Dhaka, Bangladesh

Organized by Carfree Cities Training Institute  
IWB, CCAB, BYCN



### Camp Cool 14

Review

“ Be a hero that will narrow the emission of Carbon to reside in safe cities with your families. I am **MUSA S. JAWO** from the Gambia, a student in Islamic University of Technology. To start with, Before the Camping about Carfree Cities there were many questions popping up in my mind about the movement, but during the camping the experience was just great and educative. The camp cool for Car-free cities taught me the techniques of advocacy, public speaking, approaches of networking and among all building a better life for our childrens and living in well defined environments. I get to learn that cars are having more negative effects on our environment than positivity. Therefore, Camp cool shapes my knowledge and teaches me that everyone among us should work towards building a better environment for our upcoming generations and eradicating climatic crises. No word can describe the great leadership style the staff executed in making sure the camp cool for carfree cities went through. It is a great honor and privilege for me to meet with such staff. I was able to meet with other people from different countries to build a good friendship and learned from them. It shall be the wisest move if we join and advocate for this agenda with Madam Debra and her staff to bring about positive change. Carfree City is Life. ”

Organized by Carfree Cities Training Institute, IWB, CCAB, BYCN




### Camp Cool 14

Review

“ Sitting quiet and doing nothing cannot be a solution to the problems that involve the deadly risks of our future generation. Cities should be restructured and green should be promoted. We need to remember there is no planet B. I am thankful to The Camp Cool which has widened my lens and views on the environment pollution caused by the cars and vehicles and learned how we can actually lead good healthy life by making the cities walking and bicycle friendly. ”

**Chow Mong Marma**  
Founder, YCEP  
Student, MSS, International Relations,  
University of Dhaka

Organized by Carfree Cities Training Institute  
IWB, CCAB, BYCN



### Camp Cool 14

Review

“ It seems always impossible to bring changes and make the success stories of your life without having any movement. Therefore, stand up, take action, and go step-by-step to bring a quality of life not only for yourself but also for others. This is **Mohammad Hashim Safa** an Afghan student in Bangladesh. Participating in CAMP COOL enhanced my awareness towards climate change which is the main concern of today's world and how it is important to take action, even if it is a small step forward. This short but important camp gave me many ideas to address climate issues and have a green and fresh environment. Considering all, CARFREE CITIES (reducing the number of cars in cities) could be the best solution for protecting the ecosystem and having it a safe living place, more importantly, in developing countries, because cars are considered to be one of the biggest factors in producing Carbon Dioxide (CO2). Besides boosting my knowledge about environment-related topics, it gave me a wide range of information on leadership, advocacy, and networking and how they can be useful in terms of creating new opportunities for social and environmental changes and fighting for justice. Moreover, it created an opportunity to meet different participants from different countries and communities and get familiar with their diverse cultures and beliefs. Many thanks to the organizers of this wonderful camp especially, Debra Efraymon for leading and putting all her efforts to make this program interesting by sharing her knowledge and life stories and how to overcome challenges and changing them into strengths. Let's all get together and do something for the betterment of our environment, even if it is a small step forward. To take action against pollution, CARFREE CITIES are a better solution!!!! ”

Organized by Carfree Cities Training Institute, IWB, CCAB, BYCN

## Reaching Young People

### Diversity is Our Strength

IWB organizes “Diversity is Our Strength” programs to highlight the importance of accepting and celebrating people who are normally excluded from society, with a focus on people with disabilities and transgender people. The goal is to encourage young people to develop a more positive attitude towards these excluded groups and to abandon their prejudices. In 2022, IWB organized several Diversity is Our Strength sessions with interns.

Evan Ahmed Katha who has been one of our main contributors of diversity program was awarded a crest for her active participation and contribution in promoting inclusivity and diversity.







Awarded a crest



## Reaching Young People

### Amader Shishu ~ Our Children

Institute of Wellbeing Bangladesh has a different type of internship program called “Amader Shishu ~ Our Children.” This is a 2/3 weeks long internship program, and the participants are mainly the undergraduate or graduate university students. However, in this program, IWB provides a special offer for extending the opportunity to 2 months for the fresh graduate. The journey of the first batch was started in December 2022. The program is organized and directed in a very beautiful village environment at Khajuria, in Cumilla. The participants/interns are basically works with the interested and enthusiastic children from the village in Khajuria government high school. The aims of the program are as follows.

- Create a good image inside the children’s mind about village; like, village is a great place to have a healthy and beautiful life.
- Create an opportunity for the village children to gain knowledge through creative and fun learning to explore their own capability, and also for the intern to gain experience for their future career path
- Gain practical village life experience for the interns
- Learn how to survive in an adverse environment and situation



At first, 9 interns participated in the program and they provided creative teaching and training among 27 children in 2022. The participating interns were mostly from Bangladesh, but there were some foreign interns from Afghanistan and Myanmar as well. In this batch, all the interns were the students from Asian University for Women.

Through the program the children learn lots of activities in several creative ways. Beside the children the interns also get a great opportunity to focus and improve their own skills.

## Basic lesson learning activities with children

- Hygiene
- Manners
- How to deal with disable people
- Village vs. city life
- Discipline
- Moral lesson



## Theme learning activities with children

- Drawing
- Origami
- Crafting and Painting Clay Objects
- Acting
- Dancing
- Singing
- Role play





### Fun activities with children (Playing together)

- Kanamachi
- Borof Pani
- Kabadi
- Tukatuki
- Pepsi
- Rong Khela
- January February
- Head, Shoulders, Knees, and Toes
- Simon Says



### Activities with Interns

- Orientation
- Training for all activities
- Picking up & down children from school
- Meeting with teachers, parents and supervisors
- Weekly meeting for activity updates
- Regular meeting for lesson learning updates
- Village visiting (gathering information about village life)
- Nature visiting
- Cooking trial
- Bonfire
- Organize the talent show as volunteer



### Talent show's pictures:



## Pictures of Fun, Village Visits and Outings:





## Reaching Young People

### **Bangladesh Youth Climate Network (BYCN):**

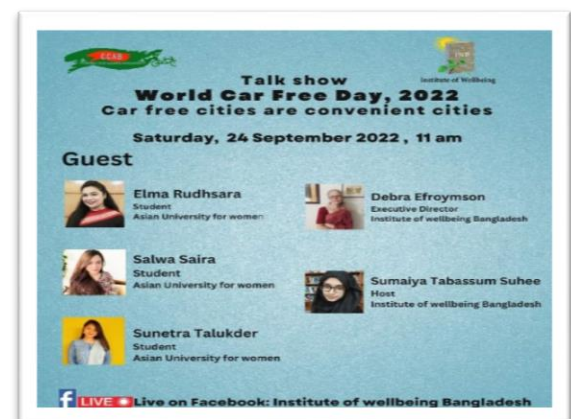
Student and youth societies, as many government and private institutes are working to prevent the global climate crisis. Bangladesh Youth Climate Network (BYCN) team makes awareness of the youth generation to protest the carbon emission of the carbon-emitting countries and to protect the balance of the environment. BYCN trained advocacy, public speaking, and networking and provided the necessary information for this ambassador team to effectively work on climate crisis prevention.



## Idea Sharing

### Facebook Live Talk Shows:

The Institute of Wellbeing Bangladesh regularly organizes and participates in talk shows in English and Bengali to spread our ideas to a wider audience. The IWB talk shows are broadcast live on the IWB Facebook page. Topics include environmental issues, diversity, Women Empowerment, and economics. This year IWB contacted 28 Live Talk Shows.



**World Car Free Day**

**Talk Show**

4 PM  
19 Sep 2022

**Guests**

 Isabel Borges Pereira Student Asian University for Women	 Debra Efroymson Executive Director Institute of Wellbeing Bangladesh
 Enas Fatoom Student Asian University for Women	 Host Friba Kaiwan Graduate Asian University for Women
 Zarifa Sadat Student Asian University for Women	

**Talk Show**

**International PARK(ing) = Parklet Day 2022**

15 September 2022 4:00 PM

**Guests**

 Srishti Roy Chowdhury Data Associate Bangladesh Institute of Government and Development (BIGD)	 Ar. Moukuri Mohim Architect Owner of Proforma Architects
 Sefat-E-Kaniz Harun Founder of Sheila's Academy & Female Cyclists of Bangladesh	 Debra Efroymson Executive Director Institute of Wellbeing Bangladesh
 ANM Masum Billah Bhuyan Policy officer Institute of Wellbeing Bangladesh	 Host Sumaiya Tabassum Sultana Consultant Institute of Wellbeing Bangladesh

**“উন্নয়নের অগ্রযাত্রায় নারী” শীর্ষক টকশো**

প্রচারিত হবে ০৮ সেপ্টেম্বর ২০২২, সকাল ৯.৩০ টা

ইনস্টিটিউট অব ওয়েলবিং ফেসবুক পেজে।

**আলোচকবৃন্দ**

 ডেব্রা ইফ্রয়মসন সিইও পরিচালক ইনস্টিটিউট অব ওয়েলবিং	 মিস্তু আক্তর স্বামী
 শিক্কা বেগম পরিচালকসহায়ী	 সকলন্তা বনসী সম্পদ কম্পিউটার অ্যান্ড এডুকেশন ইনস্টিটিউট অব ওয়েলবিং, বাংলাদেশ
 সাসমিতা আক্তর পরিচালকসহায়ী	

**Talk Show**

**Can Youth Change the World?**

Time: 11:00 AM 14 August 2022

**Host**  
Debra Efroymson  
Executive Director  
Institute of Wellbeing Bangladesh

**Guest**

 Sunetra Talukder Student, Asian University for Women	 Isabel Borges Pereira Student, Asian University for Women
 Elma Rudhsara Student, Asian University for Women	 Friba Kaiwan Student, Asian University for Women
 Salma Hashem Student, Asian University for Women	 Enas Fatoom Student, Asian University for Women

Live on Facebook: Institute of Wellbeing Bangladesh Official page

**ইয়ুথ ফিল ডে উপলক্ষে**

**প্রাস্টিকের ব্যবহার বন্ধে তরুণদের ভাবনা শীর্ষক টকশো**

তারিখ: ০৬ জুলাই ২০২২ সময়: বিকাল ৩:০০

**আলোচকবৃন্দ**

 নিলান্দ্রী মিয়া নিলান সিকার্টারী সাইবোর্স বিভাগ	 জাহেদ আল মাহমুদ সিকার্টারী সাইবোর্স বিভাগ
 ইমদান বান সিকার্টারী সাইবোর্স বিভাগ	 মাহমুদুল হাসান সকলন্তা কমিউনিকেশন অ্যান্ড ইনস্টিটিউট অব ওয়েলবিং, বাংলাদেশ
 ফারহীন ইসলাম মাইন সিকার্টারী সাইবোর্স বিভাগ	

Live on Facebook: Institute of Wellbeing Bangladesh Official page

**Talk Show: Gratitude**

Time: 11:00 AM 11 August 2022

**Host**  
Debra Efroymson  
Executive Director  
Institute of Wellbeing Bangladesh

**Guest**

 Salwa Saira Student, Asian University for Women	 Ja Zin Student, Asian University for Women
 Nan Win Nandar Tun Student, Asian University for Women	 Zarifa Saadat Student, Asian University for Women
 Pann Ei Phwe Student, Asian University for Women	 Zinnatun Nessa Student, Asian University for Women

Live on Facebook: Institute of Wellbeing Bangladesh Official page

**Talk Show:**  
**What Wellbeing Means to Me**

06 July 2022  
11:30 AM

Host: **Debra Efraymon**  
Executive Director  
Institute of Wellbeing Bangladesh

Guests: Institute of Wellbeing Bangladesh (IWB) Interns

 <b>Umme Ayman Jannat</b> Student Asian University for Women	 <b>Fatema Jannat Smrity</b> Student Asian University for Women
 <b>Jame Nahar</b> Student Asian University for Women	 <b>Sita Kumari</b> Student Asian University for Women
 <b>Christina Kanta Ritchil</b> Student Asian University for Women	 <b>Zarghoona Yousafzai</b> Student University of Profound

**LIVE** Live on Facebook: Institute of Wellbeing Bangladesh Official page

**Talk Show:**  
**Is Generosity Good Economics?**

05 July 2022  
11:30 AM

Host: **Debra Efraymon**  
Executive Director  
Institute of Wellbeing Bangladesh

Guests: Institute of Wellbeing Bangladesh (IWB) Interns

 <b>Sadia Salim</b> Student Asian University for Women	 <b>Naema Fatima</b> Student Asian University for Women
 <b>Shanjida Afrin</b> Student Asian University for Women	 <b>Ishrifet Bin Islam Timm</b> Student Asian University for Women
 <b>Raida Zaman</b> Student Asian University for Women	 <b>Rani Inayat</b> Student PA Mohr AS Shah, And Agriculture University

**LIVE** Live on Facebook: Institute of Wellbeing Bangladesh Official page

**Talk Show:**  
**Localization: A Personal Perspective**

16 June 2022  
11:30 AM

Host: **Debra Efraymon**  
Executive Director  
Institute of Wellbeing Bangladesh

Guests: Institute of Wellbeing Bangladesh (IWB) Interns

 <b>Sadikshya Khadka</b> Student Asian University for Women	 <b>Shahanaz Akhter</b> Student Asian University for Women
 <b>Htang San Dumphau</b> Student Asian University for Women	 <b>Taspiat Jannat</b> Student Asian University for Women
 <b>Mahmuda Akter Tahia</b> Student Asian University for Women	





**LIVE** Live on Facebook: Institute of Wellbeing Bangladesh Official page

**Talk Show:**  
**Localization and Climate**

15 June 2022  
11:30 AM

Host: **Debra Efraymon**  
Executive Director  
Institute of Wellbeing Bangladesh

Guests: Institute of Wellbeing Bangladesh (IWB) Interns

 <b>Fabiba Moin</b> Student Asian University for Women	 <b>Nahida Akhter</b> Student Asian University for Women
 <b>Mipru Marma</b> Student Asian University for Women	 <b>Karishma Thapa</b> Student Asian University for Women

**LIVE** Live on Facebook: Institute of Wellbeing Bangladesh Official page

**LIVE** প্রতিবন্ধী ব্যক্তিদের অবিকার প্রতিষ্ঠায় "আমাদের কণ্ঠস্বর" শীর্ষক টকশো  
ক্রীড়া এবং সাংস্কৃতিক চর্চার ক্ষেত্রে কতটা সুযোগ  
আছে প্রতিবন্ধী ব্যক্তিদের জন্য

তারিখ: ২৮ মে ২০২২  
বিকাল: ৪:০০ টা

আলোচকবৃন্দ

 <b>ককসানা খরির</b> সকর্মেট্রি খাদ্যসেবা বিষয়	 <b>তাসবুদদার রিফাত পান্না</b> হস্তকারী-কলি-খাদ্যসেবা হস্তকারিতার স্বপ্ন প্রকল্পের সহকারী
 <b>হকিমুর রহমান সুসোটা রাজা</b> ক্রীড়া সেবায়, সবারে স্বাক্ষরিত ককসানা স্ট্রীট ক্রীড়া সড়কী পরিচালনা	 <b>বদনী দাসবর</b> সকর্মেট্রি হস্তকারিতার স্বপ্ন প্রকল্পের সহকারী
 <b>মুস্তানা নাঈমা হক</b> ক্রীড়াসেবা, সকর্মেট্রি-সকর্মেট্রি-সকর্মেট্রি সকর্মেট্রি	

আন্তর্জাতিক পরিবার দিবস ২০২২ উপলক্ষে বিশেষ আলোচনা সভা  
“উন্নয়নের অগ্রযাত্রায় নারী”

২৮ মে ২০২২  
শনিবার, বিকাল ৪:০০ টায়

আলোচকবৃন্দ

 <b>ইসরাত হারুন কলক</b> যুব সেবা ও সহায়তা	 <b>সেবোরা ইফাইমসল</b> সকর্মেট্রি-সকর্মেট্রি সকর্মেট্রি ও প্রকল্পের সহকারী
 <b>তাসবুদদার সুলতানা আদিল</b> সকর্মেট্রি, ককসানা স্ট্রীট	 <b>মেবোরা শাহিনা খান্নুন</b> সকর্মেট্রি-সকর্মেট্রি-সকর্মেট্রি সকর্মেট্রি ও প্রকল্পের সহকারী

**LIVE**

প্রতিবন্ধী ব্যক্তিদের অধিকার প্রতিষ্ঠায় "আমাদের কষ্ট স্বর" শীর্ষক টকশো

প্রতিবন্ধী ব্যক্তিদের প্রবেশগম্য শিক্ষায় করণীয়

তারিখ: ১৩ এপ্রিল ২০২২ | সকাল: ১১:০০ টা

**আলোচকবৃন্দ**

 <b>নূরজাহান নাঈদা হক</b> প্রোগ্রামার, বিকৃত প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>তাহসিনুর রহমান পাশা</b> সহকারী পরিচালক, অধিকার সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>মোহাম্মদ ওয়াহিদুর রহমান রাহুল</b> সিআইটি, মিলটার	 <b>ফারহানা আক্তার</b> বরদী দায়বদ্ধ প্রোগ্রামার, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>মুই আব্দার</b> প্রোগ্রামার, বিকৃত প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	

**LIVE**

আন্তর্জাতিক বন দিবস ২০২২ উপলক্ষে বিশেষ টকশো

"বন রক্ষায় স্থানীয় জনগণের ভূমিকা ও বাস্তবায়ন করণীয়"

তারিখ: ৩১ মার্চ ২০২২ | বিকাল: ৪:০০ টা

**আলোচকবৃন্দ**

 <b>রিষতা সিন্ধু</b> সহকারী পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>দেবরা ইফ্রায়মন</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>আরিন চন্দ্র বানাই</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>আরিন মু</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>অনশা মু</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>ফারহানা</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>ফারহান</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	

আন্তর্জাতিক নারী দিবস ২০২২ এর প্রতিপাদ্য "নারী-পুরুষের সমতা টেকসই আর্থিক বার্তা"

বিশেষ আয়োজন: নারী "উন্নয়নের অগ্রযাত্রায় নারী"

১০ মার্চ ২০২২ | দুপুর ১২:০০ টা | বিকাল ৪:০০ টা

**আলোচকবৃন্দ**

 <b>রিষতা সিন্ধু</b> সহকারী পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>দেবরা ইফ্রায়মন</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>ফারহানা</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>আরিন মু</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>অনশা মু</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>ফারহান</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>ফারহানা</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	

**উন্নয়নের অগ্রযাত্রায় নারী**

শীর্ষক টকশো

তারিখ: ২৩ ফেব্রুয়ারি ২০২২ | বিকাল ৪:০০ টা

**আলোচকবৃন্দ**

 <b>ফারহানা</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>আরিন মু</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>অনশা মু</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>ফারহান</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>ফারহানা</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	

**Talk Show**

**A Conversation on Climate**

Time: 11:30 AM | Date: 17 February 2022

Hosted by: **Debra Efraymon**  
Executive Director  
Institute of Wellbeing Bangladesh

Guest: IWB Interns

 <b>Arifa Tamanna</b> Student Department Bachelor of Architecture Southeast University	 <b>Nazmul Hasan</b> Student Master in Development Studies BNU University
 <b>Anisur Rahman</b> Student Department of Tourism and Hospitality Management University of Dhaka	 <b>Israt Jahan</b> Student Earth House Khembari School
 <b>Most. Dipali Khatun</b> Student Asian University for Women	

"উন্নয়নের অগ্রযাত্রায় নারী" শীর্ষক টকশো

তারিখ: ১২ জানুয়ারী ২০২২ | সময়: বিকাল ৪ টা

**আলোচকবৃন্দ**

 <b>শাহানা আশাম</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>মসুমারা সুলতানা</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>নাজিয়া তাসনিম</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>দেবরা ইফ্রায়মন</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার
 <b>সাইকা মাথিবা সিংহ</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার	 <b>শাহনাজ</b> সিআইটি পরিচালক, সুবিধা/প্রতিবন্ধী অঙ্গের (বিশেষ শিক্ষা), মিলটার

**Talk Show**  
**Are people rational?**  
 Time: 11:00 AM Date: 12 January 2022

Host  
**Debra Efraymon**  
 Executive Director  
 Institute of Wellbeing Bangladesh

Institute of Wellbeing Bangladesh (IWB) Interns

<b>Chi SarDwe</b>	<b>Arezo Hamedy</b>
<b>Sujana Shrestha</b>	<b>Maliha Wafai</b>
<b>Suchona Rani Kairi</b>	<b>Most. Dulaly Akter</b>
<b>Mya Thuzar Aung</b>	<b>Junaira Rabiya Faruk</b>

**Talk Show**  
**Facebook: Overall a boon or a menace?**  
 Time: 11:00 AM Date: 11 January 2022

Host  
**Debra Efraymon**  
 Executive Director  
 Institute of Wellbeing Bangladesh

Wasima Alam Chowdhury

Institute of Wellbeing Bangladesh (IWB) Interns

<b>Sadia Afrin Lopa</b>
<b>Mina Mushtaq</b>
<b>Sadia Rashid</b>
<b>Mahima Elahi</b>
<b>Rukhnain Adiyon</b>
<b>Niru Maya Tamang</b>

**বিশ্ব ব্রেইল দিবস ২০২২ উপলক্ষে**  
**অন্তর্ভুক্তিমূলক শিক্ষা: ব্রেইল বাস্তবায়নে**  
**করনীয় শীর্ষক আলোচনা সভা**

WORLD  
 BRAILLE  
 DAY

তারিখ: ৬ জানুয়ারী ২০২২  
 সময়: বিকাল ৪:৩০ টা

আয়োজকবৃন্দ

<b>আতাউর রহমান খান শামসু</b> সিনিয়র, জাতীয় প্রতিমন্ত্রী সচিবালয়	<b>দেবরা ইফরাইমসন</b> সিনিয়র পরিচালক ২০১৯-২০২১ বা ২০২০-২১ অক্টোবর
<b>শাহী দাস গুপ্ত</b> সিনিয়র পরিচালক বুটামু সার্বজনীন শিক্ষা, স্বাস্থ্য	<b>শাহাদু বিখাস</b> সিনিয়র পরিচালক কম্পিউটার সিস্টেম এনালিসিস, বাংলাদেশ
<b>ইসহাক শাহিন তুহিয়া</b> সিনিয়র পরিচালক সিনিয়র পরিচালক, আই আই সি এ	
<b>তপসু কলার বিদ্যুত শাশা</b> সিনিয়র পরিচালক ই-কন্টেন্ট ডেভেলপমেন্ট, বাংলাদেশ	

Facebook Live on Institute of Wellbeing Bangladesh Official page

**উন্নয়নের অগ্রযাত্রায় নারী** শীর্ষক টকশো

তারিখ: ০৬ ডিসেম্বর ২০২২  
 অসম্পন্ন, বিকাল ৪:০০ টায়

আয়োজকবৃন্দ

<b>মোহাঃ ফরিদা আক্তার</b> সিনিয়র পরিচালক, সিনিয়র পরিচালক কোম্পিউটার সিস্টেম এনালিসিস, স্বাস্থ্য	<b>মিসেস মেহেবুজ্জোছা</b> সিনিয়র পরিচালক সিনিয়র পরিচালক The Financier, স্বাস্থ্য
<b>দেবরা ইফরাইমসন</b> সিনিয়র পরিচালক ইউজিনিয়ারিং ডেভেলপমেন্ট, বাংলাদেশ	<b>সাদীয়া হোসেন</b> সিনিয়র পরিচালক ইউজিনিয়ারিং ডেভেলপমেন্ট, বাংলাদেশ

## Idea Sharing

### Women's Empowerment for Development Talk show:

Gender discrimination continues to be an ongoing problem despite the contributions of women through their paid and unpaid work. In order to raise attention to the need to address discrimination, IWB regularly hosts online talk shows on the topic of “Women's Empowerment for Development” with women guests from a range of disciplines. The talk shows are conducted live on Facebook. During 2022, local government (Upazila) Vice Chairmen, women leaders from different organizations, and female academics participated in the talk shows. The talk shows also allowed IWB to expand its network with women leaders in Bangladesh.

**“উন্নয়নের অগ্রযাত্রায় নারী” শীর্ষক টকশো**

তারিখঃ ১২ জানুয়ারী ২০২২  
সময়ঃ বিকাল ৪ টা

**আলোচকবৃন্দ**

- শাহানা আলম**  
মেম্বর অব সিডব্লিউসিপিআই এড ব্যাচেল ডিগ্রাইন্স
- মঞ্জুরা সুলতানা**  
সহকারি, সার্ভাইভিং মুচি এড ড্রামা ক্লাব
- নাজিয়া তাসনিম**  
শিক্ষার্থী, জাহাঙ্গীরনগর বিশ্ববিদ্যালয়
- দেবরা ইফ্রমসন**  
নিবন্ধী পরিচালক  
ইনসিটিউট অব গ্লোবালিইং বাংলাদেশ
- সাইকা লাবিবা সিকহাত**  
শিক্ষার্থী, জাহাঙ্গীরনগর বিশ্ববিদ্যালয়
- সঞ্জলক**  
**শাহনু বিশ্বাস**  
স্টেওয়ার্ড অফিসার  
ইনসিটিউট অব গ্লোবালিইং বাংলাদেশ

Institute of Wellbeing BANGLADESH  
f LIVE

**উন্নয়নের অগ্রযাত্রায় নারী**

**শীর্ষক টকশো**

তারিখঃ ২০ ফেব্রুয়ারি ২০২২  
বিকাল ৪.০০ টায়

**আলোচকবৃন্দ**

- ফারজানা ইয়াসমিন**  
সেপারেশন প্যারামিটার  
কাজের বিষয়ে কলম্বো
- প্রথা সাহা**  
সেই নারী  
কর্তব্যবাহিনী
- আর্শাদ রহমান**  
সহকারি সূপার  
এপিএ টিমলিড
- নাজিম**  
সহকারি শিক্ষক  
L-00223 বা স্টেশন, কলম্বো
- আর্শাদ ইসলাম**  
শিক্ষার্থী  
সিটিইউই বাংলাদেশ

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f LIVE facebook.com/iwbBangladesh

আন্তর্জাতিক নারী দিবস ২০২২ এর প্রতিপাল্য "নারী-পুরুষের সমতা টেকসই আগামীর বার্তা"  
বিশেষ আয়োজনা সভা **"উন্নয়নের অগ্রযাত্রায় নারী"**

১০ মার্চ ২০২২ বৃহস্পতিবার, বিকাল ৪.০০ টায়

**আলোচকবৃন্দ**

 <b>প্রিয়া দত্ত</b> ফার্মাসিউটিক্যালস, পলিফার্মাসিউটিক্যাল ইন্ডাস্ট্রিস টেকনিক্যাল অফিস, কেরালারচী গ্রাম	 <b>দেবরা ইফরইমসন</b> নির্দেশিত পরিচালক ইনসিটিউট অব ওয়েলবিং, বাংলাদেশ
 <b>ইয়াসমিন আক্তার সিজা</b> এক্সিকিউটিভ সফটওয়্যার ডেভেলপার	 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার
 <b>মোহাম্মদ মোহাম্মদ আলফরাজ</b> ফিলসফি এক্সিকিউটিভ অফ ওয়েলবিং	 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার
 <b>মোহাম্মদ শাপলা খাতুন</b> কম্পিউটার গিটার অফ ইন্টারন্যাশনাল সফটওয়্যার ইনসিটিউট অব ওয়েলবিং, বাংলাদেশ	 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার

আন্তর্জাতিক পরিবার দিবস ২০২২ উপলক্ষে বিশেষ আয়োজনা সভা  
**"উন্নয়নের অগ্রযাত্রায় নারী"**

২৮ মে ২০২২ শনিবার, বিকাল ৪.০০ টায়

**আলোচকবৃন্দ**

 <b>ইসরাত জাহান কনক</b> মুদ্রণ শিল্পী ও সফটওয়্যার ডেভেলপার	 <b>দেবরা ইফরইমসন</b> নির্দেশিত পরিচালক ইনসিটিউট অব ওয়েলবিং, বাংলাদেশ
 <b>তাসনিম সুলতানা জামি</b> অফিসিয়ালি বাংলাদেশ প্রথম বোর্ড	 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার
 <b>মোহাম্মদ শাপলা খাতুন</b> কম্পিউটার গিটার অফ ইন্টারন্যাশনাল সফটওয়্যার ইনসিটিউট অব ওয়েলবিং, বাংলাদেশ	 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার

**"উন্নয়নের অগ্রযাত্রায় নারী" শীর্ষক টেকশো**  
প্রচারিত হবে ০৮ সেপ্টেম্বর ২০২২, সকাল ৯.৩০ টা  
ইনসিটিউট অব ওয়েলবিং ফেসবুক পেজে।

**আলোচকবৃন্দ**

 <b>দেবরা ইফরইমসন</b> নির্দেশিত পরিচালক ইনসিটিউট অব ওয়েলবিং	 <b>মিতু আক্তার</b> হাসিনা
 <b>শিক্কা বেগম</b> পরিচালক	 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার
 <b>সাইশ্যা আক্তার</b> পরিচালক	 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার

**উন্নয়নের অগ্রযাত্রায় নারী** শীর্ষক টেকশো  
তারিখ: ০৮ ডিসেম্বর ২০২২  
আলোচকবৃন্দ

 <b>মোহাম্মদ ফরিদা আক্তার</b> কিভাবেই হোক, সমাজ কর্মে কিভাবে ভেদেই-কিভাবে, সফল	 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার
 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার	 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার
 <b>দেবরা ইফরইমসন</b> নির্দেশিত পরিচালক ইনসিটিউট অব ওয়েলবিং, বাংলাদেশ	 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার
 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার	 <b>তাহমিনা</b> সফটওয়্যার ডেভেলপার



## Idea Sharing

### Online & offline Meetings and Trainings:

IWB members regularly attended online meetings on a number of topics, including with the Car free Cities Alliance (internationally) and with students and various organizations in Bangladesh. IWB also conducted online leadership training for its BYCN ambassadors. Bangladesh Youth Climate Network organized a leadership training on 17 January 2022 and also meetings. In this meeting session number of students participated from different universities such as Southeast University, Tejgaon College, and Jahangirnagar University. At the end of the training certificates were awarded among all the participants.



## Idea Sharing

### Seminars:

Seminars during 2022, IWB Organized in two seminars: one is on “What students can do to prevent Climate Disaster” on 03<sup>rd</sup> August 2022 at The People’s University of Bangladesh and another one is on 27<sup>th</sup> February 2022 at Tejgaon College in same topic.





## Promoting Solutions

### **Demonstrations:**

The human-caused climate crisis is wreaking havoc around the globe, with increasing floods, fires, extreme weather events, and rising temperatures. It is urgent that global leaders take strong action to stop the burning of fossil fuels. IWB seeks to join the movement around the world to demand that government leaders take such actions.

In 2022, IWB organized a number of demonstrations on the topics of car free cities, the climate crisis, environment and health both solely and jointly with other organizations.

Institute of Wellbeing Bangladesh celebrated World Localization Day in 2022. Main objective to celebrate the localization day is to inspire people for preserving the local culture, tradition and local economy. For the first time in Bangladesh, IWB and WBB jointly celebrated the World Localization Day. Through the celebration, we organized a local food display and local cultural event. In the food display, all the fruits were from Bangladeshi local seasonal fruits and all the cooked items were traditional, also we have indigenous items as well. In the cultural event, we have several types of local performances, such as, drama for having local homemade food for stay healthy, puthi path for inspiring people to restore our local tradition of ancient storytelling, portraying an indigenous culture of Garo community, poster presentation on climate crisis where we showed how multinational company destroyed our environment for their own benefit of profit maximization, and storytelling about “Two brothers – Localization Vs. Globalization.”





## Promoting Solutions

### World Car free Day:

In city after city, country after country, governments prioritize automobiles over people. While automobiles are given free space to move and park, people lack affordable housing and other benefits. Today's children and youth are often unable to play safely outdoors. Road crashes kill well over a million people each year and maim tens of millions more. Air pollution kills millions more, making it a major cause of death. The human-caused climate crisis is wreaking havoc around the globe, with increasing floods, fires, extreme weather events, and rising temperatures. It is urgent that global leaders take strong action to stop the burning of fossil fuels. IWB seeks to join the movement around the world to demand that government leaders take such actions.

In 2022, IWB organized a number of demonstrations on the topics of Car Free Cities, the climate crisis, environment and health both solely and jointly with other organizations. People around the world are demanding something better than congestion-causing, polluting, and deadly car-based transport systems. Each year on 22 September, people celebrate World Car free Day with colorful, joyous events showing how marvelous our cities could be if we greatly restricted or eliminated the automobile and instead focused on dense, compact cities that encourage people to move about safely and healthfully by foot, bicycle, and public transit, as well as enabling people of all ages and both sexes to play and socialize outdoors.

In 2022, IWB celebrated World Car Free Day with so many games and fun activities among school children at Mohammadpur (Mohammadi housing society, 2 number road). IWB works closely with the international Car free Cities Alliance (CCA), supporting their various activities including planning and social media. IWB staff regularly participate in online CCA meetings and events.









# Article Writing:

The IWB Executive Director, Debra Efroymsen, and the IWB Policy Officer A.N.M. Masum Bilhah, and Rifat Talukdar Pasha wrote many articles based on our work. These articles were published online and offline in a number of print media including newspapers and magazines. All of the published articles are reprinted on the IWB Facebook page.

**WORLD CAR FREE DAY**  
**Burn less fuel, build better cities**  
Debra Efroymsen  
Executive Director of the Institute of Wellbeing Bangladesh and Advisor to the Bangladesh Environment Ministry

Which can reduce the harm from road crashes but don't prevent pedestrians or cyclists. Cleaner fuels and more efficient engines, which can at best reduce pollution, not eliminate it. In fact, by encouraging more driving, they can actually worsen pollution. Building new roads and widening the existing ones are expensive and only...

It is difficult to admit to a mistake, especially as big as the belief that cars will make our lives dramatically better without wrecking significant damage. But now that we have gained sufficient experience, it is time to admit that creating a car-based transport system was a mistake.

**The Daily Star**  
**VAW is not just a women's issue**  
Debra Efroymsen  
Executive Director of the Institute of Wellbeing Bangladesh and Advisor to the Bangladesh Environment Ministry

It is not just a women's issue. It is a societal issue because it affects everyone. It is a societal issue because it affects everyone. It is a societal issue because it affects everyone. It is a societal issue because it affects everyone.

**DHAKA THURSDAY SEPTEMBER 8, 2022**  
**BHADRA 24, 1429 BS**  
**The Daily Star**  
**How can Dhaka solve its traffic problem?**  
Debra Efroymsen  
Executive Director of the Institute of Wellbeing Bangladesh and Advisor to the Bangladesh Environment Ministry

How can Dhaka solve its traffic problem? This is a question that has been asked many times. The answer is not simple. It requires a combination of measures, including better public transport, improved road infrastructure, and changes in urban planning.

**Mobile Playground, Happy Children**  
Debra Efroymsen  
Executive Director of the Institute of Wellbeing Bangladesh and Advisor to the Bangladesh Environment Ministry

Mobile playgrounds are a great way to provide safe play spaces for children in urban areas. They are easy to set up and can be used by children of all ages. This initiative is a step towards creating safer and more livable neighborhoods.



8 THURSDAY, OCTOBER 08, 2022  
SALVATI, 2429 BHS  
The Daily Star

## Less flooding, more liveability

**By Debora Ebrahimson**

It is not just the rain that is causing the problem. It is the way we have built our cities. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding.

**We can build high rise buildings, elevated expressways, and grand monuments, but we can't build our way out of the climate crisis.**

It is not just the rain that is causing the problem. It is the way we have built our cities. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding.

8 SATURDAY, OCTOBER 08, 2022  
SALVATI, 2429 BHS  
The Daily Star

## Reducing congestion, restoring childhood

**By Debora Ebrahimson**

It is not just the rain that is causing the problem. It is the way we have built our cities. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding.

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8 THURSDAY, OCTOBER 08, 2022  
SALVATI, 2429 BHS  
The Daily Star

## Who still cares about GDP?

**By Debora Ebrahimson**

It is not just the rain that is causing the problem. It is the way we have built our cities. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding.

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8 THURSDAY, OCTOBER 08, 2022  
SALVATI, 2429 BHS  
The Daily Star

## The (Questionable) March of Progress

**By Debora Ebrahimson**

It is not just the rain that is causing the problem. It is the way we have built our cities. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding.

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8 THURSDAY, OCTOBER 08, 2022  
SALVATI, 2429 BHS  
The Daily Star

## We need affordable transport, not affordable fuel

**By Debora Ebrahimson**

It is not just the rain that is causing the problem. It is the way we have built our cities. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding. The way we have built our cities is the cause of the flooding.

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8 THURSDAY, OCTOBER 08, 2022  
SALVATI, 2429 BHS  
The Daily Star

## Are blind people employable?

**by Talukder Rifat Pasha | Published: 00:00, Mar 28, 2022**

**I AM blind. I have completed my studies from one of the premier universities of Bangladesh, yet I faced many challenges to get a job. When I consider my own experiences and those of**

## Article Links

### Daily Star, 2022

1. Abortion: <https://www.thedailystar.net/views/opinion/news/the-questionable-march-progress-3062111>
2. Affordable transport, not fuel: <https://www.thedailystar.net/views/opinion/news/we-need-affordable-transport-not-affordable-fuel-2943696>
3. Climate: <https://www.thedailystar.net/opinion/views/news/the-price-comfort-3162831>
4. Commodify myself: <https://www.thedailystar.net/views/opinion/news/if-i-am-not-sale-what-am-i-2964536>
5. Democracy: <https://www.thedailystar.net/views/opinion/news/democracy-worth-fighting-2981441>
6. Depave: <https://www.thedailystar.net/opinion/views/news/less-flooding-more-liveability-3076021>
7. Electricity: <https://www.thedailystar.net/opinion/views/news/learning-live-less-3155161>
8. GDP: <https://www.thedailystar.net/views/opinion/news/who-still-cares-about-gdp-2937276>
9. Gender stereotypes: <https://www.thedailystar.net/views/opinion/news/girl-boy-person-let-everyone-blossom-3001646>
10. Guns and politicians: <https://www.thedailystar.net/views/opinion/news/guns-politicians-and-corporate-lobbyists-3037166>
11. Inflation and localization: <https://www.thedailystar.net/views/opinion/news/inflation-globalisation-and-localisation-3053936>
12. Learning to love Dhaka: <https://www.thedailystar.net/views/opinion/news/learning-love-dhaka-299264>
13. Learning to live with less: <https://www.thedailystar.net/opinion/views/news/learning-live-less-3155161>
14. Listening and education: <https://www.thedailystar.net/views/opinion/news/we-need-logical-thinkers-now-more-ever-2948026>
15. Mobile playgrounds: <https://www.thedailystar.net/views/opinion/news/mobile-playground-happy-children-2929761>
16. Pandemics, pain, prosperity: <https://www.thedailystar.net/views/opinion/news/pandemics-pain-and-prosperity-2971221>
17. Price of comfort: <https://www.thedailystar.net/opinion/views/news/the-price-comfort-3162831>

18. Systems thinking: <https://www.thedailystar.net/opinion/views/news/systems-thinking-solution-our-many-global-crises-3100621>
19. Traffic congestion: <https://www.thedailystar.net/opinion/views/news/how-can-dhaka-solve-its-traffic-problem-3113491>
20. Violence against women: <https://www.thedailystar.net/opinion/views/news/violence-against-women-only-womens-issue-3098511>
21. World Carfree Day: <https://www.thedailystar.net/opinion/views/news/burn-less-fuel-build-better-cities-3124786>
22. <https://www.thedailystar.net/views/opinion/news/make-our-dark-world-bright-3010251>,
23. <https://www.newagebd.net/article/166510/are-blind-people-employable>,
24. <https://samakal.com/opinion/article/2207124365/%E0%A6%AB%E0%A7%81%E0%A6%9F-%E0%A6%93%E0%A6%AD%E0%A6%BE%E0%A6%B0%E0%A6%AC%E0%A7%8D%E0%A6%B0%E0%A6%BF%E0%A6%9C-%E0%A6%A8%E0%A7%9F-%E0%A6%9C%E0%A7%87%E0%A6%AC%E0%A7%8D%E0%A6%B0%E0%A6%BE-%E0%A6%95%E0%A7%8D%E0%A6%B0%E0%A6%B8%E0%A6%BF%E0%A6%82>,
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26. <https://samakal.com/lifestyle/article/2210136668/%E0%A6%A6%E0%A7%83%E0%A6%B7%E0%A7%8D%E0%A6%9F%E0%A6%BF%E0%A6%AA%E0%A7%8D%E0%A6%B0%E0%A6%A4%E0%A6%BF%E0%A6%AC%E0%A6%A8%E0%A7%8D%E0%A6%A7%E0%A7%80%E0%A6%B0-%E0%A6%B9%E0%A6%BE%E0%A6%A4%E0%A7%87-%E0%A6%B2%E0%A6%BE%E0%A6%A0%E0%A6%BF%E0%A6%B0-%E0%A6%AC%E0%A6%A6%E0%A6%B2%E0%A7%87%E0%A6%B8%E0%A6%BE%E0%A6%A6%E0%A6%BE-%E0%A6%9B%E0%A7%9C%E0%A6%BF>,
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28. <https://samakal.com/opinion/article/2208127584/%E0%A6%AA%E0%A7%8D%E0%A6%B0%E0%A6%A4%E0%A6%BF%E0%A6%AC%E0%A6%A8%E0%A7%8D%E0%A6%A7%E0%A7%80%E0%A6%B0-%E0%A6%A8%E0%A6%BF%E0%A6%B0%E0%A6%BE%E0%A6%AA%E0%A6%A6-%E0%A6%AF%E0%A6%BE%E0%A6%A4%E0%A6%BE%E0%A7%9F%E0%A6%BE%E0%A6%A4>

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## **New Age**

1. ASRTS: <https://www.newagebd.net/article/183075/reducing-congestion-restoring-childhood>
2. Race, politics: <https://www.newagebd.net/article/186076/race-politics-and-the-mirage-of-innocence>

## **Bangladesh Post**

Professionals or People?

## **Morning Glory**

Green jobs

**Social Media Campaigns:**

The Institute of Wellbeing organizes social media campaigns to celebrate various national and international days. This year Institute of Wellbeing organized number of social Media Campaign such as International Sign Language Day, World Localization Day, Zero Discrimination Day, Swamp Day, National Safe Food Day, and International Education Day.







## Videos:

IWB makes numbers of videos on various topics to raise awareness about social, economic and environmental issues. Interns from the Asian University of Women also make videos as part of their internship. IWB videos are found on our YouTube channel, website and Facebook.

- ✚ **YouTube:** <https://www.youtube.com/channel/UCGuxicNNI9N0PKcE0pKbGsg>
- ✚ **Website:** [www.instituteofwellbeingbd.org](http://www.instituteofwellbeingbd.org)
- ✚ **Facebook:** <https://www.facebook.com/InstOfWellbeing>

Imagining A Car-Free City | Debra Efroymsen | TEDxDPSSTSSchool:

<https://mail.google.com/mail/u/0/#search/debra.anima%40gmail.com/OgrcJHrhwzNkKhmfhGZWsrhvtvknlxNkjB?projector=1>



## Reflection:

Institute of Wellbeing Bangladesh achieved great success through organizing different kinds of trainings, seminars, webinars, workshops, and public speaking for creating networks and spreading messages among them.

### Note From CDIP

#### Summer Internship

AUW Summer internship program provides students the opportunity to bridge their academic knowledge with practical application and actual work experience. It is considered an important and natural extension of AUW's role in helping students increase their employability.

Career Development & International Programs (CDIP) facilitates the internship programs and shares the different opportunities of internships among the students. Students are also encouraged to seek and arrange internships as a part of their job search training and develop networking skills.

Starting June until August, current students engage in internships for 2-15 weeks. Recent graduates, on the other hand, have the liberty to extend their internships beyond the stipulated timeline. The internship start date is at the discretion of the employer and student availability.

Current students and graduates have applied for internships at our partner organizations: Bangladesh Angels, JAAGO, Merritt, Robi, Gramsen Phone, Banglalink, Ghoshful, World Food Program, Myatt Academy, iSocial, and Institute of Wellbeing, to mention a few.

Here is some testimonials from organizations who took our students for their summer internship program & some students' experience as well:



**Sharika Tasnim**  
Major: Politics, Philosophy & Economics  
Academic Level: UG3, Bangladesh

"My internship experience at Onwelo in summer was vastly different from any of my volunteer work or classroom learning as it had given me an opportunity to experience the working world and a chance to network outside of academics as I had always worked in the research field prior to this occasion. It was again a lot similar to my student life, as I had the chance to work among very friendly and like minded people in creative collaborations. Most of all, it has reminded me of the value of visibility of female empowerment through prioritizing freeing up the human workforce for more engaging and innovative tasks and encouraging female leadership."

### Summer Internship



**Ms. Debra Efrogmson**  
Executive Director  
Institute of Wellbeing

"The highlight of my year is having my AUW interns spend a few weeks with me. Their intellectual curiosity, creativity, and eager spirit brighten my days. Whether online or (preferably) off, our interactions help them gain confidence and skills while filling my days with the pleasurable fulfillment of guiding them. I'm delighted to continue my many fruitful years of collaboration with AUW and CDIP."



**Dr. Tamara M Myatt**  
CEO & Founder  
Dr. Myatt Academy of Learning

"The Dr. Myatt Academy of Learning (Canada) welcomed twenty-one AUW interns during the summer of 2021. Our experience working with these young women was excellent. Not only were they delightful to work with, we found them diligent and responsible with regard to timely task completion. We were so pleased with their performance that we hired several of them upon the conclusion of their internship. These former interns have now valued team members of our company. As well, some of our summer 2021 interns are interning with us again during summer 2022. We will continue to offer internships and part/full-time opportunities for the wonderful young women who attend the Asian University for Women. We couldn't be more pleased!"

### Summer Internship



**Irfana Khatoon**  
Major: Politics, Philosophy & Economics  
Class of 2020, Pakistan

"I have completed two internships from the CDIPs platform. I did my first internship during my undergraduate studies with IWB (Institute of Wellbeing) in Dec 2017, which was just a month-long internship. My second internship was eight weeks long with Mayer Brown Hong Kong during the summer break of 2019, which I consider a highlight of my studies at AUW.

During my internships, I strengthened my research skills and communication skills, which helped me immensely not only during my undergraduate studies but also during my graduate degree at the University of Sussex.

I strengthened my communication, improved my research skills, acquired experience working with teams and independently, and honed my networking skills. I believe, an internship gives a student a platform to experience working in a professional setting that is an asset for those students who aim to work soon after graduation. Along with that, I think, an internship enables students to acquire and polish the skills by practically engaging with different tasks at the workplace."

**Upcoming Event:**  
Teach For Bangladesh Fellowship Program

### Camp Cool 14

Review



Asalamuliakum  
I'm **Alie Alusine Kamara** from Sierra Leone currently studying at the Islamic University Technology. I went to Camp Cool with very little knowledge on Car Free Cities during the Camp I got to learn a lot ranging from advocacy, networking and public speaking this has help shaped my thoughts on how I can positively contribute towards sustainable future.

The staff were awesome I appreciate the effort put in to making the Camp a success. I am also privileged to meet with people from different countries sharing stories about our cultures.

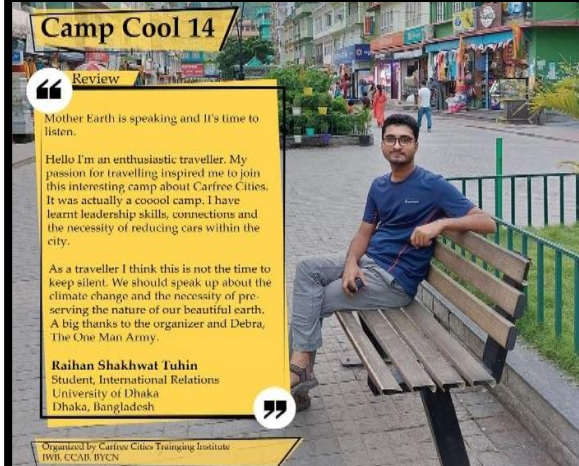
I want to use this opportunity to urge stakeholders to do the needful in Building Better Cities free from Cars .

As the name implies CAMP COOL it was indeed Cool, Educative and Fun altogether

Organized by Carfree Cities Training Institute  
IWB, CCAB, BYCN

### Camp Cool 14

Review



Mother Earth is speaking and It's time to listen.

Hello I'm an enthusiastic traveller. My passion for travelling inspired me to join this interesting camp about Carfree Cities. It was actually a coool camp. I have learnt leadership skills, connections and the necessity of reducing cars within the city.

As a traveller I think this is not the time to keep silent. We should speak up about the climate change and the necessity of preserving the nature of our beautiful earth. A big thanks to the organizer and Debra, The One Man Army.

**Raihan Shakhwat Tuhin**  
Student, International Relations  
University of Dhaka  
Dhaka, Bangladesh

Organized by Carfree Cities Training Institute  
IWB, CCAB, BYCN

**AUW Interns:**

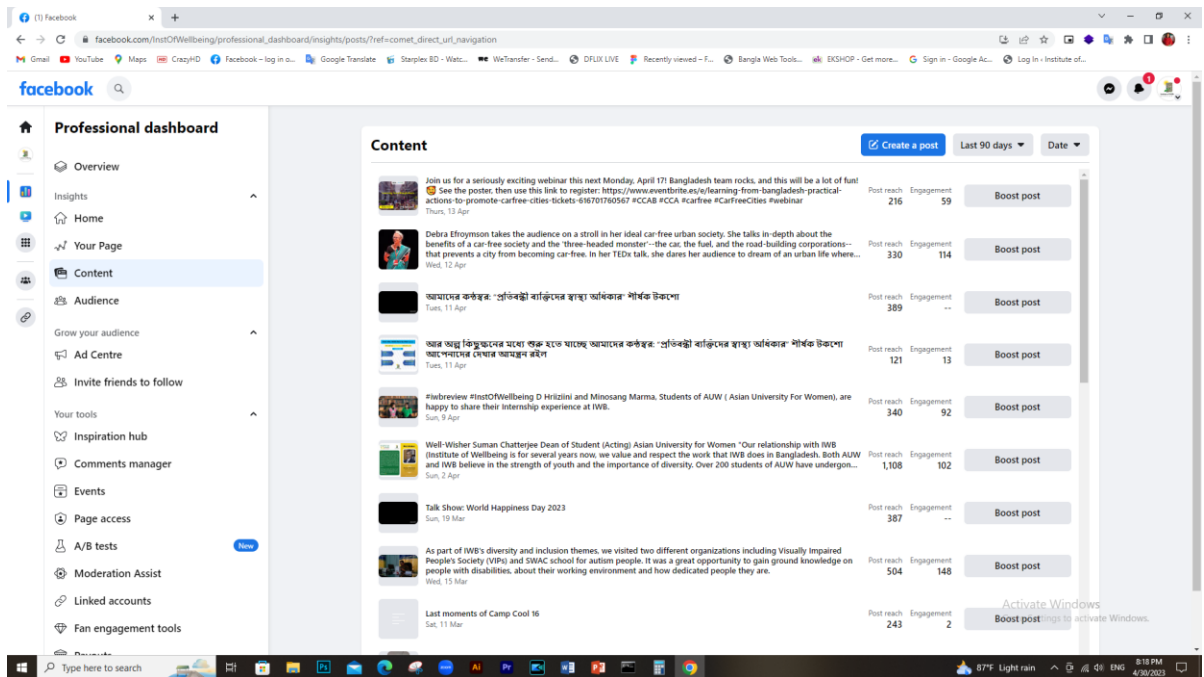
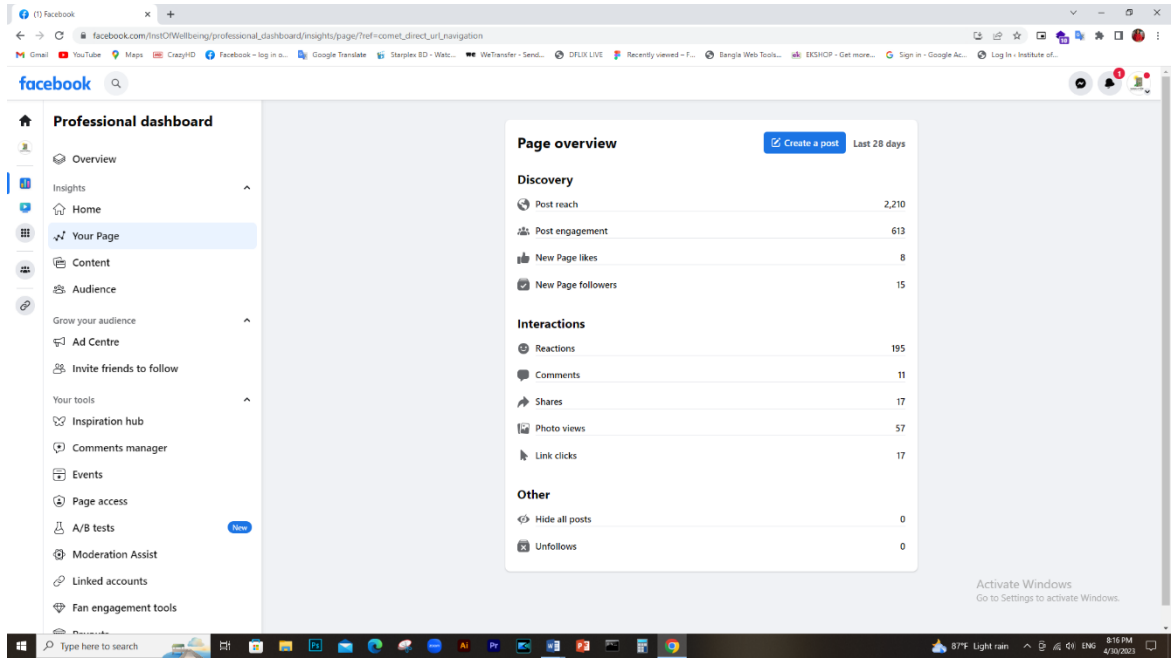
SI no.	Name	Country	Batch
1.	Arezo Hamedy	Afghanistan	Jan. 22 (on)
2.	Chi Sar Dwe	Myanmar	Jan. 22 (on)
3.	Christina Kanta Ritchil	Bangladesh	Summer 22.2 (on)
4.	Elma Rudhsara	Bangladesh	Summer 22.3
5.	Enarah Al-Wassouf	Syria	Summer 20.1 (on)
6.	Enas Fatoom	Syria	Summer 22.3
7.	Fabiha Moin	Bangladesh	Summer 22.1 (on)
8.	Fatema Jannat Smrity	Bangladesh	Summer 22.2 (on)
9.	Friba Kaiwan	Afghanistan	Summer 22.3
10.	Htang San Dumhpau	Myanmar	Summer 22.1 (on)
11.	Isabel Borges Pereira	Timor-Leste	Summer 22.3
12.	Ishrifet Bin Islam Timnu	Bangladesh	Summer 22.2 (on)
13.	Ja Zin	Myanmar	Summer 22.3
14.	Jame Nahar	Bangladesh	Summer 22.2 (on)
15.	Junaira Rabiya Faruk	Bangladesh	Jan. 22 (on)
16.	Karishma Thapa	Nepal	Summer 22.1 (on)
17.	Mahima Elahi	Bangladesh	Jan. 22 (on)
18.	Mahmuda Akter Tahia	Bangladesh	Summer 22.1 (on)
19.	Maliha Wafai	Afghanistan	Jan. 22 (on)
20.	Mina Mushtaq	Afghanistan	Jan. 22 (on)
21.	Mipru Marma	Bangladesh	Summer 22.1 (on)
22.	Most. Dulaly Akter	Bangladesh	Jan. 22 (on)
23.	Mya Thuzar Aung	Myanmar	Jan. 22 (on)
24.	Naema Fatima	Bangladesh	Summer 22.2 (on)
25.	Nahida Akhter	Bangladesh	Summer 22.1 (on)
26.	Nan Win Nandar Tun	Myanmar	Summer 22.3
27.	Niru Maya Tamang	Nepal	Jan. 22 (on)
28.	Pann Ei Phwe	Myanmar	Summer 22.3
29.	Raida Zaman	Bangladesh	Summer 22.2 (on)
30.	Rukhnain Adiyani	Bangladesh	Jan. 22 (on)
31.	Sadia Afrin Lopa	Bangladesh	Jan. 22 (on)
32.	Sadia Rashid	Bangladesh	Jan. 22 (on)
33.	Sadia Salim (Shaon)	Bangladesh	Summer 22.2 (on)
34.	Sadikshya Khadka	Nepal	Summer 22.1 (on)
35.	Salma Hashem	Bangladesh	Summer 22.3

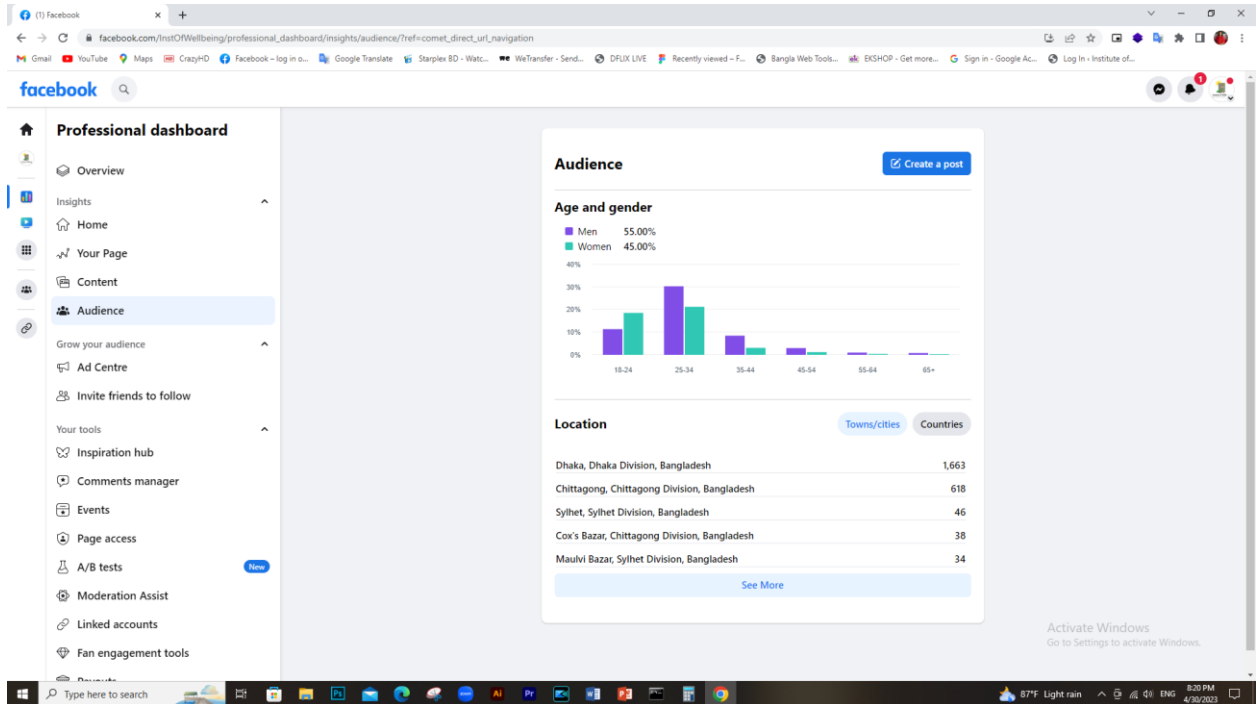
36.	Salwa Saira	Bangladesh	Summer 22.3
37.	Shahanaz Akther	Bangladesh	Summer 22.1 (on)
38.	Shanjida Afrin	Bangladesh	Summer 22.2 (on)
39.	Sita Kumari	India	Summer 22.2 (on)
40.	Suchona Rani Kairi	Bangladesh	Jan. 22 (on)
41.	Sujana Shrestha	Nepal	Jan. 22 (on)
42.	Sunetra Talukder	Bangladesh	Summer 22.3
43.	Swastika Ghosh	Bangladesh	Winter 21/22.1 (on)
44.	Taspiatul Jannat	Bangladesh	Summer 22.1 (on)
45.	Umme Ayman Jannat	Bangladesh	Summer 22.2 (on)
46.	Wasima Alam Chowdhury	Bangladesh	Jan. 22 (on)
47.	Zarifa Saadat	Afghanistan	Summer 22.3
48.	Zinnatun Nessa (Wakia)	Bangladesh	Summer 22.3

**Not AUW:**

SI.No.	Name	Country
1.	Anisur Rahman	Bangladesh
2.	Arifa Tamanna	Bangladesh
3.	Rani Inayat	Pakistan
4.	Zarghoona Yousafzai	Pakistan
5.	Sisir Mahmud	Bangladesh
6.	Noor A Shafayat Panna	Bangladesh
7.	Aminul Hoque	Bangladesh
8.	Rafsan Mahmud	Bangladesh
9.		
10.		
11.		
12.		

# Our Reach





## Report Prepared By

*Monika Rani Das*

*Research Consultant*

*Institute of Wellbeing Bangladesh*

*Thanks!*