

# **Breaking Free: TALES OF SURVIVAL AND HOPE**

*Delivering Health, Nutrition and Livelihood and Protection services for Rohingya Refugees and vulnerable host communities in Cox's Bazar, Bangladesh Project*




**PROTTYASHI**



## **Dedicated to**

Delivering Health, Nutrition and Livelihood and Protection services for  
Rohingya Refugees and vulnerable host communities in Cox's Bazar,  
Bangladesh project participants.



Breaking Free:

**TALES OF SURVIVAL AND HOPE**

Delivering Health, Nutrition and Livelihood, and Protection services for Rohingya Refugees and vulnerable host communities in Cox's Bazar, Bangladesh project

*Funded By*

Bureau of Population Refugees and Migration (BPRM)

*Technically supported By*

International Rescue Committee (IRC)

*Implemented By*

PROTTYASHI

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## Message from Executive Director

Prottiyashi is a voluntary social development organization, working for the disadvantaged people of the society since 1983 and providing humanitarian support to the Rohingya population since the massive influx of the Rohingya people started in 2017.

Prottiyashi has been providing support to the people of both host and Rohingya communities in different sectors like Livelihood and self-reliance, food security, WASH, protection, education, nutrition, disaster risk reduction, and NFI distribution. In different emergency situations, Prottiyashi has come up with need-based support in almost all the refugee camps. Prottiyashi engaged more than 5000 host community women with income generation initiatives to promote women's empowerment.



I express cordial thanks to IRC and PRM for giving Prottiyashi the opportunity and technical support in quality service provision to the targeted people.

- Monowara Begum

As a woman-led organization, Prottiyashi prioritizes the rights of women and girls in its strategic objectives, and as part of that, Prottiyashi has been implementing “Delivering Health, Nutrition and Livelihood, and Protection services for Rohingya refugees and vulnerable host communities in Cox’s Bazar, Bangladesh” project in the refugee camp to strengthen capacity of community actors to ensure services and well-being of GBV survivors as well as women and girls, to improve adolescent access to SRH and GBV prevention and response services and to promote participatory engagement of men and women in discussions on gender norms and decision making.

Prottiyashi has been implementing Girl Shine and EMAP curriculum in Rohingya communities for adolescent girls, boys, and caregivers as part of this initiative. Targeted groups of people in refugee communities have accepted the curriculum with much eagerness and have been found much enthusiastic about learning about sexual and reproductive health issues and GBV prevention measures. Besides, community actors have also been very interested in promoting SRH rights and GBV prevention strategies among the community who have been influenced by our initiative.

## Mission

Improve the quality of life of our target beneficiaries and promote sustainable development.

## Vision

Create empowered, self-reliant communities in a healthy environment.

## Legal Entity of the Organization

Name of Authority	Year of Registration	Registration Number
NGO Affairs Bureau	1992	628/1992
Microcredit Regulatory Authority	2008	00940-00304-00145
Social Welfare Directorate	1987	1285/1987

# Project Overview

The project by IRC and Protyyashi aimed to expand efforts in gender-based violence (GBV) prevention and response. Gaps in programming were identified, leading to a comprehensive plan for change.

Girl Shine, the flagship program, empowered and protected adolescent girls (10-19 years) through in-person discussions on key drivers of GBV. Six critical areas were covered, enabling girls to identify and seek support services. Parallel caregiver curricula and structured psychosocial support were provided to foster a healthy family environment. Community involvement and stakeholder engagement reinforced social norm changes. Two cycles of Girl Shine positively impacted 120 girls and 120 caregivers.

Protyyashi collaborated with community-based committees to conduct GBV service mapping, fostering sustainability and ownership. Participants engaged in outreach efforts, impacting 650 individuals directly and an additional 650 through radio listening groups. The involvement of community-based committees reached 4,800 individuals.

This project served as a catalyst for change, creating ripple effects in the lives of girls, women, men, and communities. The commitment of IRC and Protyyashi brought hope, empowerment, and transformation, leaving an indelible mark towards a more equal and violence-free world.

Engaging Men in Accountable Practice (EMAP) aimed to challenge and transform social norms perpetuating violence. Weekly discussions, informed by women's voices, provided positive models of masculinity. Women's curricula and men's curricula facilitated dialogue on gender inequality. Three EMAP cycles supported 360 women and 360 men.

Community outreach activities focused on GBV response, prevention, and risk mitigation. Door-to-door visits and radio listening groups disseminated tailored messages to diverse identities. Community volunteers linked survivors to services. The IRC's comprehensive module formed the basis of integrated community outreach interventions.



## Transformation from Gender Prejudice to Equality

Back in Myanmar, Rohim's conservative views resulted in deep-seated gender bias against his daughters. He denied them basic rights and needs, including education, nutrition, and clothing, a practice rooted in societal norms marginalizing female children.

Escaping the perils of Myanmar in August 2017, Rohim Mia, a Rohingya refugee, found residence in Bangladesh along with his family. They settled in the Rohingya Refugee Camp, Ukhiya, Cox's Bazar. His role as a camp cleaner barely helped him provide for his large family, consisting of four sons and five daughters

“Every girl is born with equal rights and understood the physical and emotional harm caused by denying those rights.

-Rohim”

His disenchantment intensified with the birth of each daughter, compelling him to give some away for adoption. Arriving at the refugee camp in dire financial circumstances, Rohim made the difficult decision to send one of his daughters to work as a maid. His life took a dramatic turn in the refugee camp when Rohim encountered staff from the “Delivering Health, Nutrition and Livelihood, and Protection Services to Rohingya Refugees and Vulnerable Host Communities in Cox's Bazar, Bangladesh” project. Motivated by the program's vision, Rohim and one of his daughters joined, Girl Shine intervention in December 2022.

## Transformation from Gender Prejudice to Equality

Girl Shine male caregiver sessions enlightened Rohim about the equal rights of boys and girls and the adverse impact of denying these rights. This pivotal understanding made him recognize the significance of reproductive health and puberty for girls, and he began providing essential sanitary supplies for his daughters.

Transformed, now I cherish my daughters as blessings rather than burdens. Ensuring equal opportunities for all my children, I pledge to prevent child marriages and prioritize my daughters' education and skill development.



Rahim Mia is charmed by his daughter's magical stories., Photo Credit by Nadim Hossain, Media & Communication Officer, Protyashi

As days end, Rohim reflects on his remarkable journey with gratitude, acknowledging Protyashi's life-changing sessions. His transformation from a gender-biased man to a loving, supportive father symbolizes the influential power of girl shine interventions, becoming a beacon of hope and inspiration for many.

## Igniting Transformation in Young Lives

Noor Jahan vividly recalls her grueling journey from Myanmar to Bangladesh, lasting a harrowing seven to eight days. Bearing witness to the violence against women upon arrival, including the traumatic experience of seeing a girl her age sold, left a deep impression. Her mother was her bulwark against harm and violence during these times.

A Rohingya girl named Noor Jahan resides with her family. Her father, a brave fisherman, and her mother, a volunteer midwife at the camp hospital, make up her humble family



Noor Jahan carefully sewed clothing for her clients., Photo Credit by Nadim Hossain, Media & Communication Officer, Protyashi

In her younger years, Noor Jahan envisioned a future not unlike her mother's and sisters'—bound by marriage. She was unaware of her own potential, or that she could leverage her intellect and abilities to improve her family's circumstances. Noor Kalima's life took a significant turn when representatives from the "Delivering Health, Nutrition, Livelihood, and Protection Services to Rohingya Refugees and Vulnerable Host Communities in Cox's Bazar, Bangladesh" project arrived, seeking participants for the Girl Shine program. Despite initial enrollment setbacks, Noor Jahan was invited to join the program, marking the beginning of her enlightening journey with Girl Shine.

During a Girl Shine session, Noor Jahan confided her aspirations and interest in sewing to the facilitator. Encouraged, she started learning the craft at a nearby Women Girls Safe Space (WGSS). Two months of dedicated training equipped her with sewing skills, contributing to her family's income by making clothes for her community.

Through the Girl Shine program, I gained insights into women's empowerment, financial management, and life skills, and want to be an independent woman in the future it's my dream.

“

Grateful for her metamorphosis, Noor Jahan acknowledges the Bureau of Population, Refugees, and Migration (BPRM), the International Rescue Committee (IRC), and Prottiyashi. She expresses deep gratitude towards the concerns for their pivotal role in catalyzing her life's positive transformation.

- Noor Kalima”

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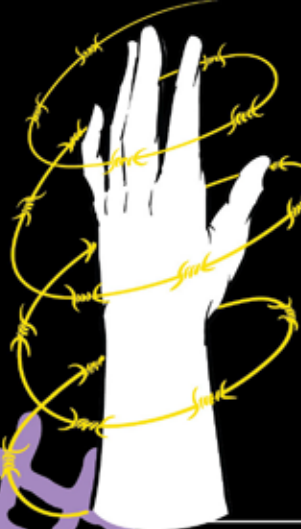
## A Rohingya Woman Empowers the Camp Community

Bibi Marium a Rohingya woman, lives with her husband, Md Swaib, who works as a day laborer in the camp. Their family consists of eight members, including their three daughters and three sons. Currently, BiBi Marium works as a teacher in a school within the camp.

Growing up, I faced poverty and witnessed the neglect of women in my community. I longed for education and independence but was denied the opportunities my brothers had. My dreams were cut short after completing sixth grade, leaving me with regret and despair, great pain as I watched my brothers continue his education. I deeply regretted being born as a girl.

“ I think through Community Outreach it is possible to easily bring about positive change in the community. Where women can come out of prejudice and know about their rights.

- Bibi Marium ”

An illustration of a white hand with fingers spread, surrounded by yellow barbed wire. The background features a purple grid pattern in the bottom left corner.

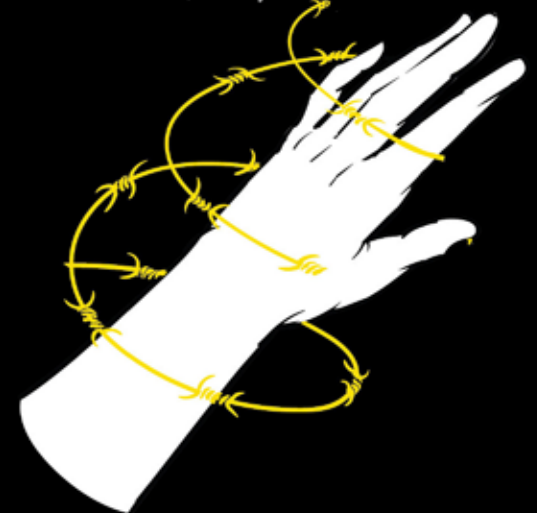
My life took a turn when I joined the Girl Shine program. Through the caregiver's sessions, I gained knowledge about adolescent girl development, education, and responding to gender-based violence. Furthermore, I attended training sessions conducted by Protyashi, focusing on raising awareness within the community. I became a member of the Community Watch Group, where I received training on gender-based violence (GBV) and disaster risk reduction (DRR). This training equipped me with knowledge about different forms of violence and how to respond during disasters. I also learned how to disseminate this vital information within the community. I conducted awareness sessions, empowering women in my block and beyond. I also work towards raising awareness in the school, neighborhood, and among community, family, and relatives.

Her efforts yielded positive results as women in her block found motivation through her words. Saleha's own daughter was encouraged to participate in various trainings. Witnessing this transformative change, Bibi Marium hoped for progress and support for women and girls in society. She believed that conducting similar awareness sessions in other blocks would create safer and more empowered communities.



Bibi Marium conducts Outreach Session with Rohingya women, Photo Credit by Nadim Hossain, Media & Communication Officer, Prottiyashi

Bibi Marium's journey exemplifies the resilience and strength of Rohingya women. PROTTYASHI proudly presents her remarkable story, hoping to inspire change and empowerment in readers' hearts. Now, Bibi Marium's hope is for women and men in society to progress together, creating a society free from oppression. She also wishes for girls to receive greater support from their families and communities in achieving their educational goals. She believes that conducting similar awareness sessions in other blocks would positively impact the mentality of camp residents, ensuring the safety and well-being of women.



## A Woman's Journey: From Oppression to Empowerment



Sanjida is sewing cloth to support her family's dreams., Photo Credit by Nadim Hossain, Media & Communication Officer, Prottiyashi

Sanjida is a Rohingya woman, and her husband, Nur Salam, is the leader of our sub-block and lives with our three daughters, and one son. but he has neglected our family since he remarried.



She faces many challenges as a Rohingya woman. She left her husband with three daughters and one son to care for, and herself. It hasn't been easy, but she refuses to let circumstances define us. It hasn't been an easy journey for her, but she come a long way.

Sanjida shared, in our society, women are often oppressed and their rights are neglected. I have experienced intimate partner violence, domestic violence and felt helpless.

“

My attitude and behavioral aspects have changed. I used to think that women can't earn money! But deep down, I know I am capable of so much more. I am not just a woman; I am a human being with rights and abilities. My dream of a society where men and women progress equally, where gender-based violence is eradicated

-Sanjida”



One day, I got an opportunity to engage in an EMAP session, I joined a group of 15 women in Block G-6. We came together to create a society where women are respected and free from violence.

Speaking up against my husband's actions was met with more violence, but I persevered. I wanted a better life for my children, free from the suffering I had endured. I share the knowledge I gained from EMAP sessions with others about different forms of violence and how to create an ideal society. I have witnessed a change in my community's awareness, and women now know where to seek help.

## From Prejudice to Peace: The Transformation

Mohammed Ali, a Rohingya refugee, and educator, sought refuge in Bangladesh, following his perilous escape from Myanmar in 2017. Despite being educated, Mohammed Ali harbored prejudiced views towards women, often disregarding their rights and education, and treating them disrespectfully. Once he pressured his wife to secure a substantial dowry from her father to start a new business. When his wife expressed disagreement, he resorted to physical abuse. Coerced, his father-in-law provided some dowry money. However, Mohammed Ali's demands for dowry continued as he sought funds to migrate illegally to Malaysia. When his wife refused, he subjected her to further physical abuse, accompanied by threats of a second marriage if she failed to fulfill the dowry demand. His biased attitude particularly affected his family life, where his wife endured verbal and physical abuse.

In the meanwhile, Bureau of Population, Refugees, and Migration (BPRM) funded and the International Rescue Committee (IRC) supported the "Delivering Health, Nutrition, and Livelihood, and Protection services to Rohingya Refugees and vulnerable host communities in Cox's Bazar, Bangladesh" project staffs the arrived at his block. Volunteers from PROTTYASHI, implementing partner, were in the process of identifying potential participants for their EMAP (Engaging Men for Accountable Practice) program. Intrigued by the details of the program, Mohammed Ali developed an interest in participating.

**“ A few months ago, I had misconceptions about women, which negatively affected my family relationship. The EMAP program helped me understand gender equality and why men and women must work together for happiness. I now have a healthy equal relationship with my wife and have stopped my bad behavior**

**-Mohammed Ali** ”

Attending the EMAP sessions proved to be a turning point for Sukkur. The program not only helped him realize the extent of his harmful behavior toward his wife but also instilled a deep understanding of gender equality, respect for women, and the importance of peaceful family life. Expressing genuine remorse for his past actions, he made a conscious decision to change. Today, Mohammed Ali household exhibits a harmonious coexistence, with him and his wife collaboratively engaging in domestic chores and prioritizing their children's education. He has transformed into a respectful supporter of women's rights, acting as an exemplar in his community.



Mohammed Ali supported his children's dreams via education, Photo Credit by Nadim Hossain, Media & Communication Officer, Prottyashi

Mohammed Ali's journey with the EMAP program marked a profound shift in his worldview, leading to a serene and fulfilled family life. His transformation serves as a beacon for his community, showcasing the power of positive change.

## Journey from Abuse to Advocacy

As a day laborer, Mohammed Hossain faced constant unemployment in the camp, which only added to his frustrations. He would often pressure his wife for a dowry, causing further strain in their relationship. Unfortunately, these tensions escalated to the point where Mohammed Hossain resorted to physical and verbal abuse towards his wife. In a moment of extreme anger, he even kicked his pregnant wife and threw her down a hill. Miraculously, she managed to escape and seek shelter at her father's house.

Mohammed Hossain a Rohingya youth. He lives with his wife, son, and daughter. Mohammed Hossain's parents had brought him to Bangladesh in 2017, and at the tender age of 17, he was married off to an older woman with hopes of receiving a dowry. Sadly, due to the significant age difference, Mohammed Hossain became the target of mockery and hurtful comments from his friends and neighbors. Consequently, this led to frequent quarrels between Mohammed Hossain and his wife.

“ I used to subject my wife to physical and mental torment in various ways. However, after completing 16 sessions of the EMAP I came to a profound realization of my wrongdoing. As a result, I have made a conscious effort to change my behavior towards my wife, treating her with kindness and respect. Looking back, I am filled with deep remorse for the violence I inflicted upon her in the past.

-Mohammed Hossain

In the meanwhile, he attended a meeting at Majhi's house. It was there that he learned about Engaging Men through Accountable Practices (EMAP) sessions. Mohammed Hossain was intrigued and decided to join the EMAP group formed within his block. Faced with the grave consequences of his actions, Mohammed Hossain made the decision to reflect on his behavior and seek a path to redemption. With utmost dedication, Mohammed Hossain completed 16 sessions of the EMAP program. Through these transformative sessions, he realized the gravity of violence against women and the destructive impact it has on families. Mohammed Hossain vowed to change his ways, recognizing that constant quarrels only bring chaos and disrupt the peace within households.

Now, Mohammed Hossain has undergone a remarkable transformation. He no longer engages in quarrels with his wife and treats her with kindness and respect, consciously avoiding any behavior that may cause her harm. Mohammed Hossain carries deep remorse and shame for the abuse he inflicted on his wife in the past. Having imbibed the invaluable lessons of the EMAP program, Mohammed Hossain has become a passionate advocate against domestic abuse within his block. He actively raises awareness and encourages others to put an end to violence against women, aiming to restore happiness and peace within families



Mohammed Hossain and his wife discussing their children's bright future,  
Photo Credit by Nadim Hossain, Media & Communication Officer,  
Prottyashi

Mohammed Hossain's journey serves as a powerful testament to the effectiveness of EMAP intervention and self-reflection in bringing about positive change. Through his dedication and personal growth, he restored happiness and tranquility within his own family. Mohammed Hossain also envisions the potential impact of extending these programs to other men in the camp, envisioning a reduction in various forms of domestic violence and the restoration of joy and harmony within families.

The project celebrates Mohammed Hossain's journey as an inspiration for others and includes his story in their book, hoping to inspire more individuals to take a stand against abuse and work towards building safer and happier communities.



## A Journey of Empowerment: Transformation

Jomilaa Rohingya refugee woman who lives in Camp with his family is known far and wide for her unwavering strength and determination. Despite the hardships that surrounded her, Jamila remained steadfast in her pursuit of a better life. Her story was one of resilience and hope, a tale that would inspire all who heard it. She belonged to the Rohingya community, and behind closed doors, a shadow loomed over their seemingly perfect lives. Jamila's husband, though respected in society, neglected her emotional needs and household responsibilities. In consequence, a sense of restlessness has settled upon her, making her feel trapped and unhappy in her current circumstances every day as she goes about her daily chores and interacts.

In 2023, a ray of hope turned up in Jamila's life. It arrived in the most unexpected form: Engaging Men through Accountable Practice (EMAP) sessions, a captivating group session exclusively designed for women. This exceptional assembly was organized by the national NGO, Prottiyashi. This session was a part of the Women's Protection and Empowerment program facilitated by the International Rescue Committee (IRC) and financially supported by the Bureau of Population, Refugees, and Migration (BPRM). Little did Jomila know that this opportunity would transform her life forever.

“

knowledge is the power that can change People, families, thinking and life for a better future.

-Jomilaa

”

News about the EMAP intervention reached Jomila through her aunt, one sunny afternoon, as she sat on the veranda, her aunt came rushing towards her with a glimmer of excitement in her eyes. "Oh Jomila, my dear," her aunt exclaimed, "I have some news that will surely captivate your imagination! Jomila found their whispered conversations to be intriguing.

Then, in March 2023, a volunteer of PROTTYASHI informed her that an EMAP session would begin in E-block, near her home. One fateful day, Jomila stumbled upon a group known as EMAP, an extraordinary gathering of courageous and ambitious females. Their mission was to empower women and create a ripple of positive change in their lives.

Jomila's personal journey of empowerment did not stop there. Encouraged by her own transformation, she became an advocate for change within her community. With a renewed sense of purpose, Jomila actively raised awareness and voiced her opinions in the Engaging Men through Accountable Practice program, spreading the message of gender equality and balanced family life to others in the Rohingya community.

Today, Jomila stands as a shining example of perseverance and transformation. Her journey from a challenging and imbalanced family life to a harmonious and happy one inspires others to seek positive change. Through her participation in the EMAP session, Jomila not only transformed her husband's mindset but also paved the way for a better future for herself, her family, and her community.



During the EMAP session, Jomila immersed herself in the curriculum. She learned about gender roles, the significance of equal responsibilities and power-sharing between spouses, and the importance of mutual understanding and cooperation within a family. As the days went by, Jomila delved deeper into this newfound knowledge, immersing herself in its enchanting embrace. She couldn't contain her excitement, and she felt compelled to share her discoveries with her beloved husband. With every passing sunset, she would sit by his side, recounting the tales of her intellectual adventures. As time passed, Jomila witnessed a remarkable transformation in her husband. He began to understand and appreciate the importance of equal responsibility and power within their family. Taking inspiration from his wife's enthusiasm and the lessons she shared, he actively participated in household chores, such as cooking, washing clothes, and caring for their children. Jomila's husband recognized his past mistakes and made efforts to empathize with her feelings and concerns.


## The Power of Radio: Journey to Mental Health

Bashoir Mia, lives in a camp in the refugee settlement of Rohingya people located in Ukhiya Upazila under Cox's Bazar District of Bangladesh, with a story waiting to unfold. In old age, he found himself burdened with worries about his daughters' future. This constant anxiety made him distant from his family and unhappy with his own life. Bashoir Mia felt lost, unable to find joy in the work he did, and often found himself alone, not treating his loved ones kindly.



Joyful moments with the Bashir Mia family, where smiles bloom. Photo Credit by Nadim Hossain, Media & Communication Officer, Prattyashi.

As time passed, Bashoir Mia's physical and mental well-being deteriorated. He became a shadow of his former self, struggling with a profound sense of sadness and despair. However, fate had something extraordinary in store for him.



One fine day, two individuals named Arif and Harun, representatives from Prottiyashi, visited Bashoir Mia's humble abode. They shared with him the significant work of Prottiyashi in his camp in collaboration with IRC and BBC media action, particularly their radio listening group intervention. Intrigued by the concept, Bashoir Mia decided to join the sessions and explore the stories that lay within.

Week after week, Bashoir Mia immersed himself in the radio sessions called A'ara Kissa Season 3, a collection of 10 stories that delved into the realm of mental health. Until then, Bashoir Mia had never given much thought to the concept of mental health. But as the stories unfolded, a profound emotional impact resonated within him.

Gradually, Bashoir Mia came to the realization that he too was suffering from mental health issues. Encouraged by the stories, he mustered the courage to seek help from a psychosocial counselor. With their guidance and counseling, Bashoir Mia began his journey toward healing, triumphing over his depression and feelings of worthlessness.

Miraculously, as Bashoir Mia nurtured his family's mental well-being, he discovered a positive change within himself. Both physically and mentally, he started to feel healthier, vibrant, and alive.

Grateful for the transformation he experienced, Bashoir Mia became an advocate for a radio listening program in his camp. He realized that many others could benefit from the power of radio, just as he had. He wholeheartedly recommended the radio listening stories to the people around him, spreading the message of hope and resilience.

“  
Now I understand the importance of mental health and how it affects every aspect of our existence. I made a conscious effort to pay attention to the emotions and mental well-being of my family members. No longer distant and aloof, I treat them with respect, kindness, and empathy”

-Bashoir Mia

Bashoir Mia's story serves as a testament to the incredible impact that simple acts of kindness and understanding can have on an individual's mental health. It highlights the essential role of organizations in creating platforms for awareness and support.

With every passing day, Bashoir Mia continued to cherish the memories of those life-changing radio sessions. He remained forever grateful to Prottiyashi, IRC, and BBC Media action for organizing such valuable resources and helping him rebuild his life through the power of storytelling and mental health awareness.

## From Judgment to Unity

As the group progressed through the episodes, stigma struck when some members of the community approached Mohammad Ismail with concerns. Mohammad Ismail, being an intellectual and a keen listener, knew that hiding this problem would not bring any resolution. Inspired by the lessons learned from Aa'rar Kissa Season 3, he mustered the courage to share the issue with his listening group. In his own voice, he said, "I learned from the Kissa that if you are facing any problem, you should not hide it. By sharing it with others, we can find solutions more easily."

By embracing active listening, sharing our challenges, and seeking understanding, we can overcome misunderstandings, bridge divides, and foster unity within our communities. The power of communication and empathy can transform lives and bring about positive change, even in the face of adversity.

-Mohammad Ismail

In Camp, where the echoes of Aa'rar Kissa Season 3 filled the air, a cloud of tragedy descended upon Mohammad Ismail, the devout Imam of a Mosque. It began when concerned members of the community approached him, casting doubts on his religious commitment. Their words, laden with skepticism, echoed through his soul: "If you go to the NGO meetings and listen to such stories, we will not stand behind you and pray." Mohammad Ismail felt the weight of their judgment, enveloped in sadness and worry. Fear gripped him, for he understood the potential for religious chaos in the community. With courage in his heart and knowledge, let's know the story of handling this situation.

Without delay, Mohammad Ismail gathered all 20 members of the listening group, and together they convened at a community place. They patiently explained the situation to the individuals who had caused the incident. As the community members listened, they realized their misjudgment and the misunderstandings began to dissolve. They understood that Aa'rar Kissa was not meant to disrupt their religious beliefs but to inspire positive change and address societal issues.



The Imam Mohammad Ismail, is leading the prayers of the Muslims in his community.  
Photo Credit by Nadim Hossain, Media & Communication Officer, Prottiyashi

Gradually, those who had distanced themselves from Mohammad Ismail started to pray behind him once again. The unity and understanding within the community were restored. When representatives from Prottiyashi, BBC Media Action, and IRC visited the group, one member spoke up, saying, "Previously, we lacked the knowledge and skills to address conflicts or support individuals experiencing mental stress. However, through Aa'rar Kissa, we have learned why people make mistakes, how to guide them onto the right path, and how to solve problems within our community. We are immensely grateful to Prottiyashi, BBC Media Action, and IRC for their remarkable initiative."

With renewed understanding and empathy, the community of the Rohingya Refugee camp embraced the power of listening and storytelling. The story of Mohammad Ismail and the transformative impact of Aa'rar Kissa Season 3 became a shining example of how communication, understanding, and cooperation can overcome even the most challenging obstacles, fostering unity and harmony within a diverse community.

## Light in the Shadows



Saleha's joyful family. Photo Credit by Nadim Hossain,  
Media & Communication Officer, Prottyashi

Saleha is a daily wage laborer, who lived in a Rohingya refugee camp with her family. She found herself in a challenging situation when her younger daughter, Tahmina, lost her vision in one eye due to a playtime incident. The event shook Saleha's dreams for Tahmina's education, sparking concerns about her future prospects, especially her marriage and societal acceptance.

Saleha is immensely grateful to Prottyashi, BBC Media Action, and IRC for their tireless efforts and to BPRM for funding such a lifesaving program. She also suggests including discussions on polygamy and child trafficking in future programs, believing it would bolster the impact of the program.

Her tension and shock took a turn when volunteers from the Protyashi approached her to participate in a series of discussions, despite no monetary or food incentives. Hoping to gain valuable knowledge, she willingly agreed. Before being introduced to the LG Arar Kisha Program, Saleha had little awareness of mental health issues. BBC Media Action's LG Aa'rar Kissa Seasons 3 and 4 played a transformative role in Saleha's life, helping her understand and overcome the mental health challenges faced by her family. Through the program, she not only alleviated her concerns about Tahmina but also successfully educated her husband about mental health, making their home a supportive environment. Now, she treats her daughter like any other normal child and actively involves her in various activities.



“

LG has played a pivotal role in enlightening me about the concept of mental health. Through its Story, I have gained valuable insights into the existence of mental illness and its impact on individuals. This newfound understanding has empowered me to take proactive steps in raising awareness among my relatives and neighbors regarding this crucial matter. I am grateful for the knowledge and perspective that LG's stories have provided me, enabling me to contribute positively to the mental well-being of those around me.”

-Saleha

”

Saleha's cousin often had convulsions and would suddenly turn away before she could say anything. Her relatives thought she was possessed by a ghost or black magic. So, they took him to various astrologers for treatment but could not cure him. She can understand that her cousin's illness is a mental illness from the stories on the radio listing group. In a poignant moment of realization, Saleha connected her cousin's seizures, previously attributed to supernatural forces, to a mental health disorder. Leveraging her newfound knowledge from the LG listening group, she sought medical help for her cousin, significantly improving her condition.

# Conclusion

The purpose of this "Book" is to create a compilation of real-life case stories that demonstrate the practical application of a particular subject. The case stories aim to capture and share experiences, challenges, and success stories from various individuals who have experienced unique situations and found innovative solutions.

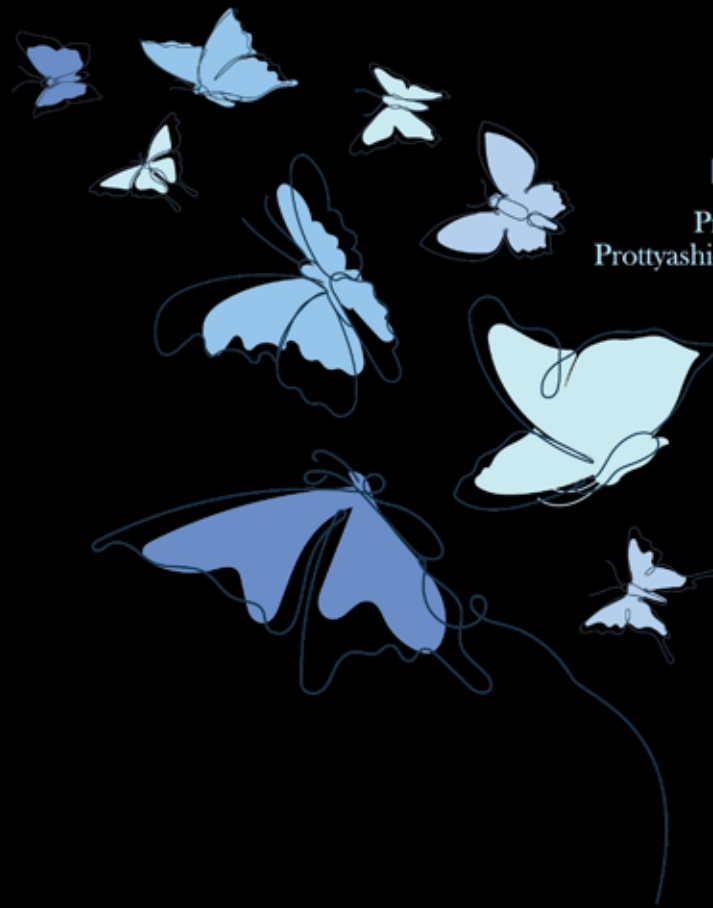
**Knowledge sharing:** The case stories intend to disseminate valuable knowledge and insights gained from real-world experiences. By documenting and sharing these stories, readers can know real life stories of transformation.

**Inspiration and motivation:** The case stories seek to inspire and motivate others by showcasing stories of individuals that have overcome challenges, achieved remarkable results, implement innovative strategies. These stories can serve as a source of inspiration and encouragement for readers.

**Best practices identification:** The case stories aim to identify and highlight best practices within a specific field. By analyzing successful case studies.

**Promotion and reputation building:** The case stories can also serve as a platform to promote the work and achievements of individuals and organizations. By showcasing successful case studies, the project can enhance the reputation and credibility of the featured entities, attracting attention and potential opportunities.

Overall, the purpose of the "Book" is to compile and share a collection of real-life case stories that inform, inspire, and provide practical guidance to readers. It aims to capture the experiences, challenges, and successes of individuals and organizations, contributing to knowledge sharing, inspiration, and identification of best practices



**Ismat Jahan**

Project Coordinator  
Protyashi-PRM-IRC project

# Photo Gallery



Project Inception meeting at Camp-15 on 13th February 2022



Celebrate International Humanitarian Day at camp 15



Celebrating international Womens day 2022 at Camp-15



Celebrating International Womens day 2022, on 8th March 2022



Rally for International Humanitarian Day at camp-15



Conducted EMAP female session on 25th May 2023, Block E, Camp 15

# Photo Gallery



EMAP Closing Program introduction



EMAP Graduate Receives Certificate from the CiC, Camp-15



EMAP male session visited by Md. Salim, Assistant Director Training, Prottiyashi, Prottiyashi SMT, on 23rd July 2023, block-E, camp-15



Girl Shine, male caregiver receiving the certificate



Popular Theatre on Referral pathway on 25th July 2023, Camp-15



Popular theater on Early Marriage at Camp 15

# Photo Gallery



Popular theater on Early Marriage at Camp-15



Adolescent girls are celebrating the joy of graduate certification



Protection Stall at the BPRM SuBaSh Consortium Lesson Learned & Knowledge Sharing Workshop. Photo credit Md. Tasbir Ul Islam, Senior Officer, Advocacy & Communication



Prottyashi Executive Director, Monowara Begum visited LG female session on 31th may 2023 at camp-15



Prottyashi-PRM-IRC project team



Conducated LG male session at Block A, Camp 15



PROTTYASHI

