

# NEWSLETTER

*Issue 1, January - March, 2023*

## Harmony Trust attends Nutrition Exposition and Allied Public Health Conference 2022

The Nutrition Exposition and Allied Public Health Conference 2022 was a resounding success, drawing leaders and dignitaries in the field of public health. The Expo took place at Bangladesh Agricultural Research Council (BARC), Farmgate, Dhaka on 6th and 7th January 2023. Harmony Trust was honored to attend the event and present its study on the application of complementary healthcare methods, showcasing its products and IEC materials. The study was conducted by the Secretary and CEO of the Trust, Mr. Amitabha Bhattacharjee, and the Healthcare Coordinator, Syeda Shahida Sultana.



The conference was organized by a consortium of prestigious organizations and universities, including the North Pacific International University of Bangladesh, the Health and Nutrition Organization, and the Public Health Association of Bangladesh.

## Launching of the Health Entrepreneurship Program for Girls in Dhaka's Slums



On 12 March 2023, Harmony Trust launched a new program to empower adolescents and young girls from Dhaka's slums through health entrepreneurship. The initiative focuses on providing training in non-conventional therapies such as yoga and reflexology therapy, healthy & lifestyles, and elderly care. The program aims to equip the girls with the skills and knowledge to become health entrepreneurs and offer their services to the slum dwellers at a lower cost. It also aims to provide job placement support to the participants to lead successful careers in the healthcare industry. The initiative is backed by enterprise development support and strategic partnerships with two (2) Development Organizations.

## Harmony introduces Yoga for Stress Management at Women of the World Festival Bangladesh 2023

Team Harmony conducted yoga sessions at the Women of the World Festival Bangladesh 2023, held at the Bangladesh Shilpokola Academy on 24th and 25th March. The sessions focused on stress management and introduced various techniques and postures to promote overall well-being. The event aimed to empower women from all walks of life, providing a platform to discuss and showcase their achievements, challenges, and aspirations.



## Virtual e-Library Anniversary brings Experts together



On 10th February, 2023, Harmony Trust celebrated the second anniversary of its specialized e-library on Yoga and Naturopathy. The event brought representatives from 11 renowned national and international institutes together to advocate for an integrated approach to holistic wellness. The speakers emphasized the importance of standardization and evidence-based research in the fields of Yoga and Naturopathy, pledging to collaborate with Harmony Trust in promoting the e-library for the benefit of people worldwide.

## Contact Us

- 01979105035
- <https://www.facebook.com/HarmonyTrustBD>
- <https://www.youtube.com/@harmonytrust7745>
- <https://harmonybd.org/>

**Address:**  
Flat 7A, 6th Floor, House # 560, Road # 08,  
Baitul Aman Housing Society, Adabor, Dhaka 1207

## Joyful event brings together the Kids of Online Yoga Program



Harmony Trust's Online Kids Yoga Program recently organized an in-person event for children to come together and practice yoga, play, and have fun. The event was held on Friday, 27 January 2023, and allowed parents to witness their children's progress in yoga. The online program has been a cost and time-efficient solution for many guardians, but they also emphasized the importance of in-person meetups for the growth and wellness of their children. Team Harmony is dedicated to promoting healthy habits and active lifestyles among children and will continue to offer a combination of online and in-person activities to support their cause.

**Editor: Syeda Shahida Sultana**  
**Co-Editor: Hasnain Al Morshed**