

### **Saikat Bulletin**

# Preserves harmony, Life and Nature 12 edition, December, 2022



#### Last month at a glance.

- ❖ 14 regular audio programs.
- 2 talk shows on Communication skill and Social Cohesion.
- ❖ 5 Magazine on Climate justice and resilience.
- ❖ 5 PSA on Public services and Social issues.



#### **Sashtho Kotha**

The taste of motherhood is a great joy in a woman's life. The story of becoming a mother from a woman is very enjoyable for everyone. However, looking at the current situation, it is known that many women are deprived of this joy due to various physical complications. Doctor Nazima Begum Medical Practitioner of Cox's Bazar Doctors Chamber said, "There are many reasons behind infertility, many of which remain unknown. Known causes include being overweight. This can lead to irregular periods with polycystic ovaries. She also said that to reduce the rate of infertility, women should generally try to have children before the age of 30 and should watch their weight, diet and exercise regularly. Regular checkups should be done with the doctor. Above all, everyone should be aware."



### **Fishermans**

The fisherman, Mr. Kabir said that he was living a comfortable life by catching fish in the river. He also earned daily 700-800 taka by weaving nets. As a fisherman he did not quit his life. In addition to his profession as a fisherman, He had built his own house and taking care of the education expenses of his 2 daughter.



# Well-Wishing for Radio Saikat

Tarapodo chouhan, upazilla Fisheries officer said that, radio saikat working very sincerely for creating public awareness on organic dry fishing method. He also said that I hope many people will be aware through the awareness program of radio saikat.



Tarapodo Chouhan, Upzilla senior officer.

# **Use of Technology**

. Sadikul alam bijoy has been working as a volunteer in different organization for along time. He said that even 10 years ago we didn't know that use of information technology so much. Today's Young generation is able to do difficult tasks much easier by using information technology. Young generation using information technology for various unethical activities. Its very useful if Our education intuitions and the government will organized various workshop to highlight the correct use of information technology in front of the young generation. So we all learn to proper use information technology and reflect in for the welfare of ourselves and the country.



#### **WELL-WISHING FOR RADIO SAIKAT**



Listners Club, shomiti para, Cox'sBazar.

# Good luck Radio Saikat 99.0FM Radio Saikat is doing a lot of good for rural women by providing information on essential health services, how to be self-sufficient even by doing housework, what to do if a woman is a victim of violence. So we wish Radio Saikat a lot of good luck. We hope Radio Saikat will

continue to provide us such information in future

## LISTENERS FEEDBEAK

- ☐ Jhirjhiripara Homemakers Audience Club members participated in the program to prevent violence against women. The members of the club shared their memories of various incidents of violence in their lives with the Radio Saikat team. They added, "They have found a place of trust where they can share their thoughts.
- ☐ Two listening clubs were formed with the students of Cox's Bazar Girls High School in continuation of Community Radio Saikat's listening club. Total of 50 students, 20 and 30 in each club. Meanwhile, the students said that they are very interested in participating in the Radio Saikat's program.



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