Alo-BT

Alo Bhubon Trust

ALO BHUBON TRUST
আলো ভুবন ট্রাস্ট

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Motto: Serving Humanity and Sustainable Development our Vision
মানবসেবা ও লাগসই উন্নয়ন মোদের নিশানা

NEWSLETTER
APRIL 2020

VOLUME-1, ISSUE-1

It is my great pleasure to welcome the readers of the first issue of the Alo Bhubon Trust newsletter. We intend to publish the newsletter twice a year on April and October.

The Alo Bhubon Trust is aimed to promote health-improving, scientific and environmental projects as well as projects on education, agriculture and women development in Bangladesh. Moreover, our organization intends to mobilize expatriate Bangladeshi and foreign experts, particularly those who are interested in helping Bangladesh with their specific knowledge. Our trust wants to cooperate with other national and international organizations with identical or similar objectives on a partnership basis.

When founding of the Alo Bhubon Trust in 2018, we dedicated our first project to fight cancer by awareness and prevention as well as hands-on-training of diagnostic and treatment-related personnel like doctors, medical physicists and technicians (www.scmpcr.org).

In the past, there have often been terrible pandemics such as Cholera, Smallpox, the Plague, the Spanish Influenza, Ebola or HIV. But COVID-19 / Corona will turn out to become a really long-running burner. On March 11th, 2020, the WHO declared this disease as a pandemic. COVID-19 has spread like no other virus epidemic worldwide. In this pandemic situation, the Alo Bhubon Trust has tried to contribute by helping needy people with food, working with the DG Health and studies on COVID-19 with our limited staffs and resources.

Thanks to the team for writing articles on the history, scopes and activities of Alo Bhubon Trust and other interesting information for this newsletter. I do hope that the coming issues will be also an inspiring reflection of our organization.

While reading this issue, dear readers, please bear in mind that any suggestions or critic will be much appreciated.

I would like to finish my short message with the following quotation of Rabindranath Tagore (1861-1941):

"I slept and dreamed that life was joy-
I awoke and saw that life is duty-
And duty is joy"

Thank You
Prof. Dr. Golam Abu Zakaria
Chairman
Alo Bhubon Trust (Alo-BT)

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HISTORY OF ALO BHUBON TRUST

Bangladesh is a densely populated country having 160 million people living in an area of 147,570 km² (30.5.2019) in which 64.96% of the total population is living in rural areas. The developing countries share some common characteristics like health risks, low education levels, poverty, corruption, terrorism, illiteracy, inadequate public healthcare, environmental pollution etc.

Many national and international organizations are uniquely designed and activated to help to solve complex development problems in a courageous, integrated, and innovative way to meet the sustainable development goals (SDG). The development of any country depends on a holistic effect of different governments and NGOs working on that particular country. Considering this NGO/ Trust plays a very important role for improvement of the socio-economic, scientific, technological, medical and environmental situation of the country.

In 1972 Golam Abu Zakaria, a young student full of devotion for his motherland, left Bangladesh at 18 years of age for University undergraduate education in Germany which was supported by a German governmental scholarship. He was one of the first awardees of Bangladesh after its independence in December 1971. From then his patriotism for Bangladesh, motivates him to analyze the factors for which Germany is so developed at that time in comparison to Bangladesh. Since that time, he has started to share his knowledge to Bangladeshis during his visit to the home country and is desperate to do some work with respect to his field, especially in medical physics. He has also a keen interest to improve and avail education, health hygiene, hospitals, vocational training to the deprived people in the villages. Besides this, he has the knowledge as physicist and regularly delivers lectures on the environment and renewable energies in Germany. This acts as a driving force to share his experience and knowledge to his home country. From his experience for more than 40 years in Germany in different areas and approximately 30 years in Bangladesh and other developing countries, he thinks Bangladesh must need development not only in his specialized field in medical physics but also other major sectors such as in primary education, secondary education, health education, environment, energy, research which are the prime need of the people of Bangladesh.

This apprehension ultimately resulted in the establishment of the organization Alo Bhubon Trust (Alo-BT) in July 2018 by Prof. Dr Golam Abu Zakaria along with some of his close like-minded majestic persons. Alo Bhubon Trust is a non-profit, charitable and voluntary welfare association with its primary motto ''Serving Humanity and Sustainable Development our Vision.''

The first and prime project of Alo Bhubon Trust is the establishment of the South Asia Centre for Medical Physics and Cancer Research (SCMPCR). He has the goal to develop for advanced and innovative treatment of cancer patients not only in Bangladesh but also in the South Asia region, considering the urgent need of qualified manpower in these treatment sectors.

The projects of other sectors will be started successively under Alo Bhubon Trust. All the projects will be run by the efficient manpower defined in the organogram for each project. The board of trustees is well experienced and will act as a good advisor to run the Alo Bhubon Trust.

MAJOR ACTIVITIES

1. **Cancer control** in Bangladesh and South Asia region through training, awareness, screening, welfare home, self-help group and other activities.
2. **Address the environmental** issues in terms of climate change, global warming and the use of renewable energy and plantation.
3. **Emergency response,** support in natural hazards and disaster and humanitarian activities.
4. **Accelerate combined** self-reliant and continuing development programs in Bangladesh to achieve Sustainable Development Goals (SDG).
5. **Educate and support** the disadvantaged people for achieving their social, economic and human rights as well as to provide scholarship to the poor meritorious students.

6 **Maternal health-care**
and community well-being, health awareness program, health screening and medical camp and mother and child health care hospital.

7 **Strengthen health**
sectors capacities by continuing professional development (CPD) training and in-service training to the doctors and other medical professionals.

8 **Quality inclusive education**
with introducing primary and secondary school program, skill development, vocational and technical educational training, nursing institute, digital library, e-learning program.

9 **Collaborative research**
on socio-economic, scientific, technological, medical and environmental situations, mega cities health, nutritional medicine, artificial intelligence, 3-D printer in Bangladesh.

10 **Women empowerment,**
girls education and save the child, welfare program rehabilitation service.

11 **Mobilize expatriate**
Bangladeshi and foreign experts, particularly those who are interested in helping Bangladesh with their specific knowledge.

BOARD OF TRUSTEES

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A BRIEF REPORT
ON PROJECTS OF ALO BHUBON TRUST

Alo Bhubon started its journey in 2018 with its motto "Serving Humanity and Sustainable Development our Vision''. Its aim is to perform different projects in all areas like health, education, environment, climate, women empowerment with government, non governments, different NGOs, institutes etc. In this aspect Alo-BT is doing collaborations with different national and international bodies. The Alo-BT Trust will start the following projects in first phase which are as follows:

- Primary School
- High School
- Mother and Child Healthcare Center
- South Asia Centre for Medical Physics and Cancer Research (SCMPCR)
- College
- Hospital
- Nursing Institute
- Vocational Training Institute
- Energy and Environmental Institute

The prime project is the South Asia Centre for Medical Physics and Cancer Research (SCMPCR) started in July 2018. The South Asia (SA) region with its eight countries (Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan, and Sri Lanka) is about 1.891 billion populations which are approximately one-fourth of the world's population. Cancer is the second leading cause of death globally, accounting for an estimated 9.6 million deaths, or one in six deaths, in 2018. In modern times our health treatment sectors are evolving with a lot of new advanced technologies being incorporated in the sector of cancer treatment. From diagnostic to treatment technique all the equipment needs good maintenance and high-quality control and precision and accurate cancer treatment. So, to increase the number of qualified manpower in the field of cancer care in the South Asia region is mandatory.

Despite massive diversity across the South Asian countries, they face a big challenge to develop cancer control programs. SCMPCR is constantly trying to improve all the sectors which are required to build a Qualified Cancer treatment team.

Current Activities of SCMPCR (Fig. 1)

Training: SCMPCR organizes a series of the International Organization of Medical Physics (IOMP) and the European Board for Accreditation in Medical Physics (EBAMP) accredited hands on workshops and in-service training (2-3 per year) in collaboration with the several national and international organization and hospitals for cancer care team (Doctors, Medical Physicists, Nurses, and other providers). Hands-on training is more practical based and

Fig.1: At a Glance: SCMPCR Current Activities

very interactive so that participants from different countries can update their knowledge in recent technologies and can make them prepared for the certification process. From experience, for many years we have realized that the outcome of training in foreign countries is less effective than in service training. As in service training more personnel can be involved in the hospitals, daily hospital-based cases, their problems according to the country can be solved using local equipment. This training program is done in hospitals (practical) and SCMPCR training room (lectures, examination) with experts' trainers from abroad. These programs are supervised and funded by the German Academic Exchange Program (DAAD) through mutual collaboration.

Awareness Program on Cancer: Prevention is better than cure. From this belief to reduce the mortality and suffering of cancer, every year SCMPCR organizes cancer awareness programs twice a year as well as in special days like world cancer day and other important occasion.

Self-help Group: SCMPCR introduced a self-help group of cancer patients for the first time in Bangladesh. SCMPCR has made a community of self-help groups where the same types of cancer patients can discuss with each other, thereby can help each other, share their experiences and especially, support each other which may enhance their mental strength.

Health Education: Health education programs are organized in schools, colleges, universities, in cities and rural areas to educate people how to maintain a healthy life keeping diseases away.

SCMPCR Newsletter: SCMPCR publishes newsletter bi-annually (January and July issue) to represent its activities. The editorial board comprises members of SA regions and also from other developed countries. SCMPCR already published three newsletters since January 2019.

Research: In the meantime, SCMPCR have focused their research on 3D printer and Artificial Intelligence (AI) in collaboration with Germany, China and EFOMP AI group. Mr. Jobairul Islam was sent to University of Heidelberg, Germany to gain experience on 3D printer and to continue research in Bangladesh. The founder of SCMPCR, Prof. Golam Abu Zakaria has been a member of EFOMP Artificial Intelligence (AI) group. SCMPCR is continuously doing research with Medical Physics (MP) students, researchers on radiotherapy, diagnostic radiology and nuclear medicine.

Upcoming Programs of SCMPCR

E-Learning Program: SCMPCR is working with Global health catalyst of the Harvard University, USA and the Mannheim Medical Centre, Germany to initiate the accredited online courses and training ***(Fig. 2)***. The interested participants will register on the SCMPCR website and the SCMPCR office can store the program in the server for future purpose. Last year, SCMPCR members participated in the Global health catalyst summit at Harvard University regarding this issue. Prof. Zakaria has been rewarded the "Global Radiation Oncology Distinguished Leader Award 2019" by Global Health Catalyst of Harvard Medical School for his contribution of radiation medicine education worldwide.

Fig.2: SCMPCR Network for e-learning Program

Welfare Home for Cancer Patients: Radiotherapy and other modes of cancer treatments are a long-time and expensive treatment (minimum 30 days). To avail better treatment, rural areas patients come to the city which is very costly and they require accommodation in the city which makes a further burden on them. Considering this SCMPCR aims to build a welfare home for the poor cancer patients to provide the cheapest accommodation with food, counseling, outdoor facilities and palliative care during the treatment period.

Digital Library: It is difficult to collect all the hard copies of books on medical physics, oncology, radio-diagnostic and other subjects due to economic constraints. On the other hand, a large space will be needed for keeping those books. To cover the SA region and beyond this digital library is the most important.

SCMPCR Institute for Residency Program: SCMPCR will establish an institute for residency program and cancer research through collaboration of other research national and international institutes. Residency program is mandatory for certification of individual medical physicists as per international rules. The Institute should be a regional centre for the SAARC countries and act as a meeting point for the scientists of all SAARC countries and all other neighboring countries like Myanmar, Thailand and Vietnam etc.

Nutrition Medicine for Prevention: Another research field of SCMPCR is to focus on Nutrition Medicine for prevention of dieseases especially cancer.

Project on Renewable Energy (Polli Shokti)

The founder of Alo- BT has been trying to establish renewable energy in rural areas named "Polli Shokti" for many years. With his German colleague Prof. Hartmut Baerwolff of Cologne University of Applied Science and the factory Scemtec Hard- und Software fuer Mess- und Steuertechnik GmbH Reichshof in Germany ***(Fig. 3)*** he has

implemented in 2011 solar energy facilities for lightening streets, garden, schools and hospital of the Ikarkuri ***(Fig. 4)*** .

Later it was also applied the solar lightening in the operation hall of the hospital ***(Fig. 4)***. He published many articles on renewable energies and has also discussed the important of it in his Bengali book Bangladeshe Biggan Chorcha (2012).

Oberberg Aktuell, Gummersbach, Germany, (Red/14.01.2012-10:56)

Solarleuchten für Bangladesch

Gummersbach - Prof. Dr. Hartmut Bärwolff von der FH Gummersbach arbeitet in seinem Forschungsfreisemester in Asien und zieht nach einem halben Jahr Bilanz von zahlreichen

Fig.3: A Discussion on the Implementation of Renewable Energy in Bangladesh; Prof. Zakaria with his German Colleagues and Experts at the University of Applied Sciences, Koethen, Germany. Local News Magazines Published Articles on Solar Energy in Bangladesh

Fig.4: Solar Energy Used in Operation Theater and in Street Light with LED Lamp in 2011

Thereafter in another village Pothhara near Dhaka, we have started similar type of activities ***(Fig. 5)***. The more and comprehensive work will be done on these aspects in near future.

Fig.5: Training on Solar Energy (Polli Shokti)

PROJECTS IN RURAL AREAS BY THE FOUNDER

Ikarkuri is a small village belonging to Boalia union of Naogaon Sadar Upazila under Naogaon District (earlier Rajshahi district). In the nineties there was no primary and high school in Ikarkuri, only a primary school was running in a nearby village Dhamkuri. At that time village girls of Ikarkuri were not used to going to high school as these are situated in Naogaon town (3 km away from Ikarkuri). The guardians of the girls did not send their daughters to distant places for education.

Golam Abu Zakaria was born in 1953 in Ikarkuri in a very renowned family. His family is the most educated family in Ikarkuri village. His grandfather Haji Amir Ali Pramanik was a legendary personality in the whole region. Zakaria availed German government scholarship which was the first scholarship of Bangabandhu Sheikh Mujibur Rahman government in 1971. He obtained BSc, MSc and the PhD degrees in medical physics (MP) which is essential for cancer treatment. At that time, he would like to develop the medical physics subject in Bangladesh which was new in his country. He started to develop medical physics in Bangladesh in the eighth of the last century. He used to come to Bangladesh many times in the '80s and '90s to develop medical physics education. It is worth mentioning that during that time he organized various seminars in BUET ***(Fig. 1)***, Rajshahi and Chittagong Universities on medical physics to raise awareness on medical physics education. He is the founder of medical physics in Bangladesh. His concept makes real development of MP till now.

Fig.1: Seminar on Medical Physics Education at BUET

When he used to visit in the village at that time, the villagers appealed to him to do some steps for education of girls in Ikarkuri village and around. He realized the importance of a high school for the village, then he discussed with his family to provide some infrastructure like land. His father agreed to give him 1acre ancestral land in Katalvita for the proposed school. Dr. Zakaria inaugurated the school on 17 December ***(Fig.2)***, a date which symbolizes to start rebuilding of Bangladesh after the independence of 16th December in 1971. It was also 1999 when he published a book on Kazi Nazrul Islam in Germany in German at the occasion of his 100th birthday. This was the first book on the national poet of Bangladesh in Germany. The interesting thing was that he had now land for school only but no money for building, teachers etc. Then he started to build the school with 2000 German mark from his pocket. The construction of a simple school building could be realized. The interested villagers built the school building with bamboo and tin sheets by instinct and the students started their classes ***(Fig. 3)***.

Fig.2: Inauguration of School on 17 December. (Laying the Foundation Stone)

When he came back to Germany, he requested the organization "Bangladesh Studien- und Entwicklungs Zentrum (BSEZ)" (in English "Bangladesh Study and Development Center") in Wiehl near Cologne, Germany for his support for the new school. The members of BSEZ are Germans as well as people with Bangladeshi background from all over Germany. He organized different exhibitions (e.g. cooking food, putting mehndi in hand) in Germany ***(Fig. 4)*** with his family, neighbors and colleagues to collect funds to develop the school.

Fig.3: School Children Started their Classes

Fig.4: Stand for the School Project on the Day of the International Encounter (e.g. Cooking Food, Putting Mehndi in Hand) in Gummersbach, Germany

He provided bicycles and sewing machines for the students so that poor students can learn handicrafts ***(Fig.5)***. He provided teachers' salaries and cash at various times to build the school infrastructure and run the school smoothly.

Fig.5: Sewing Machines for Poor Students

Every time he brings scientific, educational and sports material for the students of the school which makes the students best in sports and cultural sectors as well as good results ***(Fig. 6)***. With his initiative, many German colleagues and friends have been visiting the school regularly ***(Fig. 7)***.

Fig.6: Scientific Materials from Germany and Achievements of Ekar Kuri High School in Sports Sector

Fig.7: German Colleagues and Friends Visited in School with Prof. Zakaria at Annual Prize Giving Ceremony

The high school was first approved from the Government on 1st January 2000 and got MPO registration on the 1st May 2004 up to class eight. Now the school committee is seeking the academic approval and MPO from the government for class nine and ten. From Dr. Zakaria's initiative, he started class 9 and class 10. He is paying the teacher's salary for them till now. In 2002 a new building was constructed for the secondary school ***(Fig.8)***. The old corrugated tin sheet building accommodated the primary school which was the second project in Ikarkuri, founded in 2003 ***(Fig.9)***. In 2018 the primary school received a three storied building from the Bangladesh Government. In 2019, a new four storied building is being developed by the Governmental fund for the high school which is under process ***(Fig.10)***.

Fig.8: School Children in Front of the New School Building

The main goal of the school was to ensure access to education for the girls and poor students and reduce the discrimination. Nowadays more than 60% students are girls which makes a big positive impact on women empowerment and social and economic development of Ikarkuri and other villages. The school has become the best learning space with excellent learning environments with digital computer facilities for the students ***(Fig.11)***.

Fig.9: Primary School in Old Tin Sheet Building of High School

Fig.10: New Four Stored Building Construction for the High School.

The school authority encourages the students in different extracurricular activities though several annual sports and cultural events. Mohammad Abdul Jalil, former Member of Parliament for the Naogaon-5 constituency has joined several events of the school, the Mother and Child Healthcare Centre and helped to get the registration from the government. ***(Fig.12)***.

Fig.11: Computer Facilities for the Students

Fig.12: 10th Anniversary of the School and Inauguration of Mother and Child Healthcare Center

Later on, with the initiative of Prof. Zakaria and BSEZ together with the partner organizations, AugenBlicke e.V. Reichshof and Rotary Clubs Oberberg and Gummersbach of Germany a Mother and Child Healthcare Centre was built near the school in 2010. Its tasks are a) Infant care and child-rearing; b) Nutrition and health education; c) Hygienic management; d) Family planning; e) Medical care of pregnant women and their children; f) The implementation of important vaccinations. Prof. Zakaria was presented at the different activities of Mother and Child Healthcare Center and monitor its activities regularly ***(Fig.13)***. The rural population receives consultations in the centre for basic medical care including treatment by general practitioners, pediatricians and gynecologists. The centre reaches approximately 50,000 people in the rural north of Bangladesh. With the partners' support, its financial back-up was guaranteed for some years. By this time people try to get financially independent.

Fig.13: Different Activities of Mother and Child Healthcare Center with the initiative of Prof Zakaria at Ikar Kuri Village (Inauguration, Meeting with the Staffs of the Hospital, Delivery of the First Baby in the Hospital)

Since 1st July 2011, the health centre has started a mobile health service with the help of a new partner, the Else Kroener-Fresenius Foundation, Germany. It served the Naogaon Thana for 6 years.

The Mother-Child-Centre serves 50000 people living in Boalia Union. The main target is to help poor families, especially women and children in their everyday medical problems. This is the first hospital, may be in a village in North Bengal where the solar panel is established for operation and other emergency procedures are done using solar light ***(Fig.14)***.

Fig.14: New building of hospital and Solar Energy Installation with German Engineers and Experts

Prof. Zakaria has also a great cultural mind for which he has published books on Kazi Nazrul Islam (German,1999) as mentioned earlier, Rokeya Sakhawat Hossain (German, 2006), Rabindranath Tagore (German, 2011 and English, 2014 in Bangla Academy) and Bangabandhu Sheikh Mujibur Rahman (German in March 2020) to spread Bangladeshi culture and history to European. From this view, he also founded a monument of the world poet Rabindranath Tagore at his 150th birthday in 2011 in cooperation with the local organizer M. Motiur Rahman Mamun in Potisor ***(Fig.15)***.

Fig.15: Monument of Rabindranath Tagore with the Initiative of Prof. Zakaria

His humanitarian service, philanthropy, patriotism, ideal thinking, continuous efforts for the motherland is hardly seen in foreign inhabitants of a Bangladeshi citizen. It met the urgent necessity and serves the local population as well as fulfills a long wish of the village population.

COVID-19 CRISIS IN BANGLADESH: ROLE OF ALO BHUBON TRUST

The Coronavirus COVID-19 pandemic is describing global health emergencies within recent times. Since its rise at the end of last year, the infection has spread to each and every continent.

Every country throughout the world is struggling to deal with this global emergency. The World Health Organization (WHO) has declared the COVID-19 as a global pandemic on 11th March 2020. The COVID-19 pandemic has been confirmed to have spread to Bangladesh on 8th March 2020. Infections stayed low till the end of March but a steep rise in April. As of 8th May 2020, there are a total of 13,134 confirmed cases besides 1,910 recovered and 206 deaths in Bangladesh ***(Fig.1)***.

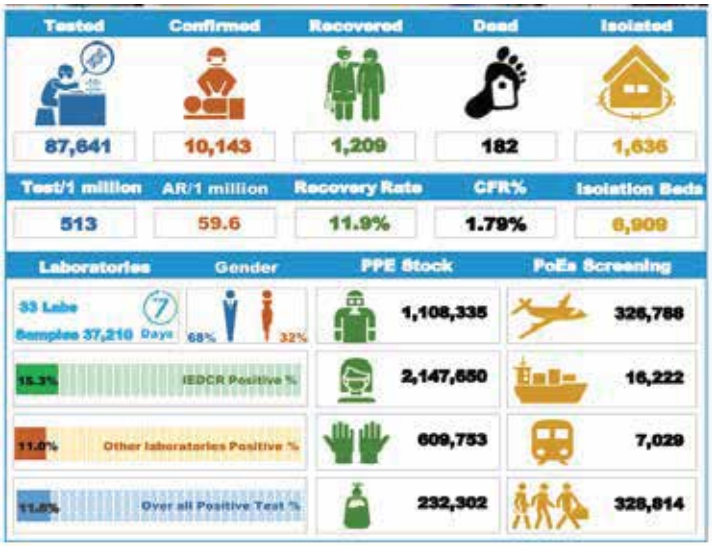


Fig.1: Corona Situation in Bangladesh Till 4th May

One of the main activities of Alo Bhubon Trust includes emergency response, support in natural hazards, disaster management, health crisis and humanitarian activities. Considering this, pandemic situation COVID-19 in Bangladesh, Alo Bhubon Trust and its project SCMPCR have taken the initiative with several programs to make a little contribution along with the government and other private organizations.

Activities of Alo Bhubon Trust during COVID-19 emergency

Working with DGHS, Ministry of Health: As a response to this crisis from the March 2020, the Directorate General of Health Services (DGHS), Ministry of Health, Bangladesh has opened an integrated Control Unit for overseeing and administering the Coronavirus situation and to boost awareness among people about Coronavirus. Alo Bhubon Trust (Alo-BT) and its sister project SCMPCR are mutually working with the administration especially the Directorate General of Health Services (DGHS), Ministry of Health. Alo Bhubon Trust staff joined with the integrated control unit and worked at the Public-Private Partnership group under the coordination of Dr Md. Rizwanul Karim (Shameem) ***(Fig.2)***. They outline the report with key messages and translated in Bengali for people in general as indicated by the World Health Organization (WHO) and other international authorities.

Fig.2: Alo-BT Members are Working at Integrated Control Unit, DGHS, Ministry of Health, Bangladesh

Raising Awareness Through Circulation of Posters, Leaflets and e-Learning Program: Meanwhile, Alo Bhubon Trust and its sister project SCMPCR have made several PowerPoint, Posters and leaflets ***(Fig.3)*** on Coronavirus (COVID-19) which are uploaded oftentimes to the Alo-BT and SCMPCR websites, Facebook/Social media for creating awareness on the Coronavirus. Those substances were circulated within the mass individuals to bring issues to light. On 25th April an e-learning program was directed by Mr. Jobairul Islam, coordinator of SCMPCR where he had a lecture on COVID-19.

Fig.3: Posters and Leaflets of Alo Bhubon Trust to Raise Awareness

Working with other Organizations: Alo-BT members similarly circulated the international guidelines (IAEA and AFOMP) to the Radiotherapy and Nuclear Medicine divisions at the time of COVID-19 crisis.

Relief Distribution Program: The Bangladesh government has executed a complete lock down to anticipate the Coronavirus from spreading since the 25th March 2020. But this action has carried difficulties for millions of people in dense Bangladesh. The economic closure flashed by COVID-19 fears millions of people living in the country imminently. Destitute individuals have lost their work and are not getting any financial support. According to World Bank data, only 15 percent of Bangladeshi populace makes a salary of 500 Taka ($5.90) per day. Now around 10 million rickshaw drivers, day work, daily labour, house cleaners and others lost their capacity to oversee every day foods and they don't have any reserve funds to confront this circumstance. Considering this Alo-BT authority has shown a drive to support the destitute individuals. Rather than dispersing food individually on the road, Alo Bhubon Trust is attempting to accomplish something more feasible. SCMPCR authority is listing some needy families in various zones and giving food for two months. SCMPCR has begun to look for help from a few people and associations to help the poor people at this emergency. On 9th May 2020 Alo-BT and its project conduct the relief distribution program at 3 distinct areas ***(Fig. 4)***.

Fig.4: Relief Distribution Program

Completion of online course on COVID-19 organized by the DGHS, MOHFW to support patients and others: An online course has led by the DGHS, Ministry of Health through Muktopath (an online Govt. e-learning platform). There are two types of courses on COVID-19, one for general people and another one for the doctors. All are invited in this online course on Coronavirus (COVID-19). Through this course, doctors can learn clinical management of corona and register their contact numbers on government hot line health portal so that they can consult any patients and the general people course was prepared to enrich participants' knowledge on COVID-19 to help corona affected people with proper suggestions during this crisis. The participants must need to finish the test assessment to proceed to the certificate. The members would have the option to download a certification online in the wake of finishing the test and finishing the course. Alo-BT and SCMPCR individuals have finished the online course with the goal that they can help the peoples about COVID-19. The general secretary of Alo-BT Prof. Dr. Hasin Anupama Azhari has finished the doctor's course and registered her number and Government helpline portal to consult patients during this crisis situation about the clinical management of COVID-19 ***(Fig. 5)***.

Fig.5: Certificate of the Online Course

Conducting Study COVID-19: Alo Bhubon Trust has initiated a study group on COVID-19. The founder of Alo-BT Prof. Dr. G. A. Zakaria has involved some of his students from Germany and Bangladesh to do study on Coronavirus under his supervision. Several topics have been selected for the research on Bangladesh perspective by following the German strategy. Those topics include determination of reproduction number R_0 and doubling time of COVID-19, Herd immunity, Corona and others Virus: Its Biology, Immunology and Detection, Good Management of Corona virus, Testing methods, Apps, Medicines, Vaccines and so on.

Conclusion: COVID-19 outbreak has influenced all of us. But if those of us who are in relative comfort approach to help the individuals those who are in crisis, we can come out of this emergency together. A country like Bangladesh even in the developed countries the post pandemic effect will be in crisis in terms of economic, political, social etc. On the other hand, the ideas, philosophy of health care system, educational system, the organizational system will be viewed in a different pattern in the near future. In the meantime, we have learned a good experience from China, Europe, USA that in spite of developed countries, the health system is not appropriate to manage the emergency crisis. We should reorganize the health system which is one of the prime importances for living. So, Alo Bhubon Trust is thinking about how to overcome this post-pandemic effect and the need to do research on the health system is mandatory as quality health and education is our prime motto. This crisis is not the end, so emergency management of this type of crisis without borders needs to be thought and special research should be done on how to collaborate with each other without thinking about the leadership position in the world.

INAUGURATION OF ALO BHUBON TRUST

With the motto of "Serving Humanity and Sustainable Development our Vision" Alo Bhubon Trust started its journey with an inaugural program (press conference) held at Dhaka Reporters Unity on 3rd July 2018 ***(Fig.1)***. At the press conference the founding president of the organization, Prof. Dr. Golam Abu Zakaria and General Secretary Prof. Hasin Anupama Azhari highlighted the activities and aim and the first project of Alo-BT "South Asia Centre for Medical Physics and Cancer Research (SCMPCR)" to the journalists.

Fig.1: Inauguration of Alo Bhubon Trust: Press Conference at Dhaka Reporters Unity.

Prof. Zakaria said, "Even though we have modern equipment in our country, there is a lack of training for doctors and other professionals. As a result, we could not offer high quality treatment and patients go to other neighbor countries for treatment. There is a myth that if you have cancer, you can't survive. But 70 to 80 percent of cancer patients survive in the developed countries like Germany. He added that there are many cancer hospitals here (in Bangladesh), but no training institutes. The reason is the profit gained from training institution is low and it is very hard work as you need to have good communication with the national and international experts to produce skilled manpower for cancer teams. That is why no one is interested establishing training institutes".

Prof. Hasin Anupama Azhari said the SCMPCR will work to ensure skilled manpower and quality treatment in cancer treatment in Bangladesh and other South Asian countries. She said medical physicists will be able to take training from SCMPCR. The duration of the training will be 3 days in a week. We are sure that one day trainers will be provided from Bangladesh to other South Asian countries. Beside these they also had a brief on their future aims and activities on education, health and environmental sectors.

Journalists from different online and printing media attended the program. After the end of the program there was a QA session where journalists discussed their opinion, views, and importance of this initiative with the chairman and the secretary of Alo-BT. This event has been published in different newspapers ***(Fig. 2)***.

Fig.2: Publication of Inauguration Program News in Different Newspaper

ALO-BT TRUSTEES MEETING AT BITA

Alo Bhubon Trust organizes at least 3 Board of Trustees meetings annually. Usually most of them were held at the permanent office of Alo Bhubon Trust. Mr. Sisir Ranjan Dutta, advisory member and former Board of Trustees member of Alo-BT has proposed to have a meeting at his institute "Bangladesh Institute of Theatre Arts (BITA)" which is located at Potia, Chittagong. BITA is a non-government organization, and has been administering development initiatives focusing human rights, cultural upliftment and poverty alleviation since 1994. Mr. Sisir Dutta is the Managing Director of BITA.

The 5th annual general Board of Trustees meeting of Alo-BT was held at BITA on 25th November 2019 ***(Fig.1)***. Four Board of Trustees members and all the staffs of Alo-BT and it's projects were present at the meeting. The activities and budget, audit report, future plan have been thoroughly discussed and the result was sent to the other trustees members for their opinion and approval. Also, there was a discussion with the Managing Director, BITA to have collaboration with Alo-BT and to organize a program in BITA in the near future.

Fig.1: Alo-BT Board of Trustees Meeting at BITA

We are also pleased to attend there as BITA is an established NGO and as a beginner the members of Alo- BT and SCMPCR can know the success behind it. After the meeting Mr. Sisir Dutta showed his institute ***(Fig. 2)*** and shared their experience of how they started and gave several suggestions to the board of trustees and the staff of the Alo-BT about organizational development.

All the members have enjoyed the journey to Chittagong and they stated that they had learned a lot from this visit and they enrich their knowledge with various new concepts of organizational development. They were fascinated with the hospitality from BITA.

Fig.2: Mr. Sisir Dutta Shows his Institute to the Alo-BT Members

PROGRAM ON HEALTH EDUCATION

The economic and demographic transition in Bangladesh is increasingly causing adverse effects on both health and wealth of the population. High consumption of tobacco, changes in eating habits, increasing substance abuse, lack of physical activity and mushrooming of unregulated food and beverage industries are the reason behind this.

Health education is one of the key strategies of Alo Bhubon Trust for implementing health promotion and disease prevention programs. Alo Bhubon Trust, with its sister project organize health education through awareness programs on different topics like hygiene, cancer, infection control, safe use of X-ray etc. ***(Table 1)***. Alo Bhubon Trust organizes cancer awareness programs regularly twice in each year as well as on special days like world cancer day and others.

On 10th September 2018, Alo Bhubon Trust organized a seminar on "Technique of Infection Control in Rural Bangladesh" in Bagdi High School, Kaliganj, where more than

200 students were present and different techniques about how to control infection were discussed among the students in the program. This program educates the people how to maintain a healthy life keeping diseases away. Under the program, a topic on healthcare and disease prevention is discussed. That resulted in enhanced health awareness among the rural area of the country. After the program to maintain personal hygiene, the nail cutter was distributed among the students.

Table. 1: List of Awareness and Health Education Program

Title	Venue	Date	Speakers
Health Education Awareness Program: "Technique of Infection control in Rural Bangladesh"	Bagdi High School, Gazipur	10 September 2018	1. Prof. Dr. Hasin Anupama Azhari, General Secretary, Alo Bhubon Trust 2. Prof. Dr. Ruhul Furkan Siddique, Chairman, Dept of Public Health and Informatics, Jahangirnagar University and Advisory Member of Alo Bhubon Trust
Cancer Awareness & Screening Program: Breast Cancer Awareness and Screening Program and Celebration of World Cancer Day-2019	Dept of Public Health and Informatics, Jahangirnagar University	4 February 2019	1. Dr. Munmun Islam, Gynecology and Obstetrics Department Mugda Medical College and Hospital 2. Prof. Dr. Ruhul Furkan Siddique, Chairman, Dept of Public Health and Informatics, Jahangirnagar University
Seminar on Proper and Safe Use of X-ray and Cancer Prevention Strategies	Upazilla Health Complex, Patgram, Lalmonirhat Sensengapani Govt Primary School, Baura, Lalmonirhat	2 - 8 July 2019	1. Mr. Ioan Pauliuc, Clinical engineer, Bonn, Germany 2. Dr. Faiza Ela Kamal, President of Rotary Club of Dhaka Rose Vale
October Breast Cancer Awareness and Screening Program 2019	Gazipur Metropolitan College, Gazipur	10 October 2019	1. Prof. Dr. Golam Abu Zakaria, Founder Chairman, Alo Bhubon Trust 2. Prof. Dr. Ruhul Furkan Siddique, Professor, Department of Public Health and Informatics, Jahangirnagar University 3. Dr. Islam Uddin Chowdhury, Consultant, Medical Oncology, Ahsania Mission Cancer and General Hospital
Celebration of World Cancer Day-2020: Spreading Awareness among Hospital Staffs of Central Police Hospital	Central Police Hospital, Rajarbag, Dhaka	4 February 2020	1. Dr. Med Fried Rolf Schaffhauser, Former Assistant Medical Director and Senior Doctor, Department of Nuclear Medicine, Clinic Fichtelgebirge Marktredwitz, Germany 2. Prof. Dr. Hasin Anupama Azhari, General Secretary, Alo Bhubon Trust 3. Dr. Mohibur Hossain Nirob, Resident Doctor (Oncology), BSMMU

On the occasion of World Cancer day on 4th February 2019, a rally was organized in collaboration with the University's Public Health Forum and Dept of Public Health and Informatics, Jahangirnagar University (JU). The program started with a rally and went around the university and ended at the JU School and College premises. At the end of the rally, a seminar on 'Cancer Awareness' was held on the occasion of Cancer Day at 12 noon at the auditorium of JU School and College. Speakers at the seminar said that the risk of cancer is increasing as a result of not controlling drugs, smoking and tobacco products worldwide. Cancer mortality is increasing due to lack of awareness and education. The speakers urged everyone to eat well and exercise regularly to prevent cancer. Awareness programs could reduce the risk of cancer early and provide a practical, supportive conversation about health in general. “Prevention is better than cure” was the aim of the seminar.
Alo Bhubon Trust (Alo-BT) along with Rotary Club of Dhaka Rose Vale combined took an initiative to create awareness of proper use of X-Ray and prevention of cancer through a seminar in Baura and Patgram under Lalmonirhat district from 2 to 8 July 2019. During this 7 day, the areas which were covered were Upazila Sadar Hospital, Patgram, Lalmonirhat and Sensengapani Govt Primary School, Baura, Lalmonirhat. The objective of this seminar was to create awareness among the people of that area about the proper use of X-Ray and prevention of cancer from it. Apart from the seminar they have also visited different clinics and diagnostic centers of those areas, identified their technical problems and tried to give solution to it.
The Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease. Considering this, Alo Bhubon Trust has organized a seminar titled "Breast Cancer Awareness Program" in Gazipur Metropolitan College, Gazipur among the female students on 10th October, 2019. The the speakers advised to create an awareness of the fatal disease among the females of the country so that they can spread this knowledge which will benefit their families, society, country. The speakers also stated that breast cancer treatment and cure is only possible when it is detected at the initial stage and encourages the students for regular screening.
On 4th February 2020, Alo-BT celebrated the 20th anniversary of World Cancer Day in Central Police Hospital, Rajarbagh, Dhaka. Most of the nurses and doctors from central police hospitals are joined in this seminar. The speakers point out the many good and bad aspects of chemotherapy and raise a strong awareness of what to do if

Fig.1: Alo Bhubon Trust Awareness and Health Education Program at Different Places

the early symptoms of cancer are present and have given guidance on what the next steps will be for the cancer patient.

To meet this significant and growing health challenge and reduce the burden of disease from communicable and noncommunicable diseases and in mitigating the social and economic burden of such disease's health education, cancer awareness programs play an essential role in public health awareness. With such a type of seminar and awareness program the number of deaths due to several diseases can be reduced tremendously.

RESEARCH ACTIVITIES: ALO-BT

The mission of Alo-BT is to do collaborative research with local and foreign experts to meet the goal in the socioeconomic, scientific, technological, medical and environmental situation, mega-cities health, nutritional medicine, artificial intelligence etc. At this moment in the COVID-19 crisis a research is going on to bring out basic reproduction number and effective reproduction number. This study group is being conducted by the experts and students from Bangladesh and Germany under the Coordination of Prof. Dr G. A. Zakaria.

Alo-BT has already started to train the component needed for research on Artificial Intelligence (AI) to the interested young generations. The different areas have been chalked out in respect to the recent problems of Bangladesh like area of ICT, education. According to this a group has been made for further investigation and research thereafter. Alo-BT believes that we should not be behind the developed countries on research and this is the only thing which makes us sustainable.

If all this can be done, it will be possible to make a radical change in Bangladesh and this change is very important to keep pace with the developed countries.

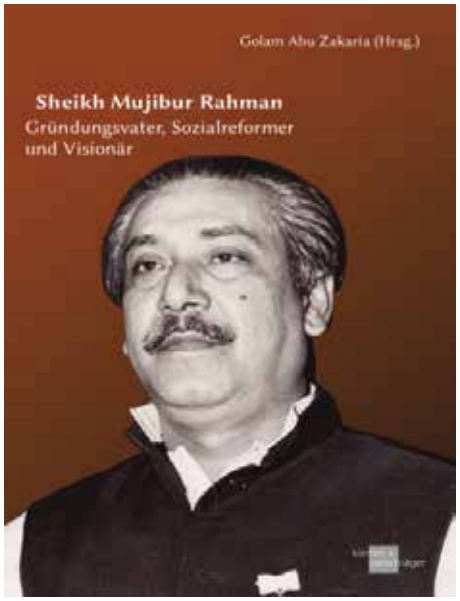
ADVERTISEMENT

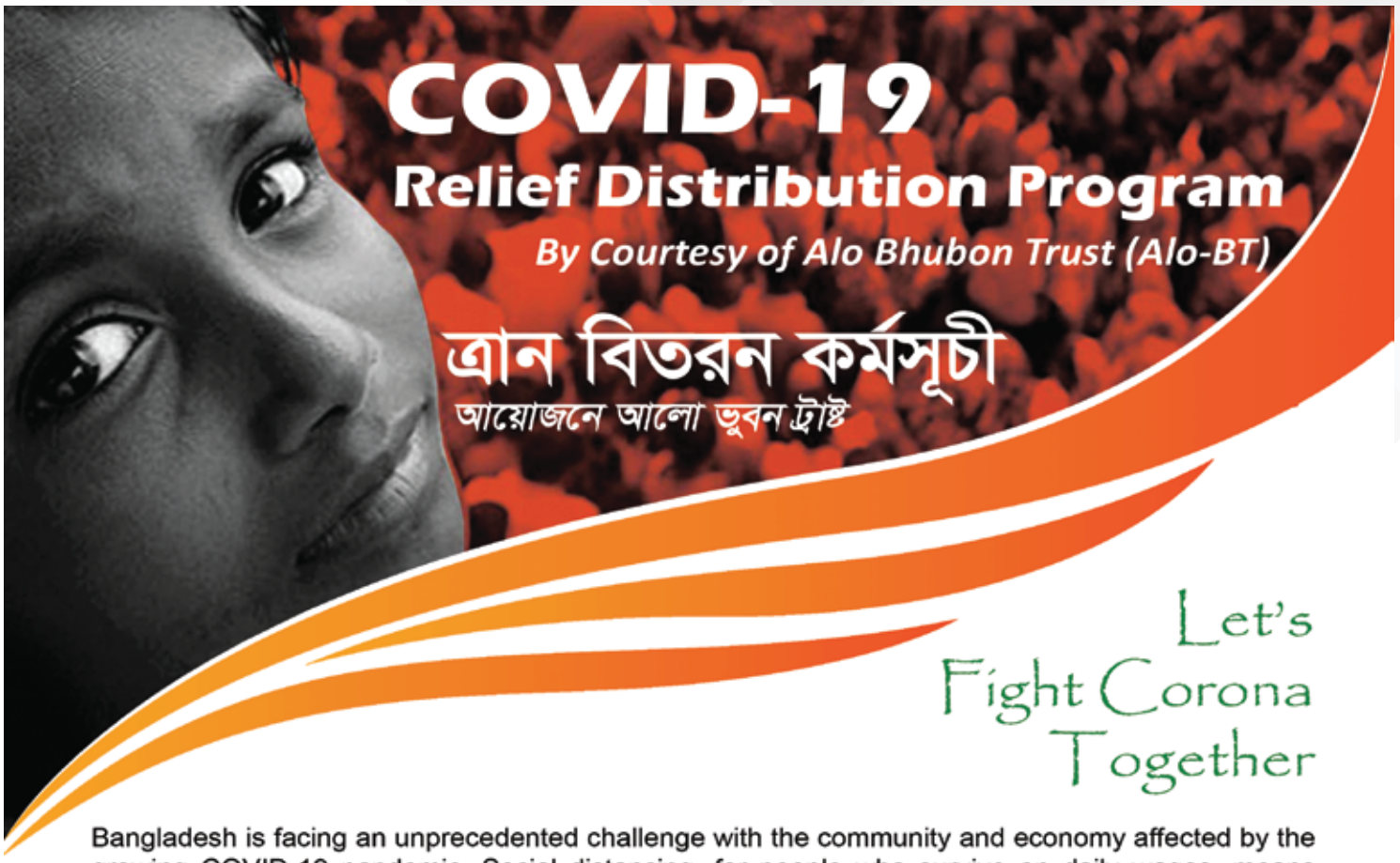
"BANGABANDHU SHEIKH MUJIBUR RAHMAN: FOUNDING FATHER, SOCIAL REFORMER AND VISIONARY" IN GERMAN

On the occasion of 100th anniversary on 17 March 2020 Prof. Zakaria has published a book on the founder of Bangladesh entitled "Bangabandhu Sheikh Mujibur Rahman: Founding Father, Social Reformer and Visionary" in German.

This book consists of total 21 articles and other important documents from 1971 where well-known authors from Germany and Bangladesh have written about Bangabandhu's contributions in various areas such as politics, economy, education, science, energy security, culture and literature. In the first section was about Life and Contemporary Importance of Bangabandhu Sheikh Mujibur Rahman with 10 articles and the second section was about Bangabandhu's Work: Homage, Analysis and Assessment with 11 articles. In the appendix the readers can find important documents of Bangladesh like the six-points-program of the Awami League, the speech of Bangabandhu on the 7th march 1971, Bangabandhu's declaration of independence, surrender of the pakistan army, the national anthem of Bangladesh, the biography of Bangabandhu, quotes from and about Bangabandhu, historical important photos of Bangabandhu and book review of the unfinished biography of Bangabandhu.

The book was published on 13th March 2020 by Klemm + Oelschlaeger which is one of the famous publishers of Germany and anyone can buy this book from Amazon or any book shop. The book has 331 pages and its price is 22.80 Euro. The main objective of the book is to present our greatest leader and founding father Bangabandhu Sheikh Mujibur Rahman within the European community.





COVID-19
Relief Distribution Program
By Courtesy of Alo Bhubon Trust (Alo-BT)

ত্রান বিতরন কর্মসূচী
আয়োজনে আলো ভুবন ট্রাষ্ট

Let's Fight Corona Together

Bangladesh is facing an unprecedented challenge with the community and economy affected by the growing COVID-19 pandemic. Social distancing, for people who survive on daily wages, means starvation. Millions of people living in homes and spend days starving.

Alo Bhubon Trust (Alo-BT) and South Asia Centre for Medical Physics and Cancer Research (SCMPCR) authorities are scrutinizing and listing some needy families in different areas with their expert health team and will provide food for two months. Please come forward. We will deliver your support to the people who need it most on the ground. It is the high time for unleashing your empathy.

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Alo-BT
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2020

Year-Long Events of Alo-BT for Celebrating the Centenary Birthday Anniversary of Bangabandhu

February
- World Cancer Day (4th February) Awareness Program
- SCMPCR-SES Training for Personnel in the Nuclear Medicine Centres

March
- Celebration of 100 Years Bangabandhu's Birthday
- Inauguration of German Book on Bangabandhu (Name: Sheikh Mujibur Rahman: Founding Father, Socialreformer und Visionary)

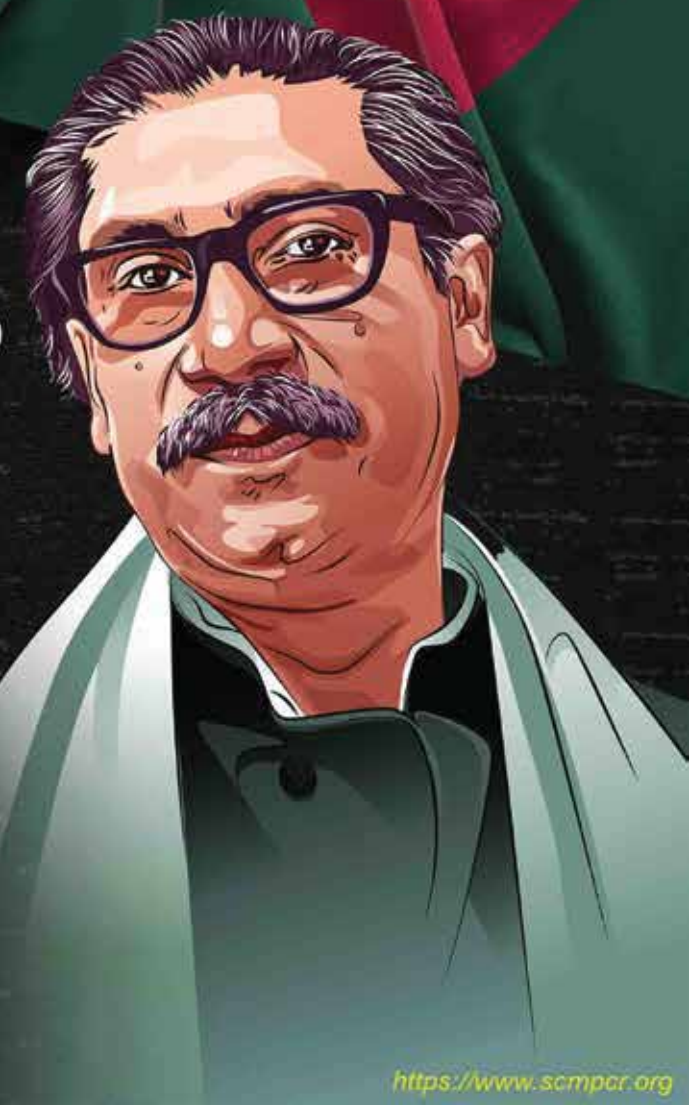
April
- Hands-on Training Program for Cancer Treatment in Srilanka
- SCMPCR-SES Training for Midwives at the District Level

May
- SCMPCR-SES Training for Nurses with Rotary Club of Dhaka Rose Vale

July
- Self Help Group for Cancer Patients

October
- Winter School of SCMPCR: Hands-on Training for Medical Physicists
- Awareness and Screening program in Chittagong with BITA

December
- Self Help Group



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