

AN APPLE A DAY



# FILL 'ER UP!

**NAZIBA BASHER**  
PHOTO: KAZI TAHSIN AGAZ APURBO

people do not drink enough but have only small amounts at Iftaar and then forget to drink water until the next day. And it is even worse when not enough water is taken during suhoor.

It is best to start a habit of increasing your water intake a few weeks before Ramadan (aim for 10 full glasses of water everyday). That way, not only will you be readily hydrated to start Ramadan, but you will have the habit to stay that way throughout the month. And once you have become habituated, it can keep you healthy for the rest of your life.

It is good to remember that water plays a vital role in weight loss and maintenance, because it helps clear up toxins in your blood, and reduce the feeling of hunger. This is why it is important to drink small quantities of water throughout the night, until you begin your next fast.

This Ramadan, make sure you are at your fittest to be able to endure every fast with a sound body and mind. That is when you will truly be able to enjoy and celebrate the Holy month with the best spirit. Have great (hydrated) Ramadan! ■

**HOW TO PREVENT GETTING THIRSTY DURING RAMADAN**

The food that you eat plays a major role in controlling your thirst while you are fasting. Here are a few pointers:

1. Drink at least 8 glasses of water everyday. If you are exercising and are outdoors in hot weather, you lose more fluids. So make sure you drink more water.
2. Avoid hot and spicy dishes as it increases thirst.
3. Do not add too much salt to salads and other dishes. Also avoid eating salty foods like salted fish and pickles as they increase the body's need for water
4. Eat fresh fruits and vegetables because they are rich in water and fibre. They stay in the intestines for a long time and reduce thirst.
5. Drink fresh fruit juices rather than sweetened juices.
6. Try not to drink large quantities of water all at once or a lot during a meal. Instead drink water between your meals.

SOURCE: NESTLE-FAMILY.COM

Ramadan is here and it's here with a challenge. This year, the prestigious month has fallen right in the middle of a scorching summer, that won't always promise blissful showers of rain. And thus, the smart thing to do is be fully prepared for what's to come.

Since it's the heat we're talking about, the first thing to take precaution against is dehydration. And there is one single, very simple solution to that- water. Water is the most essential fluid that replenishes your thirst during Ramadan. Unfortunately, a lot of



NUMBERS | 18

To avoid casualties caused by landslides during this monsoon, the Chittagong district administration has launched its eviction drive evicted 18 vulnerable hill dwellers. A drive was conducted on the Motijharna hills in the city's Lalkhan Bazar after the hill dwellers were served notices on June 11. An announcement about the eviction was also made on the last Friday, said district administration officials.

Source: The Daily Star

RAMADAN DIARY

When annual flood or drought exhausts the paddy fields, the lone income source of the poor villagers of Naogaon district, they become compelled to migrate to the big cities, in thousands, for livelihood. Leaving their peaceful homestead behind, they have to find shelter in filthy slums year after year.

Nowadays, things have changed decisively for 510 families from nine villages under Shoilgachhi and Shikarpur unions of Naogaon. These people were some of the poorest in the entire district. 40 families among them belong to minor Hindu and dalit communities. However, proper implementation of Zakat, an Islamic social security system, by Centre for Zakat Management (CZM), has incredibly changed the economic condition for these people.

CZM, a non profit organisation dedicated to disburse zakat and to use it as an instrument for poverty alleviation, has given 52 lakh Tk, in the first phase, to 510 zakat recipient families by using collective revolving fund method. All the families have been divided into 18 teams. The teams are run and headed by women. Each group has been given 200,000 Tk, around 10, 000 Tk per family. In the



# THE QUIET REVOLUTION

PROPER IMPLEMENTATION OF ZAKAT HAS CHANGED THE FATE OF HUNDREDS OF DESTITUTE FAMILIES IN NAOGAON.

MD SHAHNAWAZ KHAN CHANDAN

PHOTOS: COURTESY

second phase in October, this year, they will be given another instalment of 52 lakh Tk. This zakat has been donated by VIYELLATEX group, a leading apparel manufacturing industry of the country.

Masuma Akhter, the leader of a team of zakat recipients says, "My team's name is Shapla. There are 20 families in my team. Each family of my team has drawn 10,000 Tk for our work."

"We weave rattan stems to make baskets, baby cots and small furniture. Our husbands sell those at the markets in Naogaon town. We get at least 50 tk profit per product. We share 10 percent of our profit with our collective fund," adds Shotrani, a member of Shapla team.

"When all the members of our group share their profit, the fund increases and we share it equally amongst ourselves. If anyone suffers loss in her business, she can take money from the fund. Here we have our own capital and we manage it on our own by depositing it to our group bank account. We don't need to borrow money anymore," adds a happy Masuma. Many of these zakat recipients like Masuma have started different kinds of business such as tailoring, running grocery shops, rattan weaving and etc., besides agriculture.

"Even a few months ago, I had to rely on my husband's meagre income to run my family and to pay back my loan instalments. Zakat has saved my life. I have paid back most of my previous loans

and I don't have to rely on my husband now," says a confident Shotrani.

Besides zakat money and skill development training, the villagers of Naogaon are also receiving free health service and pre-primary education for their children with 4 pre-primary schools and a health centre.

Niaz Rahim the chairman of CZM says, "Big corporate houses and eligible individuals produce a huge amount of zakat fund which, if utilised, can contribute a lot to the society. The goal of the CZM is to collect zakat and utilise it collectively to bring about a sustainable change by alleviating poverty."

According to a research done by Islamic Relief Worldwide each year 25,000 crore BDT of zakat can be obtained from Bangladesh. If utilised properly to bring about sustainable economic development, it can be an opportunity, a possibility to break free from the vicious cycle of poverty. In doing so, these villages of Naogaon can be a glaring example. ■

