MY GOAL FOR A BETTER FUTURE
A writing based campaign created to raise awareness regarding SDG goals

A joint initiative of

The Daily Star | UN environment | UNDP

Since the launch of the campaign we recorded more than 9433 views on microsite and thousands of views on social media platforms within the span of 57 days. The responses include pledges on seventeen sustainable development goals focusing on Bangladesh. The campaign engaged a diverse group of youth who shared their vows to contribute in the country's development through implementing Sustainable Development Goals. The campaign also provided ways to the local youth foundations to promote their work that revolved around the Sustainable Development Goals. Overall the campaign worked as a pathway for people all over Bangladesh to get a certain idea about the Sustainable Development Goals and disseminated the message of Sustainable Development Goals and its importance to make the world sustainable.

MY GOAL FOR A BETTER FUTURE
Analytics

Total view 9433 | Total User 1784 | Participant 648

Top Leaderboard

17 ambassadors for 17 goals

Scan the QR code to see the microsite.

Forging the path to progress for underprivileged communities

ZAREEN NAWAR

For a newly initiated non-profit organisation, Briddhi is on the right track to taking measures for positive changes. Founder Israt Sharmin Keya, a final-year student of North South University, reached out to underprivileged groups living around Mirpur, her area of residence. She was inspired when she visited the Bihari camp and slum dwellers there.

Despite being a Marketing student, Keya is highly invested in working for the developmental sector too. Her desire to reduce the gap between the rich and the poor compelled her to talk to Farzeen Ferdous Alam, an economist and a social entrepreneur.

Briddhi started out in September 2021 through a campaign with the tagline, 'In solidarity with sustainable growth'. Farzeen is the Vice President of the organisation.

Briddhi has four main pillars: nutrition and healthcare, technical and vocational education and training (TVET), inclusive society for children with special needs, and empowerment of young girls. They are currently focusing on the first three pillars but they will get to the fourth pillar with their next initiatives.

"Our main focus is people at the grass-roots level. We conduct necessary surveys to address the needs of these people. We also focus on keeping in touch with educated university students who willingly volunteer at our workshops," said Keya.

Briddhi's nutrition and healthcare pillar is significant for children to stay healthy and strong. During their last workshop at Rangpur a medical student volunteered to help educate mothers and children about the basic necessities of leading a healthy life. The volunteers even gathered data during the workshop from participants, so that when they collaborate with medical professionals, people on their list can continue visiting doctors regarding their health.

For TVET, Briddhi will arrange a night school in Sylhet for working underprivileged children, where university students will be the teachers. In the long term, Keya hopes to integrate TVET with the mainstream curriculum.

TVET also highlights how a person can be better off with odd jobs too; one doesn't have to become a doctor, engineer or lawyer to be successful.

Briddhi's initiatives for an inclusive society for children with special needs will offer said children toys and other thrill rides at amusement parks, which they are not privy to already. Briddhi will also work for the education of young girls.

"We are currently getting things done with internal funds. Briddhi aims to nurture children and families in need, so we would like to invite interested students with expertise to contribute their time to our future endeavours," concludes Keya.

The author is a freelance journalist. Email: nawarzareen@gmail.com.

One of the main goals of Briddhi is to work for children who belong to underprivileged families. PHOTO: **COURTESY OF BRIDDHI**

Tips to maximise productivity as a student

MAISHA ISLAM MONAMEE

Even if you go to every class and spend hours at the library each day, low productivity levels could render all that meaningless. Just being present, or blankly staring at a screen all day with the intention of working, doesn't qualify as getting work done. Here are five productivity tips to help you manage your workload more effectively, as a student.

ILLUSTRATION: **OISHIK JAWAD**

CREATE A WEEKLY TIMETABLE
Having a weekly timetable that accommodates your classes, breaks, fitness routine, extra-curricular activities, self-study sessions and other tasks is important. Following a timetable reduces the tendency to waste time as everything falls into a proper system. There can be some adjustments, based on sudden problems, but try to set up a regular routine for every week.

MAINTAIN A TO-DO LIST
Maintaining a to-do list helps in providing the extra push you need to meet deadlines. Before starting a new day, jot down the things you need to do, prioritising the important tasks first. You could use reminder apps or keep a small notebook for tracking your tasks. This would not only help you remember multiple deadlines, but also encourage you to strike off each item by the end of the day. Nothing beats the satisfaction of ticking off a task from a to-do list.

TAKE SMALL BREAKS FOR OTHER ACTIVITIES
While your main goal should be to focus on academics, make sure you allot some time for refreshment and other activities. A monotonous study routine is bound to get boring; small breaks in between serve as rewards for completing a task from your everyday list.

PARTICIPATE IN GROUP STUDY SESSIONS
It is natural to feel overwhelmed by the extent of knowledge provided in books and lectures. In this case, group study sessions can be your lifesaver. Not only do they allow you to revise concepts multiple times, but they also instills a sense of confidence. Covering a large chapter becomes easier, when you divide it among friends and each person gets to explain a different topic. Group study is regarded as one of the most effective forms of everyday revision, especially for university students.

TAKE SCREEN BREAKS
Pull yourself away from your devices and do something totally unrelated for a few minutes. There are a number of tools that can monitor your screen time and temporarily disable websites that are getting in the way of your productivity. Simply disabling push notifications for things like Instagram and WhatsApp will do wonders for your concentration.

The author is a medical student and a freelance journalist who likes reading, scribbling, and blogging. Email: mislammonamee@gmail.com