

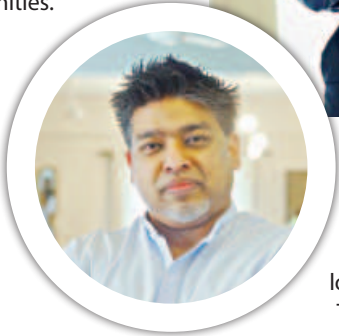
GRAMEENPHONE

releases latest episode of Lumière featuring Jaago Foundation founder Korvi Rakshand

Grameenphone has launched the latest episode of its Lumière series, focusing on Korvi Rakshand, the founder of Jaago Foundation. The episode, hosted by Nabila Khalid, offers an in-depth look into Rakshand's early life, his professional journey, and the experiences that influenced his decision to establish Jaago, an organisation dedicated to providing education to underprivileged children in Bangladesh.

Rakshand's work with Jaago Foundation has been recognised for its contributions to improving educational opportunities for disadvantaged communities.

In the episode, Rakshand reflects on how his upbringing, particularly the values instilled in him during childhood, played a significant role in shaping his decision to focus on education as a means of social change. He outlines the challenges he faced in starting Jaago,



including securing resources and support, and how he overcame them by staying focused on the foundation's long-term goals. Throughout the episode,

Rakshand discusses his vision for the foundation, which focuses not only on providing access to education but also on ensuring that it is sustainable and impactful. His remarks highlight the importance of creating opportunities

for long-term development rather than temporary solutions. He also shares his views on leadership, emphasising the need for persistence and strategic thinking in driving social change.

The episode, hosted by Nabila Khalid, maintains the series' format of combining personal reflections with broader discussions about societal issues. Rakshand's contributions to the episode provide a comprehensive overview of the work done by Jaago Foundation and its goals for the future, including expanding access to quality education for children in rural and underserved areas.

The Lumière series, initiated by Grameenphone, continues its goal of highlighting influential figures in Bangladesh who have made notable contributions to society. Now in its second season, the series aims to inspire audiences by presenting detailed interviews with individuals who have had a significant impact in their respective fields.

Photo: Courtesy

#FYI

A LAZY PERSON'S GUIDE TO SUCCESS

5 micro habits for a transformed life

We have all experienced it—the period when we hold out for the perfect moment to make changes in our lives. The reality is, there's no such thing as the "right time" to start. The important thing is to take action now, even if it's just a small step, and allow those small actions to build momentum over time.

So, here are some micro habits that can positively transform your life.

Reading one page of a book every day

Reading at least one page of a book helps you focus and improves your concentration. Reading regularly contributes to personal growth, in terms of knowledge, creativity and so on. Moreover, it's a great way to reduce stress as it offers a break from your hectic life.

Cleaning your desk

Your workspace is a reflection of who you are. Whether it's your study desk at home or your office, a clean workstation enhances your mood and mental clarity. A well-organised desk reduces stress and anxiety as there

are no distractions in front of you. Get into the habit of cleaning your desk at least for a few minutes every day. This will boost your productivity and create a more focused and effective environment in your work or study.

Listening to a podcast for ten minutes

A ten-minute podcast session does not seem like a lot but you can grasp a new idea or concept within these few minutes. A podcast helps you to absorb new perspectives. Paying attention to a podcast helps you become an active listener, which can also improve your communication skills.

Exercising for a few minutes

Although it's just a few minutes each day, it can have a big impact on your body and mind. A new study finds that only 20 minutes of low-intensity exercise increases energy levels by 20 per cent and reduces fatigue symptoms by 65 per cent!

Exercising releases endorphins or "feel-good" hormones that can improve your mood and reduce stress

or anxiety throughout the day.

Drinking a glass of water to start your day

Drinking at least one glass of water right after you wake up might help your body recover from nightly dehydration. Proper hydration in the morning can improve your physical and mental health, from boosting energy to reducing fatigue. This habit also stimulates the digestive system and prepares the body for efficient daily nutrient absorption.

By Jawwad Sami Neogi

Photo: Collected

