



ANNUAL REPORT

2019 – 2020

Theme: Universal Health for Sustainable Societies



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LETTER FROM CHAIR OF THE BOARD OF DIRECTORS

On behalf of the board of HSDN, I am very happy to welcome you all to the 4th Annual General Meeting of our organization. HSDN has created an impactful contribution to the community since its inception through various activities like seminars and workshops on “World Environmental Day”, “World Children’s Day”, “Mental Health”, “International Mother Language Day”, “Good Parenting”; rally on “Save Sundarban” and many more. HSDN also celebrates other remarkable days and organizes community events like BBQ events, Family Park Day, Public Space Cleaning, cultural show, etc. Academic journals and the annual conference are the most effective activities that have been done by HSDN.

For the last four years, HSDN has been working to motivate parents and kids to learn their mother language at “Toronto Bangla School” and we have created a good impact. We all know, to value our culture and heritage, to create respect and ownership for the roots/origin there is no alternative than learning the language. I thank our entire dedicated volunteer group for devoting their precious time to teach “Bangla” to our children. I also appreciate parents who are bringing their kids to learn Bangla, despite their busy life. My sincere thanks go to the advisory board of Bangla School for their continuous support.

For knowledge generation and dissemination, HSDN publishes a quarterly journal named, "The Journal for Worldwide Holistic Sustainable Development (JWHSD)". This journal reached its 6th volume and 12th issues. I take this opportunity to extend my sincere thanks to the editorial board and the contributors, authors of the journal.

HSDN’s mission is to promote socio-cultural, economic, and environmental well-being for all through knowledge mobilization, collaboration, network building, and facilitation amongst like-minded organizations and individuals, from the grassroots to the global level.

This is a volunteer-driven organization; I am thankful to all our volunteers for their help whenever needed. Also, without the dedication of our board members, it wouldn’t be possible to come so far. My sincere thanks go to our board members. Our ED has been working tirelessly for this organization. Thank you so much for his hard work.

Our theme of the year is “Universal Health for Sustainable Society.” So, let’s make a small step forward to save the world health environment for ourselves and our next generation through collaborative action.

Thank you all.

Dr. Nasima Akter, Chair, HSDN International

LETTER FROM EXECUTIVE DIRECTOR



The Holistic Sustainable Development Network (HSDN) International was first initiated in Grenfell Campus, Memorial University of Newfoundland in 2014. Although HSDN is at the preliminary stage, we are very optimistic as we have reached our expectations for the last four years through enriching our network, collaboration, and generating the attention of experts, granters, and communities.

The HSDN strongly believes that everyone has the power to improve lives by making changes at a grassroots level. The goal of the HSDN is to provide a platform to learn about the relationships between human actions and environmental and social impacts. At HSDN, we see our environments, economies, and societies as indivisible parts of a whole. Every aspect of our world is both interrelated and interdependent. In order to improve the sustainability of our practices, we must think critically about our actions as individuals, communities, and societies. We believe that sustainability has a positive impact on the quality of every human life and is essential for the future existence of humanity.

The path of the HSDN's organizational journey could not be feasible without the hard work and commitment of our board members and volunteers. The supports from collaborative partners, socially responsible global citizens, and advisers have also been very significant to our organizational growth. We believe our fifth-year journey will be a turning point for our organizational establishment as we are blessed to have very extraordinary members on our board that will strengthen our operations and significantly enhance our achievements and goals here in Canada and beyond. I hope we will have your continuous supports in the future as well.

Thank you.

Jannatul Islam, MAEP

Executive Director and Incorporator, HSDN International

BOARD OF DIRECTORS

Dr. Nasima Akter, First Director and Chair



Expertise and Interests:

Climate disasters, environmental degradation, waste management, and community research on socio-cultural and economic issues of immigrants.

Dr. Nasima Akter is an accomplished researcher and scholar in her own right; she worked in Dhaka for BRAC – the world’s largest non-governmental organization – prior to coming to Canada. She formulated and introduced Medical Waste Management Rules for Bangladesh; assisted the government to develop different environmental policies. Nasima led and/or participated in project identification/ preparation/ assessment in many developing countries of Asia, East Europe, USA and Canada. She is a Certified Canadian Environmental Professional (EP), the field of specializations are Research and Development, Waste Management, Site Assessment and Reclamation, and Education and Training. She holds a PhD in Environmental Technology and Management and has 34 journal publications on her credit. She is the Executive Director of Bangladeshi - Canadian Community Services (BCS) in Toronto.

Diane Dyson, Vice Chair

Dyson is a social researcher, activist, and blogger interested in issues of neighbourhoods, schooling, and poverty.

She is currently the Director of Research & Public Policy at the Neighbourhood Group, a large multiservice agency in Toronto. Prior to this, Diane worked at Woodgreen Community Services, United Way of Greater Toronto, overseeing a portfolio of member agencies at Ryerson University.

Diane's community contributions include work with the Federation of Metro Tenants Association, where she was on its Executive, Social Planning Toronto, the Ralph Thornton Centre, the Toronto District School Board's Equity Policy Advisory Committee and Inner City Advisory Committee, the Centre for Urban Health Initiatives. She has also worked with Action for Neighbourhood Change to provide training on non-profit board governance.



Expertise and Interests:

Neighbourhoods, demographics, community services, social networks, education systems and poverty.

Mohammed Abdul Kader Hemu, First Director



Expertise and Interests:

Ethnic food, gardening,
fishing and social work

Mr. Kader Hemu is a passionate freelancer naturalist; he studied in Adamjee Cantonment College and went to Jogonnath University in Dhaka, Bangladesh. As a successful entrepreneur in the community, Kader Hemu established a very reliable and authentic ethnic food store on the Danforth since 2000, which has continually been providing food choice freedom to South Asians and beyond. He has been a great support to the newcomer population from South Asia and continues to contribute to the diversity and beauty of multi-cultural Toronto.

Fakhruddin Ahmad, First Director

Mr. Ahmad is a well-known social organizer in Danforth, Toronto and surroundings. He studied pharmacy in University of Dhaka, Bangladesh and worked in pharmaceuticals in Bangladesh, UAE and Canada. He established Medimost pharmacy in the Danforth neighborhood to serve the local people door to door for their medical needs. He is also the President of Association of Bangladeshi Pharmacists in Canada who are supporting the new pharmacists and their family in settling and career development in Canada. He is a committed social worker and passionate naturalist.



Expertise and Interests:

Medicare, gardening, fishing
and social work

Siddhertha Saha, First Director



Expertise and Interests:

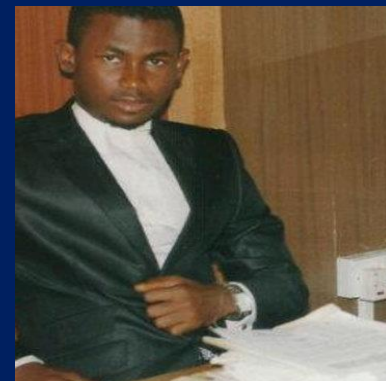
Policy formulation & system
setups, strategic plan
development.

Mr. Saha is a payroll analyst in Global HR Operations Services at Scotia Bank. He has been a member of Canadian Payroll Association and a designated payroll professional (PCP). He also serves as a part time Payroll Instructor in Canadian Private Career Colleges.

Saha worked from 2005 to 2013 in different international organizations i.e., Save the Children USA, WaterAid, USAID/Chemonics etc. and has expertise especially in grants, finance and policy development areas.

Temitope Tunbi Onifade, First Director

Temi is a researcher for Canada Climate Law Initiative, UBC, and has worked as a consultant for Commonwealth Climate and Law Initiative, Oxford University. Previously, he held positions with University of Calgary, Memorial University, Government of Newfoundland & Labrador, and law firms. He has contributed several research outputs and mobilizes academic resources for sustainability. He directs Community Sustainability Global (www.csgproject.com) –an international partnership that brings experts, social enterprises, governments, and others together to enlighten communities on sustainability, teach sustainability skills and cut back on unsustainable practices. He co-founded and has coordinated the UBC Liu Institute Network for Africa (www.linaubc.ca)-a multidisciplinary group of over graduate students, postgrads and postdocs, professors and others-facilitating projects on global issues affecting Africa. He has worked as a co-host on Vancouver Coop Radio and served on the UBC Senate. He is a grateful recipient of 35 awards.



Expertise and interests:

Method: Qualitative
Theory: Regulation and Governance
Substance: Business and Environment

Roskhsana Reza, Director



Expertise and Interests:

Project management, monitoring and evaluation, strategic planning, quality improvement, capacity building and sustainable development

Mrs. Rokhsana Reza is a public health professional with twenty years of experience in enhancing efficiency and effectiveness of public health development programs in Bangladesh. She studied in Chittagong Medical College, Bangladesh, Mahidol University, Thailand, Prince of Songkla University, Thailand, IBAIS University, Bangladesh, and Oxford College of Arts, Business and Technology, Toronto, Canada. In her progressive roles in NGOs and UN agencies, she demonstrated proficiency in increasing synergies among different components of programs, managing resources and bringing stakeholders together for national level programs.

She is qualified in both qualitative and quantitative social research. Rokhsana coordinated the national HIV and AIDS Project (HAPP) in Bangladesh as Project Officer in UNICEF as well as reviewed Bangladesh's National Monitoring and Evaluation Plan for HIV and AIDS, 2011-2015 (Costed), and coordinated development of Bangladesh's National Strategic Plan for HIV and AIDS, 2011-2015. During October 2019 to May 2020, she reviewed Bangladesh's 4th National Strategic Plan for HIV and AIDS Response, 2018-2022 and developed the revised version for 2018-2023. She is involved in social work in Toronto and has been the Vice Chair of BCS. She is currently doing the ground work to initiate HSDNI's Bangladesh Chapter

Rahmatullah Tito Khandaker, Director

Rahmatulla Tito Khandaker was born in Bangladesh. He studied Mechanical engineering (M.Sc.) in the Peoples Friendship University, Moscow, Russia. He has been living in Canada since 1999. Mr. Khandaker currently works in Centennial College as a Coordinator in Automation and Robotics Technology. He has exemplary skills in networking and organizing. Besides his social engagement and professorship, he is an entrepreneur and trying to develop Canada based socially responsive business.



Expertise and Interests:

Teaching, Curriculum Development, Mentorship, Making Documentaries, Creating/Organizing Workshops, World Politics, History, Philosophy, Emerging Technology

SRIJA BISWAS, Youth Board of Director



Expertise and Interests:

Community Health and Public health, Marginalized population (seniors & immigrants), Dementia, Qualitative and Quantitative Research, Program Management, Program Planning and Evaluation

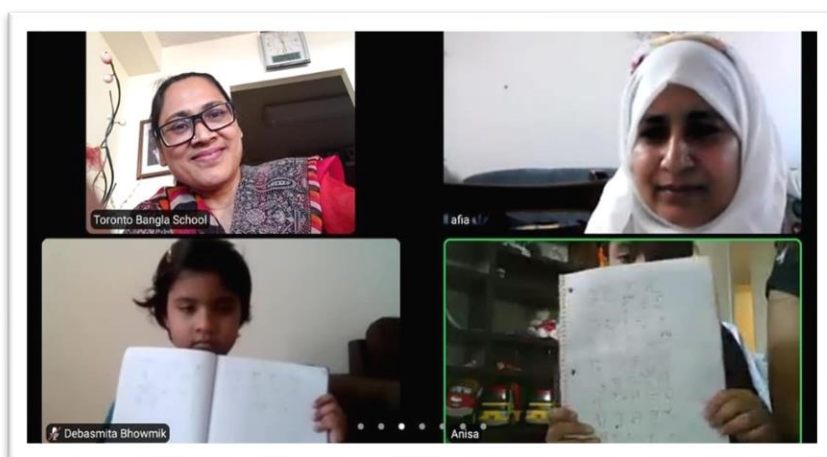
Srija Biswas is a Program Manager, Provincial programs and partnerships at Alzheimer Society of Ontario. She has experience in program planning, management, and evaluation as well as qualitative and quantitative research. She has completed Masters of Health Science in Population, Public and Community Health from Ontario Tech University; and her Bachelors of Science in Life Sciences (Global Health) from University of Toronto.

Srija is a passionate researcher and public health enthusiast with over 6+ years of experience within health services and academic settings. Her research interests include vulnerable population (i.e., immigrants, seniors and people living with dementia), sustainable development, community health programs and services.

INTRODUCTION

The **Holistic Sustainable Development Network (HSDN) International** is a non-profit organization that creates, coordinates and disseminates research relating to sustainable development. Although we are based in Canada, we collaborate and work internationally, arrange conferences and seminars as well as publish research in our peer-reviewed journals. Our aim is to disseminate relevant research and work experiences to the public and increase stakeholder participation in the practices and processes that impact sustainable development.

HSDN International, initiated in 2014 by the Environmental Policy Institute Graduate Candidates at Memorial University of Newfoundland, was pioneered by Jannatul Islam with the name “*Worldwide Holistic Sustainable Development Cooperation (WWHSDC)*”. Afterward, Jannatul Islam moved to Toronto and continued the initiative under its current name and incorporated it in Canada under the leadership of Dr. Nasima Akter. The HSDN is defined by the motto “Live simply, live lively”. It is a growing organization of academics dedicated to increasing access to high-quality peer-reviewed literature on sustainable development. The HSDN is truly an international undertaking with executive members from Canada, Bangladesh, United Kingdom, Nigeria, and Jamaica.



HSDN INTERNATIONAL'S CONCEPTS

MISSION

Promote **socio-cultural, economic and environmental well-being** for all from grassroots to global level



VISION

Attain sustainable development goals through **collaborative movement**



VALUES

- Complementary regard for **human and environmental** subjects
- **Engender inclusion and community** with all HSDN stakeholders



OBJECTIVES

- **Generate ideas** through expanding linkages and research projects
- **Identify projects** related to the organization's goals
- **Accumulate efforts** to make projects successful within jurisdictions
- **Support** for class neutral development of policies
- **Communicating activities** of the organization and giving feedback to stakeholders
- **Expanding network** and cooperation worldwide to secure greater success in sustainable development



Live Simply Live Lively

We are aiming to attain sustainable development goals through a collaborative movement. We believe that getting people to really see where holistic sustainable development can fit into their lives or policies is the first step to achieving a more sustainable world.

We invite you to join us as a participant, a teacher, a student, and a voice in this movement toward holistic sustainable development.

Are YOU up to the challenge?

2019 – 2020 AT A GLANCE: HSDN INTERNATIONAL’S ACTIVITIES AND INITIATIVES

Activities

❖ Celebration of the Victory Day of Bangladesh 2019 and a seminar on "Good Parenting"

On December 14th, 2019, Toronto Bangla School hosted Celebration of Victory Day of Bangladesh and a seminar on "Good Parenting" at AccessPoint ON Danforth (APOD), 3079 Danforth Avenue, from 11 AM to 4 PM. The event was supported by Holistic Sustainable Development Network (HSDN) International, Bangladeshi Canadian Community Services (BCS), WOODGREEN, and APOD.



An Art Competition for kids (JK to Grade 8) was arranged at 11 AM, themed around “Victory of Bangladesh”. Students of Toronto Bangla School participated in the Art Competition. The "Good Parenting" seminar started at 12:15 PM, attended by parents and students of the Toronto Bangla School. The seminar was followed by an open discussion that participants were encouraged to share their experiences and examples relating to good parenting strategies. The discussions were interactive and participants concluded on a common ground of organizing more community events where both children and parents can participate. In addition, the special guests from community leaders, academia and community institutions, board members consented to work together to find a space for Toronto Bangla School to create a community hub for the community services.

Following the discussion session, Toronto Bangla School Students and others participated in the cultural activities including song and dance performances, poetry recital, drama, and storytelling.



Among the participants of the Art Competition, six people were selected from two groups for prizes. Everyone got the Certificate from the hand of the special guests. Volunteers were also given a token of recognition for their activities and initiatives.



Foods and drinks were provided to the attendees at the end of the event.

❖ Spring Festival - 2020 on First of Falgun by Toronto Bangla School

Toronto Bangla School celebrated the Spring Festival Pohela Falgun, the first day of a Bengali month (the first day of spring) on 15th of February, 2020.



Pohela Falgun (the first day of spring) welcomes the spring, the most charming one of the six seasons in this land. It is the first hour of spring when the heart and the soul of this land meet in a stance to remind us it is that precious moment when the season of life—and a renewal of it—blasted into advent with all its charms and beauty.

Everything in nature gives an impression of youthfulness or freshness as if nature takes a new birth. Colorful flowers, a melody of birds, or a mild touch of the sunshine – everything will make you feel that springtime is nature’s festival.

The festival lover Bangladeshi people welcome and celebrate this day with great joys, love, and in a colorful manner. The blazing red and yellow are the representative colors of Pohela Falgun. Bengali people embellish themselves with these two primary colors. Girls dressed in ‘bashonti’ (yellow or orange) colored sarees and adorning floral ornaments while boys wear colorful panjabis to welcome the arrival of spring.

The center point of this festivity is “Bakul-tola” of the Institute of Fine Arts (Commonly known as ‘Charukola’) of Dhaka University. Thousands of young men and women gather in the morning and celebrate the day by singing songs, reciting poems, and dancing. The jingle of the celebration is “Esho mili praner utshabe” (Come, let us celebrate life together).

The purpose of celebrating Pohela Falgun is to share the culture and heritage with the children of Bangla School through a joyful event. Organizers explained the reason for celebrating Pohela Falgun to the children and the children got amazed hearing the background of the Pohela Falgun celebration, seasonal changes, and natural uniqueness in Bangladesh.

❖ Celebration of International Mother Language Day - 2020



Toronto Bangla School (TBS) celebrated International Mother Language Day on the 22nd of February, 2020 at AccessPoint ON Danforth (APOD), 3079 Danforth Avenue. Children and parents of the Toronto Bangla School, including Mr. Akhlaq Hossain, Advisor of the Toronto Bangla School, Mr. Jannatul Islam, Rafia Mokbul, Academic Advisor of the Toronto Bangla School, Mr. Fakhruddin Ahmed, President of TBS, Mrs. Nasrin Islam, Mrs. Bilkis Begum, Teacher of the TBS, Shakil Ahmed, and so on, attended in the event with the special guests Doly Begum, MPP of Scarborough Southwest, and Brad Bradford, City Councillor for Ward 19, Beaches-East York, Gary Crawford, City Councillor for Ward 20, Scarborough Southwest.

Organizers and speakers talked about the background and importance of International Mother Language Day. Children became proud to be part of Toronto Bangla School, are mandated to extend Bengali language, culture, and heritage learning. They also felt pride that only Bengali people sacrifice their life for the mother tongue, which is acknowledged now all over the world as International Mother Language Day.

An alphabet writing competition was arranged. Toronto Bangla School students participated in cultural programs such as singing Bengali songs, dancing, and reciting poems. Prizes and Certificates were given to all participating students.

❖ Celebration of Canada Day – 2020

On the 1st day of July, 2020, Toronto Bangla School celebrated the Canada Day – 2020 virtually with Holistic Sustainable Development Network International (HSDNI) and Bangladeshi-Canadian Community Services (BCS).



The virtual program was hosted by Dr. Nasima Akter, ED, BCS and Chair, HSDNI and coordinated by Mr. Tahmid Rouf and Saadia Sarker. Doly Begum, Member of Provincial Parliament for Scarborough Southwest and Official Opposition Critic for Early Education & Child Care, Rima Berns-McGown, Member of Provincial Parliament, Beaches – East York, and Diane Dyson, Nimble communicator, researcher and policy advocate leading work in the community sector to eliminate poverty, joined as the special guest and keynote speakers. Students of the Toronto Bangla School, parents/guardians and all of the members of the Toronto Bangla School Committee joined the program.



Students of the Toronto Bangla School participated in the cultural activities during the virtual program. They recited poems and sang songs. The cultural program was enjoyed by all of the attendees. Moreover, BCS performers also presented their performances in the program which was appreciated and enjoyable.

Toronto Bangla School Canada Day celebration and children-performance in HSDNI TV: <https://youtu.be/td4s8ot9gY8?t=202>

Though celebrated in a limited online event, Canada Day is the major patriotic feeling activity in Canada for everyone. Thanking all the attendees, the virtual program for celebrating Canada Day – 2020 was concluded by Dr. Nasima Akter.

❖ HSDN stands for solidarity to save Sundarban



The joint project of PDB (Bangladesh) and NTPC (India) for 1320 MW Rampal coal-fired power plant has become a deadly threat for the survival of Sundarban; which is inviting a range of nationally and internationally vested interest groups to set up hundreds of commercial projects in and around the Sundarbans. This has not only put the livelihood of at least 3.5 million people at risk, it has made the lives of around 40 million coastal people vulnerable to natural disasters as the Sundarbans have also been a huge natural safe guard against frequent cyclone, storm and other natural disasters in the country. Bangladesh is one of the most vulnerable countries facing climate change.

The Sundarbans, to preserve its outstanding universal value, now demand global public action for its survival. The forest has been playing unparalleled protective and productive functions. In addition to its role as natural safeguard, it is also the single largest source of forest

produce in the country. Quoted from Prof. Anu Mohammed, The Sundarbans also plays an important role in creating economic value in the national economy and employment creating opportunities for the millions. It now covers more than 60% of the total reserved forest of Bangladesh, contributes about 50% of total forest revenue mentioned by UNESCO World Heritage Centre.



HSDN International and Bangla School Toronto stand in solidarity with Global Day of Action to save the Sundarban and calls on the government of Bangladesh to scrap the Rampal Coal plant. The event was held on November 11th, 2018. HSDN International believes that the Rampal Coal plant is a big game of capitalist bureaucrats and their corrupted politicians and businessmen.

One of the organizers Fatin Chowdhury mentioned that coal cannot be a solution for climate justice. The latest IPCC report has resoundingly called for a transition away from fossil fuels in order to strive for the 1.5 C target limit, a necessary goal for countries like Bangladesh in the Global South who will experience the worst impacts of climate change.

As we stand together to call for climate justice in Bangladesh, we connect the struggles of communities worldwide. We realize the role fascist states play in continuing to exploit our resources to advance their colonization. In retaliation, we envision alternative worlds that include us all.

Our fight to save the Sundarban is connected to all these struggles, and wins.

❖ The 1st Family Park Day and Award-Winning Ceremony - 2020

Toronto Bangla School, running by HSDN International, organized Family Park Day – 2020 and Award-Winning Ceremony for Essay Writing and Art Competition. This event was funded by the Climate Action project for the improvement area by the City of Toronto.

Students of the Toronto Bangla School, parents/guardians and all of the members of the Toronto Bangla School Committee attended the event on August 8th, 2020, at Dentonia Park (80 Thyra Ave, Toronto, ON) from 11:30 AM to 02:00 PM.

During this pandemic period, families, especially children, are trapped and bored. Moreover, environmental sustainability is one of the key challenges in these recent days. To bring the families together, especially children, Family Park Day – 2020 had arranged. To learn more about the environment by the children and kids, essay writing on Waste Management for Climate Change (Grade 6 – 10) and Art Competition on Natural Beauty of Canada [Junior Group (KG – Grade 3) and Senior Group (Grade 4 – Grade 5)] were organized earlier by the Toronto Bangla School to observe World Environmental Day 2020. The award-winning ceremony was held on Family Park Day – 2020.

By following the social distancing rules by the City of Toronto, students of the Toronto Bangla School, parents/guardians, and other attendees engaged to clean up the park by picking garbage.

Among the participants for essay writing on Waste Management for Climate Change, Reanna Chowdhury (1st), Nuren Nawar (2nd), Ahnaf Tahmid (3rd [Duet]) and Zahra Sharmin Ahmed (3rd [Duet]) were awarded in the Award-Winning Ceremony.

Abraham Pramanik (1st), Angelina Pramanik (2nd), Afia Islam (3rd [Duet]) and Zaina Ahmed (3rd [Duet]) were awarded in the Junior Group (KG – Grade 3), and Smia Gomes (1st), Nowrin Chowdhury (2nd) and Atqiya Kazi (3rd) were awarded in the Senior Group (Grade 4 – Grade 5) for the Art Competition on Natural Beauty of Canada.



Garbage cleaning

All of the students, parents/guardians and organizing members performed in the activities willingly and enjoyed the tasks.

Protecting the environment is a responsibility of all of us. We have a role to play in protecting the environment by teaching our children and kids about protecting the environment through various ways such as picking up and properly disposing of trash and recyclables, which is a great example of a selfless environmentally friendly act. Therefore, this type of program will continue in the future to educate our children and kids about environmental sustainability to encourage them to take meaningful action in protecting and preserving our environment.

Finally, gifts were handed over to youth volunteers and other volunteers. Foods and drinks were also provided.



❖ The 2nd Family Park Day – 2020 by Toronto Bangla School:



To free from lockdown related exhaustion during this pandemic period, families, especially children, and kids enjoyed the 2nd Family Park Day – 2020 organized by Toronto Bangla School,

running by Holistic Sustainable Development Network International (HSDNI). The event was funded by the Canadian Red Cross.

On September 5th, 2020, students of the Toronto Bangla School, parents/ guardians and all of the members of the Toronto Bangla School Committee attended the event at Dentonia Park (80 Thyra Ave, Toronto, ON) from 2 PM to 4 PM.

To bring the families, children and kids together, kids and family events were arranged by following the social distancing rules of the City of Toronto, An “Open Art Competition” was arranged among all of the children and kids. Smiha, Nowreen, Shoha, Arian, Safwana, Afia, Afrida, and others performed in the “Open Art Competition”.



“Through the Ball in the Basket” was arranged among the junior (KG. 1 - Grade 3) and senior (Grade 4 - Grade 5) groups of the children and kids.



“The Memory Competition” was arranged for the parents and guardians of the Toronto Bangla School.

Among the participants of “Through the Ball in the Basket”, Armi (1st), Safwana (2nd), Tazrin (3rd) and Arman (4rd) were awarded in the junior group, and Afrin Aliha (1st), Nowreen (2nd) and Afia (3rd) were awarded in the senior group.

Shaila Parvin (1st), Poni (2nd) and Runa Siddiqui (3rd) awarded in the “Memory Competition” for the parents and guardians of the Toronto Bangla School.

All the participants of the “Open Art Competition” were given prizes.



Award Winning Ceremony for Essay Writing and Art Competition.

Community events, activities and gatherings are a great way to connect with others. Getting together with members of families is an essential factor that helps to create strong bonds, connections, and relationships in the community. It provides opportunities for participation, skills development, volunteering and social, cultural economic and environmental developments. It is helpful in coping with challenges, instill a feeling of security, inculcate family values, fill kids with confidence, and much more. By arranging the Family Park Day, Toronto Bangla School brought families together, especially children and kids, to improve their learnings, activities, skills and feel free from stresses, especially during the pandemic period. Toronto Bangla School is committed to improve the community buildings in future through these types of activities.

❖ The 3rd Family Park Day and BBQ



HSDNI had organized its 3rd Family Park Day & BBQ in 73 Colonel Danforth Trail, Toronto, ON M1C 1P8. Due to the provincial restriction on the number of people can get together to minimize the spread of COVID-19, this 3rd family day was limited to the directors' friends and family only. Besides BBQ, the event extended to visit the beach, kids playing and fishing. It was a daylong event where the long-term boards' volunteers had a good time of refreshment and entertainment.

❖ Celebration of World Children's Day - 2020

On November 21, 2020, Toronto Bangla School celebrated the "World Children's Day - 2020" virtually with Holistic Sustainable Development Network (HSDN) International and Taylor-Massey Summer Activity Group, which was funded by the City of Toronto, followed by the announcement of the winners of the Fall Art Competition - 2020.



WORLD CHILDREN'S DAY 2020

Organized by: Taylor-Massey Summer Activity Group. Funded by: City of Toronto.
Supported by: Toronto Bangla School and HSDN International.

KEYNOTE SPEAKERS:

PROF. SALIMULLAH KHAN

 Director,
 Centre for Advanced
 Theory,
 University of Liberal Arts,
 Bangladesh.

DR ABUL HOSSAIN

 Project Director,
 Ministry of Women
 and Child Affairs,
 Bangladesh.

Facilitator: NUPUR CHOWDHURY
 Chief News Editor and Presenter in Chief, TBN24 Television New York.

NOVEMBER 21, 2020 at 11 AM (TORONTO TIME)

Zoom Link: <https://us02web.zoom.us/j/84540312417...>
 Meeting ID: 845 4031 2417, Password: 367220

Students of the Toronto Bangla School, parents/guardians and all of the members of the Toronto Bangla School Committee participated in the Virtual Program. Students of the Toronto Bangla School participated in the cultural activities, followed by the main event of the "World Children's Day - 2020", and final winners of the Fall Art Competition - 2020 were announced.

The program started with the National anthem of Canada and Bangladesh. Then, students of the Toronto Bangla School participated in the cultural activities, facilitated by Mrs. Nasrin Islam, Teacher of the Toronto Bangla School. Poems were recited by Debyajit Bhowmik ("Kajla Didi" by Jatindramohan Bagchi), Aryan Saha ("Shobar Shukhe" by Jashim Uddin), Seji Manha Chowdhury ("Mamar Bari" by Jashim Uddin), Bela ("Kola Benger Cha"), Debesmita Bhowmik ("Kana Bogir Cha"), Raed Hasan ("Tal Gach"), Nileema Jannat Tazrin ("Khoka Geche Mach Dhorte"), Smia Melisa Gomes ("Proshno" by Robindronath Tagor), Mahib Chowdhury ("Ek-Dui-Tin"), Fattima Hossain ("Jhony-Jonny"), Ajmain Sajid ("Khat Berali" by Kaji Najrul Islam), Zaina

Ahmed ("Chad Uteche"), Soha Siddiqui ("Ai-Ai chad Mama"), and Nowrin Chowdhury ("Amar Pon"). The rhyme song "Megher Kole Rod Hesheche" was sung by Manha Saina and Amira. Afrida Kabir sang the song "Fule-Fule Dhole-dhole" by Robindronath Tagor, Afia Islam sang "Amra Korbo Joy", and Tahmeed Hassan sang "Baba Bole Gelo". Lastly, Afia Islam and Afrida Kabir finished the virtual cultural section by presenting a joke jointly.

The main event of the virtual program was presided by Dr. Nasima Akter, Chair of HSDNI and facilitated by Nupur Chowdhury, Chief News Editor and Presenter in Chief, TBN24 Television, New York.

Students of the Toronto Bangla School participated in the cultural activities during the virtual program.

Dr. Abul Hossain, Project Director, Ministry of Woman and Child affairs, Bangladesh, and Prof. Salimullah Khan, Director, Center for Advanced Theory, University of Liberal Arts, Bangladesh, were the main speakers for the "World Children's Day - 2020" followed by the Q&A session. In the meantime, Afrida Kabir also presented the purpose and goal of Toronto Bangla School, Afia Islam recited the country poetry "Jonmechi Ai Deshe" (by Sufia Kamal), and Smia Melisa Gomes sang a Robindro Song ("Ai Tobe Sohochori"). Shahidul Haque Mintu (Editor of Bangla Mail), Tito Khandaker, and so on also presented in the program.

In the art competition winners' announcement, Raffia Mokbul shared the Arts of the participants in the Art Competition all in PowerPoint forms. Mr. Abdul Halim Miah, Advisor of Toronto Bangla School announced the names of the winners of the Art Competition. Among 22 participants in the Art Competition, Afia Islam, Souronil Day and Fareeha Rizwana Manha won the 1st, 2nd and 3rd positions, respectively in the Junior Group (Preschool to Grade 3). Salwa Mahbub (1st), Smia Gomes (2nd) and Zaina Nuryan Ahmed (3rd) were the winners in the senior group (Grade 4 to Grade 6).

The keynote speakers delivered their valuable speech on the importance of learning Bangla overseas and advocate to develop Toronto Bangla School further to provide better services. Audiences were so involved and engaged with speakers promptly. The speaker's speeches were very influential and were viewed and reached 23 thousand people in a few days. Prof. Salimullah Khan is known to be one of the best knowledgeable and unconditional speakers in Bangladesh expressed his gratitude to the organizers and volunteers of Toronto Bangla School and demanded Bangladeshi High Commissioner to help to flourish this initiative.

Initiatives Highlights for the Year

Toronto Bangla School Registration: We have registered our community project of Toronto Bangla School to serve better to the community. We have created a separate executive committee to run the school under the umbrella of HSDNI. We believe our action to give Toronto Bangla School a separate entity will attract more volunteers and supporters and will be helpful to create a social hub for the community to serve and facilitate more to the causes of cultural and social services.

Expansion of the Organization: We have initiated to expand our organizational activities beyond the border. HSDNI mandated as an international undertaker. We have connected several universities in Bangladesh and some individuals in USA to create our organizational offices and expand our activities. Our expansion activities in Bangladesh are getting more attraction from different classes of people and institutions and hope to create good impacts in near future.

Community Exchange Network: To expand collaborative supports and help each other, we have initiated Community Exchange Network where people can give away their excess and share their valuable expertise free of charge. Our main purposes of the initiative to reuse, recycle and support each other with the slogan of *Don't Waste Your Resources in the Name of Waste*.

HSDNI Academy: We have initiated another very important project named HSDNI Academy. Due to pandemic, our way of life changed. This initiative will create online resources with a special focused to skill development. We have already uploaded some important course materials which can be accessed free of charge. We have also created bi-lingual version of the important courses for example: food handler and food safety courses to the people with language barriers.

Youth Group: Though last year we have projected to take initiative for youth environmental initiative, this year we have succeeded. We had more than 15 youth participated and volunteered in our different projects especially in climate action and project for community support to COVID-19 affected people. We have listed 10 youth volunteers to coordinate our youth initiative in future.

Some Grants Highlights

Red Cross Projects

The largest granted project yet for our organization is the COMMUNITY SUPPORT RESPONSE PROJECT with funding from the Government of Canada's Emergency Community Support Fund led by Employment and Social Development Canada, the Canadian Red Cross Society ("CRCS"). This project was granted to support direct service delivery to those who are most vulnerable to the health, social and economic impacts of COVID-19.

This project was designed for direct aids, workshops and events for social inclusion and engagement to minimize the effects of isolation and deliver the important information and techniques on health and safety measures.

We have provided **direct aids** to 104 people with a combination of groceries and PPE to cover about 15 days for one person. Besides that, we have provided 3000 disposable masks, 200 clothing masks for school children and 800 sanitizers to the street people maintaining all the health and safety measures.

We have delivered several workshops on health and safety, mental health, social inclusion and skill development for better job. To deliver some impactful workshops, we partnered with Bangladeshi-Canadian Community Services (BCS) in their field of expertise and connections to experts.

Climate Action Project

This project was granted by City of Toronto to create some environmental impacts by community lead groups. Due to the pandemic, we have changed our original project proposal and got approved. We have completed this project in three parts; by organizing essay competition on waste management and drawing competition on beauty of Canada, by organizing a park day where children were taught the importance of environmental stewardship and cleaned the parks and public places around, and organizing a workshop on Waste Management. This project had great impacts on the children for its contents and how youth and children were engaged.

Enhancing Social Inclusion in Ethno-Cultural and Diverse Communities Grant

This project was granted by Woodgreen Community Centre for the 2nd time in a row. The project was designed to reduce the inter-generational gap through facilitating learning of language, art, culture, and heritages. The focus group of this project is TDSB children and parents. We have been running this project through our Toronto Bangla School.

Celebration of Canada Day

We received this grant for 2nd time in a row from the Department of Canadian Heritage Celebration and Commemoration Program. Though last year we had a good event in university of Toronto, this year we had to redesign our event and joined with BCS to celebrate Canada. We completed this project by organizing children performance, essay competition on Social Inclusion and Diversity and a Zoom social engagement seminar where people from different fields joined and interacted. We counted around 80 people participated in that event which was also live in Facebook.

Neighbourhood Grant Program

Since our inception in 2016, we have been receiving this grant from city of Toronto through our groups. For last three years, we have made some great projects by these grants. This year, two groups mentored by our organization received this grant while one group distributed masks, sanitizers and organized a seminar on World Children's Day which was reached to 23 thousand people in few days via online. The second group is planning to organize art competition on Victory of Bangladesh and celebrate Victory Day of Bangladesh - 2020 by organizing speech from freedom fighter followed by a good parenting workshop.

Conferences, Seminars and Workshops

- Seminar on "Importance of learning Bangla abroad"

কানাডার সর্বাধিক পঠিত বাংলা সাপ্তাহিক
বাংলা প্রবন্ধ
 The Bangla Mail • Vol. 8 • Issue 3 • Thursday • 28 November, 2019 • Price \$1.00 • Canada
 www.thebanglamail.com

'বাংলা ভাষা শিক্ষার প্রয়োজনীয়তা এবং করণীয়' শীর্ষক সেমিনার অনুষ্ঠিত

কানাডায় বাস করা বাংলাদেশিদের মধ্যে বাংলা ভাষা শিক্ষার গুরুত্ব অস্বীকার করা যায় না। বাংলা ভাষা শুধুমাত্র একটি ভাষা নয়, এটি একটি সংস্কৃতি, ঐতিহ্য এবং জীবনধারা। কানাডায় বাস করা বাংলাদেশিদের মধ্যে বাংলা ভাষা শিক্ষার গুরুত্ব অস্বীকার করা যায় না। বাংলা ভাষা শুধুমাত্র একটি ভাষা নয়, এটি একটি সংস্কৃতি, ঐতিহ্য এবং জীবনধারা।

রোজ ৭৬ লাখ পাঠকের সঙ্গে প্রথম প্রকাশ

PROTHOMALO.COM

টরন্টোতে বাংলা ভাষা শিক্ষার প্রয়োজনীয়তা নিয়ে সেমিনার অনুষ্ঠিত

Linguistic and cultural diversity is the beauty of most cosmopolitan cities like Toronto. Multi-culturalism represents universal values that strengthen the unity and cohesion of societies, which is also acknowledged by post- 2015 global development agenda. Every language spoken in the world represents a special culture, history, melody and color, and to everyone the mother language is certainly one of the most precious treasures in our lives. It's a duty and responsibility to preserve it and pass it down from generation to generation. Learning another language brings a lot of advantages in our lives; it opens a new window in our world views and makes us more aware, open-minded, and respectful to other cultures, lifestyles, customs and beliefs.

Toronto is a great place for multi-culturalism, while language is the most important tools of culture. India Study channel (2017) claimed that the total number of languages in entire world is 6901, out of which, 90% of their speakers is less than one hundred thousand. Around 367 languages are such that are spoken by mere 50 people. There are 47 languages of which there are less than 10 speakers. Keeping one's mother tongue, especially in a foreign country, does not happen spontaneously. Instead, it is an achievement that requires commitment and determination. In respect of the mother tongue, International Mother Language Day is being observed all over the world; the day initiated in Bangladesh, based on the sacrifice of Bengali people to uphold their rights to speak their mother tongue.



Hence, Toronto Bangla School was established in 2016 to keep the value of the mother tongue up and facilitate Bengali language and cultural learning to an approximate 100,000 Bengali people of the Greater Toronto. Toronto Bangla School has been running as a symbol of mother language movement which is expected to contribute in greater linguistic and cultural diversity in Canada and all over the world.

On November 23rd, Toronto Bangla School organized a seminar on “**Importance of learning Bangla abroad**”. More than 100 people attended this seminar and participated in the discussion. Academics, community leaders, residents, business and media persons delivered their opinion on the theme and unanimously agreed on the greater importance of learning Bangla for the 2nd and 3rd generation. Speakers said children can learn 4 or more languages simultaneously according to scientists. As the Bengali community is increasing in number, requires more skilled people to speak in both English and Bangla to serve the community. Learning Bengali language not only will give the learners benefits to get advantages of community services and business but also will help them to get advantages to secure governmental and other corporate jobs. The house of the seminar agreed to have a large facility for Toronto Bangla School to serve the community.

The purposes of this event were to facilitate the cultural heritage and climate of Bangladesh to the children.

- Seminar on Celebration of World Environmental Day – 2020



Celebration of the World Environmental Day – 2020 was organized by Toronto Bangla School and Holistic Sustainable Development Network (HSDN) International and supported by BCS on July 18, 2020, followed by the Waste management Workshop virtual program, Essay Writing and Art Competition.



Students of the Toronto Bangla School, parents/guardians and all of the members of the Toronto Bangla School Committee participated in the “Waste management Workshop Virtual Program”, which was presided by Mr. Fakhruddin Ahmed, Chair of Toronto Bangla School and facilitated by Mr. Jannatul Islam, Executive Director of HSDN International and Administrator of Toronto Bangla School. The “Land Acknowledgement” was given by Nuren Nawar, a student of the Toronto Bangla School and some other students participated in the cultural activities during the virtual program. Then, Raffia Mokbul, Academic Advisor of the Toronto Bangla School presented the “Welcome Address” to join the workshop followed by the speech of Siddhertha Saha, Secretary of the Toronto Bangla School, Momotaz Begum and Arzu Moon Zarin on behalf of the parents, and Nasrin Islam, Teacher of the Toronto Bangla School. Mr. Daniel Boulos, Project Lead, Solid Waste Management, City of Toronto, and Dr. Nasima Akter, ED, BCS and Chair of HSDN International, were the main speakers for the “Waste Management Workshop” followed by the Q & A session.

Mr. Daniel Boulos, Project Lead, Solid Waste Management, City of Toronto, and Dr. Nasima Akter, ED, BCS and Chair of HSDN International, were the main speakers for the "Waste Management Workshop" followed by the Q&A session.

Mr. Daniel Boulos focused on waste management in the City of Toronto and Canada while Dr. Nasima Akter delivered her presentation on the world scenario of waste management. The presentation was very informative and scary. Participants both youths and parents were asking many questions to the speakers. Both of the speakers agreed that our policy for waste management yet far away from the need to be.

Environmental sustainability is one of the key challenges in these recent days. To learn more about the environment by the children and kids, essay writing on the “Waste Management for Climate Change” (Grade 6 – 10) and Art Competition on the “Natural Beauty of Canada” [Junior Group (KG – Grade 3) and Senior Group (Grade 4 – Grade 5)] were organized by the Toronto Bangla School on the World Environmental Day 2020.



Dr. Nasima Akter, Chair of HSDNI announced the winners name for the essay writing and art competition. Reanna Chowdhury (1st), Nuren Nawar (2nd), Ahnaf Tahmid (3rd [Duet]) and Zahra Sharmin Ahmed (3rd [Duet]) were announced as the award winners for the essay writing competition on the “Waste Management for Climate Change”.

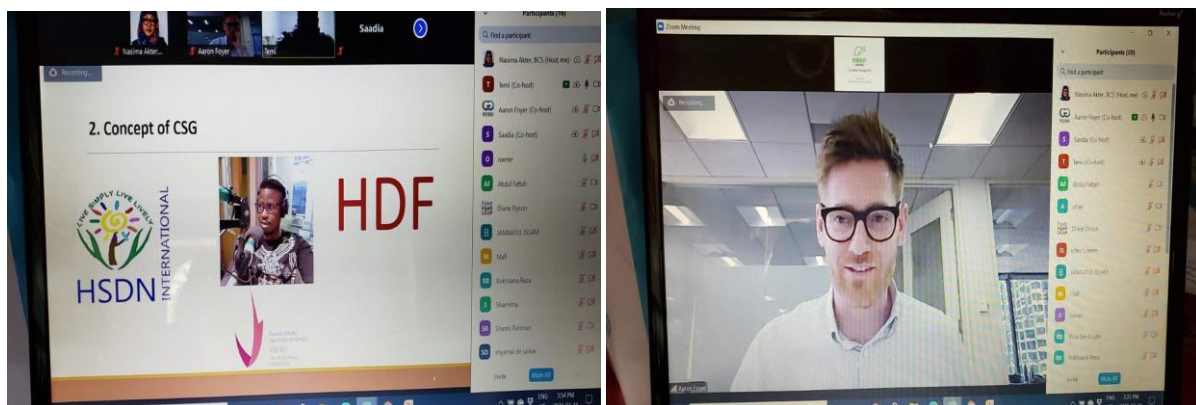
Abraham Pramanik (1st), Angelina Pramanik (2nd), Afia Islam (3rd [Duet]) and Zaina Ahmed (3rd [Duet]) were announced as the award winners in the Junior Group (KG – Grade 3) for the Art Competition on the “Natural Beauty of Canada”. Smia Gomes (1st), Nowrin Chowdhury (2nd) and Atqiya Kazi (3rd) were announced as the award winners in the Senior Group (Grade 4 – Grade 5) for the Art Competition.

Then, special guest speech was given by Ms. Diane Dyson and Mrs. Reema, MPP.

Finally, Fakhruddin Ahmad, Chair of the Toronto Bangla School, delivered the closing speech and thanked all.

It is our responsibility to protect and preserve the environment for leading a better life. Without protecting and preserving the environment, it will be impossible to be sustained. All of us have important roles to play in protecting and preserving the environment. Education is the first step of all. We need to educate our communities, especially our children and kids about protecting and preserving the environment through various ways. In order to educate our communities, children and kids about environmental sustainability, this type of program is required to continue to help them in future needs in protecting and preserving the environment. Stay with us to continue the journey and support Toronto Bangla School to promote Bengali language and heritage in overseas.

- The 4th HSDNI International Sustainability Conference - 2020



Theme: Diversity & Inclusion for Sustainable Societies

HSDNI's one of the key components is conference, seminars and workshops to connect, collaborate and facilitate sustainability. We have been organizing an international conference on the theme of sustainability since our inception. This year we have organized the **4th HSDNI International Sustainability Conference - 2020** on the theme of **Diversity and Inclusion for Sustainable Societies**.

The conference was held on July 18th on Saturday at 2 PM. Keynote speeches were delivered by Afsan Chowdhury, Professor, Dept. of English and Humanities, Diversity and Discrimination Studies, BRAC University on Exclusion and Inclusion: Applying discrimination paradigms and Dr. Sutama Ghosh, Associate Professor, Dept. of Geography and Environmental Studies, Ryerson University on [Inclusion and Sustenance of International Students in the GTA: What do we know about Indian Students?](#)

The conference was moderated by Saadia Sarker, secretary of HSDNI and welcomed and HSDNI was introduced by Dr. Nasima Akter, Chair of HSNI. Speakers from different countries, organizations, and different sectors delivered their presentations. Rawdat Rouf, Shams Rahman, Tabia Sobhan, Youths of the Bangladeshi-Canadian Community Services (BCS) presented the scenarios of Canadian practices on social inclusion. They featured different kinds of systematic discrimination in Canada while Canada known as a one of the best socially cohesive country. In the other hand, Dr. Irfan Saleem, *Sohar University (SU), Oman had delivered his presentation on cross cultural study on social inclusion on title of [Inclusive Board and Sustainability Practices: A Cross-Cultural Study](#)*. Alexandria Shrake & Aaron Foyer, Co-founder, ENERGY Minute has presented the social inclusion from the energy accessibility point of views. At the end, Temitope Onifade, Vanier Scholar and Co-Chair of Liu Institute Network for Africa, UBC and Researcher, Commonwealth Climate and Law Initiative, Oxford University had delivered his presentation on a project named "Community Sustainability Global" an international collaborative initiative. All the presentations are available in HSDNI's website. We are looking forward for the 5th HSDNI International Sustainability Conference - 2021 with greater impacts. Diane Dyson, Vice Chair of HSDNI concluded the conference by summarizing the speeches and thanking the presenters and audiences.

- HSDNI workshop content on resume writing and job searching



Conducted by Rana Sadick Hossain (September 20th, 2020)

Resume Writing

1. Remember what a ‘Sweet Spot’ is on a resume. Also called ‘Above the fold’.
2. Look for keywords in the job postings and include them in the sweet spot of your resume. This is the career

In Experience section:

1. Include numbers, percentages not just duties
2. Use active language
3. List most recent and relevant experience first. Keep it reverse chronological

No more than 6/7 bullet points for each job

1. List most recent and relevant education degrees. Don’t put dates of graduation. Keep it reverse chronological
2. List skills, awards, and interests only if
3. Delete “References Available Upon Request”
4. Choose appropriate margins, font (Arial, Times New Roman. Size 12). Make it simple and easy to
5. Proofread, proofread, and proofread. Give it to friends and relatives to
6. Save it as a PDF
7. Name Your file smartly, your name on resume

Applying for Jobs

1. Most important- prepare unique resume for each job application
2. Constantly refresh your main resume every 3

Job Searching

1. Build network
2. Build a strong LinkedIn profile. Actively engage in communication with other members
3. Prepare an 'Elevator Pitch'. 30
4. Get a mentor. Job shadow. Internship
5. Volunteer yourself. Freelance
6. Attend job fests
7. Stay focused
8. Get a lot of sleep while seeking job!
9. Always dress professionally
10. Develop a reading habit. Read word by
11. Surround yourself with ambitious, energetic people. Beware of negative

Websites for job searching

1. Robert Half
2. CareerBuilder
3. Indeed
4. Eluta
5. LinkedIn
6. Glassdoor
7. Monster
8. Simply Hired
9. Kijiji
10. Google for Jobs

- **Social Engagement for Diversity**



On October 3rd, 2020, HSDNI and BCS organized a workshop on “Social Engagement for Diversity” which was funded by Red Cross Canada. This workshop was virtually carried out through Zoom link from 12:00 PM to 1:30 PM. The workshop was conducted/facilitated by a Social Development and Gender Expert, Rina Sen Gupta who has more than 30 years’ experience in the social development industry sector. The goals of the workshop were:

- a. Learn more about each other’s cultures; and
- b. Appreciate differences through living in harmony or coexistence.

There were different kinds of participants of all ages. A total of 33 participants (Elder + Youth) participated in the workshop. The workshop was followed a participatory approach, with participants’ pre- and post-evaluation; and a PowerPoint presentation on the issue of social engagement and diversity.

The pre-evaluation of the participants was done before the main presentation. This was carried out not as testing them, but as sharing the existence of knowledge and understanding about social engagement for diversity. During the pre-evaluation session, some participants expressed their existing conceptual understandings about social engagement and diversity

which were very interesting and led the discussion for an in-depth deliberation on the conceptual clarity, evolution of concepts and way forward for social engagement and diversity. The 15 PowerPoint (PPT) slides were presented by the facilitator with clear explanations and using practical examples from the community's lives. (The slides are attached with this report.)

After the presentation, the participants were actively involved in an open discussion and cited many examples from their own lives. There were some questions raised by some of the youth leaders regarding, how power structure can be influenced to provide equal treatment irrespective of race, culture and religion? In response, the facilitator referred her presentation related to key issues outlined in the "Canadian Charter of Rights and Expression", which is also an important chapter of Canadian Constitution. She added that these provisions are constitutional rights of any Canadian citizen, the power structure service providers are not above the law of the country/land.

At the conclusion session, the facilitator reviewed the learning of the participants. The participants expressed their full satisfaction by saying that, they have revisited their understanding and learned many new things from the presentation. The key points were mentioned by the participants, that they have to know more knowledge and understanding about each other's culture; respect the difference, adjust with other beliefs which would help the community people, even intergeneration to live in harmony/ coexistence. The participants concluded the workshop with a saying that "Diversity is the cause and Inclusion is an Act or Result."

The workshop was ended with mutual votes of thanks by the Executive Director of BCS and Chair of HSDNI, Ms. Nasima Akter.

- "Health and Safety Measurement to Prevent Diseases" during COVID-19 pandemic



HEALTH AND SAFETY MEASURES TO PREVENT DISEASES

Tuesday, Sept 22 and 11:30 am

Speaker: Dr. Qazi Shafayetul Islam, Certified Activationist and Senior Project Coordinator, BCS

JOIN US ON ZOOM:
[HTTPS://US02WEB.ZOOM.US/J/8224489845](https://us02web.zoom.us/j/8224489845)

OR CALL:
 +1 647 374 4685
 +1 647 558 0588

MEETING ID: 822 448 9845

Logos at the bottom: Canadian Red Cross, HSDN INTERNATIONAL, BANGLADESH CANADIAN COMMUNITY SERVICES BCS, Government of Canada / Gouvernement du Canada, Canada.

HSDNI and Bangladesh Canadian Community Services organized a “Health and Safety Measurement to Prevent Diseases” workshop for the community seniors and adults on September 22th, 2020. A total of 45 participants attended on Zoom meeting funded by Red Cross Canada. The full program was coordinated by Nasima Akter and presented by Qazi Shafayetul Islam.

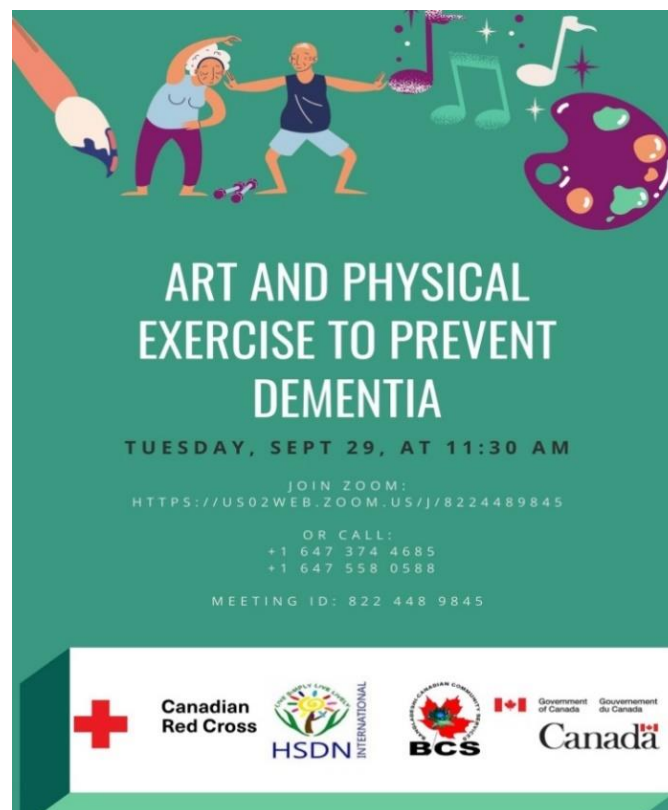
The workshop was held for two hours and divided in the two sections: in the first part focused on discussions about the proper diet, benefit of the physical activities and how without taking any medication Senior citizens can control their chronic diseases like-Diabetics, heart problem, high pressure and many more. In the second part Qazi designed the physical actives, like-meditation, and yoga and simple cardio (standing and seating positions) easy and simple way, so that all the citizens can do it properly and benefited.

Qazi’s presentation, communications with all the participants and knowledge about the exercise make the full program interesting and effective for everyone. During the program it is clearly describe the relations between proper diet and physical exercise, and their benefit. A well-balanced diet gives useful day energy to keep active throughout the day, prevent diet-

related illness, such as some cancers, eating disorder and many more. On the other hand, physical activities help to strengthen our Bones and Muscles, improve our capability to do our daily activities and also prevent falls, reduce health risk, weight management and many more.

In the last part, we see that all the participant asking questions about their confusion, some are asking about the diet, some are physical activities and they all are so happy about the program content, willingly to join the next program and appreciate HSDNI and Bangladesh Canadian Community Service to arrange this type of program during this pandemic period for the Senior citizens.

- **Workshop on Art and Physical Exercise to Prevent Dementia: Colors/Art Therapy, Physical Exercise and Health**



HSDNI & Bangladesh Canadian Community Services organized a “Colors/art therapy and Physical exercise for Mental wellness” workshop for Canadian Bengali Senior citizens on

September 29th, 2020. A total of 44 participants attended the workshop on Zoom. The workshop was coordinated by Nasima Akter, and presented by Qazi Shafayetul Islam.

There were two sections in two hours workshop. The first section consisted of discussions around colors and arts that how they can impact in our life, benefit of the physical activities in the second part Qazi designed the physical actives, like meditation, yoga and simple cardio (standing and seating positions) easy and simple way, so that all the citizens can do it properly and become benefited. The program trainers' presentation and communications with all the participants and knowledge about the exercise make the full program interesting and effective for everyone. During the program, it is clearly described the relations between colour/art and physical exercise, and their benefit. Colors can reduce the stress, help to solve mental-health issues, reduce the amount of Alzheimer's disease and colouring activity is a helpful treatment for the dementia patients, who habitually have difficulties with motor injury, a way to be creative. And the physical activities help to strengthen our Bones and Muscles, improve our capability to do our daily activities and also prevent falls, reduce health risk, weight management and many more.

In the last part, we see that all the participants asked questions about their confusion, their diet, and some physical activities. They all were so happy about the program content, willingly to join the next program of this type.

- **Workshop on Yoga for Stress Management**



With the grant of Red Cross Canada, HSDNI and BCS delivered a yoga workshop on October 8th to the community members, primarily, senior citizens. Participants accessed this workshop through Zoom from 11:30 AM to 1:00 PM. It was conducted and facilitated by an English and Bengali speaking Certified Yoga and Meditation Instructor, Ayurvedic Wellness Practitioner, Teresa Auntora Gomes, with four years of experience working with community members and clients in the wellness sector. Teresa completed 200 hours of Ayurveda and Yoga Holistic Teacher Training and 100 hours of Meditation Facilitator Training Program from JAI Wellness in Toronto. Her training in yoga and meditation was complemented with knowledge in holistic Ayurveda (the sister science of yoga) and lifestyle management. Her classes and workshops often encompass hatha yoga, restorative practices, qi gong, chakra balancing, breathing techniques, soothing guided meditation, positive affirmations and binaural beats or flute sounds.

The workshop entailed an education component to give participants an introduction about yoga, including the origin and history of yoga. In addition, the workshop included lifestyle management tips to reduce stress, depression and anxiety. Finally, the workshop culminated with a demonstration of yoga poses and breathing techniques, to allow participants to practice

from their home while watching the demonstration on their devices. Through this, participants received a fitness training session, which highly benefited senior citizens that need to maintain physical health.

Workshop goals:

- 1) To promote the health and wellbeing of community members, particularly senior citizens who are most vulnerable to COVID-19
- 2) To educate and provide community members healthy lifestyle management tools
- 3) To offer fitness services in real time

There were more than 50 participants in the workshop allowed participants to follow a PowerPoint presentation slide and a live video on Zoom to watch the facilitation of the instructor. The instructor created a safe space with a participatory approach and spoke in both English and Bengali to remove language barriers. At the end of the workshop, participants expressed that they had a positive experience. Throughout the workshop, participants were engaged, responsive, asked questions and expressed their enthusiasm.

- **Workshop on Good Parenting**

GOOD PARENTING

12:00 PM – 1:30 PM
OCTOBER 17th, 2020

Dr. Meher Nigar,
Prof. Janahgir nagar university and Academic
Advisor, Proton learning center, Toronto

Join us on zoom
<https://us02web.zoom.us/j/8224489843>

Or call:
+1 6473744685
+1 6475580588
Meeting ID: 822 448 9843

Logos: Canadian Red Cross, HSDN INTERNATIONAL, BCS, Government of Canada

HSDNI, BCS and Toronto Bangla School organized Good Parenting Workshop on October 17th, 2020. This workshop was funded by Red Cross Canada. Dr. Meher Nigar (Professor of Jahangirnagar University, Bangladesh and advisor of a proton learning centre in Canada) had facilitated the workshop where about 45 people participated for parenting; the most challenging part is as many of us do not have any idea about the good parenting. The toughest thing about good parenting is that nobody will make any decisions about your kids or family, so your decision might be affecting your family or kids. Raising kids is very sensitive and complicated. Also, there is no universal formula or rules on how to bring up your kids. As per the speaker, spending quality time, a loving and gentle approach, a friendly environment in your home, those things help you to build positive and healthy relationships with your kids.

The speaker also directed that parents could get some idea about good parenting from some online resources available online. However, the big challenges are parenting depends on factors like race, culture, geographical areas, age, time, religion, etc. Besides, she shared some experiences about the different parenting styles with her children at different kids' ages. Thus we have to act according to the situation.

The speaker mentioned about four types of parenting styles: authoritative, authoritarian, permissive, and neglectful.

- Authoritative: Parents give kids power, kids enjoy the freedom, but parents control them. They do not know that.
- Authoritarian means parents direct the children (disciplined) according to their own thinking.
- The permissive style gives children permission (such as you can do this or that).
- Neglectful means parents are not involved in children (in their lifestyles, action, liking, disliking, etc.)

However, no one can guarantee you that only following the good parenting tips will help you get the best result for your kids. As a human, nobody is perfect in the world, such as parents or children or both as parenting is person-pacific. For example, father deals differently as well as mothers and kids. Some adjectives are related to respect, positive, firm behaviours, love, trust, value, and family communication.

The speaker specified some factors that will help parents raising their kids in good ways: teaching your kids empathy, facing problems, and developing their problem-solving skills in their early childhood. Also, parents consistency and some family routines, gives kids a sense of respect and develop their social communications skill. Moreover, as parents should spend as much time with our kids, to understand their feelings and support them during their hard times. For example; Because of the covid-19 pandemic, most kids suffering anxiety problems, so as a parents simply reading bedtime books and playing with them can reduce their stress.

Finally, we need to understand that respect is mutual. It has both directions; if parents respect their kids' skid's decisions and emotions, they are also respectful to their parents as we know that kids always compare their situation with other people. When compare the kids with someone by parents, it is tough for kids to cope with.

- Workshop on Mental health and social inclusion during the global pandemic

HSDN PRESENTS

360 HEALTH

MENTAL HEALTH AND SOCIAL INCLUSION/INTERACTION

24 October 2020 @ 1-2PM

Simran Chahal, MA
Mental Health Therapist

Ava Ghods, HBSc
Masters of Social Work (MSW) student

Saadia Sarker, HBSc
Youth Health Advocate; Facilitator

JOIN US ON ZOOM
Meeting ID:
822 448 9845
<https://us02web.zoom.us/j/8224489845>

Funded by the
Canadian Red Cross
COVID-19 Emergency Support

To minimize the pandemic impacts, HSDNI, BCS and Toronto Bangla School organized a workshop on Mental Health and Social Inclusion funded by Red Cross Canada. There were three speakers; Golam Mostafa, director of Bengali information and employment services, Simran Chahal (Mental Therapist) and Ava Ghods (Mental health research). The workshop was facilitated by Saadia Sarker, a youth health advocate and HSDNI's secretary where about 45 people actively participated.

The COVID-19 pandemic increases the amount of anxiety and uncertainty in all of our life. Whether it is related to disease or anxiety of our health, personal life and work circumstances, and more, this can be harmful to everyone. The mental health impact is universal, individuals, and communities' experiences. With social distance and isolation from friends and family, it is important to address the topic in our conversations. In this session, they well demonstrated the significance of mental health, social inclusion and interactions. We engage mental health conversation in our household and border communities, and maybe who are suffering from silence or anxiety.

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

The first speaker was Golam Mostafa, The director of Bengali information and Employment Services (BIES). He presented a short research overview about youth suicide in Toronto Bengali community from their organization, collaborating with academia. A couple of years ago, in our Bengali community, 5/6 youth had suicided. As no message was left, there was no clear indication of the reason for this unfortunate event. According to their research conducted over 2 years with 18 youth and 10 parents in our Bengali community, they have noted some main points about the suicide tendency.

- The main reason is a serious communication gap between the parents and kids in our young community. What kind of communication is there? Why there is a gap? Find out language not the problem, problem content of the communications gap...our kids

wanted to talk about sexuality, career, pain struggling, most of the parents don't want to lesson to the kids.

- The young people feel like they don't have much freedom about taking the decisions about studies, careers and others.
- The young people said that they are not openly can discuss sex, career and relationships with their parents or family members.
- Another problem is parents have lots of expectations and wants their children to be engineers, doctors. Parents do not want to listen or understand the kids. They want to talk to kids but parents don't have time. Parents also lots of pressure, job problem. Parents are depressed.
- Finally, it leads to commits suicide.

From the research, they have some surgeons for everyone:

- Reduce the communications gap with parents; make good, open-minded relationships with your kids.
- Do not expect too much from them, do not pressure them and ask their opinions, respect them.
- Parents should more friendly, not only lecture the things that they want.

The second speaker: Simran discussed mental health: Form the lens of ethnic minorities. She quoted mental health in Canada is maintained of successful mental activity, daily work routine and full fill relationships with others in our family, our friend's group and our society and also capability to accept the changes and stress, ability to cope with day by day stress of life, work productivity, and interact positively with others. She mentioned it as a brain illness, affected by environmental and physical factors.

We all have mental health; maybe some of us have a mental health problem. She featured as follows:

1. Mental health status of Ethnic in Canada:

- Mode and anxiety disorder
- Weak sense of belonging with others
- Poor self-rated mental health

2. Barrier faced by ethnic minorities:

- Lack of mental health awareness
- Mental health is a taboo
- Less access to mental health services
- Language barrier
- Fewer experts in mental health in our community.

3. How can we take care of our well-being :

- Make a plan for yourself
- Take time to relax
- Think about what helps you
- Be kind to yourself and others.

4. Reach out for help:

- Distress centre
- Community organizations
- CAMH
- Affordable centre
- Family Doctor

Finally, the third speaker: Ava (Mental health research) discussed the steps that need to follow. However, the most important matter is to find out the current situations that impacted you, your family and your community and then we can identify how we can cope with the types of stressors.

UPCOMING EVENTS

19th DECEMBER 2020	Celebration of Bangladeshi Victory Day and Seminar on Good Parenting (Art Competition on Victory of Bangladesh)
15th JANUARY 2021	10th Issue, Fourth Volume of JWHS
5th JANUARY 2021	12th Issue, Fifth Volume of JWHS
20th FEBRUARY 2021	Celebration of International Mother Language Day-2020
27th MARCH 2021	Observe International Day of Forests and Celebration of Bangladesh Independence Day
30th MAY 2021	5th HSDNI International Sustainability Conference-2020
1st JULY 2021	Workshop on Multicultural Diversity in Canada and Observe World Environmental Day
TBA	Bangla School Children Summer Campaign and BBQ
10th AUGUST 2021	Workshop on Youth Initiative for Better Society and Celebration of International Youth Day
13th OCTOBER 2021	Workshop on Mental Health is a Key of Peaceful Society

REGULAR SCHEDULED EVENTS

Besides our Journal for Worldwide Holistic Sustainable Development (JWHS), our weekly Bangla School program will be running all year round. Bangla School Toronto's facilities are free of charge. We teach Bangla language and provide homework support, art, culture and music.

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