

A) Ahsania mohila mission high school

1st place:

Name: Surovi Alam

Class: 7 Roll no: 6

Title: My Favorite Subject (bangle =Amar prio bisoy)

I am in class seven. In our school besides regular classes there is another special class held. In that class we are taught many important issues like women trafficking, adolescence period, cleanliness etc. Among all the issues I like the personal hygiene in adolescence period most, where girls go through menstrual process. This topic is taught to us very friendly and openly by our health teacher. Here I learn about the menstrual period, why it happens, where it comes from, if it happens then what types of problem we face and how to solve it and so on. I did not know about it elaborately before but now I learn from the class. I have also discussed this with my friends and same age girls who do not know it yet but facing this type of problem. At first I had no courage to tell about this but now I have enough to discuss it. I learn it by myself. I wish that everyone knows about it. That's why I along with my friend discuss it to others. I like all the other topics that we discuss in the class as well. I think adolescence period, menstrual is very important for girls. I have a wish that once I will go to the villages and discuss it with them also.



2nd Place:

Name: Manisa Akhter

Class: 6 Roll no: 2

Title: All my learning (bangle= Amar joto shekha)

Health is wealth. It is essential to take care of our health. To keep our body fit we have to keep in mind that: 1) wash our hand by soap, 2) use safe water, 3) use sanitary latrines, 4) Do not take drugs, 5) do not become vulnerable in adolescence period, 6) follow the essential rules. Among these I would like to discuss about the adolescence period of a girl. This time is very important for a girl. In this time girls face many types of physical problems. Among all the problems the most important problem is period or menstrual problem. When it happens to girls, they cannot say it to anyone. Maybe they feel shy about it. I think at this time, they should discuss it with their parents or elder sisters or anyone who are free and friendly to share. Therefore if any one faces any problem with it she gets help from the elders' one. In this way we can take care of our health and keep our body fit.



3rd Place:

Name: Liza

Class: 6 Roll: 26

Title: Washing Hands (bangle =Hat Dhowa)

Sometimes we get attacked by different diseases through germs which may be carrying with our hands. Sometimes we go to our home and seat for eating without washing our hands. Then the germs get inside our bodies and spread illnesses. Therefore we have to be careful about keeping our hands clean. We have to wash our hands with soap before eating. Then there will be no stomach diseases. Again there are many who do not keep soap at latrine. After defecation they do not wash their hands with soap and may be they eat, or do other works. In this way many diseases also spread. Therefore we always have to wash hands with soap after defecation. Washing hands prevents illnesses and keep our body fit.



B) Latifunessa school

1st place:

Name: Imran Hossain

Class: 7

Roll: 22

Safe drinking water (bangle= Nirapod pani pan)

Safe and clean water is water which has no arsenic, no dirt and no bad smell. We need water for survival. Water is life. There are arsenics in many tube wells water. We suffer from various diseases by drinking arsenic water. Red-colored tube wells have arsenics in water and green-colored tube wells are safe from arsenics. Due to the lacking of safe and clean water we suffer from different kind of stomach diseases like Diarrhea, Cholera, Dysentery and so on. Therefore we have to drink safe water to protect our body from illness. Moreover water is use for many other purposes like bathing, washing foods and utensils, cooking and so on.



Place: 2nd
Name: Nupur Akther
Class: 7
Roll: 21

Hand washing (Bangla = hat dhowa)

Personally we should be neat and clean in our daily life. To keep clean we should wash our hands and maintain our personal hygiene. Therefore we should keep in mind that 1) we wash our hands with soap before eating. 2) we wash hands with soap after defecation. 3) Even wash our hands with soap after playing also. If we do not clean our hands with soap then germs get inside our bodies and spread illnesses. It also happens when we do not wash our hands after playing. Then we suffer from different kind of diseases. Therefore we should always wash our hands. To become healthy and happy we should keep ourselves neat and clean. **15 October is our World hand washing day.**



Place: 3rd

Name: Sabia Akther

Class: 6

Roll: 15

Puberty (bangle= boyosondhikal)

Every girl faces puberty around the age of 12 or 13 for girls. The first time when I had it, I was so afraid. But after this class I realize that this is no matter of fear. In puberty time we should keep ourselves clean. I have learned a lot of things from this class. I also share these things with my friends and classmates. I share for example what we should do in this period, we should eat nutritious food etc. Every girl faces this problem so they are very happy to hear that this is actually not a problem anymore. Therefore they become aware of puberty in this way.



C) Riyadul Muslimat Madrasa

1st Place

Name: Lia Akter

Roll no: 05

Class: 7

Early Marriage (Bangla = Ballobibaha)

When a girl and a boy marry together before their legal age then it is known as early marriage. That means girls marriage carried out below the age of 18 years and boys marriage carried out below the age of 21 years is early marriage. Early marriage is known to have dangerous consequences for the health and development of girls and boys. Early marriage also denies the physical and mental growth of girls. It often results in early pregnancy and thus it is involved considerable health risks. Sometimes they die when giving birth of a child. Again the children they are giving birth at early age, are suffered from malnutrition with a poor physical and mental condition. Therefore we should have strict laws against early marriage.



2nd place
Name: Shamima Akhter
Class: 4
Roll no: 3

Cautiousness (bangle =Sotorkota)

The name of my story is cautiousness. We have to know that why we should become careful. There are many types of human beings around us. There are Muslims, Hindus, Christians and Buddhists. Sometimes women and children are missing from the area. They become subjected to trafficking by person. Sometime they are sold by the neighbors to the other county. Therefore if anyone is missing, then we have to search for him by using loudspeaker or walking door-to-door. If we find any trafficker person then we should submit him to the police. There are many bad people in the society who act as a good but are trafficking girls and children. In this circumstance if anyone asks me, "Come with me, I will give you chocolates". Then our answer should be like,"I do not recognize you, so why should I come with you?"

I have learned a lot of lessons from this class and I like this class very much.



3rd place
Name: Aysha Akhter
Class: 4
Roll no: 8

Personal Hygiene (Bangla = bektigoto poriskar porichonnota)

At first we wash our hands with soap. There is many dirt and germs in our hands. By eating, that germ gets inside our bodies spread illness. We should wash hands with soap after defecation. Even before cutting vegetables we have to wash our hands. We always become neat and clean in our daily life and maintain our personal hygiene. We always keep our hands dirt free with soap. We should keep our nails clean and small. We should not touch or eat before washing hands. In this way we always wash our hands with soap before doing anything.

I like the personal hygiene most from this class.

