



Rising Hills **Beyond the Frame**

A Photo Voice



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15 -16 September 2026

National Chitrashala
Bangladesh Shilpakala Academy, Dhaka

Partners :





Rising Hills Beyond the Frame

Publisher & Copyright

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Published Date

15 September 2026

Concept, Implementation & Event Management

Subarnarekha Limited

Design

Md. Amir Hossain

Printed by

The Khan Printing & Packaging, 45 Kamor Lane, Fakirapool,
Motijheel, Dhaka -1000

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Message

H.E. Michael Miller

Ambassador & Head of Delegation,
The European Union to Bangladesh

The Chittagong Hill Tracts is a region of remarkable cultural diversity and natural beauty.

Through the Partnership for Resilient Livelihoods in the Chittagong Hill Tracts project, the European Union stands with the people of this unique part of Bangladesh on their journey to create an inclusive and sustainable future.

This exhibition captures that journey through compelling visual stories. Each photograph reflects the determination of individuals, families, and communities who have embraced new opportunities, strengthened their access to livelihoods, improved their nutrition, and worked together to build a better future. The images celebrate human dignity, cultural wealth, equality, inclusion, and resilience.

The European Union supports initiatives that leave no one behind. We share, with Bangladesh, a commitment to sustainable development, social justice, and lasting partnership.

We hope this exhibition inspires visitors to appreciate the strength of the communities of the CHT.

Message

Shaheen Anam

Executive Director
Manusher Jonno Foundation

Manusher Jonno Foundation believes that sustainable development is built on the strength, knowledge, and aspirations of people. Through the Partnership for Resilient Livelihoods in the Chittagong Hill Tracts (PRLC) project, implemented with support of the European Union in collaboration with UNDP and local partners, we have witnessed inspiring stories of change emerging from some of the country's most remote communities.

The photographs presented here are more than moments captured through a camera lens. These portray the courage of women creating new livelihoods, farmers adapting to climate challenges, young people discovering opportunities, families embracing improved nutrition, and communities working together to ensure greater inclusion and resilience. It also celebrates the rich cultural heritage and diversity that make the CHT unique.

This exhibition is a tribute to the communities who have trusted us to walk beside them and to the many partners whose collaboration has made this journey possible. We hope these images encourage reflection, dialogue, and continued commitment to building a more equitable, inclusive and resilient future for all.



Resilient Life in the Hills

Through the PRLC project, resilient livelihoods and household incomes are being strengthened by promoting modern and climate-resilient farming, high-value crop cultivation, market access, and income-generating opportunities. The project also provides vocational and skills development training to youth, helping them pursue employment and entrepreneurship which enables them to look beyond the limitations of geography and other structural boundaries in CHT.



Cash grant support through Mobile banking, Rangamati Sadar.

Photo : Anindeta Chowdhury

The Door Opened : They Built the Future

For hardworking families in remote communities, financial support can open the door to greater self-reliance. Through the PRLC Project, 20,000 households, including 3,374 ultra-poor and 16,626 poor households, received livelihood support. Of them, 2,812 households received the support in cash and 17,188 through Rocket mobile financial services. Alongside guidance and training, the support enabled families to invest, rebuild and strengthen their livelihoods. The change reflects their own hard work and determination, supported by PRLC.



Vermicompost Production, Shakera Akhter, Himchori Para, Saroi, Lama, Bandarban

Photo : Fahad Kaizer

From Waste to Wealth: Shakera's Journey to a Greener Livelihood

In Himchori Para, Saroi Union, Lama, Bandarban, Shakera Akhter is turning household waste into a useful resource. As one of 89 poor and ultra-poor households supported by the PRLC Project, she received training on vermicompost production. She now produces nutrient-rich compost for her homestead garden, reducing the need to buy fertiliser. After meeting her own needs, she sells surplus vermicompost at BDT 10 per kilogram, creating an additional income opportunity while supporting more sustainable farming.



High Value Crops- Banana, Shahabuddin, Choto Bomu Muslim Para, Lama Sadar, Bandarban

From Training to a Thriving Banana Garden

In Choto Bomu Muslim Para, Lama Sadar, Bandarban, Shahabuddin is turning new knowledge into a growing livelihood. Through the PRLC Project, he received training and implementation support for high-value crop cultivation. He now has more than 150 banana plants and has started harvesting ripe bananas. Regular production and sales are creating an additional and promising source of household income, showing how practical training and support can help farmers build more resilient livelihoods.



High Value Crops - Pineapple, Parantu Chakma, Indramani Karbari para, Guimara. Khagrachari

Photo : Anindeta Chowdhury

For Parantu Chakma of Indramani Karbari Para, Guimara,

Khagrachari, pineapple cultivation is becoming a more secure livelihood. Through the PRLC Project, Parantu received training on improved high-value crop cultivation. He is using the knowledge to grow pineapples more effectively, meet his family's nutritional needs and earn better returns from the market. Parantu is among 63 farmers trained in papaya, banana and pineapple production through PRLC, helping farmers diversify livelihoods, improve productivity and increase household income. From Learning to Livelihood: Parantu's Pineapple Journey:



Ginger Cultivation, Athowai Marma, DP Para, Guimara Upazila, Khagrachari

Cultivating Resilience: A New Livelihood on Hilly Land: Athowai Marma of DP Para, Guimara Upazila, Khagrachari, is cultivating ginger with support from the PRLC Project. Through project-provided training, he gained practical knowledge of improved ginger cultivation techniques and is applying them on hilly and marginal land. The new approach is helping him diversify household production and strengthen his livelihood. PRLC's training and practical support are helping poor and ultra-poor farming households in the Chittagong Hill Tracts build more resilient, productive and self-reliant livelihoods.



High Value Crops- Papaya, Chingsamong Marma, Photo : Fahad Kaizer
Nowaram Karbari Para, Guimara Upazila, Khagrachari

From Seedlings to New Hope: Chingsamong's Papaya Garden For Chingsamong Marma of Nowaram Karbari Para, Guimara, Khagrachari, papaya cultivation is becoming a source of income and nutrition. In January 2025, he received BDT 7,210 in support from the PRLC Project and invested another BDT 10,100 from his own savings. He started with 100 seedlings and added 70 more, bringing his garden to 170 plants. With PRLC training on improved papaya cultivation, he now earns about BDT 50,000–60,000 a year from papaya sales while also providing fresh fruit for his family.



IGA Enterprise, Purnima Sen, Sindukchari Bazar, Guimara, Khagrachari

Photo : Fahad Kaizer

From a Small Shop to a Stronger Future: Purnima Sen of Sindukchari Bazar, Guimara, Khagrachari, used PRLC livelihood support to expand her existing bakery-product business. The BDT 10,100 support enabled her to buy larger quantities of biscuits and cakes and supply more shops in the local market. She also produces chips, chanachur and roasted chickpeas at home, diversifying her products. Her monthly sales have reached approximately BDT 25,000–30,000. The PRLC Project helped strengthen her working capital and expand a business she had already built through her own effort.



Vegetable Gardening, Elina Chakma, Tongmura Para, Rangamati Sadar

Photo : Fahad Kaizer

From Unused Land to New Possibilities : In Tongmura Para, Bandukbhanga Union, Rangamati, Elina Chakma transformed unused land into a productive vegetable garden after receiving modern farming and livestock-rearing training through the PRLC Project. She grows bottle gourd, snake gourd and other vegetables and also rears pigs. Her first harvest earned BDT 5,000 within two months; the following year, her earnings rose to BDT 40,000. The income is helping her support the higher education of her two daughters and strengthen her family's future.



Nursery Grower, Halima Begum, Battali Para, Saroi, Lama, Bandarban

Photo : Fahad Kaizer

From BDT 7,210 to a Growing Livelihood: For Halima Begum of Battali Para, Saroi Union, Lama, Bandarban, BDT 7,210 in PRLC support became a starting point for a new livelihood. In January 2025, she invested the support in a small nursery producing different tree saplings. Through PRLC training on nursery management and sapling production, she gained the knowledge and confidence to manage the enterprise. Today, her nursery is growing steadily and earns around BDT 3,000–4,000 a month from sapling sales, strengthening household income and resilience.



Digital Agriculture Solution, Rupantor Chakma, Indromoni Karbari Para, Guimara Upazila, Khagrachari

Photo : Fahad Kaizer

From Digital Knowledge to Climate-Smart Farming: Rupantor Chakma of Indromoni Karbari Para, Guimara, Khagrachari, is using digital knowledge to support smarter farming. Through two days of digital literacy training under the PRLC Project, he and other advanced farmers are learning to use agriculture-related apps, access weather forecasts and market prices, and obtain pest-management information. A total of 372 advanced farmers are receiving this training, supported by project-provided tablets. The intervention is helping farmers make more timely, informed and climate-resilient agricultural decisions.



Geo Sac Farming- Ginger, Kanchon Mala, Jurachari, Rangamati

Photo : Fahad Kaizer

Growing Resilience, One Geo-Sack at a Time: Kanchon Mala of Jurachari, Rangamati, is using a simple climate-resilient method to grow ginger around her homestead. Through the PRLC Project, she received 11 geo-sack bags and training on ginger cultivation using the bag method, allowing her to make productive use of limited space. She also received training on homestead vegetable gardening to diversify food production. The intervention is helping her strengthen household food security while creating opportunities for small-scale, resilient livelihood activities.



Collection Point, Sona Mala Chakma, Kharikkhong Para, Bandukbhanga Union, Rangamati Sadar

Photo : Fahad Kaizer

From Farm to Market: Creating Better Opportunities for Women Farmers: Sona Mala Chakma of Kharikkhong Para, Bandukbhanga Union, Rangamati Sadar, is using a collection point established under the PRLC Project to connect her farm produce with wider markets. The collection point manager aggregates farmers' produce and links it with buyers, helping farmers sell at fair and competitive prices. A total of 22 collection points have been established across the project area. These facilities are strengthening market linkages and helping farmers engage more directly with traders and private-sector buyers.



Hazol improvement for Chicken, Uhla Nu Marma, Poschim Baishpari Para, Gazalia, Lama, Bandarban

Photo : Anindeta Chowdhury

Hazol – A Better Home for Chickens: Hazol is a poultry-rearing method that allows a hen sitting on eggs to remain in place while conveniently accessing essential feed, water and other necessities. Learning this technique through the PRLC Farmer Field School, poultry farmers in the Chittagong Hill Tracts are adopting improved poultry-rearing practices that can increase egg production by up to 90%. After learning the technique, Uhla Nu Marma, 28, of Poschim Baishpari Para, Gazalia Union, Lama, now has three Hazols and 15 chickens.



Bed and Mulching Process for farming, Unah Ching Marma, Gainda Para, Lama, Bandorban



Photo : Anindeta Chowdhury

Growing Resilience: Bed Preparation and Mulching for Better Harvests: Unah Ching Marma, 35, of Gainda Para in Lama, is a day labourer and farmer with a small plot beside her home. Through the PRLC Farmer Field School, she learned bed preparation and mulching techniques that retain soil moisture, improve drainage, regulate soil temperature and control weeds, resulting in healthier crops. She now grows vegetables for her family and sells the surplus locally, increasing her income by several thousand taka.



Pheromone Trap, Nazibai Marma, Noaram
Karbari Para, Guimara, Khagrachari

Photo :
Anindeta Chowdhury

A Simple Trap, A Healthier Harvest: Pheromone traps are an eco-friendly Integrated Pest Management technology that helps farmers monitor and control harmful insects, reducing crop damage and unnecessary pesticide use. Through the PRLC Farmer Field School, farmers in the Chittagong Hill Tracts learned how to use this simple technique and apply it in their fields. The intervention is helping farmers protect crops, reduce unnecessary pesticide use and work towards healthier harvests and safer soil.



Yellow Trap, Mesiching Marma, Merakhola
Marma Para, Lama, Bandarban

Photo : Fahad Kaizer

A Small Trap, A Healthier Harvest: Mesiching Marma, from Merakhola Marma Para, Lama, Bandarban, checks a yellow sticky trap in her vegetable field. With support from the PRLC Project, she is using this simple, eco-friendly method to control pests and protect her crops - supporting healthier vegetables and a more sustainable livelihood.



Youth Skill Development- Electrical, Ronel Chakma of Kharikkhong Mukh Para, Bandukbhanga, Rangamati

Photo : Anindeta Chowdhury

Skills to Self-Reliance: Young People Building New Pathways in the CHT: Ronel Chakma of Kharikkhong Mukh Para, Bandukbhanga Union, Rangamati Sadar, is among 98 young people from targeted households who received PRLC-supported skills training. In the electrical trade, he is gaining practical knowledge to improve his employment prospects and economic self-reliance. Overall, the project trained young people in electrical work, tailoring, housekeeping, plumbing and pipe fitting, including 12 in electrical work, 22 in tailoring, 1 in housekeeping and 3 in plumbing and pipe fitting. The intervention is helping young people build practical skills and confidence for work.



Youth Skill Development - Tailoring, Subarna Tanchangya, Doluchhari Para, Moghban, Rangamati

From Tailoring Skills to a Dream of Her Own : Subarna Tanchangya from Doluchhari Para in Moghban Union, Rangamati Sadar, began working from home after completing three months of tailoring training. Using her mother's old sewing machine, she gradually gained the trust of local customers and started receiving regular orders. Today, her earnings help support her family's expenses, while she saves to purchase a modern sewing machine and establish her own tailoring business. Through the PRLC Project, this support is helping communities build more resilient livelihoods and wellbeing.



Youth Skill Development - Housekeeping, Hising Mong Marma, Gazalia, Lama, Bandarban
Photo : Anindeta Chowdhury

Skills to Opportunity: Hising's Journey Towards Self-Reliance : Hising Mong Marma, 23, from Gazalia Union of Lama, completed his HSC in 2023 and received three months of housekeeping training. He then completed a year-long housekeeping internship at a resort in Bandarban Sadar, gaining practical experience and building confidence for his future career. Now ready to enter the workforce, he is exploring opportunities both at home and abroad, determined to put his skills to work and build a more self-reliant future. Through the PRLC Project, this support is helping communities build more resilient livelihoods and wellbeing.



Youth Skill Development - Plumbing & Pipe Fitting, Newton Chakma, Jurachari, Rangamati Photo : Anindeta Chowdhury

Building Skills, Shaping Dreams : Newton Chakma from Jurachari, Rangamati, completed three months of training in plumbing and pipe fitting. He now works with a local contractor in Rangamati Sadar. The new skill has strengthened his confidence and self-reliance, while helping him continue his education. Looking ahead, Newton dreams of becoming a history teacher. Through the PRLC Project, this support is helping communities build more resilient livelihoods and wellbeing.



Youth Skill Development - Computer training, Riya Chakma, Shilchari Para, Jurachari, Rangamati Photo : Din Muhammad Shibly

From Skills to Sustainable Livelihood: Riya's Freelancing Journey : Riya Chakma from Shilchari Para, Jurachari, Rangamati, received three months of freelancing training through the PRLC Project's linkage programme, developing skills in graphic design, web design and digital marketing. She is now using these skills to take on banner and logo design projects and earn an income. Riya has also created professional accounts on Fiverr and LinkedIn to connect with potential clients, expand her opportunities and build a sustainable career in freelancing.



Special Training- Food processing, Paisanu Marma, Tholi Para, Guimara Sadar, Khagrachari.

Photo : Anindeta Chowdhury

From Training to a Dream in Every Jar : Paisanu Marma of Tholi Para, Guimara, has turned her food-processing training into a small home-based enterprise. Using ingredients available around her home, she now prepares and sells pickles and jelly in the local market. Loved by the community, especially school-going children, her products are quickly gaining popularity. In a short time, Paisanu has earned Tk 15,000 from this small initiative. Through the PRLC Project, this support is helping communities build more resilient livelihoods and wellbeing.



Special Training- Honeybee production : 1. Kanchana Chakma- Kuramara, Bandukbhanga Union, Rangamati Sadar Upazila, Rangamati; 2. Swechingmong Marma- Iradong Para, Bandarban Sadar

Photo : Anindeta Chowdhury
Fahad Kaizer

Beekeeping: A New Path to Livelihood : Through project-supported training, 204 advanced farmers strengthened their beekeeping knowledge and skills, with 152 now actively producing honey. For Kanchana, beekeeping has created an additional source of household income, using local resources while strengthening her livelihood opportunities. Kanchana Chakma, a farmer from Kuramara, Bandukbhanga Union, Rangamati Sadar Upazila, Rangamati, is building a more sustainable livelihood through beekeeping supported by the PRLC Project. Similarly, Swechingmong Marma from Iradong Para, Bandarban, received beekeeping training through the PRLC Farmer Field School.



Special Training- Mushroom Production, Aung Ma Prue Marma, Kyadong Para and Langol Master Para, Photo : Anindeta Chowdhury
Rajbila Union, Bandarban Sadar

Growing Opportunity: Aung Ma Prue's Mushroom Journey: For Aung Ma Prue Marma, 49, from Kyadong and Langol Master Para in Bandarban, mushroom cultivation has opened a new livelihood opportunity. Through the PRLC Farmer Field School, Aung Ma Prue received practical training on mushroom production. With the knowledge and skills she gained, she began cultivating mushrooms and selling her produce in the local market. Her efforts are now bringing tangible results. Between March and August 2026, she earned BDT 40,885 from mushroom production and sales.



Quality breed- Goat, Mallika Chakma, Dhamaichara Para, Rangamati Sadar

Photo : Anindeta Chowdhury

From One Opportunity to a Growing Herd : Quality breeding is turning small livestock assets into sustainable livelihoods for vulnerable households in the Chittagong Hill Tracts. Through PRLC, 72 ultra-poor households received cash support to invest in quality goat breeding. For Mallika Chakma of Dhamaichara Para, Rangamati, BDT 10,100 became a starting point for change. She invested the support in improved-breed Black Bengal goats and, through careful management and natural breeding, gradually grew her herd to six goats, now valued at around BDT 40,000.



CLW Vaccination, Mitingachari Union, Jurachari Upazila, Rangamati



Photo : Fahad Kaizer

Community Guardians of Livestock: In Mitingachari Union, Jurachari Upazila, Rangamati, Community Livestock Workers are bringing essential animal health services closer to remote farmers. During the 2026 Livestock Vaccination Campaign, CLWs received five days of technical training from the Department of Livestock Services on vaccination and basic animal health care. With PRLC support, they worked with DLS to organise vaccination activities in their communities, making services more accessible and helping farmers protect livestock, an important source of household livelihood.



Quality breed – Pig, King Sai Nu Marma, Merakhola Marma Para, Lama, Bandarban

From One Pig to Greater Possibilities: For King Sai Nu Marma of Merakhola Marma Para, Lama, a quality breeding pig has opened a path towards greater livelihood security. Through the PRLC Project, 30 households received support for quality local pig breeding. King Sai Nu invested BDT 7,210 in a breeding female pig, which later gave birth to 11 piglets. She sold the piglets for a total of BDT 77,000. Alongside pig rearing, she also cultivates and sells vegetables, strengthening household income and her confidence in family decision-making.



Pig Rearing, Ruimom Mro, Sakkhoi Para, Tonkaboti Union, Bandarban Sadar

Photo :
Anindeta Chowdhury

From Learning to Livelihood: Ruimom's Growing Farm

In Sakkhoi Para, Tonkaboti Union, Bandarban, Ruimom Mro is turning training into a growing livestock enterprise. Through 36 sessions of the PRLC Project's Farmer Field School, he gained practical knowledge of livestock rearing and farm management. With BDT 7,200 in project support, he bought two pigs and four chickens. He has already earned BDT 9,000 from selling one pig, and his livestock has grown to five pigs, including a mother pig. The intervention is strengthening household nutrition, income and livelihood resilience.



Cow Rearing, Momtaz Begum, Shilchari
Muslim Para, Laxmichari, Khagrachari

Photo :
Anindeta Chowdhury

A Calf, A Dream, A Brighter Future : In Shilchari Para, Laxmichari, Momtaz Begum is turning livestock knowledge into a livelihood opportunity. Through the PRLC Project's Farmer Field School, she gained practical skills in cattle rearing and received livelihood support to start raising cattle. Her efforts have already reached an important milestone: her cow has given birth to a calf. The experience is strengthening her confidence in livestock rearing and creating a potential source of household income and resilience.



Goat Rearing, Shoba Devi Chakma, Indramani
Karbari Para, Guimara Upazila, Khagrachari

Photo :
Fahad Kaizer

From a Small Herd to Greater Self-Reliance : For Shoba Devi Chakma of Indramani Karbari Para, Guimara, Khagrachari, a small opportunity has grown into a promising livelihood. In January 2025, she received BDT 7,210 from the PRLC Project to start goat rearing. She bought her first goat and received practical goat-rearing training through the Farmer Field School. Today, that single goat has grown into a herd of six. Shoba hopes to sell them and use the income to buy a cow, turning project support and learning into greater self-reliance.



Chicken Rearing, Punyajoty Chakma, Kuramara, Bandukbhanga, Rangamati Sadar

Photo : Fahad Kaizer

From a Small Flock to a Stronger Future : At 26, Punyajoty Chakma of Kuramara, Bandukbhanga Union, Rangamati Sadar, is building a stronger livelihood through chicken rearing. In December 2024, he received BDT 7,210 from the PRLC Project as part of his Income Generating Activity plan and initially bought 19 chickens. Through careful management, his small flock became a profitable enterprise. He has sold chickens worth approximately BDT 60,000 and reinvested his earnings to purchase a cow. PRLC support helped him turn a small investment into growing income and greater self-reliance.



Women friendly market shed, Fitong Headman Para, Lama, Guimara Bazar, Khagrachari.



Photo : Anindeta Chowdhury

A Market Space Where Women Can Trade with Dignity : In Fitong Headman Para, women are gaining a safer and more welcoming space to participate in local markets. Through the PRLC Project, a women-friendly market shed has been established as one of 7 such sheds created across 7 upazilas. These spaces provide women entrepreneurs with a more accessible and comfortable place to sell products and run their businesses. The intervention is helping strengthen women's participation in local markets while promoting greater confidence, dignity and economic opportunity.



Community Seed Bank, Mitingachari Para and Gobachari Para of Jurachari Upazila, Rangamati

Photo : Fahad Kaizer

Seeds of Hope, Sustained by Community : In Mitingachari Para and Gobachari Para of Jurachari Upazila, Rangamati, community members are preserving locally adapted seeds for future cultivation. Through the PRLC Project, 8 Community Managed Seed Banks have been established across eight upazilas. The seed banks collect, preserve, multiply and share quality local seeds that are gradually being lost. By protecting local seed diversity and agricultural knowledge, the intervention is helping communities maintain access to suitable planting materials and strengthen more sustainable, resilient farming practices.



Duck Rearing, Songtom Mro, Sakkhoi Para, Tonkaboti, Bandarban

Photo : Anindeta Chowdhury

From Surviving to Sustaining: Songtom's New Path to Resilience : After her husband's death, Songtom Mro of Sakkhoi Para, Tonkaboti Union, Bandarban, became the main support for her family. Through the PRLC Project's Farmer Field School, she received livelihood training and BDT 10,100 in support. She bought four ducks and invested the remaining amount in pumpkin cultivation and household needs. She has already earned BDT 10,100 by selling 10 ducks, while 23 ducks remain in her flock. Her application for the Old Age Allowance is also being processed online with PRLC support, opening another pathway to social protection.



Nutrition for Healthy Future

Through the PRLC project, nutrition and healthy practices are being improved through nutrition awareness, regular home visits, homestead gardening, and increased access to diverse and nutritious foods. The project also identifies and supports children and mothers affected by Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM) through counselling, food packages and other appropriate support, mostly establishes the linkage with Govt. services.



Homestead Gardening, Nisabai Marma, Riyangmrong Para, Hafchhari, Guimara, Khagrachari Photo : Fahad Kaizer

From a Small Yard to a Healthier Table : Nisabai Marma of Riyangmrong Para, Hafchhari Union, Guimara, Khagrachari, is turning a small homestead garden into income and better nutrition. As a member of the 20-member Beli Mother and Child Group, she received bean seeds and began cultivation at home. So far, she has sold approximately BDT 7,000 worth of beans and used the earnings to buy eggplant seedlings, fertiliser and other inputs, while also purchasing fruits for her son.



Diversified food display, Nowaram karbari para, Guimara, Khagrachari

Photo :
Anindeta Chowdhury

Turning Local Foods into Better Nutrition : Through PRLC Mother Group sessions, community-level food demonstrations are helping families understand dietary diversity and prepare balanced, nutritious meals using locally available ingredients. Mothers learn practical ways to include a wider range of foods in everyday family meals, supporting healthier diets for children and adults. The intervention is turning nutrition knowledge into practical household action and encouraging families to make better use of foods available within their communities.



Mother group session, Riyongmrong, Guimara, Khagrachari

Photo : Fahad Kaizer

From a Mother's Learning to a Family's Well-being : In Riyongmrong Para, Guimara, Khagrachari, mothers are learning and sharing practical ways to build healthier families through PRLC Mother Group sessions. A total of 1,298 sessions have been conducted with 156 Mother Groups. The sessions cover balanced diets, maternal and child nutrition, hygiene, gender equality, prevention of early marriage, and timely antenatal and postnatal care. Mothers are applying this knowledge in daily life, including improving food diversity, hygiene and care practices and becoming more confident in seeking essential health services.



Mother group session Impact- Balanced diet, Ukhaiha Marma son of Masa Marma, Chaitapru Marma Karbari Para, Guimara, Khagrachari.

Growing Change at Home: A Mother's Journey Towards Better Nutrition : Through PRLC Mother Group sessions, families in the Chittagong Hill Tracts are learning that better nutrition can begin at home. Mothers are gaining practical knowledge about child nutrition, balanced diets and dietary diversity and are applying it by growing nutritious vegetables in homestead gardens. Fresh, home-grown food is helping families diversify children's meals and improve access to nutritious foods. The intervention is turning small household spaces into sources of nutrition, resilience and hope, one garden and one family at a time.



Mother group session impact- ANC Service, Niprusang
Marma, Headman Para, Thanchi, Bandarban

Photo :
Mongshaching Marma

Care That Reaches Her Doorstep : In Headman Para, Thanchi, Niprusang Marma is benefiting from PRLC-supported efforts to bring antenatal care closer to women in remote communities. Project paramedics provide antenatal care (ANC) and postnatal care (PNC) support through home visits and connect mothers with community clinics when additional services are needed. This intervention is helping women in hard-to-reach areas receive timely health advice and essential maternal care, reducing the barriers created by distance and limited access to services.



Mother group session impact- PNC Service, Sakkhoi
Para Community Clinic, Tonkaboti, Bandarban

Photo :
Anindeta Chowdhury

Bringing Maternal Care Closer to Home : At Sakkhoi Para Community Clinic in Tonkaboti Union, Bandarban Sadar, PRLC-supported maternal health activities are helping mothers access postnatal care closer to home. Project paramedics provide guidance and support through home visits and connect mothers with community clinics when additional care is needed. By bringing PNC information and services closer to remote households, the intervention is helping mothers receive timely care and support during an important period for their own health and their children's wellbeing.



Nutrition awareness billboard, Sakkhoi Para,
Tonkaboti, Bandarban

Photo :
Anindeta Chowdhury

Safe Motherhood Starts with the Right Message
: Through the PRLC Project, 32 billboards across 26 unions are bringing simple, life-saving messages on safe motherhood closer to communities. Covering antenatal and postnatal care, pregnancy care, safe delivery, and maternal and child health, the billboards turn everyday public spaces into sources of vital health information. These visible reminders are helping mothers and families understand why timely care matters - and where to seek it, encouraging informed choices and safer motherhood for women and healthier beginnings for children.



Meetings (UNCC & DNCC)

Photo : Project Archive

Building Bridges: Connecting Communities to Government Services
: Under the PRLC Project, 7 District Nutrition Coordination Committee (DNCC) and 29 Union Nutrition Coordination Committee (UNCC) meetings brought government departments, the project and communities together to discuss nutrition, health, livestock, agriculture, education and other needs. These platforms strengthened communication and coordination among local actors and helped connect communities with relevant government services and support. By bringing different stakeholders together, the meetings are helping make essential services more accessible to people in remote communities.



MAM support, Ismat Ara, daughter of Ismail and Ayesha, Chiuni Muslim Para, Lama, Bandarban

A Timely Step Towards a Healthier Future: Thirty-nine-month-old Ismat Ara of Chiuni Muslim Para, Lama Sadar, was identified with Moderate Acute Malnutrition (MAM) during a PRLC Project home visit. Her MUAC measured 12 cm, signalling the need for immediate care. She was taken to the Upazila Health Complex, where a doctor prescribed treatment. The project then supported her with the prescribed food package and medicines, while a project paramedic guided her parents on nutrition and childcare. Across the project, 174 children with MAM have been identified and supported through regular home visits.



SAM support, Suinau Marma, daughter of Mangkya and Naiyema Marma, Chiuni Mobar Jhiri Para, Lama

Photo :
Anindeta Chowdhury

Finding Suinau Before It Was Too Late : Eighteen-month-old Suinau Marma of Chiuni Mobar Jhiri Para, Lama Sadar, was identified with Severe Acute Malnutrition (SAM) during a PRLC Project nutrition screening. At 7 kg and 72 cm, her MUAC was 11.3 cm, placing her in the red risk zone. A project paramedic counselled her parents on appropriate nutrition and essential care and guided them to seek health services. Through regular home visits, the PRLC Project has identified and supported 60 children with SAM, helping families improve nutrition and care practices.



Adolescent session impact- Distributing Iron Tablet in Community Clinic

Photo : Anindeta Chowdhury



Adolescent session, Sindukchari Union, Guimara, Khagrachari

Photo : Fahad Kaizer

Young Voices, Brighter Futures : In Sindukchari Union, Guimara, Khagrachari, PRLC adolescent sessions are giving young people a safe space to learn, ask questions and discuss issues affecting their lives. A total of 1,178 sessions have been conducted with 156 Adolescent Groups. The sessions cover nutrition, hygiene, menstrual health, gender equality and prevention of child marriage. Adolescents are becoming more aware of balanced diets, iron-folic acid tablets, sanitary-pad use and timely TT vaccination, helping them make more informed decisions about their health, rights and future.



Campaigns - (Health camp & Nutrition Fair)



Photo : Project Archive

Bringing Health and Nutrition Closer to Hard-to-Reach Communities : Through the PRLC Project, 16 community nutrition fairs promoted diverse, balanced and nutritious diets and encouraged families to make healthier food choices. At the same time, 52 mobile health camps brought basic healthcare services and essential medicines closer to people in hard-to-reach areas, reaching 7,250 people. Mothers and children, adolescents, older people and other community members benefited. Together, these interventions are helping remote communities improve nutrition awareness and access essential healthcare closer to where they live.



Everybody Deserves Social Protection

Through the PRLC project, vulnerable households are being connected to social protection and essential public services by raising awareness of government safety-net programmes and allowances, including old-age, widow and disability allowances. The project also supports eligible people in accessing these services while promoting rights, inclusion and empowerment.



Volunteers disaster alert, Kyaju Headman Para, Saroi Union, Lama, Bandarban

From Warning to Action: Volunteers Building Safer, Resilient Communities : In Kyaju Headman Para, Saroi Union, Lama, Bandarban, the Saroi Volunteer Team is turning disaster-preparedness training into community action. Across the project, 146 volunteers were trained in disaster preparedness and management, while 34 received additional peer-to-peer training on early warning and community awareness. The Saroi team reaches 11 nearby neighbourhoods and raises awareness among around 450 people about landslides, cyclones, heavy rainfall, flash floods and other hazards. PRLC support is helping communities receive timely warnings and prepare for risks.



Post response by volunteers, Kyaju Headman Para, Saroi, Lama, Bandarban

Photo :
Din Muhammad Shibly

When the Storm Comes, Communities Stand Ready: In Kyaju Headman Para, Saroi, Lama, Bandarban, local volunteers are helping communities respond when disasters occur. Fifteen volunteer groups comprising 180 volunteers have been formed. Of these, 146 volunteers received training in disaster preparedness and management, while 34 developed additional skills in early warning and disaster response with peer-to-peer learning. Their activities include repairing damaged roads, clearing fallen trees, rescuing affected people, helping vulnerable people reach safe shelters and supporting UDMCs with relief distribution.



Solar Stand & GFS Tank, Punorbashon Tripura Para, Tonkaboti, Bandarban

A New Journey Begins with Every Drop : For the 22 families of Punorbashon Tripura Para, Tonkaboti Union, Bandarban Sadar, safe water is becoming easier to access. Through the PRLC Project, a solar-powered water system and Gravity Flow System (GFS) have been installed to serve the community. Across the project area, 13 solar systems and 7 GFS systems have been installed. These water solutions are helping reduce the burden of collecting water and improve access to safer water, supporting healthier and more dignified daily life for remote households.



Community collecting water, Punorbashon Tripura Para, Tonkaboti, Bandarban

Photo :
Din Muhammad Shibly

Water That Changed Everyday Life: In Punorbashon Tripura Para, Tonkaboti Union, Bandarban Sadar, 22 families are benefiting from improved access to safe water. Through the PRLC Project, solar-powered water systems and Gravity Flow System (GFS) technology are providing safe water across 27 para communities, reaching 832 households and 3,323 people. For community members, easier access to water is helping make daily life healthier and less difficult. The intervention is supporting safer water access and greater dignity for people living in remote areas.



Widow allowance, Sayoi Ching Marma Fitong Headman Para, Fitong Union, Lama

Photo : Anindeta Chowdhury

Sayoi Ching Marma, 50, of Faitong Headman Para of Lama once struggled with food and financial insecurity due to her family's limited income. Through PRLC's social protection initiative, she learned about the widow's allowance and has been receiving the allowance through mobile financial services since August 2024. Today, 214 widows are receiving the widow's allowance with support from PRLC.



Disability allowance, Kuyangsai Mro and Dirao Mro, Children of Menyang Mro, Ampu Para, Tonkaboti, Bandarban

From Livelihood Support to a New Path of Inclusion : In Ampu Para, Tonkaboti Union, Bandarban, Kuyangsai Mro and Dirao Mro, siblings with hearing and speech disabilities, were connected to government disability allowances with support from the PRLC Project. During a home visit, a project Nutrition Apa helped the family apply online. Both siblings received Suborno Cards and began receiving the government allowance. Across the project, 110 persons with disabilities are receiving disability allowances and have been enrolled in the government's Suborno Card programme. The intervention is helping families access social protection and opportunities for greater inclusion.



Old age allowance, Hla Ma khing Marma

Photo : Fahad Kaizer

A Little Support, A Renewed Sense of Dignity : Hla Ma khing Marma is among older people benefiting from PRLC-supported access to social protection in remote communities. Through project awareness activities, people were informed about the Old Age Allowance and supported to access the benefit. A total of 160 people are receiving the allowance through PRLC intervention, with a monthly benefit of BDT 650. For older people, this regular support can strengthen financial security and dignity, helping them meet basic needs with greater confidence.



Mother & Child benefit, Dhonobi Chakma, Dullatoli, Laxmichari, Khagrachari

Photo : Anindeta Chowdhury

From Information to Access: A Mother's Journey to Essential Services: Dhonobi Chakma of Dullatoli Union, Laxmichari, is among mothers connected to government maternal and child support through PRLC intervention. Through regular home visits, follow-up and awareness activities, project staff have helped 100 pregnant and lactating mothers access available benefits. The support helps bridge information gaps that can prevent women in remote communities from accessing essential services. For mothers like Dhonobi, timely information and follow-up are helping turn awareness into access to government support.



Social safety awareness by traditional leader, Hla prue Chowdhury, Goyaichari para, Sindukchari, Guimara, Khagrachari

Photo : Anindeta Chowdhury

Bridging Rights with Awareness : Hla Prue Chowdhury, a female Headman from Goyaichari Para, Sindukchari Union, Guimara, is helping bring social protection information closer to her community. Through PRLC-supported sensitisation workshops, 92 traditional leaders learned about social safety nets, government services and citizens' rights. Hla Prue now helps villagers understand the benefits and services available to them and guides them towards relevant support.



Online application for social safety net, Photo : Fahad Kaizer
Ummriyi Rakhaine, Hafchari Union Parishad,
Guimara, Khagrachari

A Path to Dignity: Ummriyi's Journey to Social Protection
: At Hafchhari Union Parishad in Guimara, Khagrachari, Ummriyi Rakhaine was taking an important step towards accessing the Old Age Allowance through an online application. For many older people in remote communities, limited information and unfamiliar procedures can make government support difficult to access. With PRLC intervention, a total of 2,491 Social Safety Net Programme applicants have successfully applied online and are now receiving allowances.



UDMC Meeting with the No. 3 Farua Union
Disaster Management Committee, Farua
Union, Belaichhari, Rangamati

Photo : Project Archive

When Preparedness Becomes the First Line of Defence
: In the Chittagong Hill Tracts, preparedness is essential for remote communities facing disasters and difficult access to emergency services. Through regular Union Disaster Management Committee (UDMC) meetings, the PRLC Project has strengthened coordination among local actors to anticipate risks, clarify responsibilities and improve response readiness. A total of 56 UDMC meetings were conducted across 12 unions. These meetings are helping local institutions and communities work together more effectively so that they can prepare for hazards, respond faster and protect people and livelihoods.



Citizen Charter & Joint Action Plan, Gazalia Union Parishad Office in Lama, Bandarban



Photo : Fahad Kaizer, Anindeta Chowdhury

Knowing Their Rights, Shaping Their Services : At Gazalia Union Parishad Office in Lama, Bandarban, community members are learning how public services work and what they are entitled to receive. Through the PRLC Project, 26 Citizen Charters and 16 Joint Action Plans have been developed and implemented. These initiatives provide clearer information on services, responsibilities and access procedures while creating spaces for citizens and local government institutions to engage.



Rising Hills Beyond the Frame A Photo Voice

15 -16 September 2026

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