

WHERE SKILLS CREATE NEW POSSIBILITIES

(JULY 2026)

BISDHA Foundation Joins BRAC University's Women Leadership Workshop



On May 20th, 2026, at the invitation of BRAC University, Ms. Mira Mitra, CEO of BISDHA Foundation, participated as a panelist in the "Lead Her 360" workshop.

Initiatives like this play a vital role in encouraging women's leadership, creating meaningful dialogue, and inspiring the next generation of women leaders to step forward with confidence.

BISDHA Foundation is proud to be part of such important conversations that contribute to building a more inclusive, empowered, and leadership-driven society.

Why Caregiver Support Is Essential

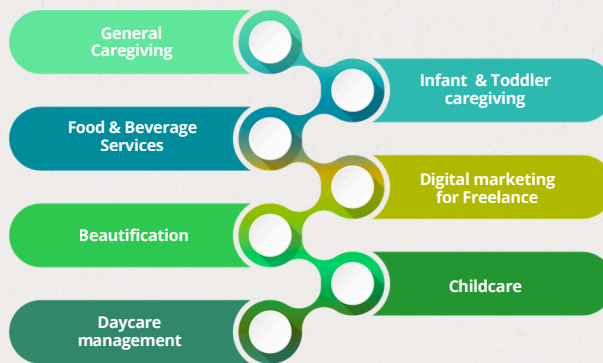
1. Daily Assistance: Caregivers support mobility, bathing, eating, medication, and personal hygiene.
2. Disease Management: They help older adults manage diabetes, heart disease, stroke, dementia, and other chronic conditions.
3. Emotional Support: Regular companionship helps reduce loneliness, depression, and social isolation.
4. Family Support: Professional caregivers reduce pressure on working families while ensuring quality elderly care.
5. Women's Empowerment: Caregiver training creates employment and income opportunities for women.

Empowering Women Through Skills and Opportunity

We are proud to collaborate with **Kichir Michir Day Care Center** and **Utsho Bangladesh** to enhance practical learning opportunities.

Through this partnership, trainees will gain valuable hands-on experience in real childcare environments, allowing them to apply their skills, build confidence, and better understand professional caregiving standards. Ultimately, this collaboration will contribute to improve the quality of childcare.

FREE CHILDCARE TRAINING



Strengthening Childcare Services Through Collaboration



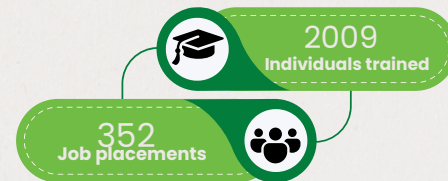
On April 11, 2026, Bharasa Institute hosted an interactive session with Dhaka-based daycare owners, managers, and founders. The discussion focused on professional training, service standards, skilled manpower, and the need for a shared platform.

BISDHA Foundation CEO Ms. Meera Mitra explained the initiative's importance, while Program Director Ms. Tanjum Ara Polly presented the foundation's ongoing work. The session led to a decision to form an informal online network for childcare providers to communicate, share knowledge, and support sectoral growth.

Bharasa Institute has been providing childcare training since 2023, supporting the professional development of caregivers.



OUR IMPACT (SINCE JANUARY 2026)



Bangladesh's Growing Need for Elderly Care

Bangladesh's elderly population is growing rapidly. More than 16 million people—around 9–10% of the population—are aged 60 or above, and this figure may more than double by 2050.

Urbanisation, migration, and the decline of joint families are weakening traditional family support. Many older adults live with chronic illnesses and need regular healthcare, daily assistance, and emotional support. Older women are especially vulnerable, with nearly three-quarters financially dependent.

This growing challenge calls for accessible professional caregiving, healthcare, and stronger social protection, particularly for low-income, rural, and marginalised communities.