ARTICLE

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Young generation is a boat for carrying and distributing the knowledge of science, health, and everything: How might they grow up?

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ABSTRACT

The young generation is a driving force for family, society, nation, and the world. Bangladesh has a young population with ~34% that are aged 15 and younger. Globally, about 25 percent of the world is under 15 years of age, and the total world population estimated by the United Nations has exceeded eight billion in mid-November 2022.These huge numbers of the young generation must grow up properly.

UNCTrust organized two events ("Health Camp" and "Science Fair" in May 2022) in the villages of Ramshil Union under Kotalipara, Gopalganj, Bangladesh.It was remarkable that everyone, mainly the young generation, participated and completed their work according to the instructions, nicely.

Two hundred fifty-three people (166 females and 87 males) got their treatment, from ages 2 to 90 years old, under the UNCTrust Health Camp program. There were four groups based on their ages: I. Pediatric Group, PG (> 0 to 14 years); II. Young Group, YG (15 to 47 years); III. Middle Age Group, MAG (48 to 63 years); and IV. Elderly Group, EG (≥64 years) people. The major health problems of the participants in this program are asthma, blood pressure, and heart problems.The Pediatric Group was mainly suffering from asthma, in PG, 20% females but 64% males; YG, 57% females and 54% males; MAG, 50% females and 67% males; and EG, 14.81% females and 67% males are suffering due to asthma.Including all groups, the males are suffering more than the females with asthma.Specially, the males of the pediatric and elderly groups are suffering significantly more than the females of the same age group with this disease. But the females are suffering more than males with blood pressure.The elderly group (EG; specially females) has a significantly higher percentage (11%) of diabetic patients compared to the other age groups.

Almost 100% participants were vaccinated except pediatric group (PG). Most of the participants from YG, MAG, and EG received both doses 1 & 2. Males received more booster doses compared to the females of the same age group (24% vs 9%, respectively) in YG, but females received more booster doses compared to males of the same age group (36% vs. 20%, respectively) in MAG. The 73% of females and 81% of males of elderly group (EG) participants received doses 1 & 2, but 27% of females and 19% of males received booster doses. That means, more percent of females received booster doses compared to males in both MAG and EG.

In the science fair, hundreds of students that ranged from primary to high school and general people from villages attended this fair. There were seventeen science projects displayed at the fair, and some of them were very impressive. The students improved their ideas through smart phones and the internet. Therefore, it is proved that if we use technology properly, then we can improve our knowledge and do the best things for the world. However, it is very important to bring up our kids properly.

The kid likes a small tree. A small tree, if we clean up the surroundings, put fertilizer, and give water regularly, it may or may not grow well. If we don't put a fence around the tree, then it can get damaged. If we don't cut off the small branches, then it would be unhealthy. If we don't put astick to support the tree, then it won't be able to find its bright destiny. We also need to check the tree from time to time if we want it to grow properly. This also applies for a kid. A small kid does not know anything like a tree. We must prepare the environment for them to grow properly, improve their knowledge to protect themselves for growing healthy, help them to find their destiny, and check on them from time to time on how they are growing up for a certain period.

In conclusion, kids are studying many subjects/courses at their school and college levels, and it would be best if there is an additional subject like "Helps: How to Grow Up!" in every class for every student from primary to high school, maybe college level too.

***Some request to young generation/kids and parents**:* Think before starting and think after finishing, * Be honest, responsible, respectful, and simple, * Be a good human being, * If we respect others, then they will respect us, * If we help today, then they will help us tomorrow, * Sit together and discuss together, * Spend some time with family, and share thoughts and dreams with them, * Today's good time will come back to us with a best time tomorrow, * Help others but don't forget children and family, * Try our best to maintain a good family environment, * Let them know what we couldn't do for them and why, * Let them know that we love each other, * Improve their own power/force/desire/interest to do the best thing, * Minimize our odd arguments in presence of children, * Mother can do more things for them what father can't do, * Need the best mother and father for the family and for the society, * Parents must sacrifice somethings for growing them nicely,* Next generation will complete the rest of our work if they grow up properly.*

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Background

The young generation is the driving force for everything. Bangladesh has a young population with 34% that are aged 15 and younger, and just 5% that are aged 65 and older. Bangladesh is expected to reach a population of 172 million by 20231.This is a huge number of young populations in Bangladesh, and they need to grow up properly.

There are 3.4 billion people currently living in rural areas in the world, with around 92% of the rural population located in developing countries. They are mainly concentrated in Asia and Africa (World Bank Report, 2021)2. It was also reported that47% of the global population are people living in rural areas of developing countries (G.Anríquez, 2008)3.In the developing countries, there is a lack of scientific modern facilities/laboratories in schools and health care facilities in rural areas.Therefore, half of the students in the world are not well developed in their knowledge about modern science and technology and health care information.

Knowledge is an increasingly important resource in our society. Science contributes significantly to improving knowledge. Scientific knowledge allows us to develop new technologies, solve practical problems, and make decisions-both individually and collectively i.e., science is important because it increases our fundamental knowledge, creates new technology, dreams up new application, makes pathways to share ideas, gives us a better world view, and more.

Researchers find that many adults feel much of the information taught in high school was useless and wish that they were required to take more practical courses. The feeling is understandable: the average respondent said that they learned over half of their job-related skills on the job, rather than in school. In fact, 84% of people said they learned things in school they've never utilized after they graduated. Average American uses just 37% of knowledge, skills learned in high school (Ben Renner, 2019)4 due to the lack of real-life practical courses. Then, we can imagine what would happen in developing and under developing countries.

In healthcare information, people are dying for lack of basic healthcare knowledge. Dr. Neil Pakenham-Walsh believes that healthcare information/knowledge can save lives even where healthcare providers' other needs are not being met (Zoe Jordan, 2011)5. As he notes, first aid, for example, requires no special equipment or drugs, but it can save lives. Every day, tens of thousands of children, women, and men die needlessly for want of simple, low-cost interventions – interventions that are often already locally available.

Therefore, science fair positively improves students' practical knowledge and interest, and health camp improves basic health care knowledge which can save lives and money. To keep these as priorities, the "Upendra Nath Chowdhury Trust (UNCTrust)" organized a Health Camp and a Science Fair in the villages of Ramshil union parishad, Kotalipara, Gopalganj, Bangladesh in May 2022. In our knowledge, this was the first time a health camp and a science fair have been organized in this union to know and inform them of their health status, and to improve students' knowledge and interest in science and technology. There were a lot of young generations that attended, helped, and participated in these programs. The author observed that they are queries to know and do something. Without their participation, it was not possible to complete these programs successfully. They will be able to do a lot of good things for themselves and for society if they grow up properly. We might assist them in improving their knowledge about responsibilities, imagination, positive thinking, hardworking mentality, and grow up with a proper plan for their great success. These are the things UNCTrust wants to do for the young generation at the root levels where they have very few opportunities, and they are always neglected.

Basic information about the Ramshil union parishad

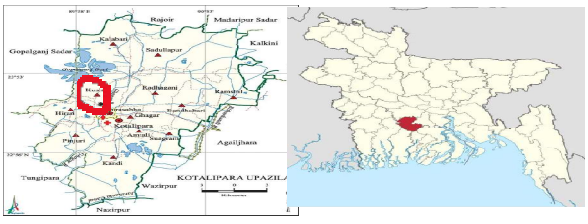
Bangladesh is an underdeveloped country in South Asia. It is the eighth-most populous country in the world, with a population exceeding 168 million people in an area of ~148,460 square kilometers (~57,320 sq mi). There are 64 districts, 495 sub-districts, ~4,571 unions, and ~68,000 villages in Bangladesh. Gopalganj is one of the districts, and the district has about 1,172,415 civilians with a surface area of 1,490 km² (Fig 1a).

There are 5 police stations/thanas/upazilas in Gopalganj district, and Kotalipara is one of them. This upazila is divided into municipality and 12 union parishads including Ramshil union parishad (Fig 1b). There are seven villages (Khagbari, Rajapur, Ramshil, Mushuriya, Jaharerkandi, Kafulabari, Kaborbari) under this Ramshil union with a population 17,542 (Census 2011) in an area of 29.19 square kilometers (population density is 601.0/km2).

Ramshil Union:

Urbanizatio (C 2011)	
Rural (100%)	17,542

Gender (C 2011)	
males	8,661 (49.4%)
females	8,881 (50.6%)



ab

Figure 1. a. Location of the Gopalganj district in a Bangladesh map. **b.** Location of the Ramshil Union in a KotaliparaUpazila map under Gopalganj district

Healthcare facilities in the Ramshil union

In the rural areas of Bangladesh, the government healthcare system remains a very minor source of health care for rural households[1]. There are no MBBS doctor/registered physician practicing in this union but improving slowly. They must visit Upazila (Kotalipara) health complex (11.3 km) or Gopalganj district hospital/clinic (30.4 km) for any emergency treatment.

The Union Parishad (UP) is the lowest level of public administration in Bangladesh and plays an important role in rural development. One of its responsibilities is providing healthcare facilities to the rural population, but there is a limited infrastructure and a lack of healthcare professionals in rural areas.

There is a Health & Family Welfare Centre at Ramshil Union and five community clinics in different villages.This Health and Family Welfare Centre was named"Charitable Dispensary," and it was established by Late Shashi Bhushan Madhu. Welfare centers offer general and child health care services that are free of charge for people in the villages. Community clinics are run by the government, but rural women are not aware of their existence. Most villagers prefer to consult with a local village doctor, without any formal healthcare training.

Educational facilities in the Ramshil union

There are seven government primary schools (1st to 5th grades), one junior girl school (up to 8th grade), four high schools (6th to 10th grades), one technical college (after high school), and one college (11th to 12th grades)at Ramshil union. EKU High School is one of the best schools in Kotalipara Upazila under Gopalganj district, Bangladesh, and this school was founded by Late Shashi Bhushan Madhu in 1925.

Health Camp Program (2022)

Two days before the Health Camp (On May 27, 2022), a person announced all over the union through loudspeakers that "A health camp will be held at the 'Upendrapalli' in the village of Khagbari and a group of MBBS doctors with five different specialists will see the patients and prescribe medicine for their treatment with free of coston May 29, 2022(Chowdhury et. al., 2022)[6]. It was also informed that the organizer will distribute free medicines. Please arrive there in the morning and get your free treatment including some medicines."

The people started to arrive around 8 am, and doctors started their examination around 10 am. There were five doctors, ten nurses, including paramedics, and almost thirty volunteers to help them. A health form (Photograph A: 1st and 2nd forms) was completed by nurses and volunteers before sending the patient to the doctor. There were a lot of people coming, but doctors completed their examination and prescribed medications

Table 1: Trace elements concentrations in whole bloods of females (F) and males (M) from As exposed people in the Lagunera area of Mexico. Values are the mean ± SE (F, n=98 and M, n=93).

Table 1. Four different groups based on ages participated in this health program

	Pediatric group (PG) (>0 to 14 years)	**Young group (YG) (15 to 47 years)**	**Middle age group (MAG) (48 to 63 years)**	**Elderly group (EG) (≥64 years)**
Females (n=166)	7.77±4.03 (n=15) (2.5 to 14 years)	34.53±8.97 (n=80) (15.0 to 45 years)	55.70±4.27 (n=44) (48.0 to 63 years)	70.37±6.41 (n=27) (65.0 to 90 years)
Males (n=87)	7.54±3.15 (n=13) (2.0 to 11 years)	35.04±9.81 (n=26) (16.0 to 45 years)	57.21±5.04 (n=27) (48.0 to 63 years)	69.38±6.26 (n=21) (65.0 to 86 years)

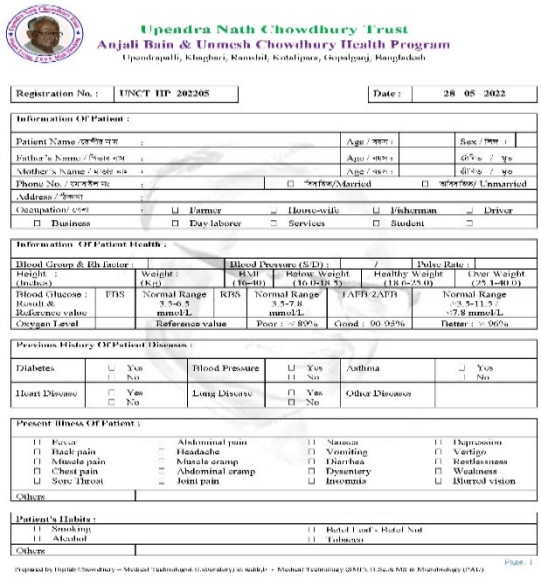
Two hundred fifty-three people (166 females and 87 males) got their treatment, from ages 2 to 90 years old, under the UNCTrustHealth Camp program. There were four groups based on their ages: I. Pediatric Group, PG (> 0 to 14 years); II. Young Group, YG (15 to 47 years); III. Middle Age Group, MAG (48 to 63 years); and IV. Elderly Group, EG (≥64 years) people (Table 1).

The major health problems of the participants in this program are asthma, blood pressure, and heart problems[6]. In each group, there are a lot of people suffering from asthma problems. Even though pediatric group (PG) kids are also suffering, the males are suffering more than females with this disease. In PG, 20% females but 64% males; YG, 57% females and 54% males; MAG, 50% females and 67% males; and EG, 14.81% females and 67% males are suffering due to asthma problems. The next major health problem of these people is blood pressure. There were 40% females & 27% males in YG, 43% females & 37% males in MAG, and 59% females & 47% males in EG are suffering with blood pressure in these study

groups. The data shows that the females are suffering more than males with blood pressure. According to our survey from the health camp participants, females are reported more than males with diabetes. The elderly group (EG; specially females) has a significantly higher percentage (11%) of diabetic patients compared to the other age groups. The data shows that there is a positive correlation with age.

Regarding the smoking and drinking habits of the participants, the females were reported to smoke very less comparing to the males, and these are 3% vs. 31%, 3% vs. 52%, and 4% vs. 52% among the YG, MAG, and EG, respectively. They don't drink any kind of alcohol.

Regarding the food habits of the participants, the most common foods for these villagers are rice, fish, and vegetables. They eat rice 3 times a day for seven days a week. These people drink almost 1200 ml to 1800 ml of water per day, and there are more than 80% of people taking raw salt during their meal every time.


Upendra Nath Chowdhury Trust
Anjali Bain & Unmesh Chowdhury Health Program
Upendrapalli, Khaghari, Rameshil, Kotalipara, Gopalganj, Bangladesh

Registration No. : UNCT HP 202205 Date : 28 05 2022

Information Of Patient :
Patient Name : Age / বয়স : Sex / লিঙ্গ :
Father's Name : Age / বয়স :
Mother's Name : Age / বয়স :
Phone No. : Married Unmarried
Address :
Occupation/ Farmer House-wife Fisherman Driver
Business Day laborer Services Student

Information Of Patient Health :
Blood Group & Rh factor : Blood Pressure (S/D) : / Pulse Rate :
Height : (Inches) Weight : (Kg) BMI (18.5-24.9) Below Weight (18.0-18.5) Healthy Weight (18.6-25.0) Over Weight (25.1-40.0)
Blood Glucose : Result & Reference value FBS Normal Range 3.5-6.5 mmol/L RBS Normal Range 3.5-7.8 mmol/L AFB/2AFB Normal Range <3.5-11.5 / <7.8 mmol/L
Oxygen Level Reference value Poor : < 80% Good : 90-95% Better : > 96%

Previous History Of Patient Diseases :
Diabetes Yes No Blood Pressure Yes No Asthma Yes No
Heart Disease Yes No Lung Disease Yes No Other Diseases

Present Illness Of Patient :
Fever Abdominal pain Nausea Depression
Back pain Headache Vomiting Vertigo
Muscle pain Diarrhea Dysentery Restlessness
Chest pain Abdominal cramp Weakness
Sore Throat Joint pain Insomnia Blurred vision
Others

Patient's Habits :
Smoking Betel Leaf + Betel Nut
Alcohol Tobacco
Others

Prepared by Dipjhil Chowdhury – Medical Technologist (Laboratory) at Ishlife • Medical Technology (BMT), D.Sc.& MS in Microbiology (PAU) Page. 1

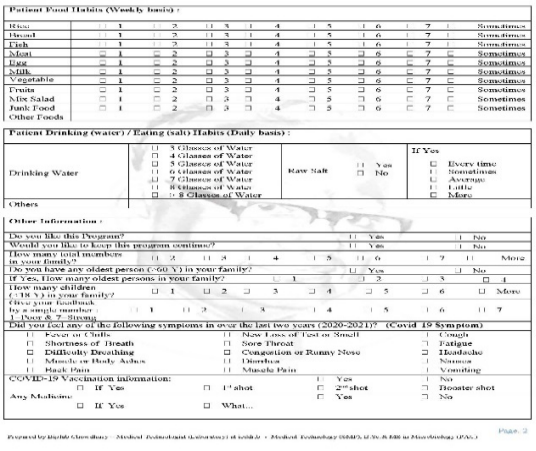
Form 1


Upendra Nath Chowdhury Trust
Upendrapalli, Khaghari, Rameshil, Kotalipara, Gopalganj

Token No:

নিজে সেবা গ্রহন করি ও অন্যকে সেবা নিতে সাহায্য করি।

Form 2

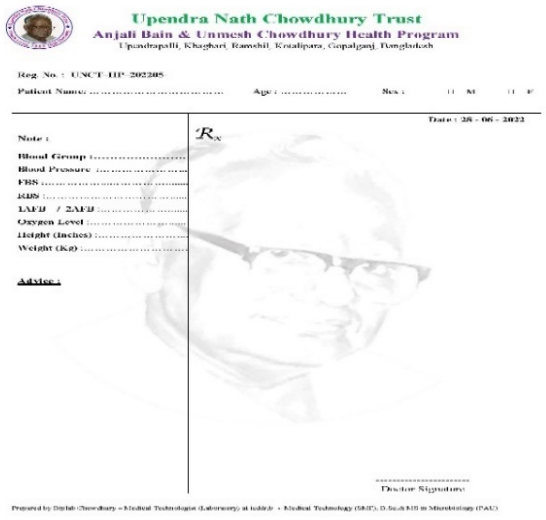

Patient Food Habits (Weekly basis) :
Rice 1 2 3 4 5 6 7 Sometimes
Bread 1 2 3 4 5 6 7 Sometimes
Fish 1 2 3 4 5 6 7 Sometimes
Meat 1 2 3 4 5 6 7 Sometimes
Egg 1 2 3 4 5 6 7 Sometimes
Milk 1 2 3 4 5 6 7 Sometimes
Vegetable 1 2 3 4 5 6 7 Sometimes
Fruits 1 2 3 4 5 6 7 Sometimes
Mix Salad 1 2 3 4 5 6 7 Sometimes
Junk Food 1 2 3 4 5 6 7 Sometimes
Other Foods

Patient Drinking (water) / Eating (salt) Habits (Daily basis) :
Drinking Water: 3 Glasses of Water; 4 Glasses of Water; 5 Glasses of Water; 6 Glasses of Water; 7 Glasses of Water; 8 Glasses of Water; > 8 Glasses of Water
Raw Salt: Yes No
If Yes: Every time; Sometimes; Average; Little; More
Others

Other Information :
Do you like this Program? Yes No
Would you like to keep this program continue? Yes No
How many total members in your family? 1 2 3 4 5 6 7 More
Do you have any oldest person (>60 Y) in your family? Yes No
If Yes, How many oldest persons in your family? 1 2 3 4
How many children (<18 Y) in your family? 1 2 3 4 5 6 More
Give your feedback by a single number : 1 2 3 4 5 6 7
1. Poor & 7. Strong
Did you feel any of the following symptoms in over the last two years (2020-2021)? (Covid 19 Symptom)
Fever or Chills; New Loss of Test or Smell; Cough
Shortness of Breath; Sore Throat; Fatigue
Difficulty Breathing; Congestion or Runny Nose; Headache
Muscle or Body Aches; Diarrhea; Nausea
Back Pain; Muscle Pain; Vomiting
COVID-19 Vaccination information: If Yes; 1st shot; Yes; 2nd shot; Yes; No; Booster shot; No
Any Medicine: If Yes; What...

Page. 2

Form 3


Upendra Nath Chowdhury Trust
Anjali Bain & Unmesh Chowdhury Health Program
Upendrapalli, Khaghari, Rameshil, Kotalipara, Gopalganj, Bangladesh

Reg. No. : UNCT HP 202205
Patient Name: ..... Age : ..... Sex : M F
Date : 28 - 06 - 2022
Note :
Blood Group : .....
Blood Pressure : .....
FBS .....
RBS .....
IAFB / 2AFB .....
Oxygen Level : .....
Height (inches) : .....
Weight (Kg) .....
Advice :
Doctor Signature

Prepared by Dipjhil Chowdhury – Medical Technologist (Laboratory) at Ishlife • Medical Technology (BMT), D.Sc.& MS in Microbiology (PAU)

Form 4

Photograph A: 1st and 2nd Forms-the health forms were completed by nurses and volunteers, 3rd form-token provided by the volunteers, and 4th form- prescription form for medications and advice by the doctors.

Almost 100% participants were vaccinated except pediatric group (PG) (Table 2 and Figure 2). From the PG, around 27% and 8% of females and males were vaccinated, respectively. Most of the participants from YG, MAG, and EG received both doses 1 & 2. The females of young group (YG) participants received more doses (1st & 2nd doses) than males (87% vs. 64%, respectively), but males received more booster doses compared to the females of the same age group (24% vs 9%, respectively). On the other hand, it was reversed for MAG people. In MAG people, females' participants received the first two doses less than males (64% vs. 80%, respectively), but females received more booster doses compared to males of this age group (36% vs. 20%, respectively). The 73% of females and 81% of males of elderly group (EG) participants received doses 1 & 2, but 27% of females and 19% of males received booster doses. That means, more percent of females received booster doses compared to males in both MAG and EG.

The author would like to thank the government of Bangladesh for their vaccinated program and saved the lives of thecitizens.

Table 2. The vaccination status among the people that participated in this program

Vaccinated	**PG-F**	**PG-M**	**YG-F**	**YG-M**	**MAG-F**	**MAG-M**	**EG-F**	**EG-M**
Yes, %	26.67	7.69	98.73	100	100	100	96.30	100
No, %	73.33	92.31	1.27	0	0	0	3.70	0
Doses, % of Yes								
Dose 1, %	50	100	2.53	12	0	0	0	0
Doses 1 & 2, %	50	0	88.61	64.00	63.64	80.00	73.08	80.95
Doses 1, 2, & Booster, %	0	0	8.86	24.00	36.36	20.00	26.92	19.05

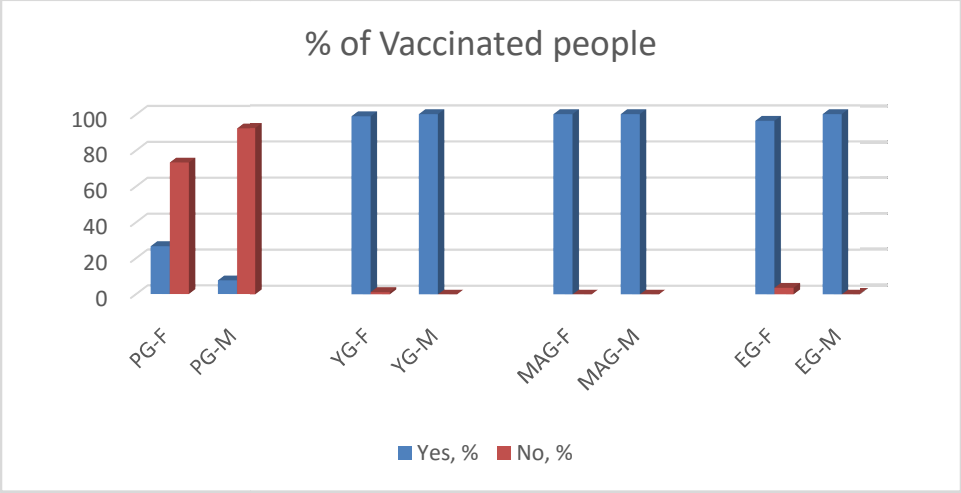


Figure 2: The percentage of vaccinated females and males among the participants in the villages of Ramshilunion, Kotalipara, Gopalganj, Bangladesh.

In PG participants, the percentage of females (33%) taking more medicine compared to males (15%). However, the percentage is higher for males taking medicine compared to females in both YG and MAG people that participated in this program (64% vs. 56% in YG and 48% vs. 37% in MAG for males vs females, respectively). The percentage of elderly group (EG) participants in both females (73%) and males (72%) taking medicine are the highest compared to any other age groups.

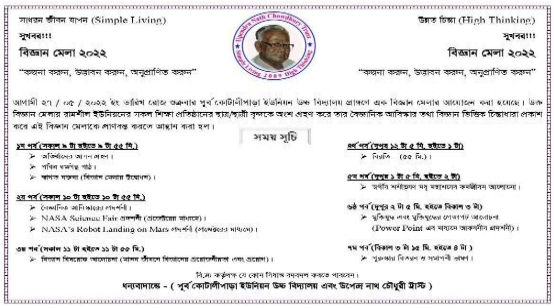
Therefore, a health camp is very useful when it comes to learning about the health status of the people at the root level, and with this event, we could also improve their health awareness. The organizer from the "Upendra Nath Chowdhury

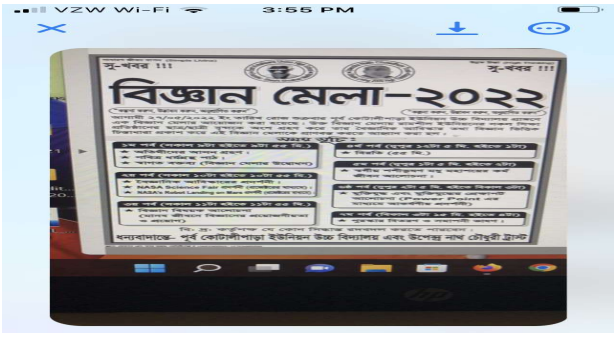
Trust (UNCTrust)" will organize Health Camp/Eye Camp and Workshop/Seminar once a year which will help with the improving of health and education of the villagers in future.

Photographs B: These photographs are showing different activities during the "Health Camp-2022" in the Khagbari village of Ramshil union, Kotalipara, Gopalganj, Bangladesh (Chowdhury et al., 2022)[6].

Science Fair Program (2022)

A day before the Science Fair, a person announced all over the Ramshilunion through loudspeakers that "A Science Fairwill be held at the "EKU High School in the village of Jaharerkandion May 28, 2022. Please attend and encourage our kids and see what they discover."It was the first time a science fair was held in this union and several hundred students that ranged from primary to high schools and general people from villages attended this fair. There were seventeen science projects displayed at the fair and some of them were very impressive. The students improved their ideas through smart phones and the internet. Therefore, it is proved that if we use technology properly, then we can improve our knowledge and do the best things for us and for the world.





C D

Photographs C and D: C, Schedule of the Science Fair program 2022 and **D,** the Poster of this program was distributed/posted in different parts of the villages of Ramshil union.

Students were presented the following projectson that day (May 28, 2022):

Project Title	Authors
Anti-Sleeping Eye Glass, Earthquake Alarming, and Digital Village	Miltan Madhu, Api Das, Ananya Mazumder
Automatic Hand Sanitizer	Atishruta Biswas Athai
Save Water and Electricity on the Water Tank	Bitan Roy
Alarm on the Door	Anik Biswas
Auto Switch Solar Panel and Methane Gas Project	Rubel Adhikary, Bristi Biswas, Sonali Dhali, Soma Biswas, Ritu Roy, Lata Bala, Riya Joydhar, Aurthi Roy
Biogas Plant	Chandan Roy
Modern Village Life	Kamalesh Roy, Bhoumic Biswas, Pradip Biswas, PayalAdhikary
Excavator Machine and Turbine	Ratul Dhali
Freeze, Fan, and Tattoo Machine	Shawon Madhu
Speed Boat	Sanet Madhu
Floating House	Arnisha BiswasNishu and her brother
On and Off Switch for Water Tank	Satirtha Baidya
Excavator and Air Conditioning	Shawon Mallik
Drone	BrintaDhali
Excavator	Sourav Joydhar
Incubator	Antar Bala

Remote Switch for Running a Car, Develop Electricity using Potatoes and Lemon Juice, and Floating Egg	Falguni Chowdhury, Shubhra Halder

Several science projects were very impressive, and it's describinga few of them here:

Excavator Machine and Turbine *(Ratul Dhali, 10th Grade, EKU High School)*

Under this project, Ratul created an Excavator Machine which was working by air using syringes (Photograph E). He showed and described how the machine worked. The picture of the model of this Excavator is following:

Photograph E: Excavator Machine and Turbine

Modern Village Life *(*Kamalesh Roy, Bhoumic Biswas, Pradip Biswas, Payal Adhikary, *10th Grade, EKU High School)*

The project was very successful because they designed and made a model of the Modern Village (Photograph F) where everything looks like a professional engineer createdit.

Photograph F: *Modern Village Life Model*

Remote Switch for Running a Car, Develop Electricity using Potatoes and Lemon Juice, and Floating an Egg *(Falguni Chowdhury and Shubhra Halder, 9th Grade, EKU High School)*

Making electricity using potatoes and lemon juice (Photograph G). How interesting it is! They have creativity, but they need more influence and support.

Photograph G: Making Electricity using Potatoes and Lemon Juice

Photographs H: These photographs are showing different activities during the "Science Fair-2022"at the EKU High School campus in the Jaharerkandi village of Ramshil union, Kotalipara, Gopalganj, Bangladesh.

Scholarship programs

We distributed scholarships among the students where their families are relatively needy, but they are good students that are the first or second generation to be educated. There are four different categories of scholarships:

a) *High School Students category:* Under this category from each class (6th to 10th grades),both students (roll numbers from 1 to 10) and class teacher completed a questionnaire. The class teacher recommended five students to the Head Teacher after discussion with other teachers of the class. Then, the Head Teacher completed a form and recommended (with explanation) three students from each class to UNCTrust. Finally, two students were selected out of three students from each class by the committee of Trust.

The Trust will pay off all school fees for the awarded students, and each of them will receive a certificate.

Photographs I: These photographs showthe activities of the "Scholarship Programs, 2022" under UNCTrustin the villages of Ramshil union, Kotalipara, Gopalganj, Bangladesh.

b) *Special Award Category (student of the year award):* This award will go tothe best student at the school in all respects (such as, best academic results, best leadership activities, and finally, the school/society will be proud of her/him). The school will recommend two students to UNCTrust, and one will be awarded under this category.

She/he will receive an honorarium and a certificate.

c) *Post High School Category (Technical):*There are two students who will receive this scholarshipunder this category. The first-generationcollege student will be preferred.

The Trust will payfull/partly the college fees for the awarded students.

d) *Post-higher secondary school(Post-H.S.S.)level education (Sponsored by: Dr. Sukhamaya Bain):*
Requirements/Qualifications:

a. Obtained minimum GPA 4.5 both in S.S.C.(Secondary School Certificate)and H.S.C.,
b. Successfully competed for admission to outstanding post-higher secondary educational programs,
c. Maintained excellent performance there (equivalent to at least higher second class)

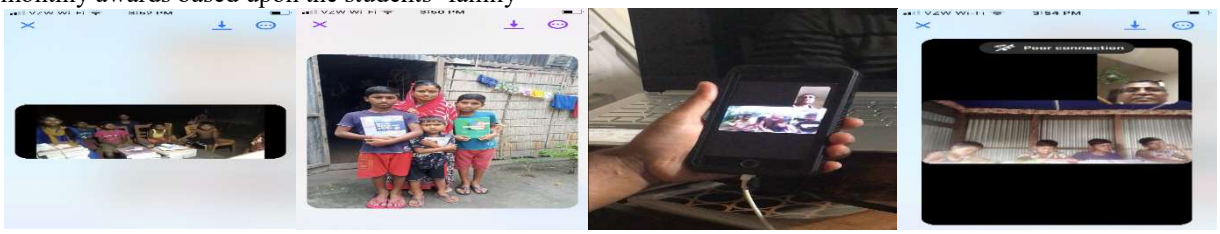
Note: The monetary award amounts vary from annual one-time awards to monthly awards based upon the students' family financial needs. Preference will be given to students who show financial responsibility to themselves and to their families.

There are four students continuing their education under this scholarship.

Photographs J: The photograph shows the activity of the "Post-Higher Secondary LevelScholarship, 2022" under UNCTrust (*Sponsored by: Dr. Sukhamaya Bain*) in the villages of Ramshil union, Kotalipara, Gopalganj, Bangladesh.

Other activities (2022)

i) *UNC Family program:*In this program, UNCTrust provides books, notebooks, pens, pencils, etc., and the author will follow up on their studies from time to time. The Trust will pay off all school fees for the students.



PhotographsK: These photographs show the activities of the "UNC Familyprogram, 2022" under UNCTrust in the village of Ramshil union, Kotalipara, Gopalganj, Bangladesh.

ii) *Distributing School Supplies (2023):*Under this activity, school supplies are distributed through primary to high school students. The students will collect their school supplies from Trust, and they must return used notebooks, pens, etc., before taking any new supplies again. This is the whole year program. There is a register book, and student must sign on the register every time she/he requests new supplies.

PhotographsL: These photographs show the activities of the "Distributing School Supplies, 2023" under UNCTrust in the village of Ramshil union, Kotalipara, Gopalganj, Bangladesh.

Public library

When the author was a student at the University of Dhaka, he and two other students (Mr. James S. K. Adhikary and Mr. Parimal Chowdhury) with the help of other students established a library named "Ramshil Union PragatiGronthagar" in 1991 for improving the knowledge of students, teachers, and people. It was the first public library in this union. He could remember that these three students paid around 30,000.00 Tk (Bangladesh currency), which they earned from tutoring (Author and Mr. James Adhikary) and parttime job (Mr. Parimal Chowdhury), at that time to pay 30% for a project to complete the playground/field of the library.

The well-wishers and other several organizations also helped to make it a good shape. They had received a lot of books from the "National Book Center"of Bangladesh after receiving a recommendation letter from the Honorable Prime Minister of Bangladesh, Ms. Sheikh Hasina Wazed (Note: She was their local MP and the opposition leader in the parliament at that time). Mr. Bimal Biswas (the present Upazilas Chairman, Kotalipara, Gopalganj) and Mr. Manash Baidya (Author's friend) helped them to visit the parliament and received the letter at that time. The author is very grateful and thankful for Ms. Sheikh Hasina Wazed. He would also like to thank Mr. Bimal Biswas and Mr. Manash Baidya.

The library has a new building with the help of Dr. *Sukhamaya Bain* (*Sponsored), and it is run by a group of young people under the supervision of Mr. James S.K. Adhikary. The author would like to thank Dr. Sukhamaya Bain for his kind support.*

Photographs M: Inauguration of the Library's New Building, 2022

Future additional activities

1. Leadership and social activities award (among the students)

2. Best farmer award (among the farmers)

3. Best technical award (among the general people)

4. Best mother and child award (among the ordinarymother)

5. Workshops and seminars for improving knowledge of health, science& technology, and how to be a good human being

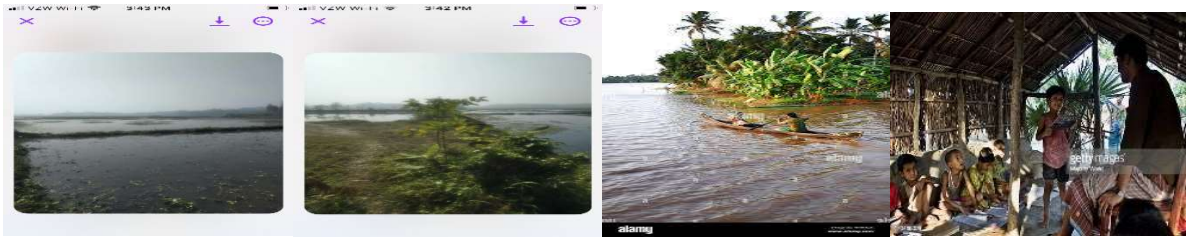
6. Creating the opportunitiesfor getting the practical experiences

6. Establishing a nursingcollege, a health clinic, and a pathological laboratory; and more

How does the author[#]get influencedto dothese activities in the villages?

The author grew up and spent a major of his childhood time in the villages of Khagbari, Kotalipara, Gopalganj, Bangladesh. His home was isolated from the village. During the rainy season, it was surrounded by water. There was no way to move any where without a boat. There was a small boat for his family that was made byhis uncle. During the rainy season, someone dropped them to the "Biswas bari" (the nearest home), and they walked to the school which was almost 1 mile away. However, when they came back from school, they made loud sounds to pick them up from the "Biswas bari," and the author could remember that his mother or aunty would sometimes pick them up by boat. It was not easy to go to school during the rainy season.Still, there is no good communication from his home to any road nearby. The present (2023) pictures around of his home (Photograph N and O)could help you for imagination about the condition around 45 yearsa go (Photograph P). He had completed hisstudies from1st to 4th grades at home called "Paathshala" (Photograph Q) in his grandpa's house (mother side; also called Mama bari), Agailjhara, Barisal, where he used palm leavesas paperfor writing materials (Photograph R), bamboo stick for pen (Photograph Sa), burnt wood for inkandbamboo stick pens (Photograph Sb),(but started writing on a chalk tablet from 2nd to 4th grades (Photograph T)),used small lamp/hurricanefor lighting (Photograph U), studiedwith the used books (uncle bought it from the family of the upper gradestudent)for every classes from 6th to 10th grades (Photograph V), and studiedon the floor.

For helping parents, he, and his cousin (Mr. Bimal Chowdhury) collected paddy from rat houses in the paddy fields (Photograph W). They cleaned, dried, and sold them in the local hat/bazar. They also sold ducks (Photograph X)and eggs (Photograph Y)in the local hat to earnmoney.They used this money to buy anyemergency items for their education.



NOPQ

RSaSbT

UVWXY

PhotographsN-Y: There were no real pictures from the author's childhood, but for reference, these images (P-Y)were collected online for imagination.

Regularly, he does his exercising every day in the morning and thinks about the whole day activities before going to bed and thinks again in the morning about what he will do today. He prays two times a day to control and save himself from bad things because he believes power is like a guardian who controls the universe. We need someone inside and outside where we can tell and discuss everything without fear, and who will give us the best suggestion and strength. These are faith and belief, and the author believes that there is a power behind everything for moving forward. He respects the power who can punish us and take any action if we don't do right. This belief is saving, influencing, and feeling a holy power to become a good human being.

There was an important thing that happened one day in his life when he was a student of 7th/8th grade. He was taking his dinner in the evening and at that time, one of his grandmas came and told him that you know, "One of the persons from Rungta/Rabandivillage who lived in London came to the village and distributed cloths, gifts, and money to the needy people. He is a scientist over there". That information clicked on the author's mind, and he thought that he would be a scientist and help the needy people. The author was also influenced by his father because his father always thought of society and tried to do something good for them.

The author's father was a schoolteacher and lived in Dhaka, Bangladesh, but all family members couldn't stay all together due to his father'secon omic situation at that time (almost 50 years ago). His father always tried to help others. He arranged tutoring for students and others, lodging to students, established different social organizations, and arranged meeting with villagers for improving their life, made plans for establishing road communication, school, technical college, hat, etc. The

author's father and his three right hands established a Junior Girls' School in the village of Khagbariwith the help of students, villagers, and well-wishers. His father spent most of his time with the villagers when he visited the villages. There is a flying word that he sat on the floor instead of on a chair and discussed about their daily lifeand how they can educate their children because their life will not be improve without kids' education. The Primary School Head Teacher in the village of Jaharerkandi wrote a poem on behalf of author's father,late Upendra Nath Chowdhury, on how he inspired him (teacher) and others.

Late Upendra Nath Chowdhury informed the author about a great man named Late SHASHI BHUSHAN MADHUand his activities, how he sacrificed his life for improving the society nearly100 years before. Late SHASHI BHUSHAN MADHU is the founder of the EKU High School. The author has completed his secondary school certificate (10th gradeboard exam) from EKU High School ('Photograph Za'is the new school buildingand'Photograph Zb'is the old one (almost the same) where the author studied, and it was on the West side of the playground at that time)in the village ofJaharerkandi under Ramshil union, Kotalipara, Gopalganj.

ZaZb

Photographs Za and Zb:EKU High School. **Za,** the new school building and **Zb,** the old schoolhouse where the author had studied.The photograph was from online (Photographer is Benoy Chowdhury)

About Late SHASHI BHUSHAN MADHU

Late SHASHI BHUSHAN MADHU was born on April 16, 1897,in the village of Kafulabari underRamshil union in Gopalganj district[7]. His father's name was Late Dinonath Madhu.He was the fifth son out of a total of five sons of his parents.He was born in an area where there was no road communication, no school, no health clinic, no hat/bazarnearby, i.e., no human facilities in those areas but only water everywhere, especially during the rainy season. People died due to insufficient food, unsafe water, lack of knowledge, without treatment (no health facilities), lack of communication, etc.

There was nohigh school near to his village. He was admitted to"KotaliparaUnion Institution"in Baliadanga village, Kotalipara. It was sixteen km away from Kafulabari village, and he walked 16 km x 2 every day during the dry season but used a small boat made of wood during the rainy season because there was no other alternative at that time. He completed entrance level (10th grade) successfully from this institution.Mr. Shashi wanted to complete his higher studies and his father sold his property for Shashi's higher studies at the Presidency College, Kolkata. He completedIntermediate in Arts(IA;11th and 12th grades)from the Presidency College under Kolkata University. After that, he successfully completed a BA (Bachelor of Arts)degree from the same college in 1924. Mr. Madhu met with Mr. Chittaranjan Das and Mr. Prafulla Chandra Roy (P.C. Roy), and they advised him that "Shashi, you go back to the village and develop it to create more Shashi like you." At that time, he was the only one highly educated person in those areas within several miles and people called him "Babu" (a respectful word).Of course, he can get a good job, be a rich person in the society, and live nicely with his family,but he was influenced by Mr. Das and Mr. Roy and came back to the village, and devoted his life to the development of the very subdevelopment society by improving their education, health facilities, road communication, bazar, canal/river, etc.

At first, he thought that there is no other alternative without education to develop society. He started his journey with his a few good friends like Late Shashi Bhushan Bairagi, Late Shital Chandra Bala, Late Shashi Bhushan Biswas, and unforgettable person Brojobashi.They went to every house of the villages (by boatduring rainy season and walked during dry season)to collectdonations (e.g., paddy, money,etc.)whatever the villagerscouldhelp and encouragedthem for their kid's education. In 1925, they established a "High Primary School" in Jaharerkandi village under Ramshil union, and this school was promoted to Junior School (up to 8th grade) in 1937. The Junior School was promoted to high school named "EKU (East Kotalipara Union) High School" in 1940, and Late Shashi Bhushan Madhu became the first Head Teacher of this school. In 1941, EKU High School was recognized and got its registration under Kolkata University withhis(Mr. Shashi/babu) hard work. Mr. Shashi Bhushan Madhu was also very busy doing a lot of other activities for improving society, and due to that, and underhis decision, it was appointed a new Head Teacher,but he

worked as an Assistant Head Teacher there. For the first time, students from EKU High School participated in an entrance examand five studentssuccessfully completed the Entrance Examination in 1942.

Secondly, for improving villagers'economical condition,he planned for digging canals because all the land stayed under water during the cultivation time of the year.People could not cultivatetheir land, andthey became poorer and unhealthier. They died without food and without treatment.However, their economic condition improved due to the development of the canals and road communication.He was a person who workedwith all types of people. For example, he worked with farmer, fisherman, cleaner, students/kids, educated people, and worked with high official.You could understandMr. Babu (Mr. Shashi)bysharing an event duringa program for cleaning the canal-"it was very early in the morning on a very cold day.Everyone was sitting but no onewanted to jump in cold water, but Mr. Shashi Bhushan Madhu jumpedin cold water and started to clean the canal. Then, everyone jumped and cleaned the canal." This was his character, by doing it yourself to influence others.

Thirdly, there was no treatment facilities in the villages, and people died without treatment and medicine. He established a clinic (charitable dispensary) in the Jaharerkandi villagewith the help of the government, and people got their minimum treatment and medicine from there.

He did so many things for society, and we are here today due to his sacrifice.

Hiswife's name was LabonnamoyeeMandol, andthey had three daughters and one son. Mr. Madhu couldn't complete these vast activities without the support of his wife. He died before his wife on December 3rd, 1942. Societygets the benefits from his foundation'sgeneration to generation, and they remember him with his activities.

His sacrifice and contribution to society is a powerful example which influenced/inspired a lot on the author'slife.

Discussion

The health camp and the science fair are impressive words, and we know the importance of these activities. UNC Trust has organized these activities in villages of Bangladesh where these activities had never happened before. A lot of people and students participated in both programs. UNC Trust committee is grateful for everyone who helped in successfully organizing these programs, especiallyMr. Bimal Chowdhury (all activities), Mr. Banoj Mazumder (Science fair), and Mr. Biplab Chowdhury (Health camp). It is important to inform you that the present Head Teacher of EKU High Schoolis Mr. Banoj Mazumder.

There is a lot of technological development in the world,and the worldhas becomea globalvillage. It was not possible to organize these activities in villages of Bangladesh from USA and UK without these modern facilities such as cell phone, smart phone,messenger (Facebook), etc. UNCTrustis very thankful for them. The authorspent several hours discussing with Mr. Mazumder and Mr. Chowdhury aboutplanningand updating these programs every week, and he also discussed with Dr. Anup Chowdhury (Vice President of the UNCTrustand author's youngest brother)in the UK from time to time. Dr. Chowdhury went to the village almost a week beforeand organized a lot of things related to these programs.It was almost a one-year plan, and there was a lot of workbehind the pictures of the final day.It was remarkable that everyone,mainlythe young generation,completed their work happily because they love to do these.

Our main theme is to improve them both mentally and physically. Firstly,they must mentally prepare themselves and then move to do it. They need more practical experience and to be more respectful.The following steps might help themto reach their bright destination/goal.

Are feeling interest, planning, working hard, and happiness the key to success?

Feeling interest in doing work, discussing with experienced people, planning, andworking very hard are the keys to success and happiness. Am I right?Something interesting but without a proper plan and hard work, it may no longer continue. Maybe we will say that it is better toallow our children what they are really interested in, but reality can be different in practical life. For example,if parents are asked toknow the plan of their child, and he replied that he is very much interested in becoming an 'A'. Most of the cases, we will calculate this way that he/she will get a good job and earn a lot of money or not. In future, if they couldn't get a good job and don't earn enough money to becoming 'A' ,then parents might say "Is there any future if you become an'A'?"because we want our children to be secure financially in the future. That means, practical life is different than emotional talking.

First, the feeling of interest for future ambition, then think about it, discuss it with best friends, parents, well-wishers, and think about it again before taking a decision. After taking a decision, make your own plan, discuss with themabout your plan

again,and finalize the plan. Then,be positive,improve your knowledge about the plan, work hard according to your planwith confidence,and be happy with your work.It might be the key to success.

Could influence or an examplebe the light of destiny?

Influence or apractical example might be very helpful to find the way of interest and happiness.We know that Sir Isaac Newton's iconic apple tree, which is believed to have inspired the British physicist to propose the theory of gravity nearly 350 years ago.

In 1665, it states, the just graduated Newton fled to his family home in Lincolnshire to avoid a plague outbreak. After observing an apple fall from the tree, Newton wondered what force could pull objects in a straight line towards the Earthrather than sideways or even upward[8].It was the first step towards his theory of gravity, which he went on to publish in 1686.

The author was inspired when he was a high school student. He heard about a Bangladeshi scientist who lived in UK but came to Bangladesh to help the people. This example influenced and inspired him to become a scientist and do something for the people and for society.He was also inspired by his father and Babu Shashi Bhushan Madhufor doing some good things for society.

Mustwe do it todayif we can today?

I will do this thing for others after I get, complete, or reachthis!But the author believes that what you can do today, do today,even if it is a small thing or a part of the thing and do big thing later when you have the big opportunity and more time in future.

The authorwants to share a fact with you.Hisfirst supervisor at the University of Arizona in the USA was namedVaskenAposhian. Before telling you the fact story what he told him, author would like to inform you about his academic life, shortly:

Hurair Vasken Aposhian (January 28, 1926 — September 6, 2019)[9] was a Ph.D. toxicologist and an emeritus professor of molecular and cell biology at the University of Arizona, a post he held beginning in 1975. He is also a former professor of pharmacology at the medical school at said university. He received his bachelor's degree in chemistry, at Brown University, 1948. He received a master's degree and a PhD in physiological chemistry at the University of Rochester, where he published some scientific studies about the synthesis of isoalloxazine ring-containing compounds. He did a postdoctoral with Nobel Laureate Arthur Kornberg in the department of biochemistry at Stanford University School of Medicine. He has done sabbatical scholar-in-residence at MIT and at the University of California at San Diego. He is best known for his pioneering work on Succimer and Unithiol in the treatment of arsenic, mercury, lead and other heavy metals leading to FDA approval of Succimer in childhood lead poisoning at levels over 40 ug/dl. Previous posts he had held include at Vanderbilt, Tufts University, and the University of Maryland.

He would leave Tufts in 1970 to become department chair at the University of Maryland School of Medicine. He has published more than 100 peer-reviewed studies on heavy metal poisoning. In 1964, Aposhian, along with, notably Arthur Kornberg, both of whom were affiliated with Stanford University at the time, published "Enzymatic Synthesis of Deoxyribonucleic Acid" in the Journal of Biological Chemistry. Kornberg would go on to win the Nobel Prize for discovering the biological mechanism by which DNA is synthesized. His last age research has focused on the metabolism of arsenic compounds, in particular, deciphering polymorphisms in the gene that codes for glutathione S-transferase, which is involved in arsenic detoxification. Some of this research he has authored along with his wife, Mary M. Aposhian, who died in 2009.(Note: The author collected all these Vas Aposhian'sinformation from Wikipedia, the free encyclopedia)[9].

My (author)colleague Dr. Robert Zakarian told me that Prof. H. V. Aposhian has several Nobel-winning friends, and heknew one of them who visited their lab a few times and gave lectures. He was also present in my seminar when I was promoted to Assistant Research Professor in the Department of Molecular and Cellular Biology at the University of Arizona. I am talking about Dr. Aposhian's academic life to inform and make you realize that he wasa nationally and internationally renowned scientist.

Now, the story of what Dr. VasAposhiantold me. One day, he told the author after his wife died that "Uttam, you saw how Mary worked for me! How nice she is!But I never looked afterher. Mary did everything for me. However, when we visited somewhere like a mountain- I was always so far from my family, and Mary came with our children, slowly. I thought I wouldd something for Mary after retirement, but Mary passed away before me."Prof. Aposhian was so sad and regardedfor his responsibilities, but it was too late.

Can ambitionbe controlled and move to next?

The ages are classified as infant, baby, child, teen, young, adult, elder, etc.according to the development,and it will move to the next stage automatically.Our ambitionmight be controlled and move to the next because our lifetime is short, and we only have one life,but it can't happen automatically if we don't stop/control it.

Suppose consider, if I (author) think that my carrier is the only thing in my life, then I must do more and more research and publish more and more papers. Or, if I think I need more and more money,thenI must do more and more money-making duties. Due to that, I will always bevery busy.Howwould I complete my other responsibilities?I believe that as a human being,I have family responsibilities, social responsibilities, and other responsibilities too. We can't avoid our responsibilities for our children because webring them here,and theyare borndue to us. If we say that you take this money and grow up. Is it right? It is our responsibilityto bring them up properly. Therefore, we must minimize our other duties, spend some time with them, and help them growproperly as human beings.It is not quite possible to do everything at the same level at the same time.

Howcan kidsprepare themselves forthe future?

Of course, kids must do what they normally do, but side by side they might know their social responsibilities and how to become a responsible human being.That's why one of my first priorities is to help kids, think about their responsibility, think about their future, and how to reach their goal. This is the age that they can physically and mentally putthemselvesin good shape for their bright future if they can think about their destiny. They don't know almost nothing about the way/path to reach their destiny. We could help them and make a bright society.

Maybe, we are thinking that kids/children are human beings, and they will grow up in their own way. That is our mistake! Due to this, a lot of children destroy their life, their family, the nation, and the world. Because at this stage they don't know properly what will be good fortheir future, families, and society. They don't know how to make their imagination, what is the correct way to think, what would be her/his destination, what they are thinking: are these right or wrong, how to make a good plan to reach their destiny, how to make themself happy, and what are the very important and vital subjects they must know to grow up nicely. Most of the families of our society don't have the education to give proper guidance for their children in the world. However, it is more important for our kids to grow up properly than a lot of other things, because they are the future of our families, society, and the world. A lot of things are going wrong around us due to lack of proper knowledge.

The kid likes a small tree. We prepared the soil, put fertilizer, kept the tree properly inside,and then put water. We put a fence around the tree for protection, take out the small branches that make it healthy,and put a stickto support the tree to find its destiny.We do all these things because the tree can't do it itself, and if we don't do it, then it would not be grown properly, could be unhealthy, could be damaged, and maybe died sometime.If we clean upthe surroundings, put fertilizer, and give water regularly,but if we don't put a fence around, then it could be damaged,don't cut off the small branches, then it would be unhealthy, don't put the stick with tree, then it couldn't find its bright destiny. We also need to check the tree fromtime to time if we want it togrow properly. This is the same situation for a kid. A small kid does not know anythinglike a tree. We must prepare the environment for them to grow properly, improve their knowledge to protect themselves for growing healthy, help them to find theirdestiny,and check on them from time to time on how they are growing up for a certain period.

However, if a tree gets damaged or even dies,then we will be sad because we love trees, and trees are our life to survive. Maybe, other trees would not cry or be sad, and it would not be harmful for them (?). On the other hand,if a kid suffers or dies due to lack of knowledge or lack of parents and family'sresponsibilitiesand mistakes, then the whole family suffers, maybe something more pathetic could happen because kids are our life and our dream.

Every student in the world studies their mother language in every class up to minimum 12th grade even though they knowtheir language and use it every day. But why? They are studying their mother language courses because when kids can speak and write well, then their cognitive and intellectual development will be much better. Same way, if kids and young generation know their duties, responsibilities, honesty or dishonesty, destiny, the way to become good human beings, and the path/direction to reach to their goal, then it would be much better for their development in all respect.

Conclusion

How could we help them to grow better? Kids are studying many subjects/courses at their school and college levels, and it would be best if there is an additional subject like "Helps: How to Grow Up!" in every class for every student from primary to high school, maybe college level too.

UNCTrust will arrange seminars, symposiums, fairs, workshops, opportunity for practical experiences, meetings with experienced/expert people and share their thoughts with the younger generation, and other activities. This is the time (very young age), if they could improve knowledge about their own thinking, positive thinking, interest, responsibilities, honesty, happiness with work, destiny, and hard work mentality to reach their destination, then they will find their paths for their best future.

Some request toyoung generation/kids and parents:

**Think before startingand think after finishing*
**Be honest, responsible,respectful, and simple*
** Be a good human being*
**If we respect others, then they will respect us*
** If we help today, then they will help us tomorrow*
**Sit together and discuss together*
**Spend some time withfamily,and share thoughts and dreams with them*
**Today's good time will comeback to us with a best time tomorrow*
**Help others but don't forgetchildren and family*
**Try our best to maintain a good family environment*
**Let them know what we couldn't do for them and why*
** Let them know that we love each other*
** Improve their own power/force/desire/interest to do the best thing*
** Minimize our odd argumentsin presence of children*
**Mother can do more thingsfor them what father can't do*
**Need the best mother and father for the family and for the society*
** Parents must sacrifice somethings for growing them nicely*
** Next generation will complete the rest of our work if they grow up properly*

Acknowledgement

The authors want to dedicate this paper to the memory of Shashi Bhushan Madhu, Upendra Nath Chowdhury, and theunknown person fromRungta/Rabandi village, Agailjhara, Barisal, Bangladesh who lived in UK.

They would like to thank Dr. Anup Chowdhury,Mr. Banoj Mazumder, Mr. Biplab Chowdhury, Mr. Bimal Chowdhury, Mr. Chandan Roy, Mr. Parimal Chowdhury, Mrs. Shikha Chowdhury Adhikary,Mr. Surja Halder, andMr. ArabinduJaydhurfor their kind support, and it would have been difficult to organize these programs without their help. The authors are very much appreciative for them.

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They express their deep gratitude to all the participants from the community for their moral help in organizing and completing such a wonderful health camp and science fairsuccessfully.

The authors would like to thank UNCTrust for the financial support to organize health camp andscience fair programs. They would also like to thank EKU High School for theiroverall support in organizing the science fair.

(Note: We are very sorry that we could not include all your names here because we don't know your names, but we are very grateful and appreciate all your support and help.)

Reference:

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