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Create Community, Connect and Continue…



Impact of Ramadan Food Package distribution-2025

Overview:

Project title	Community Based Social SafetyNet Under "GRACE-Community Based Resilient Model Piloting Initiative"
Who funded this project?	Contribution from Zakat fund
Start date / finish date (if applicable)	Start: February 2025 Finish: N/A
Country / area of operation	Ward number 31, Khulna City Corporation, District: Khulna; Bangladesh
Program Participant Name and ID	PERVIN AKTHER ID:4047333100045
Primary sector (e.g. education or disability etc.)	Coastal Urban & Peri Urban Resilience
Primary Global Goal being addressed	SDG 1: No poverty in all its forms everywhere SDG 2: Zero Hunger, food security and improved nutrition and promote sustainable agriculture SDG 13: Take climate action
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TITLE AND VISUAL ELEMENT

Case Study: Pervin Akter and Md. Amir Gazi - A Life of Struggle, Transformed by Ramadan Support

INTRODUCTION

Pervin Akter, at 67, and her husband, Osid Gazi, who is 97, live a life of unimaginable hardship. They have no children or family to turn to for support and have spent the last 30 years in a rented house in Labanchara, Ward No. 31, Khulna City. Having migrated from another district three decades ago in search of work and survival, their lives have been defined by struggle.

Amir, bedridden from illness and old age, relies entirely on Pervin. Despite her own frailty, Pervin works as a water supplier, carrying heavy 20-liter jars from a location 0.25 km away. She earns a mere 100 Taka a day, delivering up to 20 jars, though the weight and strain on her body make it increasingly difficult as she ages. On average, she manages to work 20 to 22 days a month, earning between 2000 to 2200 Taka, but the exhaustion from her physical labor takes a toll on her health.

Out of her modest income, Pervin must pay a house rent of BDT 1300, cover electricity, water bills, and Amir's medicine, which costs around BDT 600. After all these expenses, only about 300 Taka remains for food. This meager amount has to cover meals for both herself and her husband, as well as her own medical needs. With only enough for two days of food, Pervin and Amir are left to wonder how they will manage for the rest of the month. The mental and physical toll they endure is unimaginable, as they often go without, struggling to meet their basic needs.

Their plight is made even more difficult by the constant emotional and financial stress. They receive only occasional help from market floating populations and local hotel owners—sporadic kindness that is never enough to make a real difference in their lives. Their situation is one of deep vulnerability, where each day is a fight for survival, both physically and emotionally.

CHALLENGE OR OPPORTUNITY



In Ramadan 2024, Parveen Akter and her husband faced an unimaginable struggle, with no food to prepare for Iftar or Sehri. The absence of proper meals during the holy month weighed heavily on her heart. On the evening of the 1st Ramadan, after Iftar, a familiar face noticed their plight and kindly offered them 5 kg of rice, 1 liter of oil, and 1 kg of fried rice. This simple act of kindness brought Parveen a sense of relief and gratitude, becoming a lifeline during a challenging time.
Throughout the month, Parveen and her husband lived in extreme hardship, surviving on just 100 taka a day. Their meals were often limited to rice, lentils, and fried onions. With her husband frequently ill, Parveen had to borrow money for his medical treatment, but the burden of the loan, with its high interest, deepened their struggles. Balancing work with caring for her husband took a physical and emotional toll on her, leaving her exhausted and mentally drained.
Parveen and her husband, belonging to a marginalized community, faced complete social isolation. With no support from society, their challenges became even more daunting. Despite these hardships, Parveen continued to strive for her family's well-being, drawing strength from the love she shared with them.
Now, as Ramadan 2025 approaches, Parveen feels a sense of despair. The emotional stress, physical illness, and the lingering disappointment from last year's struggles leave her without hope or a clear plan for adapting to the coming month.

SOLUTION OR APPROACH



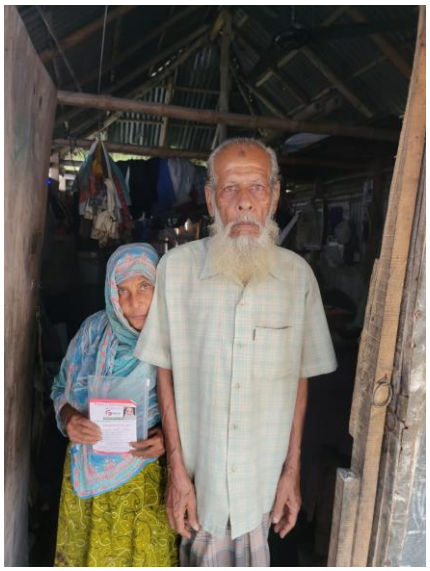
In January of this year, GRACE began selecting beneficiaries who were facing multidimensional vulnerabilities, and among them were 103 families in need, including Pervin. With Ramadan 2025 approaching, GRACE once again stepped in to offer support. The packages prepared for the beneficiaries were nothing short of a blessing—10.5 kg of nutritious food, including 5 kg of rice, 1 liter of oil, pulse (dal) - 1kg, Chola lentil-1Kg , sugar-1Kg, dates-500Gm, Rice fried (muri)-500gm, and Rice flakes (chira)-1kg.
Pervin, now one of GRACE's respected beneficiaries, received the package with tears of gratitude. She expressed that the help she received was beyond words—an indescribable relief that allowed her and her husband to observe Ramadan without the constant worry of where their next meal would come from. This year, they could embrace the sacred month of Ramadan with peace in their hearts, knowing they had the food and support they needed for both Iftar and Sehri.

RESULTS AND BENEFITS

She is now experiencing a sense of happiness, free from the mental strain and uncertainty of whether she would have enough food during Ramadan. Her physical health is gradually improving thanks to nutritious food, though it is taking time for her to fully recover.

Emotionally, she feels a newfound strength and self-confidence. With the support she's received, she believes that if others extend similar help to families like hers, they will recognize their own potential and move forward toward a brighter upcoming days.

Had she not received support during Ramadan, she might have found herself moving from one door to the next in search of food. The Ranadan food assistance from GRACE has been invaluable, apart from ramadan food, allowing her to searching and stragglingfor their essential expenses like medicine for herself and her husband.



TESTIMONIALS OR QUOTES

"In Ramadan, if anyone has no food to observe the fast, you don't truly understand the situation we've been facing for the past few years. The quantity of food doesn't matter, but during that time, the happiness I felt didn't purchase by money and I know that, someone is there to support my family is beyond words, like you"
Osid Gazi (Husband of Pervin)

CALLTOACTION (CTA)

Including Ramadan if somebody support extreme poor households they can ho ahead with confidence and getting social acceptance.

	CAPTURED BY	Reviewed and submitted BY
DATE	16 March 2025	18 March 2023
SUBMITTED BY	Joyanto Kumar Das	Md. Mamun Or Rashid
TITLE / ROLE	Program Officer	General Secretary, GRACE

DISCLAIMER

This case study highlights the experiences of Pervin Akther, a participant in the GRACE Program who received Ramadan support. It contains sensitive information and is shared for informational purposes only. All personal data is protected under data protection policies, and the participant's consent has been obtained. Readers are encouraged to approach the content with respect and empathy, adhering to ethical guidelines to ensure privacy and dignity. By reading, you acknowledge your understanding of these terms.