Compassion in Action: Rahima's Path to Health & Hope

Rahima, an 83-year-old woman living in Camp-13, Cox's Bazar, has long struggled with multiple non communicable diseases (NCDs) such as high blood pressure, diabetes and mental health disorders such as depression, anxiety etc.





Morijan conducts a one-on-one session with Rahima at her shelter.

Due to her age and health challenges, she often relied on local pharmacy shopkeepers for medicine without proper medical consultation. Based only on her descriptions, the shopkeepers would assume her condition and provide medicine. Unfortunately, this practice made her health worse instead of better.

Since losing her husband years ago, Rahima had also been living with loneliness and trauma, which further weakened her ability to cope with her deteriorating mental and physical condition.

It was during an awareness session on NCDs that Rahima met Morijan, a dedicated CBHFA volunteer under the Population Movement Operation (PMO) of the Bangladesh Red Crescent Society (BDRCS), who has been serving in the camp for more than five years. During a one-on-one follow-up session, Morijan gently convinced Rahima to seek medical consultation from the nearby BDRCS' Health Post, supported by the Swiss Red Cross.

Encouraged by Morijan, Rahima visited the health post, received proper diagnosis and treatment, and began taking prescribed medicine under medical supervision. Over time, she started to feel stronger and healthier.

Today, Rahima expresses her gratitude and newfound awareness:

"*Now I feel better. I have learned that without a doctor's consultation, medicine can harm instead of healing. I will always seek proper advice before taking any medicine.*"

Rahima's story is a testament to the power of awareness, compassion, and community-based health support—showing that with the right guidance, even the most vulnerable can reclaim their health and dignity.



Morijan and the CBHFA team walk toward Rahima's shelter.



Rahima's physical and mental health have improved, and she is now well.

Story & Photo: S. M. Taslim Reza.