

March 2021



COMMUNITY SPEAKS

HCL-F Supported SOCHARA WASH Project



FOREWORD

Together, forward in the fight against COVID 19!! Coronavirus is still surging! The SOCHARA HCL-F team, in the wake of the current COVID-19 crisis, re-affirmed the need for safe water, sanitation, and hygiene (WASH) practices in the community we work. This month, the team Bangalore celebrated "International Women's day" along with the community members in Mayabazaar and Anandapuram. The occasion highlighted the extraordinary roles played by women from various departments in almost every walk of life and saluted their courage and determination. Besides, the newly constructed school toilet blocks at Anekal was inaugurated as a means of encouraging appropriate WASH behaviours among the students. The team also organized multiple street plays to ensure best sanitation practices with the support from the community members. With the COVID vaccine in sight, the team raised its efforts and conducted necessary awareness with respect to the COVID-19 vaccine in the community.

At the same time, the Chennai team continued with the Menstrual Hygiene awareness sessions in the Police club with an ice breaker game, opening up a safe space for discussions on the various aspects of menstruation. The team engaged Police club children in the COVID awareness related snake and ladder board game and match-the-habits game on identification of good hygiene practices and also had a rapport building session with the school children. Amidst the entertainment, these games with an additional message benefited children and retained their interest by which spreading awareness was much easier! We are thankful for the enriching support as always and looking forward to building upon the gains achieved so far along with the community in the days ahead too.

-Dr. Judyangel
Project Manager, WASH Project,
SOCHARA, Chennai.

ACTIVITIES

- Inaugration and handing over of newly constructed toilet block to Thimmaraya Swamy school
- 48 Black-spots cleaned in Mayabazar and Anandapuram, Bangalore
- Women's day celebration in the two project communities with over 260 participants
- Planted 20 saplings in Maya Bazar community
- Conducted 14 street plays as a part of sanitation awareness campaign in project schools in Anekal and in two project communities in Bengaluru
- Conducted COVID19 vaccination awareness campaign in five slums in Bengaluru
- Exposure visit of 16 MPH students from RGUHS to Maya Bazar community
- Menstrual Hygiene Awareness program in Muthialpet and Kodambakkam Police club, Chennai
- COVID-19 Awareness program in Chintadripet Police club, Chennai
- Match-the habits relay game for good hygiene practices in Chintadripet Police club, Chennai

A STEP TOWARDS BUILDING A HEALTHIER COMMUNITY

-Nandini

The newly constructed sanitary block in Thimmaraya Swamy school was inaugurated on 25th March 2021. The chief guests of the program were Zilla panchayat's IEC district coordinator, Local corporator, school's management committee, HCL-F Deputy Director Mr Joshua and SOCHARA's team members. The program was conducted with full enthusiasm and zeal by the school's children and teachers. The children along with teachers and Ms Prema had taken the initiative of painting the school for the inaugural ceremony.



The sanitary complex consisted of two toilets and urinals for the boys and three toilets for the girls along with two dustbins in each. Shortly after the inauguration, the chief guests took turns in talking about the importance of sanitation, especially during the ongoing pandemic. Mr Joshua encouraged the students with his inspiring speech and anecdotes. While the IEC district coordinator stressed the importance of hygiene practices and the necessity of maintaining the toilets clean. The chief guests planted a few saplings for the school and all of them were given plants as a token of remembrance. The school's management team had expressed their gratitude.



This is our small step towards building cleaner and healthier communities.

INTERNATIONAL WOMEN'S DAY 2021

-Malleash



International women's day was celebrated on March 8th with the theme #choosetochallenge. A challenged world is an alert world and from challenge comes change. So let's all choose to challenge. Team Sochara-HCL-F Bengaluru organized a Women's Day celebration in the Anandapuram and Maya Bazar community. Nearly 260 participants attended this event with full enthusiasm and zeal.



We had 15 eminent female leaders from different spheres. All of them shared their journey and their experiences in order to inspire and support the community's women and to inculcate the thought that they could achieve their dream too. The participants enjoyed and cheered each other. We had also conducted a few games for icebreaking and rapport building like lemon and the spoon, musical chair etc. We ensured the participants that we would bring more workshops in the future for them.

MARCHING AHEAD, BREAKING BARRIERS:

-Sri Lakshmi

Stigmas and taboos revolving around menstruation have always tied down women in socio-cultural spaces and hence it becomes important to question and eliminate them. This month, team SOCHARA HCL- F Chennai facilitated a Menstrual Hygiene workshop for girl children in Muthialpet Police Club and Kodambakkam Police Club to break these 'period' taboos and help them march towards a better and safer future. We involved the children in a game of 'together and forward', where we read out statements from a game card and asked the students to jump in if they agree, opening up a safe space for discussion on personal hygiene. Through various activities, The students were encouraged to speak out what they know about puberty and why it happens at a certain time in a female's life.



The stages of growing up and the hormonal changes behind it was then taught to the kids using visual aids of charts and diagrams. The team explained the anatomy of a female reproductive system and explained how the 'impurity' aspect of periods is a myth and reinstated the fact that it is a timely and normal process of a human body. We also involved the students in a game of 'jigsaw puzzle' where they were given coloured papers representing different parts of the female reproductive system and were asked to join them together to form the entire system. Students also opened up about the products they use during periods and the hygiene practices at that time. We ensured the children that we would have a detailed discussion pertaining to other emotional and nutritional aspects during Menstrual time in the coming workshops.

FUN GAMES FOR A SAFER WORLD

-Sri Lakshmi



It is by fostering and encouraging curious and informative young minds, that we develop a safer and sustainable future. Team SOCHARA HCL- F Chennai decided to participate these young minds in some fun activities to learn about Covid prevention and WASH practices. We involved the kids in a game of Snake and Ladder, with messages related to Covid Awareness. As the students were already familiar with the snake and ladder games the teams had previously conducted in the club, it was easier for the team to initiate the program and get the students involved.

Recognizing World Water Day the team conducted a quiz competition for the children, where basic questions on water and its properties were asked. Students enjoyed taking part in the quiz and were already equipped with impressive knowledge on Water and its conservation. We also promised that in the coming days, we shall discuss what water means to them as a community and the risks that they face regarding the availability of water resources.



In the third segment of the session, we involved the students in a relay race of WASH-related issues. While students worked in teams to win the race, we also reiterated the importance of working together towards a common cause and the power of solidarity. We reinstated the importance of basic hygiene practices to keep the germs and infection at bay with the limited resources available to the community's context.

STREET PLAYS – A MEANS OF SPREADING AWARENESS

-Nandini

Raising awareness is an important part of developing community support for changes. Team SOCHARA HCL-F Bengaluru decided to run an awareness campaign for children and community members using street plays. We conducted street plays on sanitation awareness. It addressed important issues like keeping the toilet clean, avoiding open defecation and disposing of wastes in dustbins. It was conducted for children in Thimmaraya swami school and ASB school in Anekal. We also covered Maya Bazar and Anandhapuram Community.



To recognize World Water Day, we conducted the street plays in the community on the theme “ valuing water”. There is no better time than the current pandemic to understand the close relation of water and sanitation to our health. The play revolved around the importance of water in our daily life, safe drinking water practices and prevention of waterborne diseases. The kids and the adults enjoyed the street play alike. While the humour and the acting kept them engaged with the right messages being delivered. At the end of the play, we reiterated the importance of sanitation to make sure they take back the message with them

VACCINES BRING US CLOSER

-Mallesh

Immunization saves millions of lives every year and is widely recognized as one of the world’s most successful health interventions. The COVID19 vaccination drive has been launched by the government and as a response to this, team SOCHARA HCL-F Bengaluru has been conducting the awareness campaign in 5 communities and has covered more than 1300 people in 11 days.

The team has been visiting the people door to door in the community and has been giving them information about the simple registration process for vaccination, the documents need, the two dosages and the health facility where they can avail the service. They have also been proactively helping people in demystifying the myths around vaccination. Also, we used the opportunity to reinforce the importance of physical distancing and wearing masks as the incidences of COVID19 cases are increasing rapidly.



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