



FOREWORD

The world has been battling the second wave of COVID19 and the SOCHARA team stays in solidarity with the people, in full throttle. As our country becomes one of the worst affected in the pandemic, let us stay together, committed towards building healthy communities. This month, the Bangalore CWASH team conducted COVID19 vaccination awareness campaign in five communities in Bengaluru and Awareness program for Sanitation workers on the World Health Day. The team conducted sensitization sessions on menstrual hygiene management for field coordinators. Furthering the act of learning through playing, the team distributed the board games in schools.

The Chennai CWASH Team has conducted Card games on disease control and prevention in Chintadripet police club, MKB Nagar Police club and Perumbakkam Police club. Through these games, we also opened up a platform for the kids to discuss their concerns regarding the spread of corona virus. The team also has been monitoring the construction of new toilets in Chintadripet Police club.

In the coming days we could commit ourselves to doing whatever we can under our capacity to help one another amidst this great pain and chaos, marching towards the goal of 'Health for All.'

Srilakshmi
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ACTIVITIES

- COVID19 vaccination awareness campaign in five communities, Bengaluru
- Awareness program for Sanitation workers on World Health Day
- Two non-functioning street lights were identified and replaced in Anand Garage, Maya Bazar
- 13 Black spots cleaned in Maya Bazar and Anandapuram
- Sensitization session on menstrual hygiene management for field coordinators
- Monitored waste collection in Maya Bazar community
- Distributed board games in 24 schools, Bengaluru
- Match-the-card game - Chintadripet, MKB nagar and Perumbakkam Police clubs

BUILDING HEALTHIER WORLD

-Nandini

During this pandemic, there is a growing recognition and realisation of how our health depends on others' health. To reinstate this, team SOCHARA organised an awareness program for sanitation workers of Maya Bazar on World Health Day (i.e. April 7th) Nearly 24 sanitation workers participated in the program.



We reiterated the importance of personal hygiene especially during this COVID19 pandemic. As they were already familiar with 6 steps of Handwashing, we had asked them to demonstrate it. They came forward with full enthusiasm one after the other and demonstrated. With this we used glitter and gloves to demonstrate visually how germs spread from one person to another. We also visually helped them understand how proper hand washing technique can reduce transmission of virus. COVID Appropriate behaviour(CAB) such as proper way of wearing and removing masks, removing gloves, and sneezing and coughing etiquettes were also demonstrated.



We also had a healthy discussion on the COVID19, its symptoms, precautionary measures and testing. We also encouraged the workers to get vaccinated and cleared their doubts and myths on side effects of vaccination. The session ended with the positive note of them assuring us that they will all get vaccinated in the coming days.



MATCH AND LEARN: A GAME FOR BRIGHTER TOMORROW

-Judyangel

Educational games used as a means of raising awareness always work wonders among children. As a part of this month's awareness programme, the team SOCHARA Chennai recognized World Health Day and organized activities in the police clubs highlighting the preventive power of good Water, Sanitation and Hygiene (WASH) practices in this second wave of the COVID-19 pandemic.



The team involved the children of Chintadripet, MKB Nagar and Perumbakkam Police clubs in the game of "Match-the-card on diseases and prevention." We started with an ice breaking session where we discussed the various aspects of a covid hit world, what causes COVID 19 and how it spreads. The team reinforced the children of the preventive measures to be followed in this COVID times.



Further, the team encouraged the children to have a brief turn and talk on the WASH related issues they have spotted from their immediate surroundings. We had a few responses from the children attending the session. With that, the team initiated conversations on the ill-effects of unhygienic practices and unclean surroundings, and also discussed a few diseases that emerge because of the same. Later, the kids were asked to think about the last time they remember being sick. Some of the kids were able to recollect their encounters of disease, and the team reiterated the disease's names from the card loudly, discussing the symptoms and the causes for the same.



The team then began the card game on diseases and their preventive measures. We had a set of cards marked diseases and another set of cards with preventive measures. Each child was given a set of disease cards and they were asked to match the respective counter card on preventive measures. Most of the children were able to pair the appropriate cards. As a wrap up, each time the kids matched the disease with its preventive measure, they were asked to read it out loud and discussed how safe hygiene works in preventing these diseases taking into consideration the context of the community. The team was happy to see the children finding out all the correct pairs in the fastest time possible.

LET'S TALK PERIODS

-Nandini



Menstruation still today is associated with baggage of stigma and shame. Even the teachers shy away from teaching about them. It has resulted in hundreds of myths and misconceptions around it causing women to choose unsafe and unhygienic practices. To address all this, team SOCHARA had conducted a sensitization session on menstrual hygiene management for the field coordinators. We created a safe space where they could ask their doubts or concerns regarding menstruation. This helped us in initiating the menstrual dialogue with them.

We had discussion on what is menstrual cycle and phases, the menstrual products, menarche and menopause. We also spoke about the disposal methods, and importance of private space for menstruating with dignity. We also discussed the taboos and practices associated with the culture. The idea behind this session was to sensitize them so as when they conduct menstruation awareness sessions in the community they handle it with much sensitivity. This helped us break the taboo and silence around menstruation.

CREATING SAFER SPACES

-Nandini



Each community is unique and has its own set of challenges and issues that need to be addressed. We conduct regular community meetings and have interaction with them to address all such issues. This time we came across two non-functioning street lights in Anand Garage, Maya Bazar. We raised a complaint with the BESCO department and they promptly replaced them. This helped in creating a safer environment and accessible public place in the community benefitting 45 households.



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