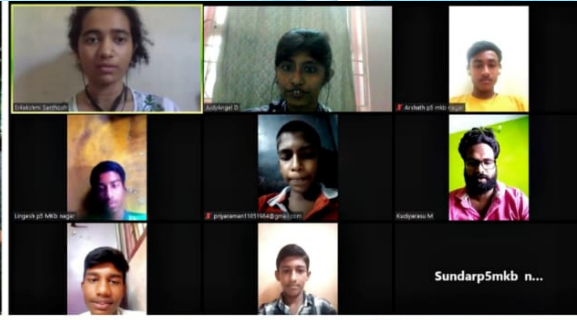


COMMUNITY SPEAKS

HCL-F Supported SOCHARA's CWASH Project



Foreword

In this hour of need, let us do our part to combat this pandemic! This too shall pass!!

The battle against Covid-19 rages on, with the second wave taking a toll on human life. And in these testing times, there is an absolute need for drastic and timely measures to survive the current crisis, while believing it's the time for humanity to be at the forefront. Looking into this grim situation, Yes! The team SOCHARA, once again extended community solidarity through relevant health action. In response to the Covid second wave lockdown, team Bangalore distributed dry ration kits to the community members and the BBMP sanitation workers benefitting the huge number of households.

With the entire country facing severe threats of the second wave, the team developed a booklet in various languages reinforcing the Covid-control protocol and norms more than ever. The same was circulated through online platforms while also urging people to follow protocols even if they have recovered from Covid-19. Nevertheless, the lockdown has given us a chance to rethink in terms of face-to-face interactions to virtual sessions. Amidst this challenging situation, the team with the help of the community members and the scoutmasters facilitated the online interactive sessions. The team Bangalore conducted awareness sessions on puberty and adolescent changes engaging Maya bazaar, Anandapuram community women. At the same time, the team Chennai conducted fun games and awareness sessions on physical and emotional changes during puberty involving children of five Police clubs namely Kodambakkam, Muthialpet, Perumbakkam, MKB Nagar and Chintadripet.

Continuing to keep our guards up, we look forward to building upon gains along with the community!!

- Judyangel
Project manager, WASH project
SOCHARA, Chennai.

ACTIVITIES

- 11 black spots cleaned in Maya bazaar community and 15 black spots were cleaned in Anandapuram community
- 900 Dry ration kits were distributed in Maya bazaar for community members and BBMP sanitation workers
- Monitored waste collection in Maya bazaar community
- Online awareness session on "Puberty - Understanding our body's changes" at Anandapuram and Maya Bazaar community, Bangalore
- Covid-19 vaccination camp organized by Namma clinic Chamarajpet our field coordinators and community volunteers actively participated in this vaccination camp held at Anandapuram community, Bangalore
- Online awareness session on "Puberty and associated changes" at five police clubs - Kodambakkam, Muthialpet, MKB nagar, Perumbakkam and Chintadripet, Chennai
- Developed a COVID 19 second wave guidelines: Preventions, precautions and control, translated it in Hindi, Tamil and Kannada and distributed in the community

Puberty- understanding the changes in our body

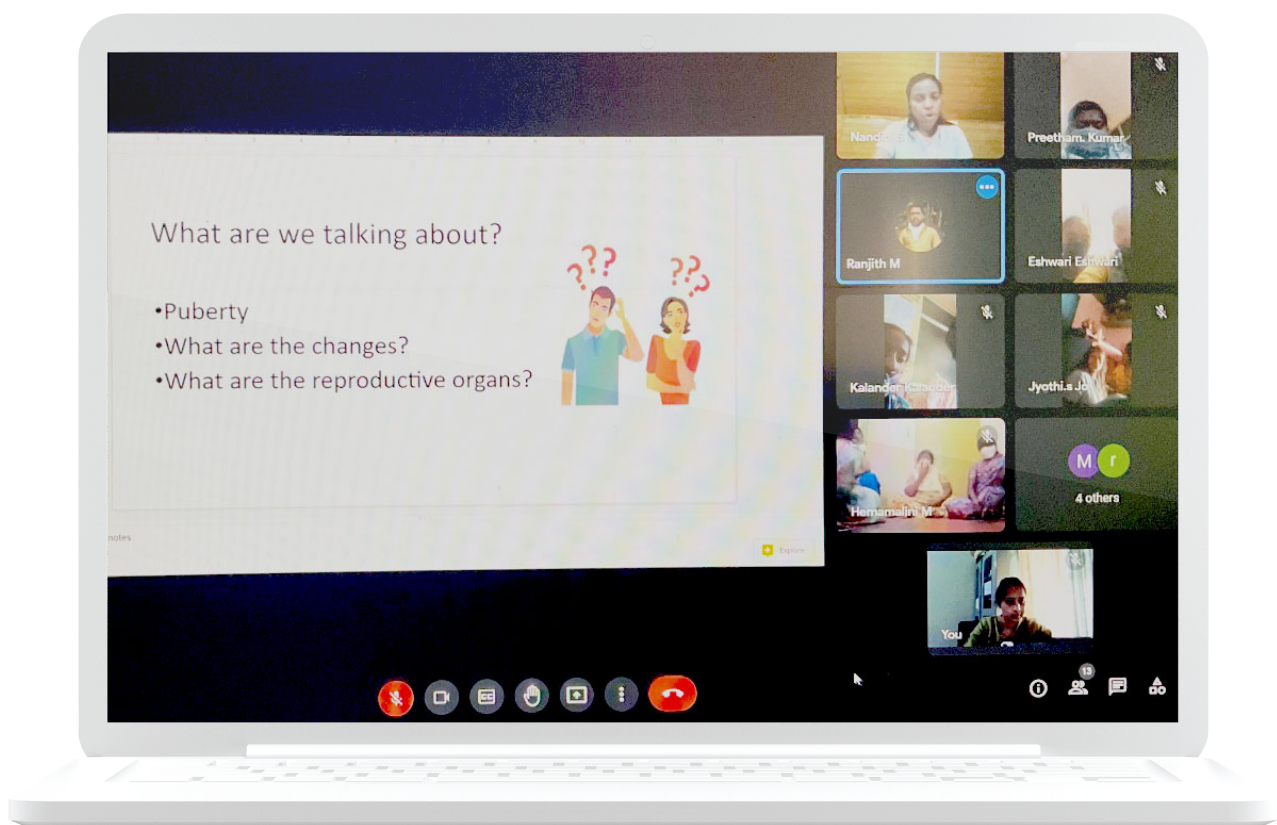
- Nandini

Puberty brings a lot of changes in the child and talking about growing up with a child can be daunting as a parent. The CWASH team has decided to address and create awareness on puberty and adolescence this month. Due to the ongoing pandemic the team has adopted online mode for its sessions. We conducted the awareness session for the women and mothers of adolescent children from Mayabazar and Anandhapuram community.

We began the session with a fun icebreaker to make them comfortable. We also reiterated that it's natural to feel shy, awkward or curious while talking about your body.

We had an interactive session with them where we explained the physical and emotional changes associated with adolescence in both sex. The participants were able to identify the changes associated in boys, girls and both. We also talked about the emotional changes that they undergo and how it can result in conflicting thoughts in them.

Soon the participants enthusiastically started pouring in questions regarding the menstrual cycle and the issues around it, sexual and reproductive health and hygiene. We promised them to take a separate session on menstrual hygiene management and they readily agreed to attend them. We ended the session reiterating that it's important to understand the changes in our body and to talk about it with their kids.



Learning about Growing Up!

-Srilakshmi Santhosh



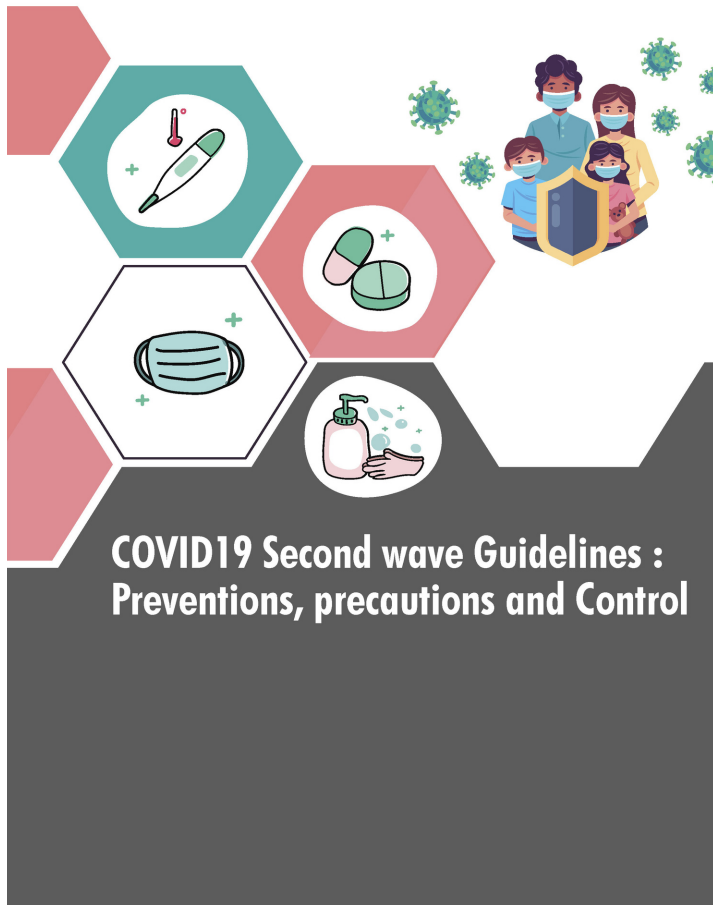
Amidst the second wave of the covid Pandemic, the CWASH Team have embarked on a new journey of Online sessions with the Police club children. Our previous interactions with the children had helped us to understand that there are certain inhibitions they have in regard to openly conversing on puberty and its associated changes. This month, we focused on addressing this 'elephant in the room' and took forward the conversations on physical and emotional changes that we experience during the time of adolescence. We conducted fun games and awareness sessions regarding Adolescence and its associated changes in 5 Police clubs of Kodambakkam, Muthialpet, Perumbakkam, MKB Nagar and Chintadripet. A total of 35 adolescent children attended the online sessions.

We opened up our session with a fun game called 'Open-Secret' where the participants were asked to note down the 'often talked about' and 'not so often talked about' changes that they experience while growing up. The children were able to narrow down the traits of growing up through this activity. Following the game session, we had interactive sessions and presentations explaining the biological process of entering Adulthood from Childhood concerning different genders. Students shared the physical and emotional distress they experienced at the time of Menstruation and the taboos that are still practiced in the communities. The team reinstated that the changes at the time of puberty are normal and that there is nothing to be ashamed of.

COVID 19 Second wave preventions and precautions

- Nandini

It's been more than a year since we saw the first outbreak of COVID19. Particularly the second wave has been disastrous for India. It's very important to understand and practise the precautions and preventions and to know the ways to control the spread if one is infected by it.




<https://drive.google.com/drive/folders/1khpNLj5vJxxaEhZtMYQYqofGjl076ooE?usp=sharing>

As a part of this month's awareness CWASH team (Bangalore and Chennai) created an awareness module on COVID19 preventions, precautions and control. The alarming pace of infections has sharply increased the severity of infections amongst patients. The high contagion rate is infecting more people, with entire families testing positive now. Keeping this concern in mind, the team had reached out to the community members to understand the concerns the community had regarding the prevention, testing and home isolation.

Based on the concerns the team had developed the module which addresses the COVID19 appropriate behaviors, the new symptoms, when to get tested and also how to home isolate and monitor the vitals. We also covered how to use an oximeter and thermometer correctly.

The module was translated in Hindi, Tamil and Kannada and was circulated among community members through online modes. It is important to create awareness because as responsible members of this community, we must take precaution-- not just for our sake, but for others as well.

 SOCHARA

 No 359,1st Main,1st Block,Koramangala, Bengaluru -560034,Karnataka

 cwash@sochara.org

 www.sochara.org

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