

# COMMUNITY SPEAKS

## HCL-F Supported SOCHARA's CWASH Project



### Foreword

HCL-f supported CWASH team is excited to present this month's newsletter to you. Prioritising the goal of working towards making our community areas a cleaner slum and striving for 'Health of all', Team CWASH came up with multiple activities this month. The start of the month was marked with the handing over ceremony of the newly constructed boys toilets at ASB High School, Anekal. And, One such ceremony was conducted in Chennai as well for handing over the renovated toilets of Chintadripet Police boys and Girls club.

World Breastfeeding Week is observed from 1 August to 7 August and as a responsibility to spread awareness around breastfeeding in our communities, Chennai and Bangalore CWASH team conducted sessions for lactating women in Maya Bazaar and Anandapuram and online sessions for lactating women from Perumbakkam, Kodambakkam, Saidapet and Chintadripet communities. As a part of this session an online interactive session with a gynaecologist was also conducted for the women from the later communities. Apart from this, awareness sessions on waste segregation and waste management were held in Maya Bazaar and Anandapuram on witnessing the poor management of waste by the community members. A milk packet collection campaign was introduced along with this session in the Maya Bazaar Community to make the residents understand the idea of 'recycling' and how a small shift in habit can help in eliminating bigger environmental and health repercussions. An Awareness session on water conservation and preservation was also observed for the 'World Water Week' in both the teams. Active participation from our field coordinators and field volunteers helped us in conducting the planned sessions successfully. We take this opportunity to thank them, the community members and our team for their cooperation. Their support is what keeps us going each and every day.

*Mallesh  
 Training and Research Assistant,  
 SOCHARA, Bangalore.*

## ACTIVITIES

- 89 black spots were cleaned in Maya Bazaar and Anandapuram, Bangalore.
- Conducted 8 Breastfeeding, 8 Waste management and 8 Waste segregation Awareness programmes in Maya Bazaar and Anandapuram, Bangalore.
- Meeting with BBMP Health Inspector and Supervisor to discuss on three way waste segregation to be followed in the Maya Bazaar community.
- Follow-up visits related to infrastructure development in Indalwadi School, Anekal, Bangalore.
- Monitored waste collection in Maya Bazaar and Anandapuram, Bangalore.
- 9 community meetings and 7 Community volunteers meetings were conducted in Maya Bazaar and Anandapuram altogether.
- Handing over ceremony of newly constructed boys toilets for ASB High School, Anekal, Bangalore.
- An Awareness session was conducted for the children as a part of 'World Water Week' at Maya Bazaar and Anandapuram, Bangalore.
- Infrastructure development related situation analysis by the team and contractor from Bangalore in Saidapet, Muthialpet and MKB nagar Police Boys and Girls club.
- An online Breastfeeding Awareness session was conducted with lactating mothers from Chintadripet, Perumbakkam, Kannagi Nagar and Saidapet, Chennai.
- An Online interactive session with a Gynaecologist was organised for the women from Perumbakkam, Kodambakkam and Saidapet communities, Chennai.
- 25 Kits were distributed to the lactating mothers who participated in the Breastfeeding awareness sessions conducted by the Chennai team.
- Handing over ceremony of renovated single unit girl's toilet infrastructure of Chintadripet Police Boys and Girls club, Chennai.
- Minor repair work related field visits to Project school - Lakshmiapuram Higher Secondary School, Chennai.
- An Awareness session for the children at Kodambakkam, Police Boys and Girls club as a part of "World Water Week".

# Breastfeeding: Care and Concerns

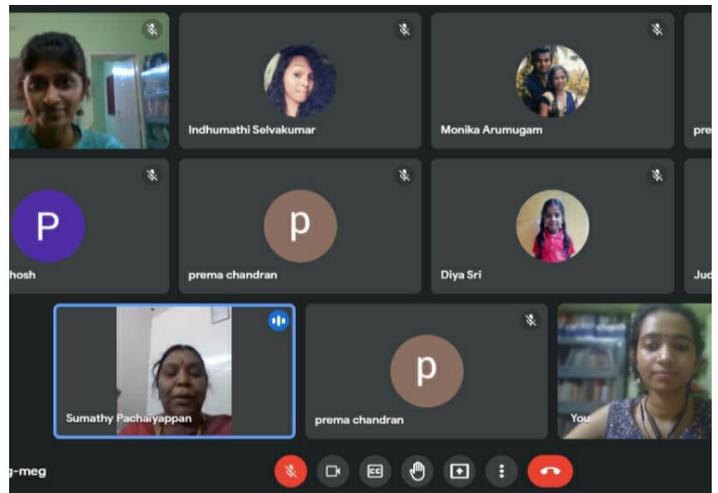
*Srilakshmi and Aadira Stephen*

As the World observed Breastfeeding Awareness Week from August 1 - 7, Team C WASH Bangalore and Chennai conducted awareness sessions with lactating mothers on the importance of breastfeeding. The Bangalore team conducted 8 offline sessions at Maya Bazaar and Anandapuram and a total of 94 participants attended the sessions. Women from Chintadripet, Perumbakkam, Kannagi Nagar and Saidapet communities had attended the online session conducted by the Chennai team, making a total of 28 participants.



In the first session, we discussed the nutritious goodness of breastmilk and the importance of feeding the infant in the Golden hour. We talked about Colostrum and how breastfeeding helps in the development of the brain, in building a better immune system, lowers the chances of infant death, and also fulfills the child's emotional needs. We also talked about the 'good attachment' in concern to comfortable positions for the Mother and baby.

The team went on to discuss breast congestion and the process of 'expressing the breast milk'. Through IEC Materials that the team had prepared, we explained Covid positive/symptomatic mothers can breastfeed the baby taking all the necessary Covid precautions. We elaborately talked about maintaining covid precautions including masking, sanitizing and keeping the surroundings clean whilst breastfeeding the baby.



As the Chennai team received a lot of queries regarding breastfeeding, they organized a follow up session with the mothers and Dr. Sumathi on 5th August, where she addressed the queries of the women concerning the nutritional intake of the mother during the period of lactation, on supplementary feeding after 6 months etc. The participants talked about the difficulties/pain/tingling sensation that they experience while breastfeeding the baby. Doctor reassured the mothers that positive/symptomatic mothers can breastfeed the baby taking all the necessary Covid precautions. We received an overwhelming response in regards to the Q and A session, making it a safe space for lactating and expecting mothers to talk about the challenges they face.

# Towards building healthier community

*Judyangel and Aadira Stephen*

Team Bangalore and Chennai created a one other forum to encourage appropriate WASH behaviours in the community we work. The occasion on August 3 and August 21, marked the handing over ceremony of the newly constructed boy's toilet at ASB High School, Anekal in Bangalore and renovated single unit girls' toilet infrastructure of Chintadripet Police Boys and Girls club, Chennai following all the covid appropriate behaviours.



In Chennai, with the atmosphere full of great zest, vibrancy and elation, the event began with an invocation song of Tamil Thai Vazhthu. The ceremony was attended by HCL-F Team Marshal Kumar and Newton Raj, Don Bosco Anbu Illam's (DBAI's) Assistant director Father James and F-1 Chintadripet Police Station Sub Inspector Sivalingam, DBAI team members, Police club members and Sochara Team Members. The addressals by the representatives from HCL-F, DBAI and Police Boys & Girls club shed light on how this particular development enhances the health of the children and despite being essential but also beneficial, offers a comfortable club environment for the students to explore their talents. Then came a very spirit alive, after the keynote address by the invited guests, and the team was excited to handover the keys to the scoutmaster, children and club incharges, necessitating the collective and individual responsibility for maintaining the sanitary block in the days ahead

The students vied with each other and gave their best shot of speeches on "health and hygiene". The team complimented the students for their impeccable performances and distributed gifts to all the children who showcased their talent in speech with full zeal and enthusiasm. The programme culminated with a concluding note, "WASH infrastructure without behaviour change isn't WASH".



In Bangalore, the ceremony was attended by Mr. Joshua from HCL Foundation, Mr. Narasimha from BEO, Headmaster of ASB High School, Principal of ASB High School, Few Teaching Staff and Sochara Team Members. The event was followed by enlightening addressals by the invited guests which in turn filled the atmosphere with energy and enthusiasm. During one of the addressals it was highlighted that this ceremony was a big turning point for the boy students as it commemorates the inauguration of toilets, the presence of which was absent in their school life all this time. It was told that the boys used to use the open space as they had no other option. The School authorities reiterated how happy the students would be on seeing this new transformative change and thanked the team for this initiative. The event ended on a happy note with the distribution of plants to all the invited guests and with the team members being satisfied with the work and energy being put up for this project turning out to be successful.



# Recycle it all, No matter how small

*Aadira Stephen*

As a part of creating awareness around waste segregation in the Mayabazaar community, Team CWASH came up with a Milk Packet Cover Collection Drive this month to make the community aware of what change a little step from their side can bring to the betterment of the environment. The main motive behind this campaign is to make the community understand the importance of being able to eradicate the bigger environmental and health consequences by adapting the habit of collecting milk packets and helping the team to send it for recycling. Milk packet's waste is something which is generated from most of the households which made us feel that this should be the stepping stone to achieve this aim of building an environment conscious community.



The Campaign's importance and purpose was addressed to the field coordinators and field volunteers who were supposed to take it up and spread it among the residents. This session also explained how to cut the milk packets properly and why it is important. The participants were fascinated to know that the tiny fragment of the milk packet that is cut while opening it cannot be recycled and a small change in this habit can make a huge impact by eliminating the accumulation of immense waste generated by these bits. The drive was not only a way to create awareness but it was also a way to bring in a gift of income through this practice where the collected milk packets would be sold and the money collected would be used for the welfare of the community.

The Drive is being carried out successfully in the community with the collection of packets increasing with each passing day and more and more people coming forward to contribute to this campaign.

# 'Save the drop': World Water Week

Aadira Stephen

As a part of World water week which was observed from 23-27 August, Team C WASH conducted an interactive session for the children of our community. The Bangalore team conducted 2 sessions with the children of Maya Bazaar and Anandapuram Communities and The Chennai team conducted a session with the children at Kodambakkam Police Club.



The session was planned in a way that it would strike a chord in the young minds and instill them with feelings of responsibility towards Mother Earth. The team made it a point to highlight the importance of water conservation and preservation through visuals and games to make the children glued to the session and help them understand how a slight change in their daily routine can bring in bigger results in the near future.

The health impacts of unsafe drinking water was also brought to notice to the target audience by illustrating a story followed by a discussion after the story. In addition to this, the environmental degradation caused by the careless deeds of humankind was emphasized in the session, making the children understand how polluting our water bodies would ultimately lead to our health in danger. The session was wrapped up on a final note by giving advice to the future generation on what all can be done to save water. It was a fun interactive session where children were seen highly charged and motivated at the end of the session.



**SOCHARA**



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



[cwash@sochara.org](mailto:cwash@sochara.org)



[www.sochara.org](http://www.sochara.org)



[sochara](https://www.facebook.com/sochara)



[Sochara CWASH](https://twitter.com/SocharaCWASH)



[Sochara CWASH](https://www.instagram.com/SocharaCWASH)