



## Mestriamma

Kodigehalli Slum, Hoodi, KR Pura, Bangalore East, Bangalore Urban

## Sustainable Household Energy- Driving Change Through Improved Cook Stoves

### Mestriamma

Mestriamma used to wake up at 4am daily to cook for her family of 12- her husband, two children and the couple's eight brothers. Their house in Kodigehalli slum a large hall -no separate kitchen or attached bathroom. And so, she would cook outside the house every morning and evening.

Cooking for 12 people, took a toll on Mestriamma. She would cook 4 kg of rice & Sambhar in the morning and 50 rotis and vegetables for dinner alone, a huge chore daily.

A cooking camp by CARE India, teaching participants about Improved Cook Stoves (ICS), their benefits and do's and don'ts, including the health and economic impacts of traditional cooking methods has been a game changer. She learnt by observing various

stove models, demonstrations and their use. Mestriamma attended several **Sustainable Household Energy (SHE)** school sessions, helping her realise that adopting an ICS would change her life. Cooking time and cost of fuel reduced from the high of Rs.4,000/month.

Mestriamma now has more time to herself and extra money to spend or save, and does not inhale massive amounts of smoke, thanks to her new and improved cooking stove. While cooking for 12 people still is a colossal daily task, it doesn't feel as colossal now.

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## Breaking Barriers for 21st Century Education

Seema Rajput, Sr. Technical Specialist, CARE India moderated a panel on **"Leaving No One Behind - Bridging the Learning Gap"**, discussing possible strategies to accelerate change in modes of delivering quality education so that no one is left behind and how children can be supported to cope better and acquire grade appropriate competencies and skills that are required rather essential to survive in 21<sup>st</sup> century.

SRF Foundation organised a National Conference on 'Democratizing Digital: Breaking Barriers for 21st Century Education, 2022' on the occasion of International Girl Child day. This initiative brought industry leaders, thinkers, doers, exhibitors, and policymakers together on a shared platform, offering opportunities to connect, network, and shape the future to achieve 'digital literacy for all'.

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## POSHAN MAAH

Nutrition Month- Fun For Nutrition  
Bhilwara, Chittorgarh (Rajasthan)

Project Khushi - Bhilwara, Chittorgarh (Rajasthan) team celebrated nutrition month at Anganwadi centres. Various events 'Run for Poshan', Recipe demonstration, Essay Writing competition were undertaken. District-level recipe competition with ICDS and health department were organised at district level & representative of the government along with the community participated. 500 Anganwadi's with 5000+ community members were covered.

The KHUSHI team also did a screening of children below 5 years of age for identification of Severely Affected Malnutrition (SAM) and Moderate Acute Malnutrition children. Till 29<sup>th</sup> Sep 22 approx. 21000 children were screened. The team also referred SAM children with medical complications to Malnutrition Treatment Centre/Hospitals for treatment.

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## Succour From Floods- Odisha

Incessant rains in Odisha and in its upper catchment areas since 08th of August triggered floods in the Mahanadi River basin. The flood situation further aggravated on account of several breaches in the embankments in Puri, Khorda, Kendrapada and Jagatsinghpur. The Odisha floods has affected 13 districts and almost 7lakh people.

CARE India with generous support of multiple donors, and under the watchful eye of Odisha State Disaster Management Authority (OSDMA) distributed Ration, Wash, dignity, shelter kits, including chlorination tablets and training of households on usage. Individuals were trained for water storage and treatment at community level, Hygiene promotion activities were conducted in the villages and schools. CARE has been responding to disasters in India for more than 65 years. CARE India considers disaster preparedness and response as a critical aspect of its organisational mandate.

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## Menstrual Hygiene Management for women & adolescent girls & WASH Andhra Pradesh, Karnataka and Telangana



CARE is partnering with UNICEF to scale up and sustain WASH services in Anganwadi's and Health Care Facilities, and Menstrual Hygiene Management (MHM) services in Andhra Pradesh, Karnataka and Telangana.

12 districts to be enabled to plan and implement WASH in Health Care Facilities, 3 districts are to be enabled to plan and implement WASH in Anganwadis, up to 1500 vaccination Centres with critical WASH services, demonstrate 180 centres as model WASH and CAB vaccination centres and create 15 Models on WASH in anganwadis.

- Ensuring adequate and safe water, sanitation and hygiene services in Anganwadi's.
- Bringing increased focus on WASH in healthcare facilities (HCFs).
- Improving MHM among women and adolescent girls.
- Installation of hand-washing stations in 1500 HCFs.
- Celebrating important milestones

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## Giving wings to aspirations of marginalised girls Malad, Mumbai, India



UDAAN project aims to **provide 2000 girls from Malad Slums, the opportunities to realise their potential and lead a better social and economic life.** The project supports adolescent girls to:

- Fulfill their educational dreams
- Actualise their career and vocational goals
- Aware of their own physical, psychological and social wellbeing
- Become role models for younger girls of their community
- Connect with and learn from other girls in their community

The girls at the project were introduced to their mentors. These mentors are Disney Star employees from all over India, who have a keen interest in development. Interaction with them provided these girls with exposure, perspective and confidence to their lives. A health camp was also organised in the project location -700 girls participated with their mothers. Thyroid and some other basic tests were conducted, and referrals to hospitals were made, to ensure that these girls remain in the best of health.

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