

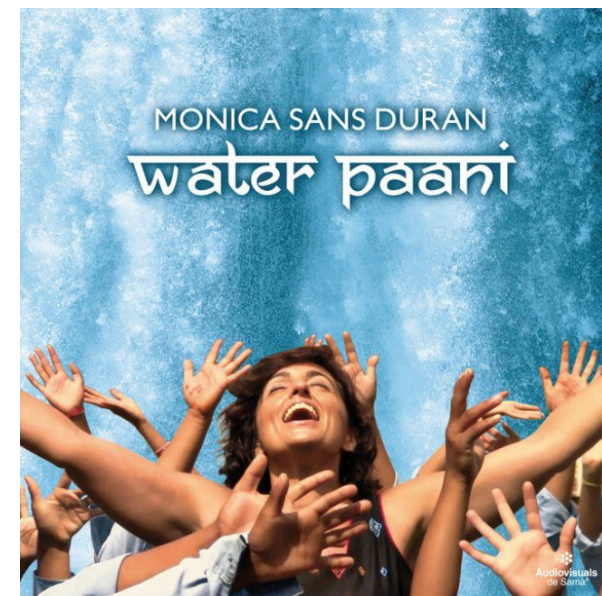
“WATER PAANI” SONG

WHY A SONG ABOUT WATER?

WATER PAANI is a social awareness song created by **Monica Sans Duran**, architect and singer-songwriter. Unsafe water is one of the main problems people face in remote rural areas of Nepal. It causes many types of waterborne diseases, some of them being fatal. Taking individual preventive measures is simple and inexpensive. However, to make this happen, people need to be informed to become fully aware of it. This song is about the importance of treating water before drinking it. It was written with the sole aim of spreading this important health message in a fun and entertaining way.

Music is a very powerful tool that connects humans, transcending age, race or culture. That's why a **song** is one of the most effective awareness materials to be used, as it touches people in a deeper way than anything else. The song was structured in different parts, each of them explaining different topics related to water. Then a visual presentation was created after each song-part, which can be seen in the following pages.

The song was recorded in Catalonia and Nepal, along with **KJC, Kathmandu Jazz Conservatory**. The video was sponsored by **Tarannà Viatges Amb Sentit** and the song dissemination is done through **Awasuka Program**, a Habitat Improvement Program developed by the catalan organizations: **Amics del Nepal** NGO, **Base-A** NGO and **CCD-UPC** University.



BARCELONA & MADRID MUSICIANS

Voice: Monica Sans Duran | **Acoustic Guitar:** Luís Morate | **Background Vocals:** Laia Porta | **Percussion & Water:** Dani Forcada | **Double Bass:** Pere Loewe

KATHMANDU MUSICIANS

Chaturangi: Roshan Sharma | **Tabala:** Navaraj Gurung | **Choir Conductor:** Albertina Barceló | **Chorus Adaptation to Nepali:** Ashok Sivakoti | **Choir Voices:** Anamika Tamang “Anu”, Nikki Rai, Rabina Mahat, Juhi Magar, Arjun Budathoki, Sushmita Sunwar, Asmita Rajbansi, Sujata Rajbansi, Elisha Bansi, Suju Gurung, Shanti Nepali, Awantika Tamang “Abu”, Meenisha Dhamala, Nima Tamang, Dolma Tamang, Rojina Sigdel, Grace Lama, Albertina Barceló, Laia Porta & Monica Sans

SOUND ENGINEERS

Recordings, Amblar Studio - Barcelona Edu Amblar | **Recordings,** El Terral - Madrid Luis Morate | **Recordings,** KJC Productions - Kathmandu Manzil KC | **Mixing,** Amblar Studio - Barcelona Edu Amblar | **Kadifornia Mastering** - Cádiz Mario G. Alberni

PHONOGRAPHIC EDITION

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VIDEO

Director & Camera: Juan Carlos Lausín | **Image Editing:** Sara López | **Water Dancer:** Laia Porta | **Producer:** Monica Sans | **Production Assistant:** Sònia Miguel | **Barcelona Location Scout:** Carles Turró | **KJC Productions Shooting:** Arisha Maharjan | **Bhimphedi Shooting:** Nirmal Lama | **Kathmandu Shooting:** Illia Torralba | **Water Set & Special FX:** In Extremis Film Services

SPECIAL THANKS

Ferran Martí, Juan Carlos Lausín, Luís Morate, Carles Turró, Ramon Polo, Nirmal Lama & Bhimphedi Guys, Sergio Hoyuelos, Mariano Abello, Albertina Barceló, KJC NAG CHOIR, Ashok Sivakoti, Laia Porta, Sara López, Lluís Rivera, Chivis, Carme Pla, Daniel Roig, Mario G. Alberni, Eduardo Amblar, Joan Ribó, Trini Serra, Romeo Chhetri, Ria Lama, Ricardo Riera, Ramnam Thing, Paula Minguell, Eduard Garcia, Paula Moya, Miquel Comas, Màgic Andreu, Kathmandu Jazz Conservatory, Bhimphedi Bhim Adhar School children, Bhimphedi Shree Mahendra School children, Bhimphedi Home children, Bhimphedi people, Patan children, Siphel Home children, Nepal Art Handicrafts & all the people of Amics del Nepal and Tarannà.

WATER PAANI song is available in all digital distribution platforms around the world. **Water Paani** video is available in Youtube. **Water Paani** awareness material is available in **Awasuka's** website in downloadable format.

1. WATER CYCLE & HUMAN BODY

“WATER PAANI” SONG LYRICS


1st VERSE:

Water is something that we need for **living**,
It's good for our **body**, it's good for our soul,
Water starts flowing when the **skies** do their draining,
And runs **through the valleys** like fresh liquid gold.

“WATER PAANI” ACTIVITY

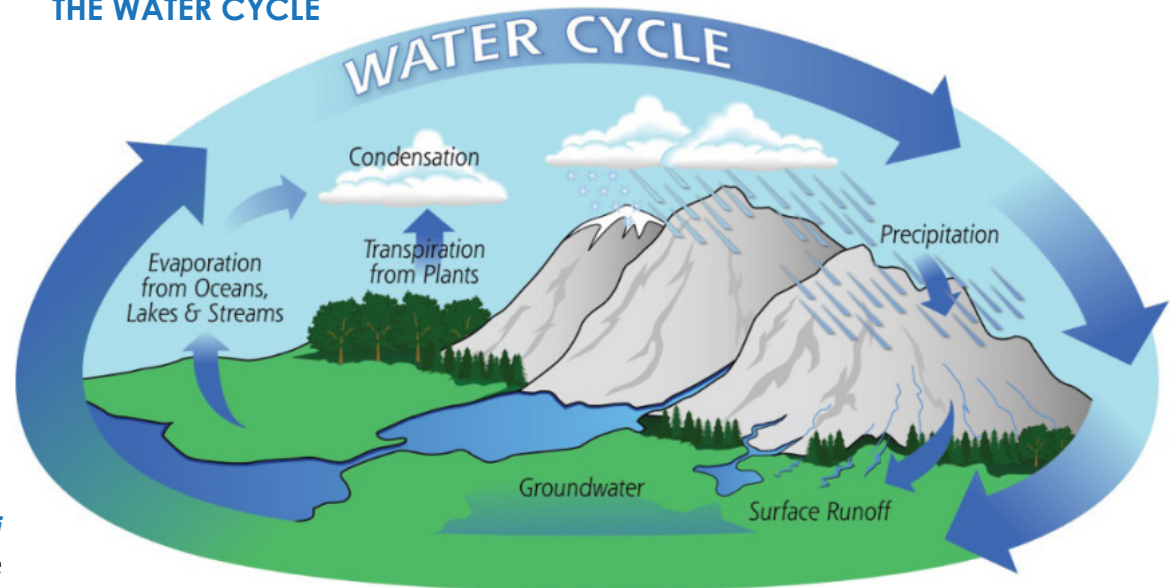
The social mobilizer shows a slide with the 1st verse of **Water Paani** lyrics and plays it - he has separate audio files for each part of the song. Then he talks about the two main topics mentioned this verse: the benefits of water in human body and the water cycle. Following, he organizes interactive activities and games related to these topics, with the help of slides and cardboards where all the information is displayed. At the end he plays the 1st verse again and they sing it all together. This time, the audience relates the lyrics of the song to this recently acquired knowledge. It will remain fixed in their minds.



 Water Paani_01-Cut.mp3

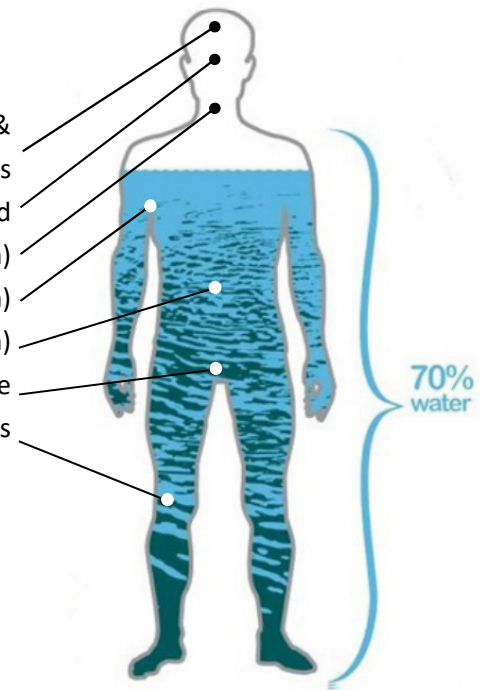


THE WATER CYCLE



WATER BENEFITS IN THE HUMAN BODY

- Needed by the brain to manufacture hormones & neurotransmitters
- Acts as a shock absorber for brain and spinal cord
- Forms Saliva (digestion)
- Regulates body temperature (sweating & transpiration)
- Converts food for survival (digestion)
- Flushes Body waste, mainly urine
- Lubricates Joints



Water is the major component of most body parts:

- Helps deliver oxygen all over the body
- Allows body's cells to grow, reproduce and survive
- Keeps mucosal membranes moist

2. WATER CONTAMINATION

“WATER PAANI” SONG LYRICS


2nd VERSE:

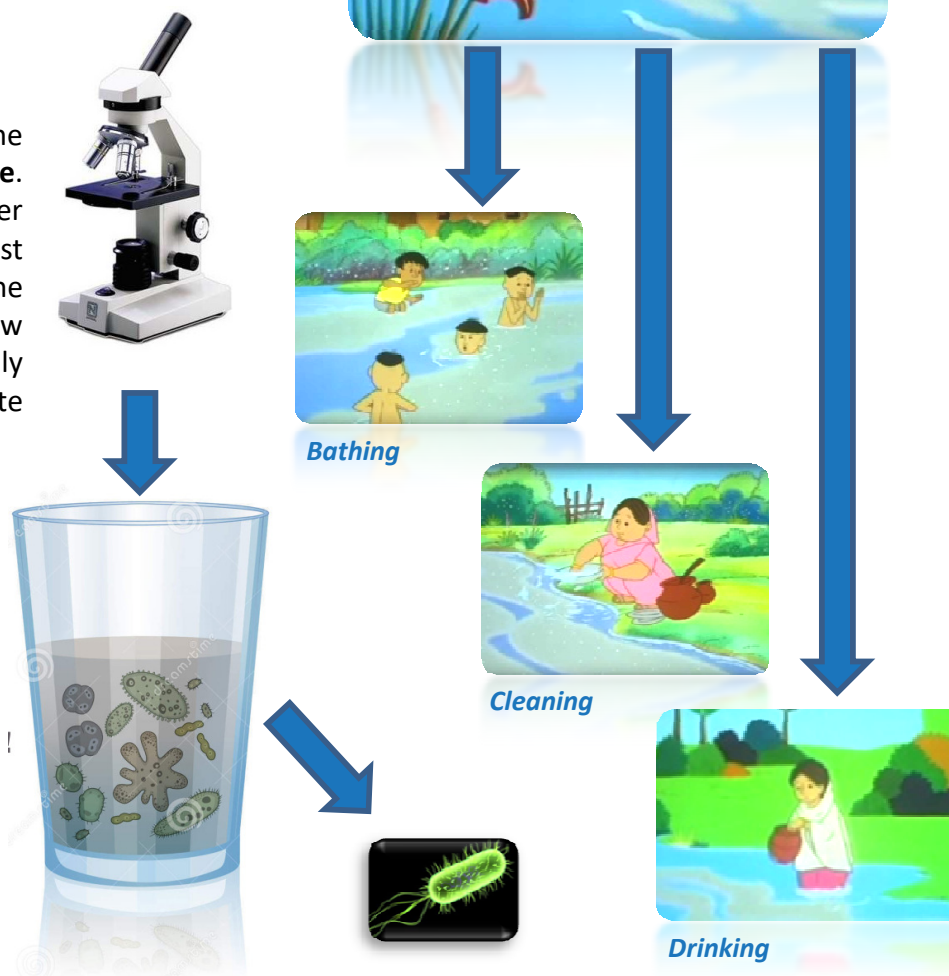
Water is something that can be **corrupted**
It's bad for our **body**, it's bad for our soul,
Water gets grimy when the **people** neglect it,
Not burying their **wastes** in appropriate holes.

“WATER PAANI” ACTIVITY

The social mobilizer repeats exactly the same operations, but this time with the **2nd verse**. He talks about the three types of water contamination and explains that the most important one in Nepal rural areas is the biological one. Following, he explains how water from rivers and streams can get easily contaminated by the lack of “appropriate holes” or latrines.



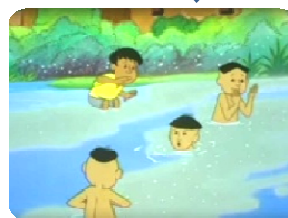
 Water Paani_02-Cut.mp3



BIOLOGICAL POLLUTION



Meena Cartoon, UNICEF



Bathing



Cleaning



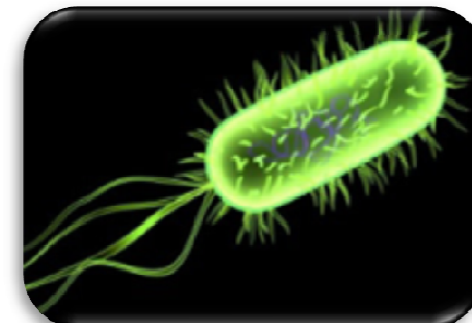
Drinking

PHYSICAL POLLUTION



Suspended Solids like: Clay, Dust, Small Pieces of Leaves...

BIOLOGICAL POLLUTION



Invisible bacteria, viruses, parasites only visible by microscope

CHEMICAL POLLUTION



Dangerous leakages from industries, toxic metals, pesticides...

3. WATERBORNE DISEASES

“WATER PAANI” SONG LYRICS


3rd VERSE:

Water is something that can cause **infections**
It harms all our **body**, it harms all our **soul**,
Germs are inside it, and we must take some action,
by **treating** the water the way we were told:

“WATER PAANI” ACTIVITY

The social mobilizer repeats the strategy, this time with the **3rd verse**. When focusing in biological pollution, he talks about the three main bacteria present in contaminated water and the diseases they cause. He also emphasizes that having regular gastric problems, diarrhea and thypoid fever is not normal, as many people living in rural areas tend to think they are common sufferings.



 Water Paani_03-Cut.mp3



IMPORTANT NOTICE:

Gastric, Diarrhea & Typhoid Fever
Are Not Normal !!!

*All these diseases are produced by
contaminated water*

Water **Bacteria**, only visible through **microscope**:

Sterichia Coli (E. Coli)

Nausea, **vomiting**, abdominal pain (“**gastric**”), diarrhea, fever, pneumonia, urinary tract infection (UTI).

Salmonella Typhir

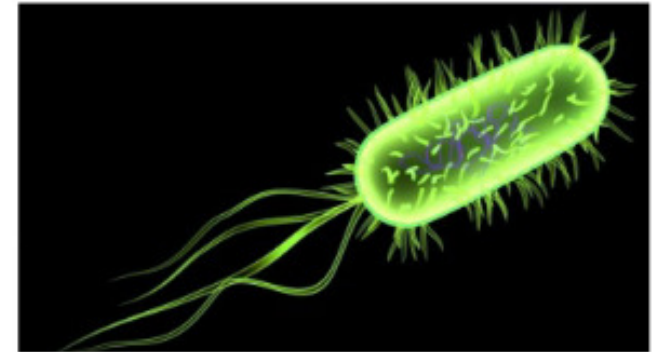
Salmonella infection (or salmonellosis), abdominal pain (“**gastric**”), diarrhea, **typhoid fever**, headache, vomiting.

Vibrio Cholerae

Severe diarrhea, causes death if totally dehydrated.
Caused by drinking water infected with Vibrio Cholerae.

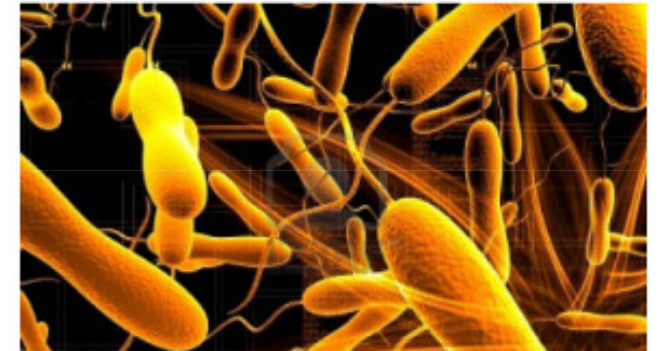


STERICHIA COLI



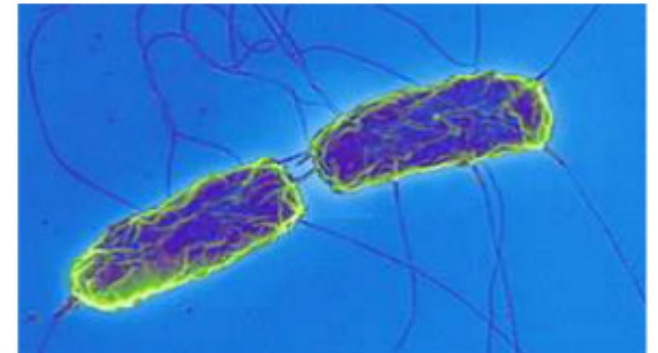
Diarrhea

SALMONELLA TYPHR



Typhoid

VIBRIO CHOLERA



Cholera

4. WATER TREATMENT SOLUTIONS

“WATER PAANI” SONG LYRICS


BRIDGE:

Water must be **disinfected**,
If you really wanna be well **hydrated**!
Filter, **boil** or **chlorinate** it,
If you **don't** wanna be **intoxicated**!!

“WATER PAANI” ACTIVITY

The social mobilizer plays the **bridge** of the song and repeats the same operations. He explains the type of treatment needed for each type of pollution, clarifying that chemical pollution is not common in Nepal rural areas. Hence, everybody must focus in filtration and disinfection, as water cannot be disinfected if it hasn't been filtrated first. Disinfection can be done either boiling (which takes up too much fuel) or chlorinating (which is simple, fast and cost-effective).



 Water Paani_04-Cut.mp3

FILTER, BOIL or CHLORINATE

Not treated:
Don't drink it!



Unsafe Water



Treated:
Enjoy & Drink it!



Safe Water



FILTRATION

1.



Needed in Nepal rural areas

1. Filter!
2. Boil !
3. Chlorinate !

Physical Pollution

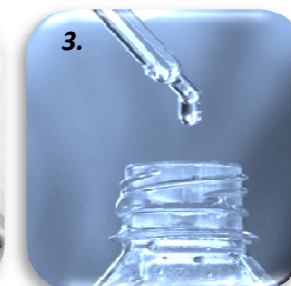
DISINFECTION

2.



Biological Pollution

3.



Needed in rural areas

PLANT TREATMENT



Chemical Pollution

Not needed in Nepal rural areas

CHLORINATION



Chlorine: **2-3 Drops** per Liter
Wait: **30 Minutes** before Drinking



5. WATER AWARENESS MESSAGE

“WATER PAANI” SONG LYRICS

CHORUS:

Water, Paani!

*Don't drink water if you don't know it's **safe**!*

Water, Paani!

*Don't drink water if you don't know it's **safe**!*

“WATER PAANI” ACTIVITY

The social mobilizer finally plays the **chorus** of the song, which summarizes the awareness message in one single concept: don't drink unsafe water. During this section, the chlorination process is explained a second time, as it is the most important information we are willing to convey: how to obtain safe water in a simple, fast and cost-effective way. And once this is fully understood, then he talks about safety packages, as they are essential to preserve disinfected water for a long time.



Water Paani_05-1-Cut.mp3
Water Paani_05-2-Cut.mp3

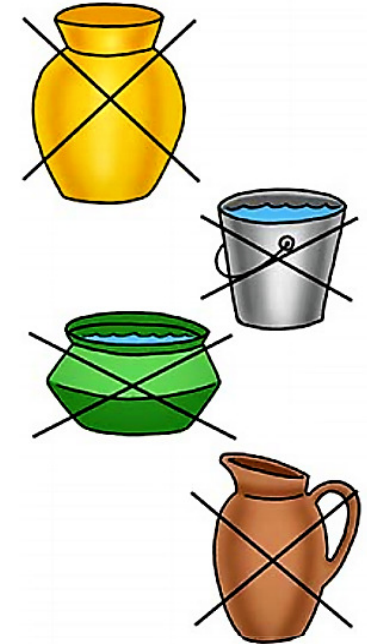
DON'T DRINK UNSAFE WATER



Safe Water,
Healthy Living!



UNSAFE PACKAGES



SAFE PACKAGES

