

WATER-PAANI ACTIVITIES



BHIMPHEDI AWASUKA



भीमफेदी आवासुका





1.

WATER CYCLE & HUMAN BODY

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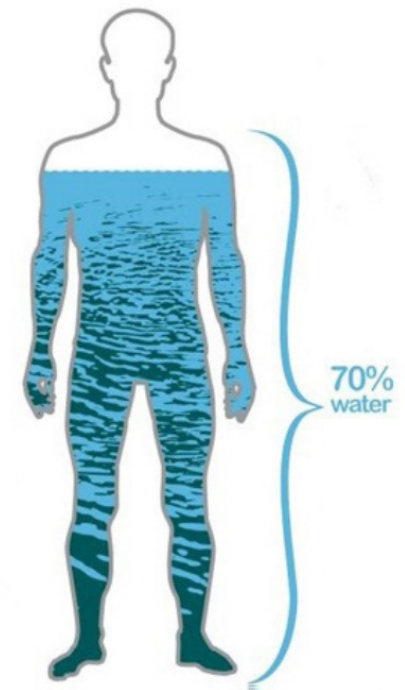
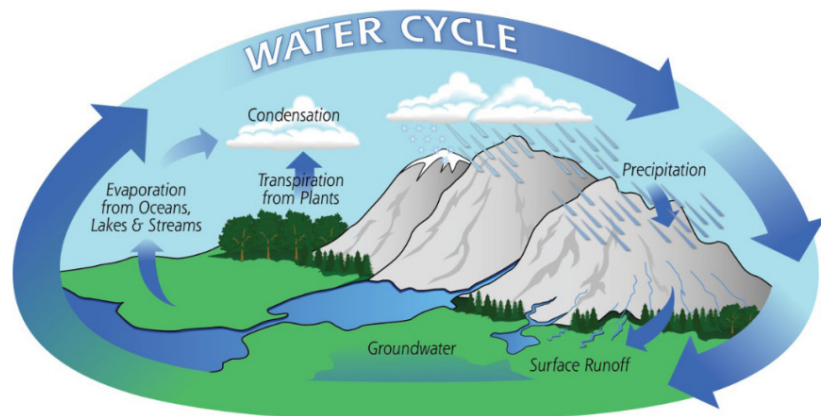


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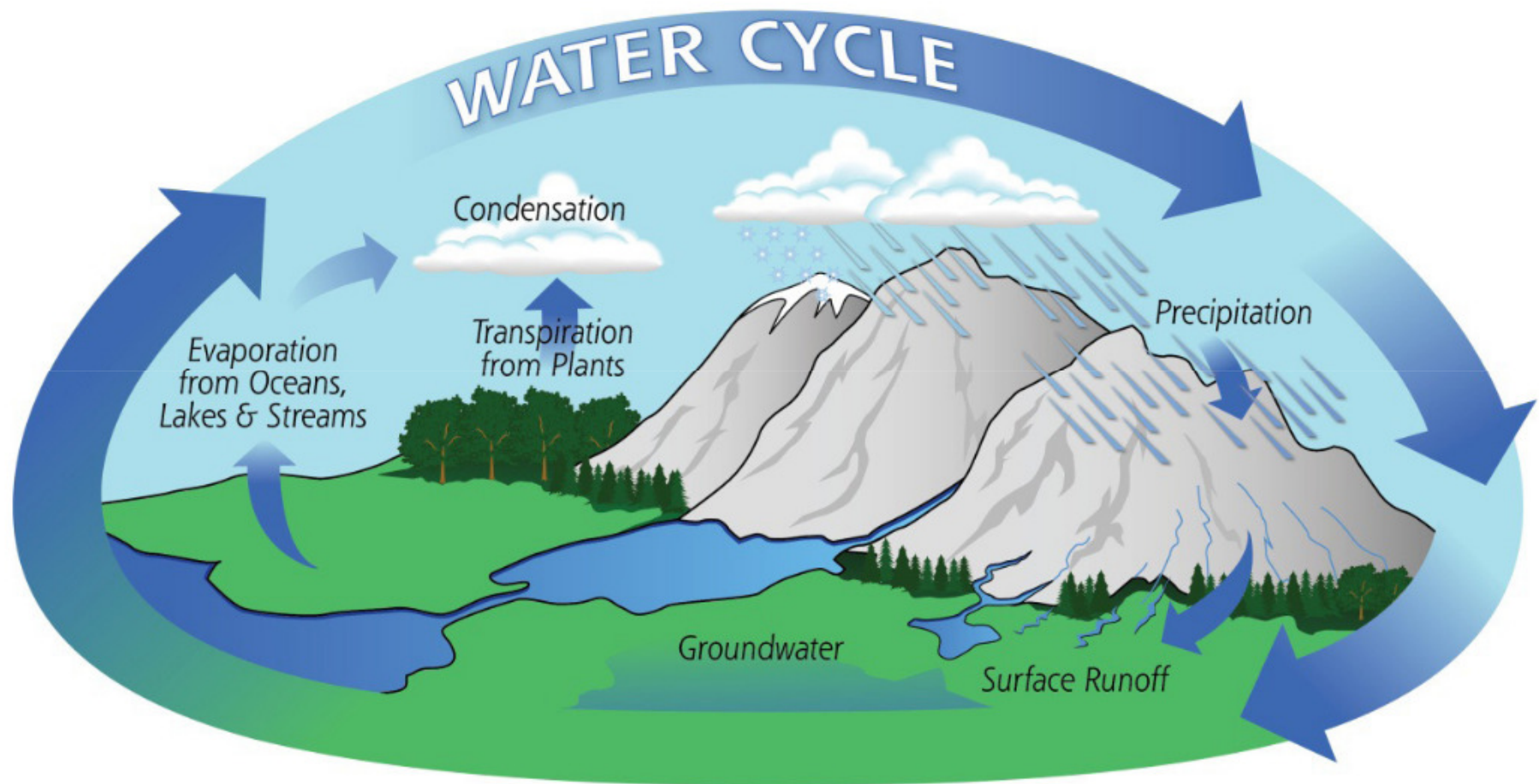
Water-Paani Song Lyrics:

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.



1.

Water Cycle & Human Body



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What does Water do for You?

Needed by the brain to manufacture hormones & neurotransmitters

Acts as a shock absorber for brain and spinal cord

Froms Saliva (digestion)

Regulates body temperature (sweating & transpiration)

Converts food for survival (digestion)

Flushes Body waste, mainly urine

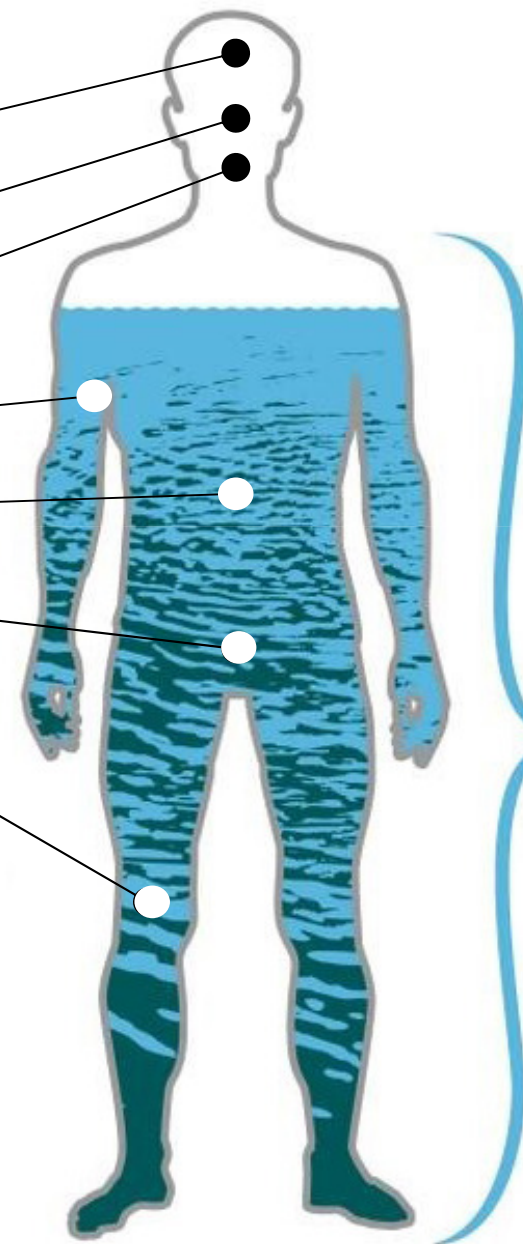
Lubricates Joints



70%
water

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

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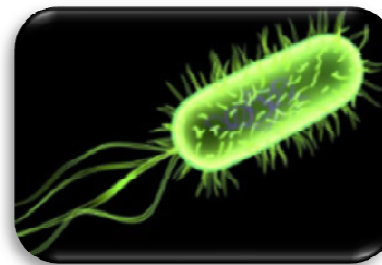


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Water-Paani Song Lyrics:

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.



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



Invisible bacteria, viruses,
parasites only visible by
microscope



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



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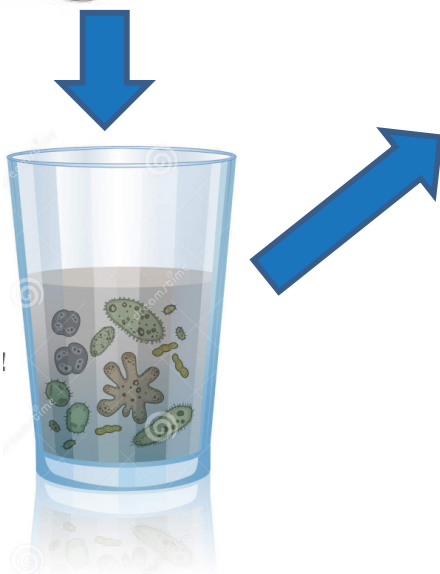


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Invisible bacteria, viruses, parasites only visible by microscope



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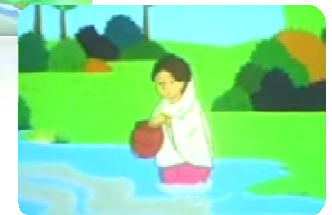
Meena Cartoon - UNICEF



Bathing



Cleaning



Drinking

Waste must go to
"appropriate holes"
or latrines, not to rivers



3.

WATERBORNE DISEASES

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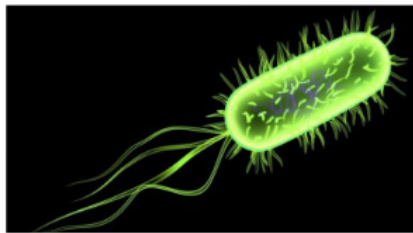


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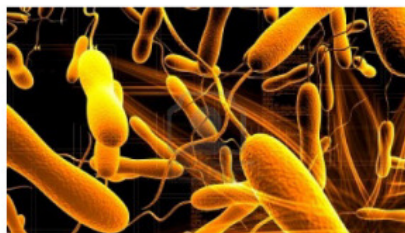


Water-Paani Song Lyrics:

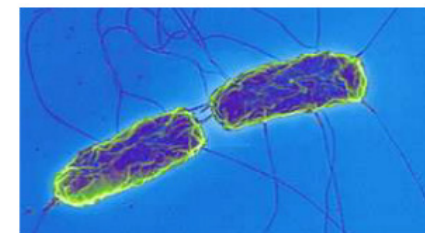
Water is something that can cause **infections**
It harms all our **body**, it harms all our **soul**,
Germs are inside it, and we must take some action,
by **treating** the water the way we were told:



Diarrhea



Typhoid



Cholera

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.



IMPORTANT NOTICE:

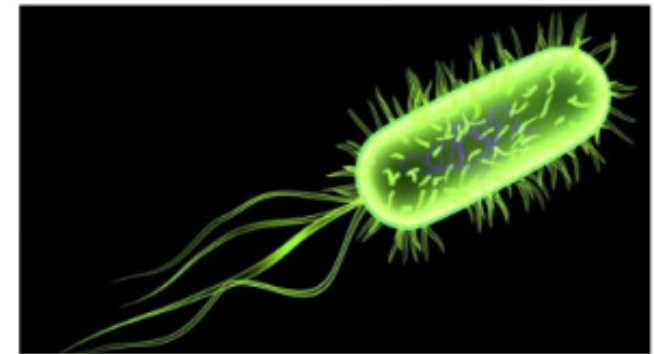
**Gastric, Diarrhea & Typhoid Fever
Are Not Normal !!!**

*All these diseases are produced by
contaminated water*

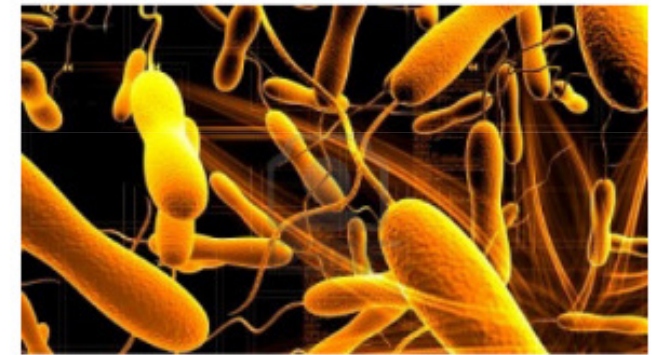
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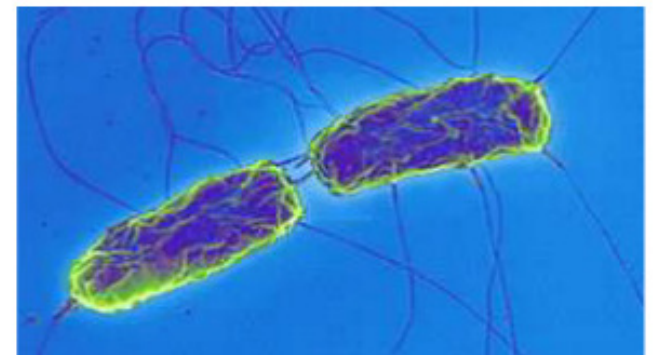
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Sterichia Coli



Salmonella Typhr



Vibrio cholerae



4.

WATER TREATMENT SOLUTIONS

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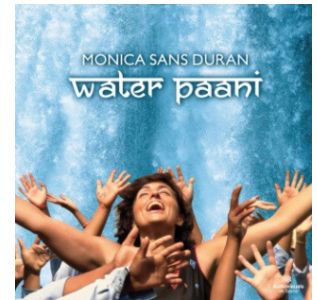


4.

Water Treatment Solutions

Water-Paani Song Lyrics:

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



Filter !



Boil !



Chlorinate !

4.

Water Treatment Solutions

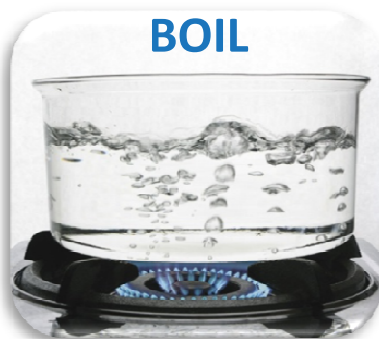
FILTER



FILTRATION

**PHYSICAL
POLLUTION**

BOIL



CHLORINATE



DISINFECTION

**BIOLOGICAL
POLLUTION**



Not Needed in Rural Areas

**CHEMICAL
POLLUTION**

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4.

Water Treatment Solutions

**Not treated:
Don't drink it!**



Unsafe Water



**Treated:
Enjoy & Drink it!**



Safe Water



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4.

Water Treatment Solutions



Chlorine:
2-3 Drops
per Liter



Wait:
30 Minutes
before Drinking



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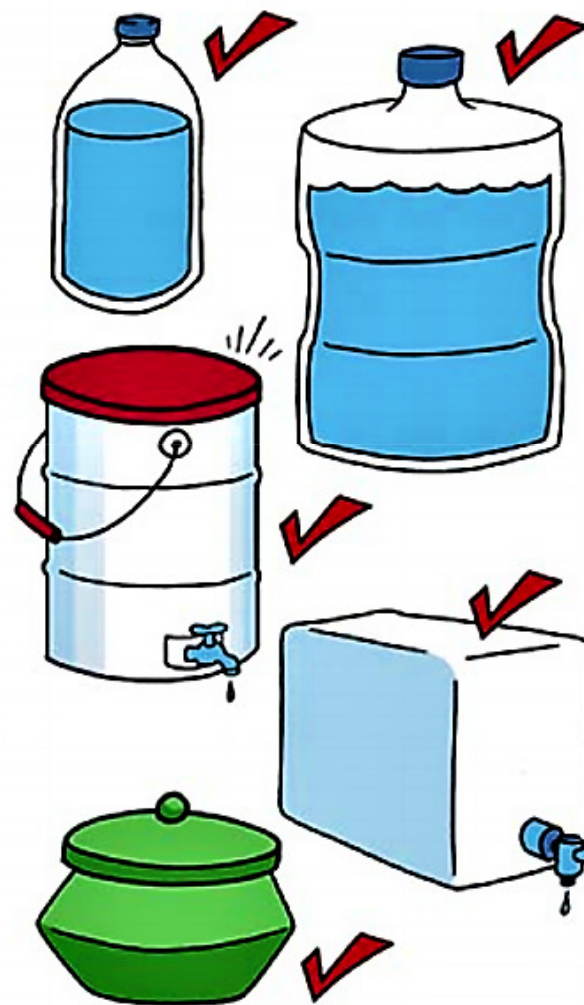
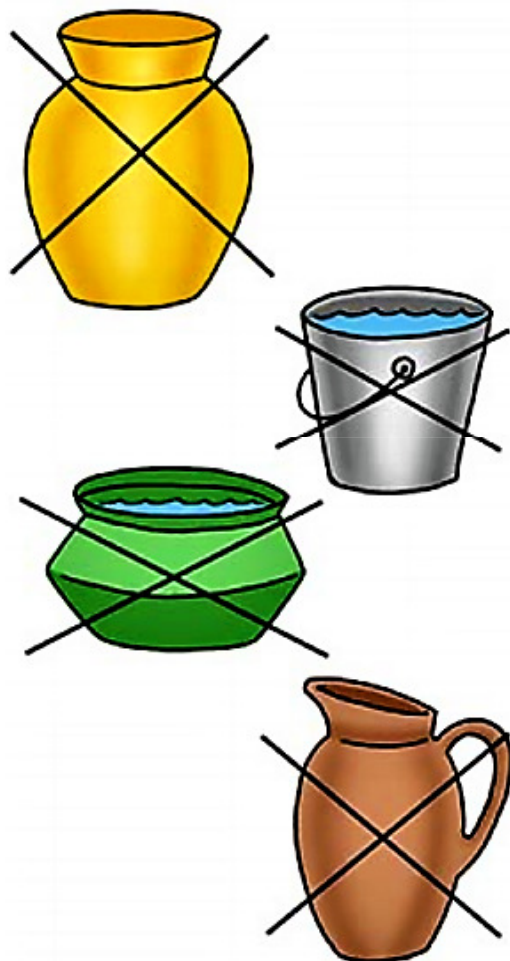
4.

Water Treatment Solutions

SAFE PACKAGES



Unsafe
Package



Safe
Package

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5. WATER AWARENESS MESSAGE: *WATER, PAANI!*

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Water-Paani Song Lyrics:

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_05-1-Cut.mp3



Water Paani_05-2-Cut.mp3



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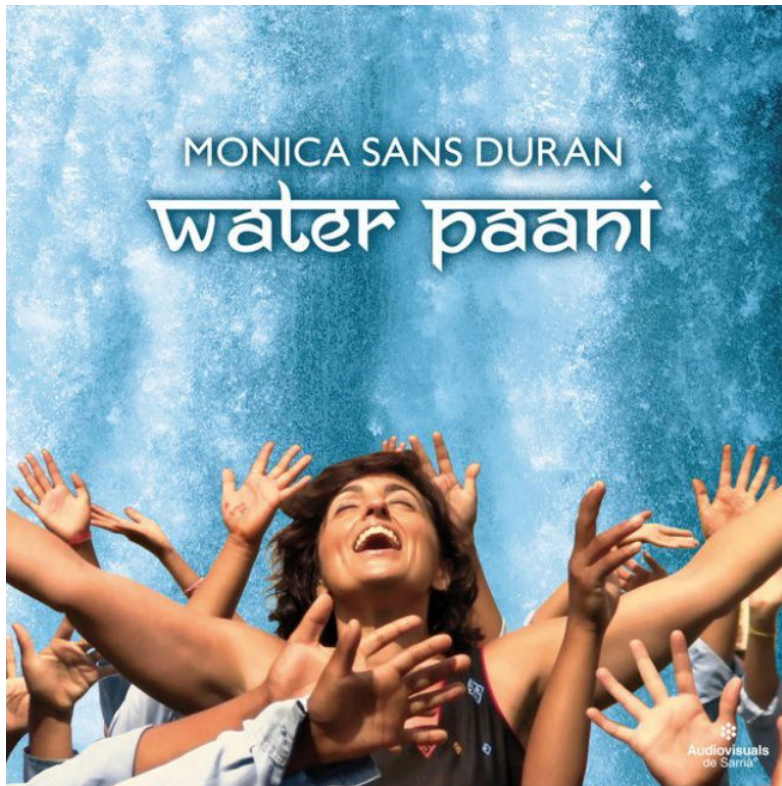


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**Safe Water,
Healthy Living!**

Water Paani song



WHY A SONG ABOUT WATER?

WATER PAANI is a social awareness song, an original idea by **Monica Sans Duran**, architect, singer, songwriter and producer.

Unsafe water is one of the main problems people face in remote rural areas of Nepal. It can cause 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 best awareness materials to be used: it really works.

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

WATER PAANI Video in YOUTUBE: <https://www.youtube.com/watch?v=w7oxYNGsKQo>

TARANNÀ
VIAJES CON SENTIDO

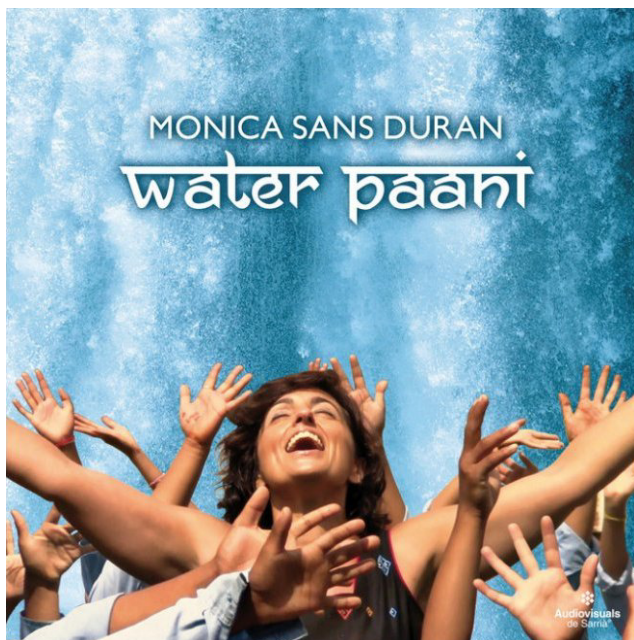
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Water Paani song



MUSIC & VIDEO Credits

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

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, Siphahome children, Nepal Art Handicrafts & all the people of Amics del Nepal and Tarannà.

PHONOGRAPHIC EDITION

Audiovisuals de Sarrià, SL Barcelona © 2015
Ref. 5.2464 Legal Deposit B-29992/15



AWASUKA Developers in Barcelona



AMICS DEL NEPAL - Catalan NGO, Children & Youth Welfare, Healthcare & Development

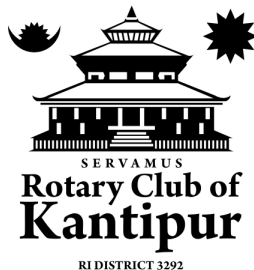


BASE-A - Catalan NGO, Sustainable Architecture & Development



CCD - Center for Cooperation and Development at UPC,
POLYTECHNICAL UNIVERSITY of CATALONIA

AWASUKA Partner in Kathmandu



ROTARY CLUB of KANTIPUR – Nepalese NGO, Development focusing in Rotary Club International main causes

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AWASUKA Team

Leading Team

Monica Sans Duran, Md Architect and Musician (Amics del Nepal) - **Program Director**

Berta Marín, Md Architect (Base-A) and Anna Altemir, Md Architect (Base-A) - **Technical Coordinator**

Pedro Lorenzo, PhD. Architect (CCD-UPC) - **Technical & Cooperation Advisor**

Collaborators

UPC Architects: Valeria Cid, Andrea Llanas, Alex Espina, Diego Guerra, Victoria Tous, Adrian Alvarez, Alba Corbella, Andrea Martin, Andreu Llull, José Carlos Sánchez, Victòria Solina, Marc Socias, Àngel Joaniquet, Irene Vidal, Martí Domènech, Marta Guilera, Anna Gonzalvo, Arnau Montoya, Irina Berdonces, Ana Fernández, Sebastià Febrer, Emma Ferrer, Mikel Zubiaga, Nerea Gezuraga, Inés Garcia - **UPC Surveyor:** Marc Crespo, Jordi Mense and Sergio González - **Uppsala University Geologist:** Yuliya Zhuk - **UPC Civil Engineer:** Laura Coll – **Computer Scientist:** Carles Turró - **Biologist -Water Paani Activities-:** Eva Pubill - **UPC Environmental Engineers:** Marga López, Ainoa Plaza, Daylí Remuiñán, Maria Assens - **Journalists:** Sara Barrera & Xavi Clarà - **Nepal Engineers:** Sandesh Gurung, Sumit Thapa, Rajib Maharjan, Vivek Shrestha, Amit Thakur - **Accountancy:** Dani Roig - **RC Kantipur SP Director:** Prabhat Yonzon - **RC Hetauda Assistant:** Ram Prasad Sharma - **Local Manager & Social Mobilizer:** Hareram Pudassaini

Contact

Website: <http://www.amicsnepal.org/en/community-projects/awasuka/>

Email: monicasansduran@gmail.com / coord.basea@gmail.com

Awasuka Blog (weekly articles): <http://base-a-org.blogspot.com.es/search/label/Nepal>

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AWASUKA

Aawaas Sudhar Karyakram - Habitat Improvement Program

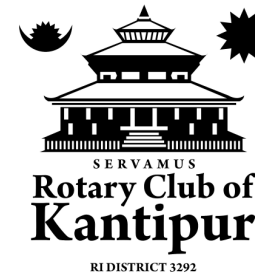
AWASUKA Sponsors



Ajuntament de
Caldes de Montbui



Associació Amics del Nepal
www.amicsnepal.org



TARANNÀ
VIATGES AMB SENTIT

Ayuda al Nepal



Col·legi d'Arquitectes
de Catalunya



Ajuntament
de Sant Quirze
del Vallès



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Thank You!



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