



Healthy environment, healthier YOU

Dashrath Gujaba Kamble, aged 70 years is a resident of Nocil Naka, Navi Mumbai. Originally from Solapur, he came to the city at the age of 30 in search of employment. He worked in a company at MIDC for a very long time. He stayed with his brother initially but after a few years, shifted to Nocil Naka after his marriage. He is blessed with 2 sons and a daughter. His wife too works as a casual labour to help support the family.

While everything went smooth for Dashrath & his family, one incident changed the lives of all. At the age of 65, Dashrath got a severe paralytic stroke which resulted in his left body being totally inactive. The whole family suffered mentally & physically.

Illness such as these disturbs the everyday life of the affected person. In this case, Dashrath was unable to walk properly and could not perform the day today activities.

With the absence of a household toilet, matters went worse. Being completely bed-ridden, Dashrath had to go through extreme excretion difficulties. Going to the community toilet was next to impossible and therefore there was just one option left. Dashrath was made to sit on a commode chair, while a bucket with a plastic bag was placed beneath that would carry the waste. The same would be disposed at the nearby waste bin of the slum settlement.

Needless to mention, this everyday process caused a lot of discomfort and restricted the life activities of Dashrath and his family, specially his wife who did the most of the task. This also affected Dashrath mentally since he knew he was helpless and couldn't do much to ease the discomfort. Along with the stress caused to the family, the waste thrown in a plastic bag affected the nearer areas and the environment to a great extent. While the stink created uneasiness, the plastic generated on a daily basis was being harmful to the environment. It also posed a threat to the stray animals who normally encounter the waste in the bins.

This went on for 5 years until Dashrath's wife got to know of the 'One Home One Toilet' project at the settlement where the material distribution work was going on. She immediately met the Shelter Associates representatives and expressed her pressing need for an individual household toilet. On hearing her plight, SA representatives made all arrangements to provide the toilet construction materials at her doorsteps and the toilet was constructed within a few days.



Toilet facilitated by SA



Dashrath Kamble after the paralytic stroke

This helped the family to dispose the waste directly at the home toilet not having to throw the waste in the open. It thus created a two-way impact. The happiness and relief that Dashrath and his family felt was beyond explanation. They were even more grateful seeing the improvement in the medical condition of Dashrath. The secondary impact has been on the environment and the surrounding areas of Nocil Naka slum where a STOP was been put to environmental contamination.

