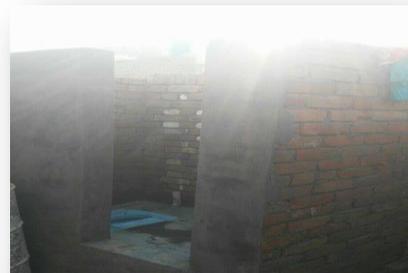


Kiran gets rid of open defecation

My name is Kiran Shazadi, I am a 35-year-old female and I live with my husband and our two children in 80/10R Pirowal, of district Khanewal in the province of Punjab. We belong to a poor family and my husband works as a laborer. In our village, only well-off and wealthy people have latrines in their homes. We did not realize the importance of having a latrine and would go into the fields for this purpose. Hence, due to open defecation, my children suffered from several diseases. My young daughter and son have mostly suffered from diarrhea, vomiting, and fever. When we settled in this village I felt ashamed while going outside for open defecation, however after some time it started to become habitual, but I was not satisfied.



One day I decided to attend a meeting organized in the village.

In this meeting Ms. Fakhira told us about the importance and benefits of using latrines and how it adversely affects our children if we do not use them. I shared all these ideas with my husband and with my mother-in-law. My husband insisted that we are poor people and we cannot afford something like this so I should just leave it. I then contacted Ms. Fakhira and she informed me that the organization RSPN is working on this issue and that she is working with them as a Community Resource Person (CRP).

She arranged a meeting with the social mobilizers Ms. Faiza Saeed and Mr. Abdul Majid, and they then educated our family about the uses of latrines and avoiding open defecation. They also talked about the harmful effects of contaminated water and a polluted environment. My husband still held the cost of building latrines as a concern, but Ms. Faiza and Mr. Abdul Majid told us how to achieve this at a low cost while sharing it with other family members. We then started planning and saving money from our daily expenses to build it while also selling some unnecessary items. Once we had collected a handsome amount for the construction of latrine, we constructed one and now we are very proud and comfortable to have a latrine in our own home. Ms. Faiza also visited our home and she was happy to see our new latrine and appreciated us for this effort. Thank you RSPN, for your kind support and guidance.