

# Eco-toilets promise to be game changer in Carambolim

While the residents of Carambolim are grappling with lack of sanitation facility, there are two households in the same locality where eco toilets have already been installed which is helping them to lead a hygienic life. This is also reducing the sewage load on the surrounding areas including the Carambolim lake. On the occasion of World Earth Day **NIBEDITA SEN** highlights the positive impact of using Eco toilets.

“When I had learned about its benefits I had told all my friends in my class. I do not face any problem in using it.”  
- PRATHAVYA BORKAR

“I have adopted this method since last two years. Although I am the only user of this in my family, I am quite satisfied with the result.”  
- PRABHAKAR NAIK

“Looking at the initial success of this project, I am working on new design that would lower the cost of these eco toilets to increase the usage of these toilets.”  
- TALLULAH D'SILVA

“The chief minister of Goa has already declared that 70,000 toilets are going to be built. We are working on that. We also have some plans for the beautification of the Carambolim village.”  
- PANDURANG MADKAIKAR, Social welfare minister

“The eco-loo has not been taken further by the government. The people, however, are happy. We have run out of funds to make more which these days is difficult to get.”  
- SHYAMALEE ROY, Director of the Mitsuko Trust

“We have decided in general body meeting that we will collect plastic and dry waste garbage door to door from 1st April 2018. There will be charges of 365 annually as garbage tax.”  
- RAJESH D. NAIK, Sarpanch of Carambolim Panchayat

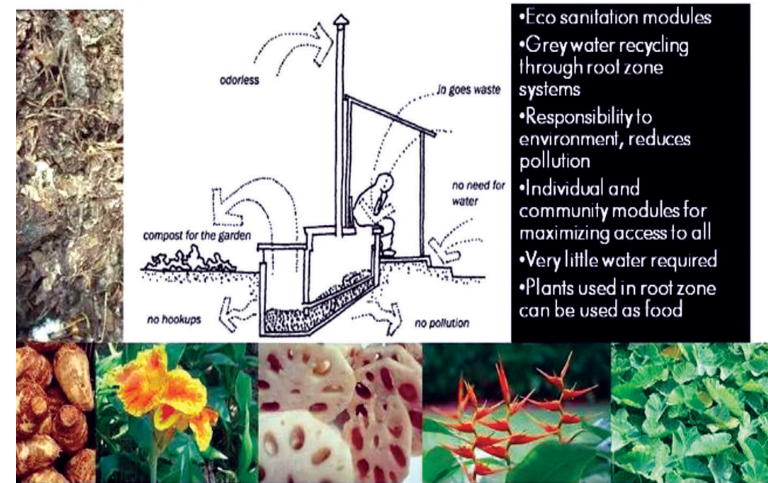
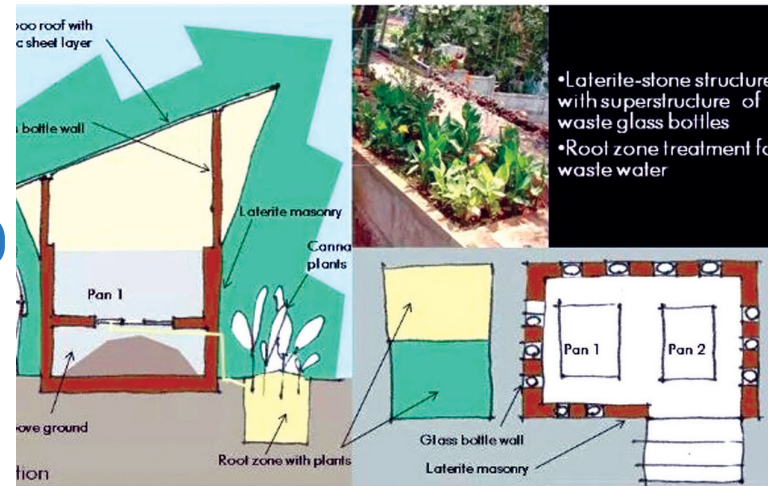
After getting married, when Roopa Borkar came to her in-laws place in Carambolim, she was appalled to find no toilet facility not only in their house but in the entire Village. She was forced to defecate in the open, which was demeaning for her. The situation was more disturbing for her because she was accustomed to using toilet in her maternal home.

Two years ago members of an NGO Mitsuku Trust arrived in her village to propagate eco toilet. When she came to know about this, Roopa forced her husband to attend the public meeting organised by the voluntary organisation. After attending

## WORLD EARTH DAY

the meeting, her husband was convinced that installing this eco friendly facility would be a sensible step.

“We are a family of four and we are daily using the eco-loo for last three years. My children are quite comfortable using it. On the arrival of any guest in



Info graphic explaining about the use of Eco toilet.

our house, we make them understand the benefits of the facility. We haven't encountered any problem while using the toilet

. Now my family affirms to the idea to stick to the pollution free technique,” Roopa said.

One of the reasons for installing eco toilet at her home is that she gives a lot of importance to hygiene. “I am very particular about hygiene. I make sure that I regularly wash the upper surface of the pan with disin-

fectants keeping in mind that no water should leak inside the chamber. I followed the instructions I was given and there has been no problem till date,” Roopa explained.

Roopa's son Prathavya Borkar has now donned the role of eco toilet ambassador in his school. He regularly propagates in his school the virtues of using an eco toilet. “I have a dry toilet in my home. When I had learned about its benefits I had told all my friends in my class. I do not face any problem in using it,”

said Prathavya.

Eco toilet aim to collect human excreta and destroy pathogens by not allowing to mix it directly with soil. Eliminating the risk of human infection and environmental pollution, it has well-ventilated container that provides the optimum environment for microorganism to decay the organic matter and transform it into a soil-like material called humus. By the time the bucket is full, most of the waste is dried and ready to be used as soil conditioner or burned. This toilet is also used by another villager Pra-

bhakar Naik who is equally happy with the facility.

“I have adopted this method since last two years. Although I am the only user of this in my family, I am quite satisfied with the result. There are two chambers and one has already been filled. After using both the chambers, I will be using the cake as manure,” said a resident of ward no.6 Parkebhata, Prabhakar Naik.

The concept of Eco-toilet technology was brought to the villagers by Mitsuku Trust through Panjim based architect Tallulah

D'Silva. “I had been visiting this village for a long time. Birdwatching was a part of my nature camps. The issue came across after talking to the children of Carambolim area. We have found that there was no toilet facility available in the Village. Seeing this situation, I decided to introduce Eco-toilet which was inexpensive and easy-to-operate by the villagers. Looking at the initial success of this project, I am working on new design that would lower the cost of these eco toilets to increase the usage of these toilets.”

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पाचन स्वास्थ्य से डायबिटीज़ का स्पष्ट सम्बन्ध है।  
वैज्ञानिक रिसर्च के अनुसार डायबेटिक अवस्था में, पाचन शक्ति कमजोर हो सकती है और जब पाचन कमजोर हो जाता है तो खाना पचने में अधिक समय लगता है। परिणामस्वरूप, ब्लड शुगर नियंत्रण में अनियमितता उत्पन्न हो सकती है। इसलिये डाइट, एक्सरसाइज और दवाइयों के साथ, पाचन स्वास्थ्य का खयाल रखना जरूरी हो जाता है।

नया झंडु पंचारिष्ट ही क्यों?  
ऐलो वेरा, आँवला, त्रिफला जैसे 35 आयुर्वेदिक तत्वों से समृद्ध नया 'नो ऐड्ड शुगर' - झंडु पंचारिष्ट आपके सातों पाचन केंद्रों पर असर करके आपकी पाचन शक्ति को जड़ से मजबूत करे ताकि खाना समय से पचे और बार-बार होने वाली बदहजमी, पेट फूलना, गैस और पेट की अन्य तकलीफों से आपको राहत मिले। स्वस्थ पाचन ही स्वस्थ जीवन की नींव है। रोजाना 2 चम्मच झंडु पंचारिष्ट की रीत, पेट की परेशानियों से जीत।

हेल्पलाइन: 1860 108 1001 (9:30 am to 6:30 pm)

**झंडु पंचारिष्ट**  
डायबेटिक्स के लिये भी उपयुक्त