

MANDELA'S DAY

Enhancing hygiene and sanitation
for internally displaced women

Buea, Cameroon

18th JULY 2019



Value Health Africa Celebrates Mandela's Day with Internally Displaced Person's in Buea.

Date: Thursday 18th July 2019.

Value Health Africa partnered with other organizations to celebrate Mandela's day on Thursday 18th July 2019 at Polytechnique Buea. Mrs Stella Dobgima from the Center for Youth and Family Empowerment gave an introductory remark; emphasising on the significance of Mandela Day. She highlighted on the hero Mandela whose life and experience inspired former President Barack Obama to recognize other thriving young leaders in Africa and call them to the U.S. to train them on more practical and dynamic aspects on leadership so that they could give back to their communities. She explained that the activities to be carried out comprise the efforts and Legacy which some Young African Leaders are making in their community and challenged the IDP's to ensure they each take some active role as a legacy and contribution so as to commemorate Mandela and make an impact in the lives of others.

Participants were introduced to a workshop on local soap production. The practical personnel were a lady who though in her 50's has raised a family from her expertise and business of soap production. She presented the raw materials water, caustic soda and bleached palm oil and explained the production steps while demonstrating the practical production.

Value Health Africa's Hygiene and Sanitation expert, Mbangowah Elvis Ngwa carried out a training session on;



1. **Personal and Household Hygiene:** Elvis began his presentation by differentiating between cleanliness and hygiene. While acknowledging that both lead to the elimination of physical and observable dirt, he emphasized that hygiene involves removing dirt and other microorganisms and pathogens that could cause diseases. Elvis then encouraged the women to make conscious efforts to improve on their personal and household hygiene. Drawing his inspiration from the words of Nelson Mandela, “I Stand at the door to my freedom...” Elvis offered practical advice on personal hygiene especially cleaning the eyes, mouth, other body parts especially the genital organs. He also advised the participants to constantly clean and disinfect their under wears, inner wears and towels. Elvis also presented some common methods of purifying water such as boiling, filtering using a clean white cloth as well as using aqua tabs which are found in pharmacies around Buea and other areas in Cameroon.
2. **Hand Washing Demonstration:** Elvis then demonstrated to the people how to wash their hands and stressed on the importance of carrying out this exercise which has earned it a day of universal recognition, “The World Washing of Hands Day. Elvis stressed on the washing of hands as preventive treatment for many diseases which rub people of health and wealth. A participant noted that one learns from his birth till his death and mentioned that it has been more than a session of reminder since they he had learned some things essentially foreign to his initial concepts on hygiene. As a participant carried out the act of hand washing before her meal she stated that she will henceforth be her own doctor and that she would champion the course on basic hygiene in her community.

- 3. Psycho-spiritual hygiene:** Elvis introduced psycho-spiritual hygiene which he explained to be clearing the mind of hurtful and unpleasant experiences which often lead to health and social conditions like anxiety, depression, stress, gastric burns and hypertension. Elvis proposed forgiveness as a necessary antidote for such unpleasant feelings. This lesson was greeted by the participants with much appreciation and resolve to implement in their daily living. A participant acknowledged that she has often suffered the pains of having to deal with people who take pleasure in hurting her but never care about her feelings. Another lady confessed that she has learnt something new – psycho-spiritual hygiene which she noted was so necessary to alleviate her from hypertension, stress and gastric burns.



As the day drew to its close the participants acknowledged the efforts of the facilitators and promised to make their conscious efforts to implement the many things they had learned. Many ladies present were quite resolved to commercialize the fruits of the workshop in order to ascertain their improvement and wellbeing.