

# Mingalabga

## မင်္ဂလာပါ

I33 | December 22



*Saw Kanyaw's Story*

Changing Behavior to Improve Healthy Lifestyles



## Contents

2 FEATURED ARTICLE  
COVER PHOTO  
EDITORIAL

3 REFLECTIONS  
IN THE MEDIA  
MEET OUR STAFF

4 PROJECT UPDATES

8 PHOTO OF THE MONTH  
VACANCIES/TENDERS  
CONTACT US



### COVER PHOTO

This month's cover photo is of Saw Kanyaw's from the MOFA project.

Photo: © 2022 ADRA Myanmar | Win Win Thant, M&E Officer

## Editorial

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ADRA Myanmar

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## FEATURED ARTICLE



## Saw Kanyaw's Story: Changing Behavior to Improve Healthy Lifestyles

11 years old, Saw Kanyaw from Kayin State has seven family members. He is Grade 4 student and his family worked farming for their income.

In the past, their family had a little knowledge of hygiene, but no practice. Due to this there is no water and soap in front of toilet to wash hand.

"We less practice on personal hygiene. Therefore, we suffered diarrhea disease often. My family also not support hygiene materials and not encourage to practice hygiene behaviors in past."

When the ADRA project came to village, they conducted hygiene awareness training at school. Through the MOFA project, ADRA provided hygiene materials liked toothbrush, soap and nail clipper during training time. At that time, we practiced in systematic hand washing step by step with soap. The project also selected 8 Hygiene Promoter per village and formed Hygiene Promotion Committees.

As a selected Hygiene Promoter conducted peer to peer hygiene training to friends and then Hygiene Promotion Committees conducted result presentation on hygiene awareness activities to parents and

educated to parents to support and to encourage for children related hygienic materials.

I received hygiene kit materials liked soap, nail clipper and toothbrush and ate soy milk and bread for nutrition during training period. Moreover, improved hygiene awareness and well known three nutritious food group, personal hygiene and toilet usage and step by step hand washing ways with soap.

As an improvement, I can practice at hand washing before and after eating. After receiving hygiene awareness, reshared to siblings and family members from home. Now, my parents also encouraged always wash hands with soap.

**"Thank you very much to donor and ADRA. I heard hygiene awareness and practicing that had never known in be-fore. I will encourage and pass message to neighbors and friends to improve knowledge and behaviors change"**

Win Win Thant, M&E Officer, MOFA Project

# REFLECTIONS



## Think Positive

Having a positive mindset can have a profound impact on one's mental and emotional well-being. When you have a positive mindset, you're more likely to see opportunities instead of obstacles, to find solutions instead of dwelling on problems, and to be resilient in the face of adversity.

Here are a few ways to cultivate a positive mindset:

**Stay hopeful:** No matter what challenges you're facing, try to maintain a sense of hope for the future. Believe that things will get better, and that you have the ability to make a positive impact in your life.

**Connect with others:** Building and maintaining strong relationships with family, friends, and community can provide a sense of belonging and purpose and can also help you to gain new perspectives and ideas.

**Avoid negative self-talk:** Be aware of your thoughts and make an effort to replace negative thoughts with positive ones. When you catch yourself engaging in negative self-talk, consciously reframe the thought in a more positive light.

**Learn from mistakes:** Instead of dwelling on mistakes and regrets, learn from them and make a plan to do better next time.

It's important to remember that changing your mindset is a process, and it takes time and effort to develop a positive mindset. But with practice and consistency, you can create a more positive outlook on life and live a happier, more fulfilled life.

## MEET OUR STAFF



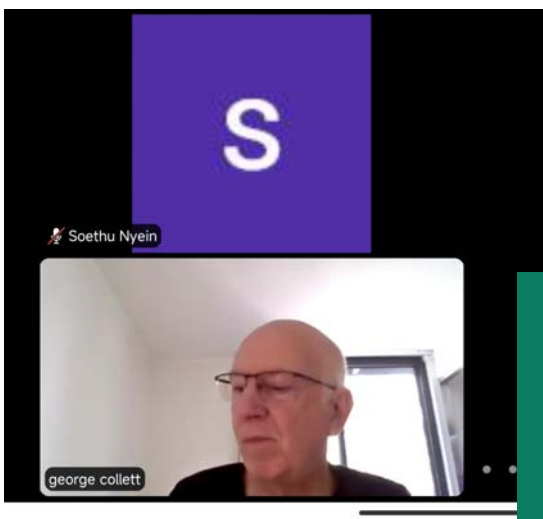
### WAI MAR MYINT

Project Officer/ WC4P Project

- Q1 What Race/Country are you from?**  
Myanmar
- Q2 What is your favourite food/s to eat?**  
Mango and Pork curry
- Q3 What is your favourite colour?**  
Red and White
- Q4 What do you like to do for fun?**  
I enjoy watching movies on Netflix.
- Q5 What Place/Country would you like to visit?**  
Germany
- Q6 In one word, what would define you?**  
Adaptable
- Q7 What year did you join ADRA?**  
2021-December
- Q8 What do you love most about working in ADRA?**  
Because I adore ADRA Myanmar's motto, which is "Justice, Compassion, and Love."



# PROJECT UPDATES



## VESI

This month, the LIFT-funded VESI project in partnership with AVSI and FRC, conducted final evaluation by donor and it has already held the third week of Dec, 2022 with the beneficiaries 3 groups with the consultant via zoom.

The VESI project will be extended 3 months to March 2023.

## CASE2Learn

The European Union funded CASE2Learn project in partnership with RISE, ADRA UK and ADRA Germany conducted steering committee meeting in Novotel Hotel, Yangon. The meeting was conducted on 16 December 2022.

During this meeting, discussed challenges and difficulties experienced in remote areas, partner situations, and presentations on program updates and as well as the project amendment.

The meeting was successful and attended by EU representatives, ADRA Myanmar staff and, CASE2Learn project implementation partners.





## PROJECT UPDATES



## ReCAP

Relief for Vulnerable Population (ReCAP) in partnership with the CIDKP, conducted hygiene promotion ToT training from 5 Dec 2022 to 9 Dec 2022.

42 Female and 8 Male of community hygiene promoters (CHPs), participated this training in which the training approach for CHPs is participatory and will include practice-based lessons from the respective context of WASH in which people live as well as Malaria and, Diarrhea courses added regarding health knowledge.

The training mainly aim to train the community hygiene volunteers (CHVs) to promote hygiene measures to IDP groups and host communities on the importance of WASH best practices and practical use of relevant WASH NFI and to ensure coordination and greater impact in target communities.

## SEAQE2

This month, the Norad and ADRA Norway-funded SEAQE2 project completed the following activities:

- 13 ACS schools that lack access to clean drinking water successfully received portable water purifier pot (26L)
- The NFE Program Batch (1/2022) five months course with 3 levels was successfully completed and the closing ceremony was held on December 12, 2022 that for 35 students graduated.
- The Padel Kaw School Pegging Program, which is the preliminary stage of the construction of the new school building, was completed on December 18, and the handover ceremony of the new Lay Poe Hta school building was held on December 20.





# PROJECT UPDATES



## JPF

This month, ADRA Japan and Japan Platform funded JPF project distributed food and non-food items to beneficiaries in Kayin State.

The JPF project team had coordinated with the Community Relief committee on November 24 for confirming distribution date and place.



## SHAPE

The MFAT and ADRA New Zealand funded 'Sustainable Health Agriculture Protection and Empowerment' (SHAPE) project held home gardening training. The training topic included home gardening techniques, selecting good seed of pure quality, using fertilizer, managing pests, etc. In the training, 65 people participated.

Watershed conservation meeting was conducted in Lungngo village. The purpose of the meeting topics is an introduction detailing the importance and necessity of conserving critical watershed areas. 29 members of the village attended the meeting.

Carry Map training was conducted at Lungngo cluster, representing three villages. The main objective is to help familiarize them with the use of Carry Map and the use of it in agricultural land expansion and land management. In this training, 41 people engaged.





# PROJECT UPDATES



## WC4P

The UNICEF-funded 'Water as Catalyst for Peace among Conflict-Affected Population in Kayin State' (WC4P) project completed the following activities:

- Leadership, Mediation and Negotiation training was conducted in Myawaddy Township on Nov 22 to Dec 2. 28 community members, including women, youth and community leader attended the training.
- Youth led action research was conducted in Tha Mo village tract, Hlaingbwe Township on 30 December. Through this training, youth received experience and skills on research and be able to identify the WASH related needs and critical issues in their community.
- Conducting hygiene promotion sessions in Myawaddy Township and Hlaingbwe Township. 2390 community members received awareness on hand hygiene, food hygiene, water hygiene and toilet hygiene.





## PHOTO OF THE MONTH



## DECEMBER

**PHOTOGRAPHER:**  
JPF Project

ADRA Japan and Japan Platform funded JPF project provided food to beneficiaries in Kayin State.

## VACANCIES & TENDERS

\*To be considered, please submit your full applications as directed in the job advertisement. Applications submitted through Facebook will not be accepted.

## CONTACT US

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ADRA Myanmar has a zero tolerance policy against cases of Fraud & Corruption, Child Abuse and Harrassment. To make a report, please visit: [adramyanmar.org/report/](http://adramyanmar.org/report/)



# ADRA Myanmar Christmas Donation



## CALENDAR

## JANUARY 2023

SUN တနင်္ဂနွေ	MON တနင်္လာ	TUE အင်္ဂါ	WED ဗုဒ္ဓဟူး	THU ကြာသပတေး	FRI သောကြာ	SAT စနေ
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### UPCOMING EVENTS

Timesheets are due on the 25th of each month

'MINGALABA'  
Next Volume:  
15 February 2023







ADRA