

SMOKELESS CHULHA

A SPECIAL EFFORT OF THE PROGRAMME TO PROTECT WOMEN'S
HEALTH

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INTRODUCTION - Even today, food is cooked on the mud stove (Chulha) in many homes. The consumption of wood is high in these stoves, so the women / household members are required to bring more wood from the forest or from the field. Cow Dung cones are also used for the stove, but these involves a long process to prepare it. To use the mud stove, a lot of time is spent in getting wood and making cow dung cones. For



cooking, the women spent a lot of time in smoke and since the mother is in the kitchen, the children are also around her most of the time, due to which they also have to face the problems of smoke. It is a painful truth that the women and children have to expose themselves to the smoke of the chulha and due to the smoke they face many problems like irritation in the eyes, cough & also face trouble in breathing. The Mitandin programme of Chhattisgarh recognising this as a health concern for the women made attempts to promote smokeless chulha as an alternative.



BENEFITS OF SMOKELESS CHULHA

Smokeless chulha cooks the food quickly and also uses less fuel. In the smokeless Chula, the wood gets moistened and because of this the wood burns well and completely. This saves wood as the quantity of wood consumed for cooking for 04 days in the traditional chulha is used for 07 days in smokeless chulha. Smoke discharged from the smokeless chulha is discharged in the pipe due to which there is no smoke in the kitchen and the house. Sand is poured inside the stove while making the smokeless chulha. This sand gets heated in the



fire and gradually takes about 04 hours to cool down thus keeping the cooked food on the chullha warm for about 4 hours. Along with this, due to the absence of smoke inside the house, mothers are free from cough-cold, lung-related diseases and eye irritation.

BEGINNING OF THE SMOKELESS CHULLHA

A comprehensive definition of health is established by the Mitannin program, under which health is not only related to the physical problems but it is also related with our food, water, environment & employment. It is in this context that under women's health, it has been recognized that while working in the kitchen, the smoke coming from the chullha is very harmful for their health. To solve this problem, in the year 2012 construction of smokeless chullha was started from Fulwari center in Lundra block of Surguja district.

POILET PROJECT

The children of the village are taken care of in the Fulwari center and their mothers or the women of the village used to prepare food for the children. As an experiment, smokeless chulha was constructed in 40 Fulwari Centres. Due to lack of proper pipes during and after training, the chulha construction was affected and after much effort, 200 pipes were brought to Ambikapur from Bolangir district of Odisha. In the same year 20 smokeless chulha were made in Ambikapur, Batauli and lundra blocks. During this 34 Mitannin trainers and 18 Mitannins were trained to make smokeless chulha.



MATERIALS USED TO PREPARE THE SMOKELESS CHULLHA

Initially, clay pipes were used to make smokeless chulhas. These pipes were brought from outside and during transportation many pipes were broken and also the transportation cost of the pipes was very high. Along with this, it took 40 bricks to make a chulha, due to this the smokeless chulha made in the beginning were bigger in size than the traditional chulha. Presently, tin cans of edible oil are being used to make smokeless chulha pipes in the area



and it is easily available in the rural area. It takes 4 tin cans to make a chulha pipe. An empty tin box costs 20 rupees, thus a pipe is made at a cost of 60 to 80 rupees. Currently, 18 to 20 bricks are required to make a smokeless chulha. The community people like this type of smokeless chulha because it is made in the shape of traditional chulha.



MATERIALS USED TO PREPARE THE SMOKELESS CHULLHA

No.	Material	Expenditure
1.	23 iron rods (10-12 rods/1 foot)	100/- Rs.
2.	16-18 bricks	64/- Rs.
3.	5-6 tokni soil	0/-
4.	1 tokni paira	0/
5.	3-4 edible oil tin container	60/-Rs.
6.	G I Wire	15/- Rs.
7.	2 tokni sand	0 /-
8.	Pieces of tiles	0/-
9.	250 gram cement	5/- Rs.
	Total	244 /- Rs

According to the above table the making cost of one smokeless chulha is only two hundred forty four rupees.

A glimpse of the training



All the trainees and the mothers of Phulwari center, were very happy with the construction and use of smokeless chulha but there were some practical problems like the rate and availability of pipes, due to which construction of smokeless chulha was stopped.

A new beginning - manufacturing of smokeless chulha to protect women from diseases caused by smoke emanating from the chulha. In the new beginning, an effort was made to install smokeless chulha at Phulwari centers as well as Anganwadi centers and houses in the village. The initial problem of high cost of pipes was solved and from the year 2012 to February 2020, these efforts were applied in the construction of the smokeless chulha -

<u>No.</u>	<u>Information</u>	<u>Numbers</u>
1.	Number of Districts where Smokeless chulha were constructed	22
2.	Number of Blocks where Smokeless chulha were constructed	98
3.	skilled Mitanin trainer in the manufacture of smokeless stove	1892
4.	Skilled SPS, BC, FBC in the manufacture of smokeless stove	294
5.	Skilled Mitanins in the manufacture of smokeless stove	18349
6.	Skilled mothers in the manufacture of smokeless stove	4404
7.	Skilled VHSNC Members in the manufacture of smokeless stove	3017
8.	Fulwari centers where the Smokeless chulha constructed	1637
9.	No. of MT, BC and SPS smokeless chulha were built in their homes.	1526
10.	No. of smokeless chulha were built in Mitanins house.	29218
11.	No. of Smokeless chulha was built at Mother's house.	30333
12.	No. of Smokeless chulha constructed in the Aanganbadi centres, schools and aashram shala's	543
13.	Smokeless chulha in urban area	77
14.	Total constructed smokeless chulha	65569
15.	Smokeless chulhas in use	57,732

From the given information, it is known that 65,569 chullhas have been constructed from 2012 till now, out of which 57,832 chullhas are being used.

Smokeless chulha in urban area

After the successful experience of smokeless chulha in rural area, the training of smokeless chulha was also given to the companions in urban area who are associated with Mitanin program and construction was under taken in Ambikapur, Chirmiri, Korba, Dhamtari, Rajnandgaon, Raigad and Jagdalpur on a priority basis. A total of 77 chulha have been built in the above districts.



Conclusion

If we look at the number of smokeless chulhas currently being used, then we can say that the community have accepted the smokeless chulhas as a means of Women's Health Protection and a cheap solution for and cooking and most importantly. It is that the collogues associated with the Mitanin program started this change from their home so that people can build the chulha in their homes with confidence.

