



Improving Health and Prospects with Safe Water Madhya Pradesh, India

Programme Wrap-Up and Update
2025

Images' Source- Frank Water



Improving Health and Prospects with Safe Water

Dear Supporter

Thank You!

Over the past year, your support has helped transform lives in one of the most water-stressed regions of Madhya Pradesh, India. Your generous donation went towards enabling over 6,000 people to gain access to safe drinking water, improved sanitation, and better hygiene practices.

Programme Wrap-Up and Update

Since 2013, Frank Water has worked in some of the most remote and marginalised parts of Madhya Pradesh to strengthen water systems and provide lasting WASH services for communities often left behind by mainstream government programmes. After more than a decade of partnership and progress, we are preparing to complete our phased exit by the end of 2025. Our focus now is on sustaining the impact of this work, which includes handing over educational toolkits, training materials, and local partnerships to panchayats (local administrative units) and village committees so that communities can continue to manage their water systems with confidence.

Over the years, this programme has transformed life in 49 fluoride-affected villages across Dhar and Khargone districts. Our scientific studies revealed that shallow dug wells held the key to safe water. Communities came together to build and manage their own supply systems, learn about hygiene, and protect their health. Testing showed clear reductions in fluoride exposure, and for the first time in decades, families could drink water without fear of illness.

As the work grew, new approaches took root. Through our WASH Basins collaboration with Arup, we integrated groundwater recharge, water supply, and hygiene education raising well levels, extending irrigation seasons, and improving livelihoods. Awareness campaigns reached nearly every household, while partnerships with government programmes strengthened local systems. Since 2020, we have leveraged ₹2.56 crore or £240,000 from existing government initiatives to build WASH infrastructure such as ponds, toilets, and pipelines. More than 12,000 women and girls have been trained in hygiene and sanitation, and over 34,000 people now have lasting access to safe water and a healthier, more hopeful future.

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Overall Reach and Impact (2013-2024)

- *Geographic Coverage:* 49 villages across 27 Gram Panchayats across 2 districts of Dhar and Khargone.
- *Beneficiaries:* Over 34,400 people from 5,030 households.
- *Fluoride-safe Water Access:* Systems established in all 49 villages; 90% now have regular water supply.
- *Infrastructure Sustainability:* 80% of WASH systems remain in good condition; 60% of villages collect household contributions for operation and maintenance.
- *Local Ownership:* Panchayats in several villages fund electricity and oversee system operations.
- *Governance:* Water committees formed in all 49 villages; 32 are active, with panchayats managing the rest.
- *Government Convergence:* Alignment with Jal Jeevan Mission ensures continued technical and financial support for long-term water security.
- *Health & Behaviour Change:* Significant reduction in fluoride exposure; communities have shifted from unsafe handpumps to safe sources; improved hygiene practices across most villages.
- *Women's Leadership:* Over 12,000 women and girls trained in menstrual hygiene and leadership; women's groups now lead community water governance.
- *Environmental Management:* Groundwater recharge structures improved aquifer sustainability, reducing seasonal shortages and fluoride contamination.

Three Key Areas of Transformation in Madhya Pradesh- Health, Governance and Leadership

Health and Dignity through Safe Water:

Before the project, communities in Madhya Pradesh relied on unsafe, fluoride-contaminated sources that caused chronic health issues, particularly among children and older adults. With your support, fluoride-safe water systems were installed, ensuring every household across our programme villages now has access to clean, safe drinking water. Through door-to-door surveys, hygiene sessions, and infrastructure improvements, 5,030 households (34,400 individuals) now benefit from a healthier and safer environment. The risk of fluorosis and waterborne diseases has been drastically reduced, while improved hygiene practices such as safe water storage, handwashing, and menstrual hygiene management are now widely adopted.

Building Local Ownership and Governance:

Your contribution has strengthened village-level water committees (*samitis*) and trained them in tariff collection, maintenance, and governance. These grassroots groups are now independently managing their water and related systems, with several villages achieving full tariff collection and covering operational costs such as electricity, a clear marker of sustainability. Our strong alignment with the Government of India's *Jal Jeevan Mission* has helped integrate project villages into the national framework, ensuring continued technical and financial support. We have built a solid foundation for long-term water security, with most village pipelines and systems functional and well-maintained.

Women as Leaders of Change:

Women have emerged as the driving force of transformation in Madhya Pradesh. Through self-help groups and community meetings, they are leading hygiene education, managing water systems, and advocating for water safety. Over 12,000 women and girls have been trained in hygiene and sanitation, and over 70% of villages now report consistent hygiene practices, a remarkable shift toward informed, preventive behaviour. Thanks to your support, now these communities are entering a new phase of self-reliance, dignity, and resilience with safe water access that will continue to serve them for generations to come.

How your support changed Masru Bai's life by bringing her family clean water, better health, and renewed hope



For Masru Bai, a mother of three from Beedipur village in Madhya Pradesh, life once revolved around the daily struggle to fetch water that was slowly harming her family. Like many others, she relied on hand pumps contaminated with fluoride causing aching joints among the elderly and discoloured, painful teeth in her children. The community only learnt about their water being unsafe when our team tested the village's water and shared the results. With our support and your generosity, the contaminated hand pumps were replaced with safe tap connections, bringing clean, fluoride-free water into every home.

Health and Hygiene Improvements: The impact was immediate. *"Our children's teeth no longer ache, and the pain in my knees has eased,"* says Masru. Alongside the new water systems, WASH education sessions introduced healthier habits such as regular handwashing, safe water storage, and menstrual hygiene awareness. Masru and her daughters now use sanitary pads instead of cloth, a small but powerful change that has improved their health, dignity, and confidence. Families who once stored water in open containers now keep it covered and raised off the floor, simple actions that have dramatically reduced waterborne illness.

Community Awareness and Empowerment: The change has gone beyond homes. Villagers now meet regularly to discuss water management, sanitation, and future improvements. Together they've submitted proposals for toilet repairs, recharge structures such as ponds, evidence of a community taking charge of its own wellbeing. Reflecting on the journey, Masru says, *"I have witnessed the power of education and unity in transforming our lives. Clean water has brought health, dignity, and hope to our village."*

Lasting Impact: Masru's story mirrors the journeys of 34,400 people across Madhya Pradesh that have been reached through this project, a testament to how safe water, combined with knowledge and community spirit, can change lives. Her journey from hardship to health embodies what your support has made possible: clean water, stronger women, and empowered communities shaping their own brighter water futures.