

Annual Report 2019

Introduction

United Action for Human Development (UAHD) has consistently worked to enhance public health and hygiene awareness within vulnerable communities in Taluka Jacobabad. As part of its ongoing commitment to improving sanitation and health standards, UAHD conducted 13 awareness sessions throughout 2024 in local schools and communities. These sessions were aimed at promoting better hygiene practices, raising awareness about water safety, and encouraging community-driven change. The sessions were tailored to reach both students and community members, with a focus on practical, life-improving behaviors that can be implemented immediately.

Objectives

1. **Promote Hygiene and Sanitation Awareness:** To educate students and community members on proper hygiene practices, including handwashing, safe water use, and waste management.
2. **Encourage Community Participation:** To involve the community in efforts to improve sanitation and hygiene at the household and neighborhood levels.
3. **Empower Youth Leaders:** To use students as agents of change by encouraging them to advocate for better hygiene practices within their families and communities.
4. **Reduce Waterborne Diseases:** To minimize the incidence of waterborne diseases by promoting safe water handling and sanitation practices.

Activities Conducted

1. Awareness Sessions in Schools

A series of awareness sessions were conducted in local schools to educate students on the importance of hygiene and sanitation. These sessions focused on interactive learning to ensure that students not only gained knowledge but were also motivated to adopt and share good practices within their families and communities.

- **Topic Focus:** The sessions covered key hygiene practices such as:
 - Handwashing with soap
 - Safe water storage and handling
 - Proper sanitation and waste disposal
 - Preventing the spread of communicable diseases through hygiene

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- **Engagement Methods:** Students actively participated in discussions, quizzes, and demonstrations. Practical activities, such as creating simple water filtration systems and hygiene posters, were used to make the learning process engaging and relatable.
- **Student Leadership:** Selected students were trained as Hygiene Ambassadors, who played a leading role in spreading the knowledge within their schools and families.

These sessions were conducted in both male and female schools to ensure equitable participation from all students. Special efforts were made to engage girls, empowering them as leaders in hygiene advocacy.

2. Community Awareness Sessions

In parallel with the school sessions, UAHD conducted awareness sessions in the local communities, targeting adults, especially mothers, elders, and other key community members who play a vital role in managing household hygiene and water safety.

- **Community Focus:** The community sessions addressed practical, daily challenges such as:
 - Safe storage and treatment of drinking water
 - Waste disposal techniques to prevent contamination
 - Identifying and managing common hygiene-related illnesses
- **Target Audience:** These sessions were attended by both men and women, with a particular focus on vulnerable households, including those headed by women or with elderly members.
- **Methods:** Awareness was raised through community meetings, home visits, and discussions. Participants were encouraged to ask questions and share their concerns, fostering a sense of ownership and responsibility in maintaining hygiene practices.
- **Materials:** Educational materials such as posters, pamphlets, and hygiene kits were distributed to reinforce the learning and provide practical tools for improving sanitation at the household level.

3. Integration of School and Community Efforts

A key feature of the awareness program was the integration of school and community efforts. The students, particularly the Hygiene Ambassadors, were encouraged to conduct follow-up sessions within their communities. These student-led efforts were instrumental in spreading the message and ensuring that the awareness campaigns reached a larger audience.

Achievements

1. Reach and Participation

A total of 13 awareness sessions were held, reaching over 1,000 students and approximately 500 community members. The combination of school and community

2. sessions ensured broad coverage, targeting multiple layers of the community and creating a ripple effect of knowledge dissemination.
3. **Increased Awareness and Behavior Change**
Feedback from participants revealed an increase in awareness regarding hygiene practices, particularly in handwashing and water safety. Many participants reported adopting new practices, such as washing hands regularly and using clean containers for water storage. The involvement of students as Hygiene Ambassadors proved effective in reinforcing the messages at the household level.
4. **Empowered Students and Community Leaders**
By training and empowering students to take on leadership roles, UAHD not only impacted their own behavior but also ensured that these students could act as role models for their peers and families. Similarly, the community sessions helped local leaders and mothers take ownership of their families' hygiene practices.
5. **Creation of Hygiene Ambassadors**
A total of 50 Hygiene Ambassadors (25 males and 25 females) were selected from the participating schools. These students have been pivotal in spreading awareness through their families, thus amplifying the impact of the sessions.

Challenges

While the awareness sessions were successful, there were some challenges:

- **Cultural Barriers:** In some areas, particularly in rural communities, traditional hygiene practices were difficult to shift. Overcoming resistance to new methods, such as water treatment techniques, required more time and continued engagement.
- **Logistical Constraints:** In certain locations, especially more remote communities, the accessibility of the sessions was limited due to transportation issues.
- **Limited Resources:** While the sessions were impactful, the availability of resources, including hygiene kits and printed materials, was sometimes constrained, which could have limited the scope of the campaigns.

Conclusion

The 13 awareness sessions conducted by UAHD in schools and communities throughout 2024 have significantly contributed to improving hygiene practices in Taluka Jacobabad. The integration of school-led initiatives with community engagement has proved to be an effective strategy for ensuring widespread participation and behavior change. Students emerged as leaders, spreading hygiene knowledge within their families and communities, while adults gained practical knowledge to improve their household sanitation.

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Recommendations:

- **Sustain and Expand:** To maintain the momentum, it is recommended that these awareness campaigns be repeated regularly, with an emphasis on follow-up sessions to reinforce the messages.
- **Strengthen Community Engagement:** Greater involvement from local leaders and elders in the community will help in overcoming cultural barriers and achieving long-term behavior change.
- **Increase Resource Allocation:** Additional resources are needed to ensure that educational materials and hygiene kits are widely distributed and that logistics challenges are addressed.

UAHD remains committed to continuing these efforts, with plans to expand its outreach and deepen its engagement with local communities.

Pictorial view:



Awareness session at school and community