

Annual Report 2022

Introduction

United Action for Human Development (UAHD) launched a series of awareness sessions aimed at promoting hygiene and sanitation practices in both schools and local communities within Taluka Jacobabad. The objective of these sessions was to enhance knowledge about safe water handling, proper sanitation, and hygiene behaviors to improve public health. These efforts targeted students and community members, fostering a collaborative approach to hygiene improvement through education, empowerment, and active participation.

Program Goals

The primary goals of this initiative were:

1. **To educate students and community members** about essential hygiene practices, with a focus on water safety, sanitation, and disease prevention.
2. **To encourage behavior, change** by disseminating knowledge about proper hygiene and safe water handling techniques.
3. **To foster leadership in students** by empowering them to take on roles as hygiene ambassadors, advocating for better hygiene practices within their families and communities.
4. **To reduce the incidence of waterborne diseases** through improved hygiene awareness and community-wide behavior change.

Session Overview

1. School-based Awareness Sessions

A total of 11 awareness sessions were held in various schools across Taluka Jacobabad, targeting over 800 students. The sessions were structured to be engaging and interactive, focusing on the following:

- **Key Topics Covered:**
 - Importance of handwashing with soap, particularly before meals and after using the restroom.
 - Safe water storage and management techniques to prevent contamination.
 - Proper sanitation practices, including waste disposal and keeping the environment clean.

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- **Engagement Methods:**

The sessions used a combination of educational games, interactive discussions, role plays, and group activities to ensure active student participation. Additionally, visual aids such as posters and hygiene charts were used to reinforce learning points.

- **Student Leadership Development:**

In order to ensure long-term impact, 50 students were trained as Hygiene Ambassadors (25 males and 25 females). These ambassadors were tasked with spreading the hygiene message within their families and neighborhoods, taking on leadership roles that would sustain the efforts in the long term.

2. Community-based Awareness Sessions

Six community-based awareness sessions were conducted, reaching approximately 500 adults. These sessions focused on practical hygiene topics that could directly impact family health:

- **Key Topics Covered:**

- Techniques for water purification and safe storage.
- Methods for proper waste disposal to avoid contamination.
- Basic hygiene practices to reduce the spread of diseases.

- **Delivery Approach:**

Community meetings were held in accessible locations, such as community halls or open spaces, with a strong emphasis on participatory learning. Presentations were followed by open discussions, where participants could ask questions, share their concerns, and discuss challenges specific to their locality.

- **Distribution of Educational Materials:**

As part of these sessions, participants were given pamphlets, posters, and small hygiene kits to encourage immediate implementation of the knowledge shared. These materials served as useful reminders for continued hygiene practices.

3. Integration and Collaboration between Schools and Communities

One of the key strategies of this program was to link school activities with community efforts. Hygiene Ambassadors from schools were encouraged to hold follow-up sessions in their local communities, thereby extending the reach of the campaign. This peer-led approach helped spread awareness among households and created a more cohesive effort to improve hygiene in the region.

Key Outcomes

- **Reach and Engagement:**

Over 1,300 individuals participated in the 13 awareness sessions. These included 800 students and 500 community members, ensuring broad coverage across both groups.

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- **Behavioral Changes:**
Immediate feedback indicated that there was a noticeable increase in awareness about proper hygiene practices, particularly in handwashing and water safety. Several participants reported making changes such as ensuring water is stored in clean containers and practicing regular handwashing.
 - **Empowerment of Youth:**
The selection and training of 50 Hygiene Ambassadors were pivotal in ensuring that the messages were communicated beyond the classroom and into the community. These students were motivated to take ownership of hygiene promotion and continue advocating for clean practices.
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Challenges Faced

- **Cultural Resistance:**
In certain areas, traditional practices around water handling and sanitation proved difficult to change. Some community members were hesitant to adopt new methods due to longstanding customs.
 - **Logistical Constraints:**
Transportation and access to remote areas posed challenges for delivering the sessions consistently, particularly in more isolated communities.
 - **Limited Resources:**
While educational materials and hygiene kits were distributed, the available resources were limited, which may have affected the depth of the program's reach in some areas.
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Conclusion

The awareness sessions conducted by UAHD have significantly contributed to improving hygiene knowledge and sanitation practices in the Taluka Jacobabad region. The integration of student leadership into the initiative not only helped extend the reach of the message but also ensured its sustainability. With both school and community efforts aligned, there was a notable shift in attitudes towards hygiene practices, with many participants adopting safer water handling and hygiene behaviors.

Moving forward, UAHD recommends continued engagement with both students and communities through regular follow-up sessions, expanded resources for outreach, and ongoing support for Hygiene Ambassadors.

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Recommendations

- **Regular Follow-up:**
To maintain momentum, it is essential to conduct regular follow-up sessions to reinforce the hygiene messages and address any concerns or challenges that may arise.
- **Community Leader Involvement:**
Engaging local leaders and elders in future sessions will help overcome cultural barriers and encourage broader acceptance of new hygiene practices.
- **Resource Expansion:**
Increasing the availability of hygiene kits, educational materials, and logistical support will help enhance the reach and effectiveness of future campaigns.

Pictorial view:



Community and school health and hygiene awareness sessions