



United Action for Human Development (UAHD)

Annual Report 2024

Executive Summary

In 2024, United Action for Human Development (UAHD) implemented a targeted intervention aimed at enhancing hygiene and sanitation practices in Taluka Jacobabad. The program's core focus was on **capacity-building** through training sessions for local educators, community leaders, and students. These capacity-building initiatives were designed to equip key individuals with the skills necessary to promote and sustain hygiene practices within their communities. Complementary to this, hygiene awareness sessions were held to ensure widespread knowledge dissemination across schools and communities.

This report highlights the capacity-building training provided, the resulting impacts, and how it empowered local leaders and educators to become change agents in promoting public health and hygiene practices.

Program Goals

The program aimed to:

- Empower Local Stakeholders:** Equip community leaders, teachers, and students with the tools to lead hygiene and sanitation initiatives.
- Build Long-Term Capacity:** Ensure that trained individuals could independently promote hygiene, ensuring sustainability beyond the project's duration.
- Create Leaders for Behavioral Change:** Identify and train Hygiene Ambassadors among students who could advocate for and implement safe hygiene practices in their communities and schools.
- Promote Safe Water and Sanitation Practices:** Provide knowledge and skills to tackle waterborne diseases and promote proper sanitation practices.

Training Activities and Methodology

The capacity-building component of the program was structured into two main areas: **Trainings for Community Leaders and Training of Hygiene Ambassadors**.

1. Training Community Leaders

Objective: Strengthen the ability of teachers and community leaders to promote hygiene and sanitation practices effectively within their schools and local areas.

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- **Target Audience:** 20 teachers and 15 community leaders, including heads of local community groups and volunteers.
- **Training Content:**
 - **Hygiene Promotion:** Teachers and leaders were trained to design and lead awareness sessions on proper handwashing, safe water practices, and sanitation.
 - **Water Safety and Treatment:** Participants learned methods for purifying water and maintaining clean water storage, with a focus on preventing contamination at the household level.
 - **Community Mobilization:** Strategies for organizing and leading community campaigns on hygiene were shared, empowering participants to take a hands-on approach to education and community outreach.
 - **Leadership Skills:** The training also included modules on effective leadership, communication, and organizational skills to help participants take on active roles in their communities.
- **Training Methodology:**
 - **Interactive Workshops:** Sessions were designed to be hands-on and participatory. Role-plays, case studies, and group exercises were used to engage participants in practical problem-solving and community mobilization.
 - **Peer-to-Peer Learning:** Teachers and leaders were encouraged to share experiences and strategies for working in their respective communities, building a network of support for hygiene initiatives.
- **Outcomes:**
 - **Trained Leaders:** 20 teachers and 15 community leaders now have the capacity to lead hygiene promotion activities and provide ongoing training to others in their communities.
 - **Sustainability:** These leaders were also trained to train others, creating a multiplying effect as they reach out to new groups and communities.

2. Training of Hygiene Ambassadors (Students)

Objective: Identify and train students as **Hygiene Ambassadors** who could lead hygiene initiatives in schools and continue advocacy in their homes and communities.

- **Target Audience:** 50 students (25 male, 25 female) from various schools across Taluka Jacobabad.
- **Training Content:**
 - **Personal Hygiene:** Students were trained on best practices for personal hygiene, including proper handwashing, oral hygiene, and the importance of a clean environment.
 - **Water Purification:** Students learned simple techniques for making water safe, including boiling and filtration methods.

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- **Community Outreach:** Training focused on how to engage their families and peers in adopting hygienic practices, making students key agents for change within their households and schools.
- **Peer Education:** Students were taught how to educate their classmates and families about the importance of hygiene, helping to foster a culture of hygiene within their social circles.
- **Training Methodology:**
 - **Peer-Led Activities:** After the training, students were tasked with organizing follow-up activities, such as hygiene sessions at school and within their families. They were encouraged to create hygiene clubs and take part in awareness campaigns.
 - **Practical Demonstrations:** Interactive demonstrations, including role-plays and real-life examples, helped solidify learning.
- **Outcomes:**
 - **Ambassador Role:** 50 students were empowered to act as Hygiene Ambassadors, organizing hygiene-related activities, leading by example, and advocating for healthy practices in their communities.
 - **Community-Wide Influence:** These ambassadors acted as the driving force for hygiene initiatives, creating a ripple effect where each student reached their family and peers, ensuring broader adoption of hygiene practices.

Key Outcomes and Impact

- **Sustained Hygiene Advocacy:** The capacity-building efforts have created a strong network of trained individuals who continue to lead hygiene and sanitation initiatives in their communities. Teachers and community leaders are now well-equipped to sustain the hygiene awareness efforts, ensuring long-term impact.
- **Increased Leadership and Ownership:** The Hygiene Ambassador model has resulted in a significant increase in youth engagement, with students actively leading campaigns and encouraging family members to adopt safer hygiene practices.
- **Enhanced Community Involvement:** The training programs have fostered a sense of ownership within communities. Local leaders and trained students have taken proactive steps to engage their peers, further enhancing the reach of the hygiene message.
- **Behavioral Change:** Significant improvements were noted in personal hygiene practices and water storage methods, as evidenced by follow-up visits and feedback surveys. More households began adopting safe water treatment techniques, and handwashing practices became more routine.

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Conclusion

UAHD's capacity-building program successfully empowered local leaders, teachers, and students with the skills necessary to drive hygiene and sanitation improvements within their communities. By focusing on building the capacity of individuals to educate and influence others, the project has laid a solid foundation for sustainable hygiene promotion. The trained Hygiene Ambassadors, community leaders, and teachers will continue to spread the message of hygiene, ensuring the long-term success of the initiative.

Pictorial view:



Community awareness session on health & hygiene