

Case Study –Hygiene Awareness Week in TCHFL – Phase – II - Schools

Date of field visit	September, 2019
Author/ rapporteur	Anitha. V
Name of the district	Hyderabad
Name of the Partner	SaciWATERs
About the School (its approach from the main city, kind of people, type of school)	TCHFL – Phase – II schools in Hyderabad city falling under GHMC, Uppal and Malkajgiri circles (in the North East zone), Ranga Reddy district, Telangana State. Both these circles cover government schools namely ZPHS, Uppal, GGHS Lalapet, ZPHS Malikajigiri (G), ZPHS Habsiguda, MPPS Habsiguda, ZPHS – Chilkanagar, ZPHS Nagawaram, GPS Lalapet, ZPHS Malkajgiri (B), MPPS Malkajgiri.
Participants Group	
Name of the City, State	Hyderabad, Telangana
Occupation	
Partner NGO associated	SaciWATERs
Background information	<p>Good personal hygiene will not only help students to stay healthy, ward off illnesses, and build better self-awareness but also help to begin the process and slowly teaches the students to grow and take over the process. Maintenance of good personal hygiene differs from person to person.</p> <p>As a part of Capacity Building and Strengthening of the school students, Child Cabinets, Teachers in all the TCHFL – Phase II schools, Hygiene Awareness and Orientation programme was conducted on the 5 Key Hygiene Messages to all the school students and child cabinet members of both Primary and Secondary School Students (Classes III to Vth and VI to IX classes) at MPPS and ZPHS locations of the TCHFL phase – II schools. These competitions were conducted both during pre – noon and post noon sessions.</p> <p>A total of 1014 students (420 boys and 594 girls) and 42 teachers (Males – 15 and Females – 27) have participated in the programme. The programme is being implemented by SaciWATER’s and WaterAid (Funded by</p>

	<p>TCHFL) as a joint initiative in providing Access to Safe and Clean Drinking Water in Schools.</p> <p>This case study tries to capture the before and after situation of the WASH initiative (including hand washing facility) in terms of students access to clean and safe drinking water facility / toilets and practice of good hygiene behaviour.</p>
<p>Challenges faced</p>	<p>One of the major objective of the project is to provide clean and safe drinking water to all the students. During the initial meeting with the teachers and students in all the TCHFL Phase – II schools it came into the lime light that only one school GGHS, Lalapet do not have hand washing facilities. In MPHS, Chilkanagar, GPS, Lalapet, ZPHS and MPPS Habsiguda do have exclusive hand wash stations but do not have functional taps at the hand washing stations. Only in few schools a dedicated team of teachers or child cabinets are supervising the practice of daily hand washing with soap before / after Mid-Day Meal.</p>
<p>WASH situation:</p> <ul style="list-style-type: none"> • <i>What are the current facilities?</i> • <i>Where do people collect water from?</i> • <i>Where do they go to the toilet?</i> • <i>Impacts of lack of WASH services on people's lives.</i> • <i>What was the situation earlier?</i> • <i>Is it better now? How?</i> 	<p>Current scenario in the Schools: (Water / Sanitation / Hygiene)</p> <p>Total No. of Students in the TCHFL Phase – II schools is 4017</p> <p>Water scenario: 5 schools ZPHS, Uppal, Nagawaram, MPHS, Chilkanagar, GPS & GGHS – Lalapet has piped water scheme for drinking water. Rest of the schools are either depending on tanker water supply, RO plants or students are carrying water bottles. MPHS, Chilkanagar and ZPHS, Nagawaram Schools where RO plants are defunct and currently depending on piped water scheme and also students are carrying water bottles. ZPHS Uppal (1) has piped supply that is directly pumped. MPHS Chilkanagar, ZPHS, Nagawaram, GPS & GGHS Lalapet schools (5) has piped supply connected to overhead tank. MPPS Malkajgiri and ZPHS (G) Malkajgiri (2) schools have piped supply connected to ground level storage tank. MPPS / ZPHS Habsiguda schools (2) have Piped supply connected to underground tank. No water quality testing or treatment is done for any of the schools except for ZPHS Malkajgiri (B) school water is treated using RO / UV filters for bacterial / chemical contamination once in every three months.</p>

	<p>Sanitation scenario: Almost all the schools have toilet facilities for students. There is no dedicated toilet facility for Teachers and dedicated sanitation worker in all the schools. Daily once the toilets are cleaned in all the schools. School drainage facility is connected to twin leach pit or drained directly to open/nalla.</p> <p>Hygiene scenario: Only one school GGHS, Lalapet do not have hand washing facility in the school premises. In MPHS, Chilkannagar, GPS, Lalapet, ZPHS and MPPS Habsiguda do not have functional taps at the hand washing stations. Dedicated team of teachers or child cabinets are supervising the practice of daily hand washing with soap before and after Mid-Day Meal in few schools only.</p>
<p>Quotes/ important messages shared</p>	<p>Initially students were briefed on the 5 key Hygiene messages of WAI i.e (1.) Germ theory, (2.) Hand hygiene and Personal hygiene, (3.) Safe storage and handling of drinking water, (4.) Food Hygiene,(5.) Use the toilet for urination and defecation. Students were quizzed on various WASH related topics and the best student who demonstrated the strong elocution skills was rewarded with a trophy. All the students participated in the event very enthusiastically and have demonstrated their strong inclination towards the cultivation of responsible and caring BEHAVIOUR towards MOTHER NATURE and protection of natural resources in BEST possible way.</p> <p>At the end of the programme, two BEST TEACHERS (One to School Head Master and one In – Charge teacher for all our programmes) from each school were felicitated with shawls for their continuous and ardent support for all our programmes and who have been very instrumental in taking forward the WASH related activities in their respective schools in a dedicated and diligent manner.</p> <p>The programme intends to develop / come up with new strategies that might be helpful in creating an environment of maintaining good personal hygiene routine so as to improve personal hygiene behaviour amongst the students.</p> <p>Set reminders: If the student is unable to remember few</p>

things like maintenance of Hand hygiene and Personal hygiene, Food Hygiene, proper use of the toilet for urination and defecation, setting reminders and also through constant supervision and monitoring will push to do the activity, and over time, one will begin to do it by oneself.

Use signs: IEC Signages to wash hands after using the toilet, Putting a little sign by the plates or bowls in the kitchen to cue / remind oneself to wash hands before eating. These signs can help jog ones memory and improve our habits.

Practice makes perfect: It takes time to learn a new habit. Starting with a new habit at the beginning of the week and making it a priority, practicing it for a week or two and then adding the new one when we feel comfortable with the first one. This way, overtime, we will establish the habits we wish to have as a part of our daily routine.

Role of WaterAid or Partner NGO in his/her life

A month to fortnight, prior to the programme in all the schools the competition for the Students were announced for Best hand washing school based on few criteria as mentioned below and also prizes were announced under each category (Hand washing steps, Key Hygiene Messages awareness etc).

Best hand Washing demo in School by students:

We are almost constantly surrounded by people. There will be people sneezing and coughing all around us. If bacteria lands on our hands, it can get into our body if we don't wash those hands. Hand sanitizers can also be used to reduce the bacteria when there is no soap or water. The use of hand sanitizers will not give the same protection as an actual hand washing but will end up with fewer bacteria on your hands.

The best practice is to wash the hands properly and thoroughly dry them. After that, finish off with a drop of sanitizer. In that way, our hands will be perfectly clean.

This all sounds reasonable and it seems like a no-brainer. Still, a lot of us don't do it enough. It's not that we don't

want to be clean. It's mostly that they forget to wash their hands when they should. That's why they need to be reminded.

During the programme students were made to play the glitter game, understand the germ theory, six key steps of the hand wash techniques in a practical demonstrative manner.

Observations of the Hand washing steps / process amongst students and Teachers in Schools:

Good hand washing requires focusing on the palms, back of the hands and also the fingertips. Here, we have highlighted the proper steps to washing hands by students to keep them free from harmful bacteria.

- Getting hands wet by holding them under the tap for a few seconds
- Rubbing the soap all over the palms and the back of hands.
- When there is enough lather, rubbing the palms together.
- Rubbing palm of one hand over the back of the other hand running the fingers through each other at the same time; repeating this for the other hand.
- Rubbing palms together, running fingers through each other as well.
- With the fingers of one hand, run the back of the finger on the other hand and vice versa.
- Rubbing the thumbs on the palms of each hand one after the other in circular motions.
- Taking the fingers of one hand in the palms of the other and rub in circular motion, doing this for both hands.
- Rinsing both hands with water.
- Drying hands preferably with a paper towel / handkerchief.
- Using this towel to turn the tap off.

Students were also observed / monitored through strong child cabinet battalion in schools for proper hand washing techniques. When all the students were washing their hands:

- After using the toilet

	<ul style="list-style-type: none"> • Before touching or eating food • When they are dirty • After a prolonged use of objects known to harbour bacteria e.g. visibly dirty door knobs etc • Washing hands when we sneeze or cough into our hands <p>It is actually easier for students who are closely monitored to keep their hands clean with constant reminders. Knowing the positive impact of hand washing on our lives and family generally is a good motivating factor to keep up with good hygienic habits.</p> <p>Hand wash soaps were distributed to the teachers in all schools so as to make effective use the soaps by students during their hand wash with continuous supervision ant the able guidance of the teachers. During the programme two refreshments were given to all the students.</p>
<p>Achievements/ impacts on his/her life through this intervention</p>	<p>The programme was conducted very well and students have received it with great enthusiasm and interest. All the students and the teachers in all the schools have expressed their whole hearted happiness that the Hygiene Awareness and Orientation programme has not only honed and enhanced their thinking abilities but also have made them to come up with innovative solutions to save and conserve water, strive for a open defecation free society (by usage of toilets) and practice / cultivate good hygiene behavior in achieving a disease free WORLD. Most of the students have also vouched to take the WASH in initiative in their respective schools with strong dedication, commitment and vigour.</p>
<p>Any other relevant information</p>	
<p>Please attach:</p> <ul style="list-style-type: none"> • Pictures with captions • Any other document/information 	<p>Format for caption of pictures: who + when + where + why</p> <p style="text-align: center;">Hygiene Awareness and Orientation Programme</p>



Picture 1 - School students describing the 5 Key Hygiene messages of WAI and demonstrating Hand wash steps



Picture 2 - School students being presented with trophy for their best hand washing demo and elocution skills



Picture 3 - Head Masters and Teachers being felicitated on occasion of Hand Washing Week programme.