



Helping Hand[®]
For Relief and Development

**ANNUAL REPORT OF
HEALTH AND HYGIENE EDUCATION SERVICES**

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ORGANIZATIONAL PROFILE

Helping Hand is a worldwide non-political, non-profitable charity, devoted to humanitarian relief and development, responding to human sufferings in emergency and disaster situations at home and abroad. With a mission to strengthen the bonds of humanity and mercy, Helping Hand embodies the ideals of sustainable development through combined efforts, active involvement and interaction of all segments of society.

PROJECT LOCATION

This project is targeted in areas of Fateh Jang, Bagh and Muffazarabad; where after the earthquake, health and hygiene conditions of the afflicted population was extremely deteriorated.

In Muffazarabad, total population of the district according to 1998 census stands at 0.746 millions and according to 2005 projection its population stands at 0.904 millions. The district comprises three Tehsils. Muzaffarabad city in the District serves as capital of Azad Kashmir is situated at the confluence of the Jhelum & Neelum rivers. It is at a distance of 138 kilometers from Rawalpindi and Islamabad, and about 76 kilometers from Abbottabad.

Districts headquarter of district Bagh is 100 kilometers from Muzaffarabad via Kohallah & 80 kilometers via Suddhen Gali, 205 kilometers from Islamabad.

Tehsil Fateh Jang is located at a distance of 55km from Islamabad, the capital city. It has 14 union councils and 152 villages, having a population of about 3 lacs but it is still deprived of basic health facilities. Each union council has one BHU (Basic Health Unit), but its access is limited due to lack of transport in remote villages.

NEED ASSESSMENT

In most of the affected areas, majority of the Schools were completely destroyed or seriously damaged including casualties among students and teachers.

Despite its proximity to the capital, no apparent improvement is visible in health facilities. Due to poverty and limited income, the local people have to struggle a lot to make both ends meet. The initial random sampling surveys conducted have revealed that conditions related to health and hygiene is poor.

Children are the most vulnerable and always the first to succumb to illnesses, one of the most effective ways to protect them from a lot of illnesses is good hygiene. Hygiene means washing hands with soap especially, but also washing the rest of body with soap. It means taking care when handling food, being careful not to cough or sneeze on others, cleaning things that you touch, disposing off things such as tissues that might have germs on them and using protection when might be at risk of catching some infections. Hygiene

is a broad term that refers to the steps we take to keep clean and healthy. So in this respect there is need to introduce and induct the hygiene practices in the lives of the school going children to prevent the outbreak of any fatal disease.

This is a well-planned project implemented after proper survey and need assessment. Apart from health and hygiene educational workshops, it also focuses on epidemic control, health awareness, health maintenance and rehabilitation. This project not only enables people to enjoy a better state of health but also enhances the productivity of the individuals contributing to the development of nation.

AIMS AND OBJECTIVES

- To help the children understand and develop good hygiene practices to prevent diseases and promote positive attitude towards good health practices.
- To improve the Hygienic conditions even in situation of crisis to meet the Psycho social and developmental needs of affected students.
- Hygienic awareness and its replication from generation to generation.
- Identification and prevention of health problems associated with water and sanitation.
- The specific aim to implement this type of project in disaster area is to lower high-risk hygiene behavior; and sensitize target population to the appropriate use and maintenance of facilities.

SUMMARY OF TARGETING LOCATIONS AND SCHOOLS

LOCATION	NUMBER OF SCHOOLS
Muzaffarabad	30
Bagh	30
Pouch	20
Fateh Jang	20
<u>Total</u>	<u>100</u>

PROJECT SUSTAINABILITY:

Initially we assessed the key health & hygiene condition in schools by base line survey and judge the probable success of any promotional activity. This project was basically encouraging participation of the students in the implementation of the different hygienic schemes, hygienic promotion and behavior changes. We have adopted a standard CTC (Child to Child) approach and efficient delivery of the important messages in the community. We'll ensure the sustainability of the project through teachers training that will give desired results in the long term.

MASTER TRAINING WORKSHOPS

Dr.Atifa Raees and Dr.Fozia Aziz conducted master training workshops on different topics in HELP IN NEED offices. All topics presented in curricula are completed. The average attendance per training session was 25-28 participants. The causes, symptoms, treatment and preventive measures of abdominal pain, skin diseases and tobacco inhalation were discussed in detail as well as dental hygiene, personal hygiene and healthy food were highlighted. Their health risks were discussed in detail. Main objective was to create awareness among school teachers and children to maintain hygiene practices, as children are most vulnerable to illness. This would not only propagate healthy campaign but also prevent the outbreak of any fatal disease.

After the session, an evaluation performa was given to get feedback from the participants. The participants highly appreciated the presentation that was an interactive one. Question and answer session was highly commended. Before the session, the hygiene manuals were distributed among the master trainers to promote health and hygiene education services.



SNAP SHOTS OF HHES TRAINING WORKSHOP

IMPLEMENTATION OF THE PROJECT

Once the master training workshops were conducted, the hygiene promoters visit their allotted schools and deliver the health and hygiene lectures to the school children and the teachers. Activities relating to hygiene practices were highly appreciated. Supervisory team of Helping Hand which comprises of doctor and associated staff visited the training sessions in schools of Fateh Jang, Muffazarabad and Bagh. Feedback taken from school staff and children were positive and our services were applauded. The master training curricula was completed and now workshop sessions in schools are being carried on. List of total schools is attached with it and the list of schools in which programme have been conducted is also reproduced at the end of the report.



TRAINING SESSIONS IN SCHOOLS

HEALTH & HYGIENE TRAINING SESSION IN SCHOOLS

- **Phase I: First 50-Schools (First month to 8th month)**
- **Phase II: Last 50-Schools (9th month to 16th month)**

Topics	Months							
	1	2	3	4	5	6	7	8
Staff Training	√							
Teachers orientation & training for sustainability	√							
Material development	√							
<u>Topics for the program</u>								
• <i>Introduction of Health & Hygiene</i>		√						
• <i>Personal Hygiene</i>		√						
• <i>Healthy Food</i>			√					
• <i>Good eating habits</i>			√					
• <i>First Aid</i>				√				
• <i>Clean water</i>				√				
• <i>Our 5 Senses</i>					√			
• <i>Dental hygiene</i>					√			
• <i>TB</i>						√		
• <i>Common Cold & abdominal pain</i>						√		
• <i>Skins diseases</i>							√	
• <i>Tobacco & Inhalants</i>							√	
Inter schools competition								√
Sustainability & handover of the project to the trained teachers								√

FOLLOW UP OF THE PROGRAM

Regular follow up of the programme is done to have a proper feedback of the workshop sessions. There is a need to review hygiene promotion program regularly. Ideally teachers of the schools should be involved to ensure that issues important to them are covered. This evaluates teacher's response about the hygiene message and whether they need more information. Reviews also include suggestions that how to improve our program.

OUTCOME OF CHILDREN IN DIFFERENT FIELDS OF LIFE

CHILDREN CAN TAKE ACTION IN DIFFERENT PLACES		
AT SCHOOL CHILDREN CAN	AT HOME CHILDREN CAN	IN THE COMMUNITY CHILDREN CAN
<ul style="list-style-type: none">• Learn together actively• Help and teach their Friends• Help and protect younger children• Help to make the surroundings healthy	<ul style="list-style-type: none">• Describe and demonstrate what they learn• Help their families with good hygiene practices• Teach and help younger brothers and sisters• Play with children who don't go to school• Keep the home surroundings healthy	<ul style="list-style-type: none">• Pass on messages through plays and gatherings• Act as messengers and helpers• Participate in healthy campaigns



PARTICIPATORY ROLE OF CHILDREN IN HYGIENE AND EDUCATION SECTOR

DETAIL OF SCHOOLS (REGION WISE) IN WHICH HHES WORKSHOPS WERE CONDUCTED

Fateh Jang			
S.#	Name of School	No. of students (boys / girls)	No. of Teachers (Male / Female)
1	Govt. boys Elementary school, Sidral	165	1 Female & 4 Males
2	Govt. girls primary school, Sidral	60	2 Females
3	Govt. girls primary school, Sukhwal	112	4 Females
4	Govt. boys primary school, Sukhwal	92	3 Males
Bagh			
5	Govt. girls middle school, Rairban	180	6 females
6	Govt. boys primary school, Topa, Dhundar	80	3 Males
7	Govt. boys primary school, Dhal Kazian	24	1 Male
8	Govt. girls middle school, Surrol	155	7 Females
Muzaffarabad			
9	Govt. girls primary school, Shaerwan	84	3 Females
10	Govt. girls primary school, Hasan galian	38	2 Females
11	Govt. girls middle school, Hasan galian	140	6 Females
12	Govt. girls high school, Lami am Pattian	220	12 Females
13	Govt. boys primary school, Sir Baghla	34	2 Males
14	Govt. boys primary school, Challian	60	2 Males
	Total	1,444	58 Teachers (15 Males & 43 Females)

HEALTH INTERVENTIONS

- Getting proper nutrition.
- Keep yourself neat and clean.
- Exercise by health care professional.
- Adequate sleep.
- Drink lots of fluids.
- Avoid contagious diseases.
- Promote Hygiene awareness.
- Effective health counseling services.
- Live in healthy and smoke free environment.

RECOMMENDATIONS

By the grace of Allah Almighty, we have successfully carried out health and hygiene education services programme with good community cooperation. The quality of the services we are providing can still be improved if more funding is available to cater the need of more people. The donors are requested to come forward to lend more money to help to alleviate the pain and sufferings of the poor and deprived masses. For Helping Hand, the motto of life is to serve humanity as it believes to provide comfort and health to the needy ones that require affection and support from the affordable people. Each year, millions of children and mothers could be saved through improved access to basic health interventions and health and hygiene education services which provide efficient mechanism to practice it.