

Society for Human and Environmental Development (SHED)

Health Education Defeated Prevailing Diseases in Remote Village of District Torghar

“A Case Study of Aiman Bibi”



Aiman Bibi practicing hand washing at home

Aiman Bibi Daughter of Akhtar Ali Shah, 05 years old is a resident of a remote village, Bilborhi in District Torghar. The ill-fated village is deprived of the basic facilities and located in the hilly area with no access to health facilities in the village. People are unaware of the preventive measures to stay safe from diseases specially children are prone to killing diseases like malaria, diarrhea and other diseases caused by unhealthy environment. The problem gets escalated when there are no facilities and doctors available to treat the children.

Little Aiman was also a victim of unhealthy environment prevailed in village Bilborhi and used to stay sick every now and then. The poor parents sometimes will take her to the city hospital far away from their village and costly due to non-availability of regular transport in the village. The poor family finds it difficult to take her to hospital every time she gets sick because they could not afford costly medicines, the travelling cost and Doctors fee and are compelled to use local medication. Aiman health was badly affected due continuously in grip of different diseases and her natural growth was also badly affected due to the prevailing situation.

The selected village Bilbori Umar Said is a small hamlet comprising of 48 households and is located in union council Bartoni of tehsil Judba district Torghar. A narrow jeep able track bifurcates from the main Batagram road and leads to the village which is the main source of transportation for the villagers for their social and economic activities. The road leading to the village is extremely uneven and bumpy and takes about an hour from main Batagram road to the village. The road is so narrow that only Jeeps can be used to reach the village. The village does not have any other alternate route and the villagers while

moving from the village to the main market in Batagram are charged rupees 150 per person from one side which is a financial burden for the villagers. The village does not have the basic needs and infrastructure out of which power supply is the most critical one. On the other hand no humanitarian organization has worked in the village and the community is not aware about health and hygiene practices to avoid diseases spread by unhygienic environment. Due to hilly terrain, accessibility and non-availability of health facility in the village, the female community needed to be oriented and trained with health and hygiene practices for maintain sound health and environment.

SHED project considering the health hygiene as one of the prioritized components of the project delivered 06 sessions on health hygiene and educated 120 women including girls. Keeping in view the local norms, culture and traditional society, SHED deployed female hygiene promotion staff to deliver the sessions in the target village. Major practices taught to them included:



F Personal Hygiene being practiced at home

Personal Hygiene: The importance of personal hygiene were discussed in detail and the 10 steps of Hands washing were practically demonstrated during the session and the participants during practical demonstration were trained on the importance of regular bathing, protection from germs, daily cleanliness of face, eyes, feet, cutting hair and nails. The team practically demonstrated nail cutting process to be adopted in daily routine life. IEC material and Pictures

were also displayed for their understanding and more clarity. slogan and messages associated to

them were also discussed i.e. “Infection control is in your hands “ while eating food the germs enter in our body that leads to various diseases, “Always be clean, practice good hygiene” wear clean clothes and brushing on daily basis.

Domestic Hygiene “Keep your homes and surroundings clean” The facilitators while delivering session on domestic hygiene educated the participants and were told to keep the house clean, that include kitchen, rooms, latrine and courtyard. The focus of the discussion was on keeping the latrine and kitchens clean, use of clean utensils, which may result in the health and economic benefits, when someone suffer from the diseases, he/she has to consult a doctor for which huge amount of money is spent on the treatment. If the same practices are domestically applied, one will be in a position to escape diseases and save money. The participants were sensitized on the importance of use of latrine and hand washing, the hand washing steps(Wet the hands properly with water, rub the hands with soap, rub both the hands with each other, rub the palm of one hand on the back of other and similarly repeat on the other hand, rub the fingers of both hands with each other, rub the closed hand on the palm of other hand and repeat to the other, put the thumb with palm and rub, rub collectively the fingers of one hand on palm of other in a circle and repeat to the other, wash both the hands for 20

seconds and then dry it in the air) were practically demonstrated and the critical timings of washing hands before, feeding the children, cooking, defecation and games.

Environmental Hygiene: Less pollution is the best solution". The facilitators emphasized over the cleanliness of drains, streets, drinking water supply schemes and solid waste management. Different techniques to manage the waste materials like reusable, resalable and disposable waste materials were taught to them. Removing harmful things from the path or inside house is an act of charity and contributes in keeping environment clean. The technique of waste disposal i.e. burring in ground or burial was taught. The participants were further educated on disposable waste materials as these materials make the environment unhygienic, harmful and need to be buried in ground or burnt. The facilitators practically burned the rough plastics and papers, and buried in the ground.

The health education sessions brought about tremendous changes in the lives of local community. Women are now able to understand the importance of health and hygiene and are practicing these healthy habits in their daily life.

Aiman's mother also attended the health education sessions conducted by SHED and started practicing the healthy practices at home. She started hand washing practices at home and also started regular nail cutting of her family including the 5 years old daughter. In only one month time, she witnessed positive healthy changes in her family and specially Aiman health started showing healthy signs and she recovered from the illnesses that she was suffering from on regular basis. Little Aiman is now healthy and she learned the steps of hand washing and practicing it on daily basis. Her father was of the view that he is thankful to SHED and PPAF for the pilot project and health education delivered to community women.