

(Society for the Advancement of Nature, Justice & Health)

# SANJH

## ANNUAL REPORT 2021



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**SANJH Head office: Near SANJH Modern School System, Peer Pouri,  
Khanpur Bagga Sher District Muzaffargarh**

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## 1. Introduction of organization

**SANJH** (Society for the advancement of Nature, Justice and Health) is a non-profit and non-governmental, non-political organization. It was established and registered in 1974 under Voluntary Social Welfare Agencies Ordinance 1961. SANJH is a word of local language which means corporation of people.

### 1.1. Vision:

Vision of SANJH is a peaceful, prosperous and educated society where people are practicing and enjoying good health, healthy environment, justice & human rights on equity basis.

### 1.2. Mission:

The mission of SANJH is to empower marginalized communities through enhancing their skills and knowledge in modern education, climate change, human rights, gender balance, health and socio economic solutions.

### 1.3. Objectives:

- To promote education of children among brick kilns labours in district Muzaffargarh
- To provide modern and quality education via teachers training.
- To work for WASH (Water, Sanitation & Hygiene).
- To train teachers so that they can take visual acuity of students.
- To aware teachers about role to promise eye health of children.

## 2. SANJH Modern Schools System

### **Background:**

Poverty and child labour became the major factors of illiteracy in the lagging areas of district Muzaffargarh (Punjab, Pakistan). Most of the children worked on brick kiln along with their parent and make bricks for whole day and they are indebted to the owner of the brick kiln as well. Therefore, due to the autocratic leadership of the brick kiln owners those children were not allowed to read and write in the schools. Brick kiln owners pay very low on daily basis and get a lot of work from the people of their area to get back their money. There is another factor like “bonded labor” causes from poverty in District Muzaffargarh that was raising the child labor as well and this is the reason children have no access to education.

After that by recognizing poverty and bonded/child labour in lagging areas of Muzaffargarh; SANJH (Society for the Advancement of Nature, Justice & Health) established SANJH Modern Schools System in the district Muzaffargarh (Punjab, Pakistan) from May, 2016 for the education of children working at brick kilns.

SANJH Modern Schools System is providing education to the children of brick kilns workers by running 7 schools funded by Punjab Education Foundation. SANJH is providing education to 699 students in these schools, as well as SANJH is giving free education to the children along with books and uniforms for students.

Sr#	Schools Names	School Codes	UC Name	District	No. of Students		Total No. of Students
					Girls	Boys	
1	SANJH Modern Schools System Ghareeb Abad	2043	Dogar Kalasra	Muzaffargarh	40	35	75
2	SANJH Modern Schools System Kumhar Wala	2044	Dogar Kalasra	Muzaffargarh	45	40	85
3	SANJH Modern Schools System Peer Pouri	2045	Khanpur Shumali	Muzaffargarh	90	95	185
4	SANJH Modern Schools System Ditty Wala	2046	Waan Patafi	Muzaffargarh	43	38	81
5	SANJH Modern Schools System Apna Ghar Apna Bagh Scheme	2047	Khanpur	Muzaffargarh	16	32	48
6	SANJH Modern Schools System Dhoori Wala	2048	Waan Patafi	Muzaffargarh	53	48	101
7	SANJH Modern Schools System Rahmu Wala	2049	Gull Wala	Muzaffargarh	64	60	124
	<b>Total Students</b>				351	348	699



### 3. Teachers Training Workshop

#### Objectives:

Following were the objectives of Teachers Training Workshop:

- To train the teachers regarding record keeping of schools.
- To discuss teaching methodologies at primary level education.
- To improve teachers teaching and management skills at schools.
- To improve the quality of education at primary level.
- To increase the competencies of teachers.

SANJH (Society for the Advancement of Nature, Justice & Health) successfully conducted a teachers training workshop on quality education in schools at primary level on 30<sup>th</sup> January, 2021 in Pakistan School Qasba Gurmani. In total 61 teachers including (05 Male teachers and 56 female teachers) from different schools were engaged and trained on different methods of teaching and how they can teach lessons at different grade level.

Sr. No.	Activity Name	Venue	Town	District	Date	Total Participants
1	Teachers Training Workshop	Pakistan School	Qasba Gurmani	Muzaffargarh	30 <sup>th</sup> January, 2021	61

After introductory words, trainer started the discussion on “*Record Keeping of Schools*” and shared with teachers about the proper filling of school management records as;

1. Proper filling of Teachers Attendance Register
2. Students Attendance Registers
3. Filling of Admission and Dropout Forms
4. Filling of Stock Registers
5. Cash Book Register

Trainer also described the importance of teaching methods at primary level and defined “**Teaching Methods**” as it comprises the principles and methods used by teachers to enable the students learning directly that how a teacher chooses to explain or teach material to the students.

Teaching methods are the specific ways of teachers to teach students at schools. Trainer also described the following different types of teaching methods.

1. Lecture Method
2. Demonstration Method
3. Discussion Method
4. Problem Solving Method (Heuristic Method)

5. Question Answer Method (Socratic Method)
6. Role Playing Method (Simulation Method)
7. Activity Method

A session “*How to Teach Class Two, Three, Four and Five*” was explained by engaging teachers and coordinators. They also shared their views regarding learning pace of each learner at different grade level. Trainer described the Laws of Teaching Learning Process and emphasized the Law of Readiness that develops student learning and motivates them to learn with every single clue and step. Moreover, trainer also elaborated the techniques of teaching different subjects like; Urdu, English and Science at different grade levels. Trainer said that these subjects are very interesting and it mostly relates with our surroundings, so teachers should use examples related to our daily lives for explaining the lessons of primary level that may motivate students to learn and experiment their daily routines happening in their surroundings and it will sharpen their brain and thinking critically. At the end all the participant of the workshop shared their feedback regarding training workshop on quality education.

**Samina Begum:**

It was the first time, I have participated in the training of teachers, I learned so many new things that I can improve in my teaching process that may develop student interest towards learning.

**Sajjad Hussain:**

These types of training encourage teachers to improve his teaching skills and to keep up to date his knowledge.

**Mussarat Parveen:**

It was difficult to engage the students of Nursery and Prep classes in learning. But, after attending this workshop/training, I got to know about methods of teaching and how young one's can be involved via using these different teaching methodologies.

**Riaz Hussain:**

I am glad that SANJH Pakistan made us able to achieve our goals and objectives in best way. Through these types of training, we can make our education system strong and our students would became able to think critically that may lead them to a successful future.





#### 4. WASH Activities conducted by SANJH

##### Water, Sanitation & Hygiene (WASH)

Water, Sanitation and Hygiene infrastructures is the basic need of every individual to live a healthy and cure life. Access to the safe water, adequate sanitation, and proper hygiene education can reduce illness and death from disease, leading to improved health and poverty reduction. To provide quality care, healthcare facilities need to have a safe and accessible water supply; clean and safe sanitation & hygiene facilities.

But, most of the areas in Pakistan are challenged to provide these basic needs to their population, leaving people at risk for water, sanitation, and hygiene (WASH)-related diseases. Without the appropriate infrastructure of WASH; communities are at increased risk of disease.

SANJH has conducted five activities (02-Session on health and hygiene, 01-hand wash activity, 02-awareness sessions) based on theme of Water, Sanitation and Hygiene (WASH) and engaged 217-participants in the activities to aware them about a healthy & hygienic environment. Below are the details of activities:

1. Session on Health & Hygiene
2. Hand Wash Activity
3. Wash Hands with Soap before Taking any Meal (Khana khanny se Pehly Sabun se Hath Dhoen) - A Message by SANJH
4. Wash Hands with Soap after Using Washroom (Washroom k Baad Sabun se Hath Dhoen) - A message by SANJH

##### 4.1 Sessions on Health and Hygiene

Sr.	Activity Name/No.	Location	District	Date	No. of Participants
1	1 <sup>st</sup> Session on Health & Hygiene	Peer Pori	Muzaffargarh	16-12-2021	60
2	2 <sup>nd</sup> Session on Health & Hygiene	Dhori Wala	Muzaffargarh	20-12-2021	46

SANJH team has conducted two sessions on health and hygiene in District Muzaffargarh (Punjab) and engaged 104-participants in the activities. Representative of SANJH gave briefing to the participants about health & hygiene and said that to live a healthy life it is necessary to keep our surroundings and environment hygienic and clean. As we know; health and hygiene are two things and inter-linked with each other, therefore we are responsible for keeping our environment clean. Furthermore, Representative of SANJH shared with the participants that, we

can keep our mental health safe and healthy by doing exercises, walk and clean. As well as our mental health is always influenced by the physical hygiene like keeping away our-self from smoking, proper waste disposal at public places and cleanliness of our society that may protect us from diseases.

### 1<sup>st</sup> Session on Health & Hygiene



### 2<sup>nd</sup> Session on Health Hygiene



### 4.2 Hand Wash Activity

Sr.	Activity Name/No.	Location	District	Date	No. of Participants
1	Hand Wash Activity	Apna Ghar Apna Bagh SCHEME	Muzaffargarh	23-12-2021	29

SANJH team has conducted Hand Wash activity in District Muzaffargarh (Punjab) and engaged 29-participants in the activities. SANJH team told benefits of washing hands to the participants as;

- Elimination of germs

- Prevention from illness
- Keep ourselves healthy
- Creates safe and healthy environment

As well as SANJH team talked about appropriate sanitation process and told the participant how to wash hands in a proper way. Participants washed their hands by using soap and used sanitizers as well.



#### **4.3 Wash Hands with Soap before Taking any Meal (Khana khanny se Pehly Sabun se Hath Dhoen) - A Message by SANJH**

Sr.	Activity Name/No.	Location	District	Date	No. of Participants
1	Khana Khany se Pehly Sabun se Hath Dhona (A message by SANJH)	Rahmu Wala	Muzaffargarh	14-12-2021	47

SANJH conducted an awareness session/activity entitled “Khana Khany se Pehly Sabun se Hath Dhona (A message by SANJH)” in district Muzaffargarh (Punjab) and engaged 47 beneficiaries to aware them about how we can become safe from germs before eating any meal. Participants actively participated in the activity and children/students grab the message behind the activity and promised to make it their habit for washing hand with soap before taking any meal/food.



#### **4.4 Wash Hands with Soap after Using Washroom (Washroom k Baad Sabun se Hath Dhoen) - A message by SANJH**

Sr.	Activity Name/No.	Location	District	Date	No. of Participants
1	Washroom k baad sabun se hath dhoen (A message by SANJH)	Ditty Wala	Muzaffargarh	09-12-2021	35

SANJH conducted an activity entitled “Washroom k baad sabun se hath dhoen (A message by SANJH)”. It was an awareness session for children in schools and 35 students took part in the activity. Students were briefed about the health and hygiene during the activity. As well as SANJH team explained to the students that after using washroom, it is necessary to wash hands with soap; and in result it protects us from germs and different kind of diseases.



## 5. Sessions on Prevention of Blindness and Eye Health of Children

### Objectives:

- To train teachers so that they can take visual acuity of students.
- To aware teachers about effects of blindness.
- To describe the major causes of blindness in children in detail.
- To aware teachers about how blindness can be prevented in children.
- To aware teachers about role to promise eye health of children.
- To explain that how children can keep their eyes clean and safe in their surroundings.

Eyes are the most important, sensitive and second most complicated organ of the body. Whatever we learn everyday 80% of it is perceived through eyes. Man of this modern world is more susceptible to developing any eye abnormality than Stone Age man. With the increase of modern man's intimacy toward screens, he is more vulnerable for developing eye abnormalities. Hence, prevalence of blindness and visual impairment increase. Although, modern world is advance in technology but still people are unaware of the conditions they are suffering from. Therefore,

SANJH took initiative to aware teachers regarding children eye health so that prevalence of blindness and eye abnormalities can be decreased.

Sr. No.	Activity Name	Venue	Town	District	Date	Total Participants
1	1 <sup>st</sup> Eye Health Awareness Session	Pakistan Public School	Gurmani Town	Muzaffargarh	20-11-2021	33
2	2 <sup>nd</sup> Eye Health Awareness Session	Head Office SANJH	Khanpur Bagha Sher	Muzaffargarh	24-12-2021	26

Session started with the recitation of Holy Quran. After that representative of SANJH gave brief introduction of the organization and made them aware about the previous work of SANJH. Then he gave a detailed introduction of the project and told them why SANJH took this initiative. He said, “According to WHO report, 245 million people are visually impaired and 39 million people are blind. It was estimated that out of 245 million people, 19 million are only children in which 14 million children are visually due to uncorrected Refractive Error. Technology has increased the prevalence of refractive errors. Refractive Errors are the most important cause of preventable visual impairment. They are the second major cause of blindness. Developing countries majorly contribute to the percentage of uncorrected refractive errors that is 90%.”

Moreover, he added, “Children are the building blocks of a successful society. That’s why their health is the major concern. If they are not healthy then success of a society cannot guaranteed. Child Eye Health is a major concern as 80% of the information they take every day is through their eyes. If they cannot see, then it is very difficult for them to understand the knowledge they are seeking every day. That means literacy rate in our society is going to descend hence success of a society cannot be promised.” Furthermore, Trainer led the awareness session and highlighted the major factors that are barriers of a healthy society. She made them aware that shortage of service delivery, financial crisis and lack of awareness are the major barriers in front of a healthy society. Due to lack of awareness of certain diseases health is compromised in a society.

#### Identification of a child having any eye problem:

Trainer asked teachers to notice if any of their student is showing some symptoms that are related to eye conditions. She said that some eye conditions do not show any signs but some of them show certain type of signs such as:

- Appearance of eyes
- If any of the eye drifts inwards or outwards
- Behavioral Problems
- Frequent Rubbing of eyes
- Headaches
- Sitting too close to television
- Drifting of either eye or both eyes when exposed to light

She said that if any of your student is showing one of the above mentioned signs then the teacher should ask his student's parents to take him to hospital for further investigation.

### **Causes of Blindness in Children:**

Trainer informed teachers about the major causes of blindness in children. These are:

- Vitamin A deficiency (causes 250,000- 500,000 cases of childhood blindness each year)
- Cataracts
- Amblyopia
- Retinopathy of prematurity (ROP)

### **How Eye Health of Children can be promised in our society?**

Trainer stated that there are some important points that should be fulfilled to promise eye health of children in the society. These are:

- School vision screening programs should be encouraged
- Teachers should be trained to educate children about a healthy lifestyle.
- Consumption of vitamin A rich foods and 6 monthly vitamin A supplementation for all children between 9 months to 5 years
- Annual vision screening of school children is necessary to detect any refractive error.
- If a child is diagnosed with cataract, then prefer a cataract surgery as soon as possible as it will decrease the chances of development of amblyopia.
- Paying a visit to an eye clinic as early as possible in the childhood so that vision threatening conditions can be diagnosed if any.
- Teachers should educate children about how to increase personal hygiene, environment sanitation, water supplies as this will decrease chances of many diseases from occurrence.

### **Different Tips to keep your eyes healthy and safe:**

Trainer taught them different tips to keep their eyes healthy and safe. These are as follows:

- Regularly play and exercise. At least two hours of outdoor activity a day is ideal for healthy eyes
- Eat healthy and balanced diet
- Drink enough fluids

- Protect your eyes from the sun. Never look directly into the sun. Use high quality UV-rays blocking sunglasses.
- Use protective glasses while playing outdoor games such as cricket, gulli danda etc
- Rest your eyes when using electronic devices. Follow 20/20/20 rule
- Sleep at least 6 hours daily
- Make sure if glasses you are wearing fit properly on your face or not.
- Be careful while playing projectile games like cricket, gulli danda
- Avoid firecrackers, bows, arrows at events
- Avoid colors that cause chemical burns.
- Do not smoke
- Avoid looking directly into the sun

At the end of the sessions, participants shared their feedback;

**Miss Humaira Bibi; Head Teacher of Pakistan Public School said,**

“This session was really helpful. My eyesight is weak and today for the first time I checked my own eyesight. I believe that today’s training will also be helpful for our students.”

**Miss Kashmala; Teacher of Huzaifa Islamic School System said,**

“I have some students in my class that show signs of having eye problems. I didn’t know that these signs are due to certain eye conditions. I will definitely call their parents and will suggest them to visit hospital for their children eye checkup.”

**Miss Riffat Safdar; Teacher of SANJH Modern School System Dittay wala said,**

“This session was very helpful for me as I didn’t know that my eyesight was weak. I never felt that I was having blurry vision through this whole time. Thanks to this awareness session I was able to find out about my poor eyesight.”

**Miss Iram Mujahid; Teacher of SANJH Modern School System Dhori Wala said,**

“Today, I learnt a lot from this awareness session. I think my nephew shows some signs as if he is suffering from any eye condition. Now I will make sure to pay a visit to a hospital for his eye checkup.”



