



Report of WASH-Activities

Awareness Raising Campaign to Promote Best
Hygienic Practices in Rural Communities

District: Muzaffargarh, Punjab (Pakistan)

*Reported by: SANJH
December, 2021*

Table of Content

Sr. No	Contents	Page No.
1	Organizational Background	2
2	Water, Sanitation & Hygiene (WASH)	3
3	WASH-Activities conducted by SANJH	3
3.1	Session on Health and Hygiene	3
3.2	Hand Wash Activity	5
3.3	Wash Hands with Soap before Taking any Meal (Khana khanny se Pehly Sabun se Hath Dhoen) - A Message by SANJH	6
3.4	Wash Hands with Soap after Using Washroom (Washroom k Baad Sabun se Hath Dhoen) - A message by SANJH	7

1. Organizational Background

SANJH Pakistan is a non-profit, non-governmental and non-political organization. SANJH is a word of local language which means “Collaboration of people”. SANJH was established on 10th December, 1973 and was registered with Social Welfare Department in March, 1974 with a name SANJH-(Society for the Advancement of Nature, Health and Justice). Later on, SANJH was registered with SECP with Name SANJH Pakistan on November, 2017.

SANJH has faith on sustainable development and fraught to bring change through participatory growth according to the local needs and atmosphere. The policy of SANJH is to work at grass root level with local communities and SANJH forms village committees for each project. SANJH uses the tool of communicating theater for advocacy and awareness. SANJH has two theater groups associated with it.

SANJH Pakistan believes that a good human behavior can positively change the world so we have focused on the behavior changing strategies in all of working for a peaceful, prosperous and educated society.

SANJH is mainly focusing on following thematic areas;

1. Water, Sanitation & Hygiene (WASH)
2. Peace promotion & intersect / interfaith harmony
3. Human Rights
4. Education (formal, informal and technical education)
5. Nature & Climate change
6. Poverty Elevation

Vision:

A peaceful, prosperous and educated society where people are practicing and enjoying good health, healthy environment, justice & human rights on equity basis.

Goal:

To empower the marginalized sectors of society through peaceful struggle for pro-people & environmental development.

2. 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.

3. WASH Activities conducted by SANJH

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

3.1 Session on Health and Hygiene

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

1st Session on Health & Hygiene



2nd Session on Health Hygiene



3.2 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.



3.3 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.



3.4 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.

