



An initiative of Utthan



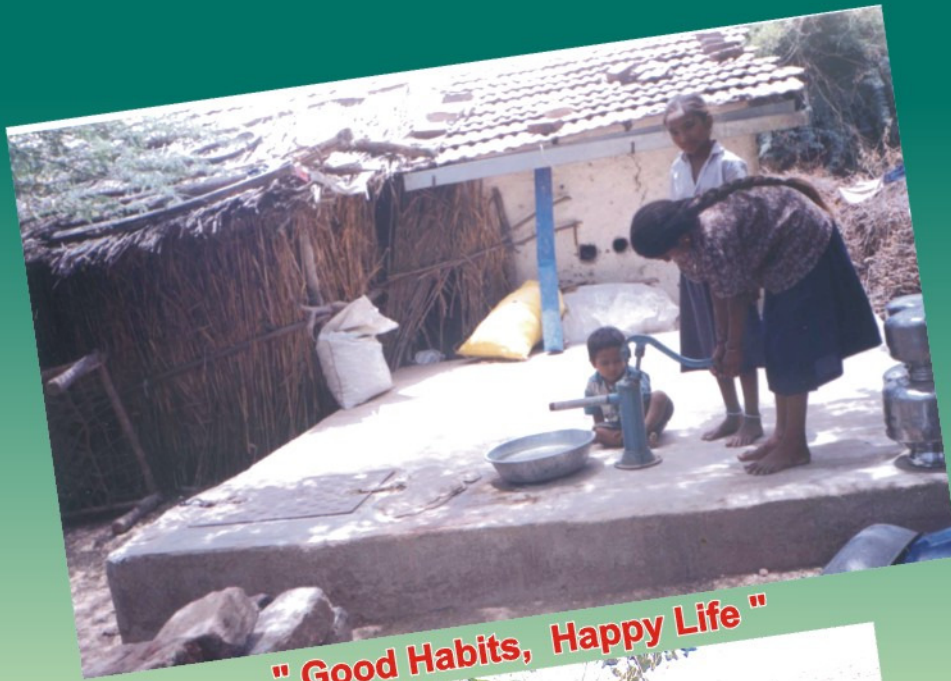
SEVEN STEPS TO HYGIENE



People's Learning Centre for WATSAN, Bhavnagar

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" Good Habits, Happy Life "





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SEVEN STEPS TO HYGIENE



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Developed by

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Year
2010

Financial Support



Print Run (Copies): **1000**

Printers

Chitra Creative Bhavnagar
Phone 0278-2521756

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Introduction

UTTHAN is an NGO working in the state of Gujarat. In 1981, Professor Ravi Matthai's "Javaja" experiment inspired four young professionals all women, to create and develop UTTHAN. This group and the NGO then decided to work with the communities in the water scarce Bhal region focusing upon process of equality and rights based approach. UTTHAN has worked on empowering women's groups to seek clean and adequate quality of water for all.

Over the years, UTTHAN has been working towards organizing and empowering groups especially women towards sustainable institutional mechanisms that are just and gender sensitive within the water and sanitation sector. These experiences and perspectives are utilized as advocacy tools at the regional, national and international forums to bring about appropriate changes to the policies on water and sanitation.

People's Learning Centre - WATSAN

This is a initiative of Utthtan, a voluntary organisation (NGO), which initiated its work in 1981, from one of the most poorest areas of Gujarat, called Bhal area. It helped build an independent community based organisation called Mahiti in 1994 and a women's movement, to address some of their major human rights issues. One of the issues was access to safe adequate, and reliable drinking water. This mobilisation led to a demand for state's support for establishing gender sensitive, people centered water and sanitation systems. The lessons learnt in a movement for translating these demands into policies, programs and its implementation, led Utthtan to initiate setting up of PLC for watsan. Globally, one of the key Millennium Development Goals, to ensure communities right to safe health, is a target of halving the numbers of people without access to safe water and sanitation, to be achieved by 2015 and access to all by 2025! Sensitisation, changes in attitude, methodology, approach, technology, financial investment and management as well as in institutions are expected to lead towards the desirable results,

The present booklet, is a small but very important attempt to respond to the demand from water sanitation committee members as well as children and some of the schools' to improve their sanitation, hygiene conditions and therefore the health. Who are the major sufferers but far from the orbit of knowledge exchange circles. We found that children are very curious to learn and adapt new ideas, knowledge, practices and are great leaders by taking initiatives in spreading their knowledge and hence important changemakers.

Vision

PLC watsan, envisages a society which is well prepared to address and access their water and sanitation services, which is gender sensitive and people centric, sustainable, with a responsible and accountable government's support.

Goal

To create a people centred platform / forum wherein the communities and the stakeholders are able to demand their rights for safe water and sanitation through discussions and sharing of experiences.

Hello community, make a code never drain water on village road.



1

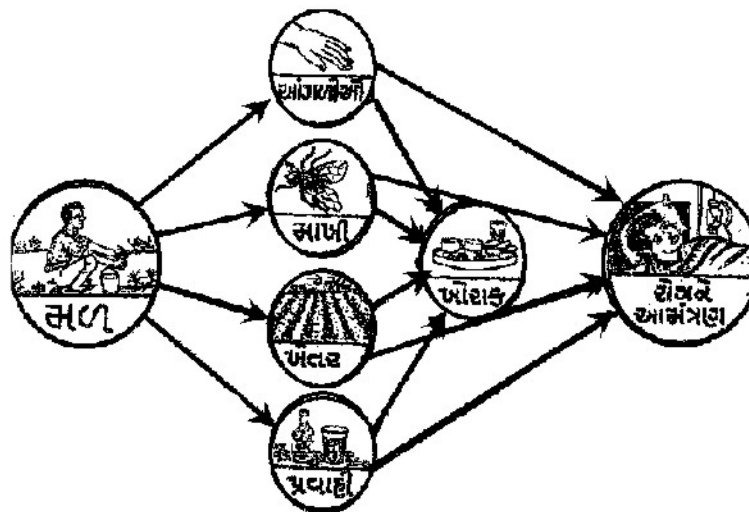

A Journey - Seven Steps to Hygiene

Water and Sanitation are two sides of the same coin. Normally, little attention is paid to hygiene. To survive, we need water, air, food and clothes. Similarly, to remain healthy, we need to adopt hygiene in our lives - a need and our responsibility too. It is well said that cleanliness is next to Godliness.

Mahatma Gandhi had once remarked that “our cleanliness is more important than our independence.” We remain backward because of our lack of cleanliness. That's why we fall prey to numerous illnesses and spend considerable amount of money to deal with these illnesses. This drains our resources. Be it a child or an adult, each one of us must think of adopting hygienic practices seriously.

If we as adults do not adopt hygienic practices, then our children will learn incorrect practices. To protect the future generation, it's important to adopt hygienic practices. It is time to begin adopting small changes to our lifestyles and adopt hygienic practices for a better and a healthier life.

The Faecal Oral Route



Need for Water Management

Seven Steps to Hygiene



- There is abundant water on this Earth. But potable water is very limited, and hence water should be used judiciously.
- Nature has been providing water free of cost. But today, the systems set up by the government to reach that water are very expensive.
- Even when we know that water is scarce, yet we do not recycle or reuse the water.

Drinking Water Quality

- Should be clean - that is it should be free of turbidity, dirt or larvae
- Should be colourless and odourless (not impacted by pollution)
- Should be conducive to taste and not be saline, bitter or turbid
- Should be soft that is easily digested and does not cause a burning sensation in the stomach Pulses or vegetables should easily boil in the water while washing clothes, the soap used with water should produce fizz
- Should be free of any chemical / industrial pollutants or waste
- Should not be contaminated with human urine and or faeces

Hello community, make a code never drain water on village road



3

1

Use and Protection of Water Sources

Seven Steps to Hygiene

- Areas around the all water sources must be neat and clean.
- It is best to clean the water tank / storage tank on a regular basis.
- Filter / sieve water and store this clean water in clean vessels / water pots.
- It is best not to wash clothes, vessels or wash and clean cattle near the water sources. These must be done at home.
- Create / construct and maintain the drainage so that used/contaminated water does not enter the water source.
- Repair and maintain the water sources on a regular basis.



4



Drought you all must bother and protect / save water.

2

Managing Drinking Water

Seven Steps to Hygiene



- Always keep the “paniyara” (water stand) clean and also clean the water pots regularly.
- Cover the water pots / vessels that store clean drinking water.
- Use a water pot that has a tap to retrieve water, else always use a ladle to retrieve water from the water pot and then cover the pot.
- It is best not to dip dirty hands in the water pot to retrieve water.
- Store drinking water at a height.
- If possible, boil and cool the drinking water. Else use chlorine tablets to make drinking water safe.



Hello! Please do cover the water pots



5

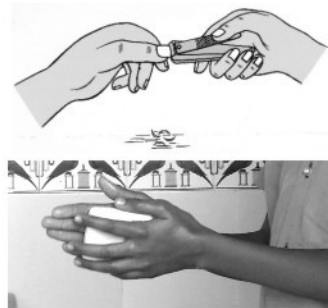
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Personal Hygiene

Seven Steps to Hygiene



- Bathe everyday and keep the body clean.
- Always wear washed, clean clothes.
- Always trim one's nails and keep them clean.
- Keep your hair washed and combed always.
- Wash your hands with soap after defecating, before cooking and before feeding Children.
- Regularly brush and keep your teeth clean and healthy.



6



A small good habit means a big happiness.

4

Disposal of faeces and urine

Seven Steps to Hygiene

- Build and always use a toilet to dispose faeces and urine safely.
- Open defecation must be avoided but if its not possible, then defecate far away from the residential areas and water sources.
- Cover the faeces with mud as a safe practice.
- Always wear footwear while going to defecate.
- If possible, use the decomposed faecal material as manure or make arrangements to produce gas.



My family kept my honour have a toilet at home that right corner



7

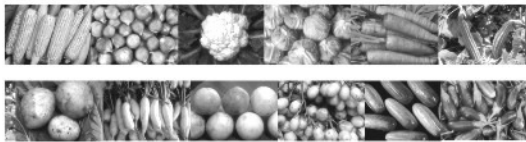
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Protecting food keeping it clean

Seven Steps to Hygiene



- Make it a habit wash hands with soap before cooking and before eating.
- Always keep the kitchen clean to keep the food safe.
- Properly wash vegetables and fruits before consuming them.
- The garbage from home needs to be disposed off properly far away.
- Always keep cooked food covered to avoid contamination from flies.
- As far as possible, insist on eating fresh food.



8



Contaminated water and unclean habits, shatters health bit by bits.

6

Environmental Sanitation

Seven Steps to Hygiene



- Dispose home waste water by constructing, using and maintaining a soak pit.
- Dispose off home garbage in a pit dug far away from home.
- Similarly dispose off the dung and the cattle feed waste in a pit dug far away from home.
- Keep the house surroundings clean and do not allow water logging to keep flies and mosquitoes away.
- Keep the village public places neat and clean.



A clean and neat village where progress lives permanently.



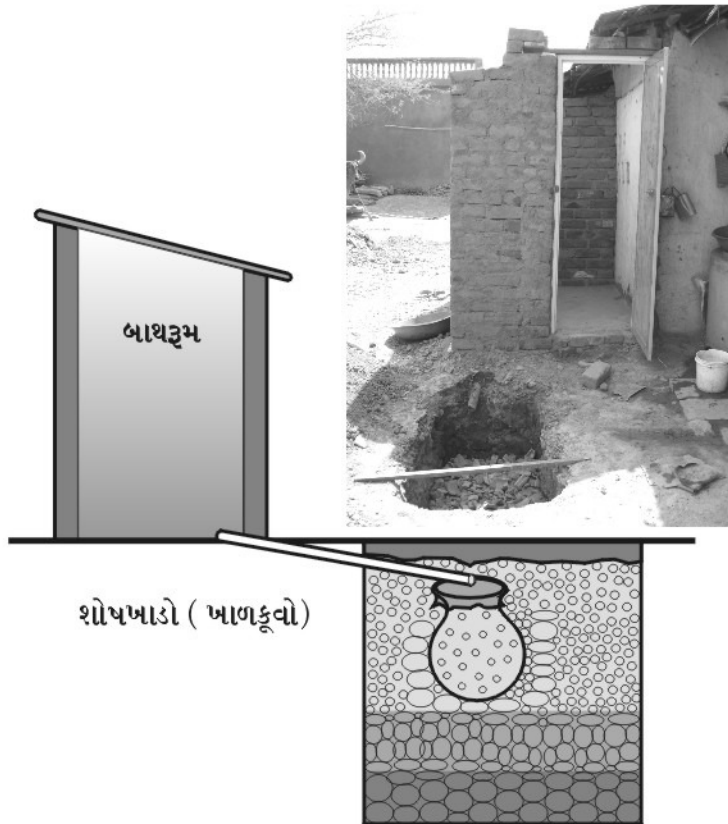
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Disposal of waste water

Seven Steps to Hygiene



- Construct a soak pit to dispose waste water from one's home.
- One can reuse the waste water from homes by diverting it to water plants, trees or even be used in the farms.
- Never dispose waste water into open drains.



10



Organize strengths to tackle uncleanliness!

Contaminated Water Harms

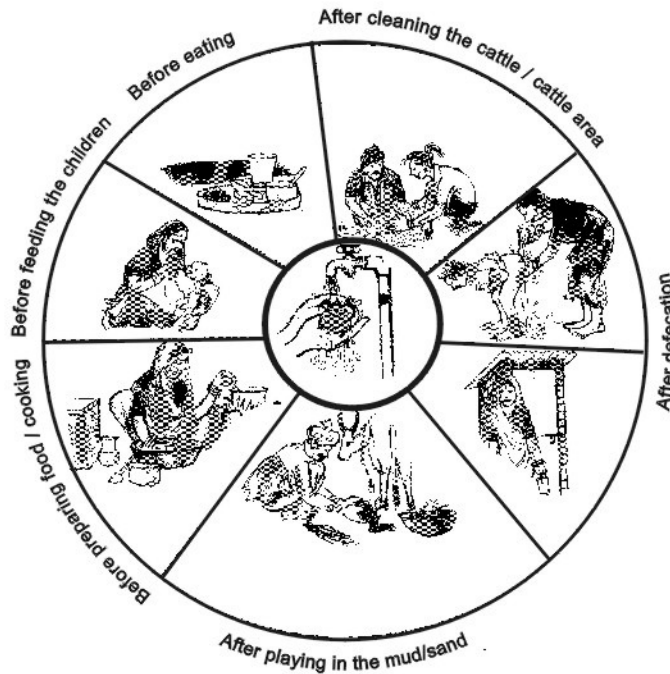
- 80% of the diseases are caused by drinking contaminated water. These include diarrhoea, cholera, jaundice or typhoid.
- If one were to drink contaminated water, one would fall ill with diarrhoea, cholera, jaundice or typhoid.
- Children fall prey to these diseases easily and often end up losing their lives.
- These diseases cause loss of work and work hours and in turn increase expenses of buying medicines. This further makes us poorer.



Being just a little bit careful, can keep us healthy always.



Wash your hands always with soap



Remember this

- Always trim / cut one's nails
- Always wash one's hands with soap
- Always use a ladle to retrieve water

Cleanliness is the magic wand
for leading a healthy life.



Hello friend, oh my dear friend
Visit every home in my village my dear friend
Tell each house to remain clean
Hello friend, oh my dear friend

Oh Sarpanch, to you I make a request
Repair the lanes and by lanes of my village
Fill the potholes, and remove the garbage dumps
Oh Sarpanch do tell the homes to
keep the village clean
Hello friend, oh my dear friend

Oh Women- to you all I make a request
Keep the wells and the hand pump clean
Sweep the compounds make it clean
Oh Women do tell the homes to
keep the village clean
Hello friend, oh my dear friend

Oh Panchayat members -
to you all I make a request
Get everything cleaned and keep
flies and mosquitoes far away
Every compound every lane be clean
Oh Panchayat members do tell the
homes to keep the village clean
Hello friend, oh my dear friend

Oh Teachers - to you all I make a request
Teach the children in school about clean habits
Get the children to exercise and be healthy
Oh Teachers do tell the homes to
keep the village clean
Hello friend, oh my dear friend

Oh Elders - to you all I make a request
Help in recharging the village
wells and the hand pump
Help make check dams and harvest rain water
Oh Elders do tell the homes to
keep the village clean
Hello friend, oh my dear friend

-Rita Chapala



Lesson for Life

Gandhijee taught a lesson when he picked up the broom himself. But when everyone saw him do this, the others too joined him. Cleaned the compound, cleaned the lanes, cleaned the surroundings. The Ashram residents all asked Bapu to forgive them. But when Gandhijee took the broom, he taught an important lesson. Each one must do her/his own work herself/himself without any airs. Bapu did not sit quietly but in fact joined the cleanliness effort. This effort of Bapu motivated the village community to join in. He taught a lesson and did not give a mere lecture on cleanliness. That's how his life was one big lesson.

Original Gujarati poet :
Ganabhai Devaliya
From the Book: "Safai Geeto"
(Songs about Cleanliness)



" There is POWER in clean hands "





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