



THREE DAYS TRAINING REPORT

COLLABORATION:

WES UNICEF MZD - AJK

Under Supervision:

SALIK DEVELOPMENT FOUNDATION (SDF)

Head office:

Baz Plaza Malakand Rd Takht Bhai, Mardan. Tel: 0937-551244, Fax: 0937-552546

Peshawar Office:

Zahir abad (Shahi bagh), Charsaddah Road, Peshawar, Tel: 0915276284

Ghari Habibullah Office:

Near Jump, Balakot Road, Main Bazar, Ghari Habibullah, District Mansehra,
Tel: 0997-450197-235135

Muzaffarabad AJK Office:

D- 93, Upper Chattar, Housing Scheme , Muzaffar Abad, AJK. Tel: 058810-34385.

Pittaka Field Office:

Main Bazar Pittaka, District Muzaffar Abad, (AJK). Tel # 058811-42950

Emails Addresses:

salik4@gmail.com, jehanzeb@salikfoundation.com, Salik foundation@yahoo.com

Web Site: www.salikfoundation.com

Dated: - 30-11-2006 to 02-12-2006
Topic:- School Sanitation Hygiene Education (SSHE) Program through Child to Child Approach (CTC)
Timing: - 9:00 AM to 4:00 PM
Venue: - SDF Main Office MZD
Facilitator: - Yasir Mahmood and Saima Bashir
Participants: - Primary and Middle School Teachers
Union Council: - Berhi
District: - Muzafar Abad Azad Jamu & Kashmir

Training Objectives:

- ❖ To make children aware about health and transfer the knowledge to others.
- ❖ To aware the children about the usage of latrine, the cause of diseases and prevention.
- ❖ To aware about daily life cleanliness.
- ❖ Through Children, aware their parents and community about health hygiene and their attitudes.
- ❖ For the help of school going children, making plans and practically work on it for the sustainable healthy attitude i.e. hand wash, use of latrine clean house and school.
- ❖ Strengthening the hygiene issues, clean drinking water and use of latrines, for the promotion standards of life and decreasing the death rate of children.

Important Topics of Training:-

- School Sanitation & Hygiene Education (SSHE) Program.
- Introduction to Child to Child Approach (CTC).
- Transmission of water born diseases.
- Six steps of CTC.
- Identification of prevailing hygiene issues in communities especially in children.

Back Ground of the Training:-

Salik Development Foundation has signed an agreement with WES UNICEF Muzafar Abad Azad Jamu & Kashmir in connection of **Water Supply, Sanitation & Hygiene Education** interventions in the earth quake affected area i.e. U/C Berhi, U/C Machyara, U/C Talgran, U/C Heer Kotli & U/C Seed Pur of District Muzafar Abad-AJK.

That training was an activity of the above project. There is total 5 planned trainings schedules one for each U/C's teachers (Male & Female) of the project area.

Training Proceeding;

Day 1:-

Main topics of the day.

- *Background of SSHE*
- *Why SSHE Program*
- *Introduction Hygiene and Sanitation.*
- *Importance of hygiene in our daily life.*

The Training was started with the recitation from the Holy Quran. After recitation Saima Bashir, Facilitator of the Training, introduced herself and her team. Then Participants introduced themselves one by one.

Facilitator set the rules for the training with the help of participants for three days. Participants also shared their expectations and assumptions in written form about the training.

Training properly started with the introduction of Salik Development Foundation and all projects activities through multi media, charts & white board.

Facilitator also made introduction of UNICEF and its major activities in all over the world especially related to the care of child & mother, through multi media, charts & white board.

Miss.Saima asked them about SSHE program. Participants shared their knowledge which they had about SSHE.

She described the training workshop objectives and explained about the SSHE program. She explained that SSHE referred to the combination of hardware and software components. Those are necessary to produce healthy School environment and develop or support safe hygiene behaviours. It focuses on development of life skills, a healthy and safe school environment and out reach to families and communities.

Then participants were divided into groups for group's activities on different topics. They made their groups exercises and then team leader of each group presented their work.

Facilitator asked them about health, hygiene and sanitation .Participants shared their knowledge about health, hygiene and sanitation.



Mr. Yasir Mehmood is facilitating



A view of Participants in the training

Then facilitator explained about sanitation and hygiene issues. **Hygiene** is commonly understood as preventing infection through cleanliness. In broader call, scientific terms hygiene is the

maintenance of health and healthy living. Hygiene ranges from personal hygiene, hygiene, through domestic up to occupation hygiene and public health diet, cleanliness, and mental health. She told them that ‘**Sanitation**’ is the process whereby people demand, effect, and sustain hygienic and healthy environment for them by erecting to prevent the transmission of water borne diseases’.

In other words we can say that the disposal of solid and liquid wastes is called sanitation.

Next session was a group activity. Again participants were given a table to solve, which was about prevention of transmission of water and sanitation related diseases.

Facilitator showed them the transmission pattern of water, sanitation related diseases with the help of multi media. At the end of exercise the winners were announced prizes, which were given at the end of training.

DAY 2:-

Main topics of the day

- *Faecal- oral Routes of diseases transmission.*
- *Introduction of Child to Child (CTC) approach.*
- *CTC six step approaches: Linking School to Community.*
- *Identification of prevailing hygiene issues in communities especially in children.*

The second day began with the recitation from the Holy Quran. Mr. Yasir Mehmood and Miss. Saima Bashir reviewed the previous day proceeding.

Then Facilitator gave two stories (positive & negative) and asked them some different questions related to stories.

Mr. Yasir Mehmood, Facilitator sensitized them about the Faecal- oral routes of diseases transmission with help of different charts through F. diagram. F. diagram was discussed among the participants. They discussed the methods to keep themselves away from diseases caused by human faeces. He said “keep children aware about such kinds of diseases caused by human faeces”.

Facilitator divided the participants into groups for group work. They were asked to write about those diseases caused by human faeces.

After group exercise team leader of each group presented their group work.

Facilitator also explained ‘**Domains of hygiene behavior**’ with follows headings.

- Deposal of human faeces
- Use and protection of water sources
- Water and personal Hygiene
- Food Hygiene
- Domestic and environmental hygiene

Next session about Child to Child (CTC) approach and sex steps. Facilitator asked them about the CTC concept. Participants shared their knowledge about CTC.

Then Facilitators explained CTC through multi media, charts and white board. They discussed that how Children can spread their knowledge to their families and to other members of communities.

They discussed the following rational for child to child approach

- Children can easily spread their knowledge
- Children can act as role models

- Children can influence their parents and siblings
- Children can adopt new behavior easily
- School is the permanent institution for the behavior change of the children

Facilitators explained CTC approach through six steps and health hygiene promotion as follows.

CTC Six Step Approach: Linking School to community

SCHOOL	HOME/ COMMUNITY
Step 1: well understanding of the them Step 3: Discussing and plan action Step 5: Discussion action taken(result)	Step 2: Finding out more Step 4: Taking action Step 6: Doing it better

They discussed transmission of water born disease through group work and different activities by involving participants. The Facilitators tried to disseminate knowledge on health and hygiene to children by teachers and also identified on prevailing hygiene issues in the community.

Mr.Yasir Mehmood also discussed about transmission pattern of water and sanitation –related diseases. He sensitized them to care in preventing their health from such kind of infection due to which numerous kind of disease appeared.



Mr.Jehan Zeb (President SDF) addressing to the Participants on the second day of the Training

Mr.Jehan Zeb (President SDF):

He welcomed all the participants in the training. He hoped that all the participants would further deliver their knowledge to their students.

He said that SDF were engaging to solve problems facing by earth quake affected communities of Azad Jamu & Kashmir.

He said that teachers would cooperate with Hygiene Promoters in the formation of School Management Committee. There should be 6 members in the SMC (two from teachers and four from students).

He hoped that they helped the hygiene promoter in their field work too.

At the end of the day facilitators distributed various stories among the participants and asked them to describe the core idea, cause and effect of the stories. In the last time facilitator divided participants into two groups. Then they played dramas, related to child to child approach based on stories.

DAY 3:-

Main topics of the day

- Attitude, Behavior, Groups and Organization.
- Stages of Behavior Changes in individuals.
- Understanding process of behavioral change.
- Plays perform.

The 3rd day began with the recitation from the Holy Quran. Mr. Mr. Yasir Mehmood reviewed the day 2nd topics.

Then he facilitated about the Attitude, Behavior, and Groups & Organization. He explained these topics as follows.

Attitude: - The feeling / or point of view which a person or groups has relating to people, events, and opinions.

Groups: An assemblage of persons or objects gathered or located together.

Organization: An organization is a group of people intentionally organized to accomplish an overall common goal or set of goals.

Behavior: The way people act in general, especially in relation to the situation they are in or the people they are with.

Stages of behavioral change in individual:

Stage1: Awareness

Stage2: Concern

Stage3: Knowledge

Stage4: Motivation to act

Stage 5: Intention to act

Stage6: Trial of new practices

Stage7: Evaluation of the experience

Stage8: Adoption or rejection.



Group Work by the Participants

All these topics were explained with the help of charts. Then the participants were divided into groups for performing the six steps story of child to child approach. After it both the groups presented their six step story through character show one by one. Then both the groups were given the time to criticized each other performance.

The very last session was facilitated by Saima Bashir co-facilitator of the training. She described the utilization, advantages and disadvantages of latrine with the help of slides. She explained that “How Germs enter into Human Body.”

She described that germs entered to human body through following sources.

- Through water
- Through vegetable
- Through hands
- Through flies

Formally the training came to an end and “Certificates of Participation” were distributed among the participants. They gave feed back about the training in written form.

Feed back from the participants at the end of the Training

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