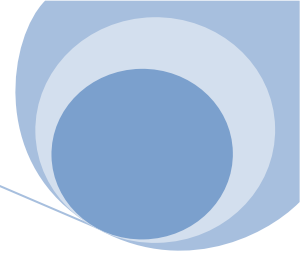


The page features a decorative graphic consisting of three blue circles of varying sizes, each with a gradient from dark blue to light blue. These circles are arranged vertically, with the largest at the top, a medium one in the middle, and the largest at the bottom. Two thin, light blue lines intersect at the top left and extend diagonally across the page, framing the circles.

# **Case Study**

## **Promoting Healthy Attitudes**



Saba Ahmed is a student of class 4. She studies in Government Girls Model School Biah. She lives in Kotli Satian, situated in the Union Council Karore. She belongs to a poor family. Her father works as a farmer and earns a very meagre salary.

Saba had a habit of not washing her hands especially before eating. She also did not wash up after using the toilet. She often used to fall sick because she did not take care of her health. Her poor hygienic habits made her prone to diseases such as diarrhea and cough.

Saba's school was visited by the Chip team who requested her teachers to attend training for primary school teachers under the project called "Pakistan safe drinking water and hygiene promotion project". The training was conducted with the 4<sup>th</sup> grade teachers sensitizing them about 6 basic attitudes of keeping healthy. Various activities were conducted with them which, later on the teachers conducted with their students of class four. Saba actively participated in all activities that her teacher conducted. She also adopted all of the attitudes that were practiced during the session.

By adopting the habits, a drastic change was visible in Saba. She had totally changed. According to her: "After adopting hygienic practices, I am free of all diseases and feel more confident. Before, I always felt uneasy and didn't have many friends. Now all of the students are my friends. We all play together."

Now, she also asks her mother to boil the water before using. It is kept in the sunlight for eight hours which then becomes purified. Saba says, "My family used to get water from the tube well, it wasn't clean and used to make us sick, but now we know the importance of clean drinking water, we stopped drinking impure water from the tube well".

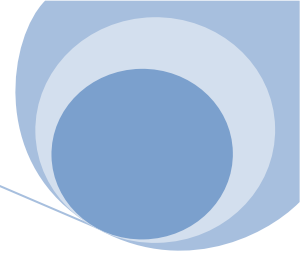
Saba feels proud that she has made more friends because of her good habit of keeping herself clean and healthy. She and her family are safe from diseases especially diarrhoea. She now lives a healthy and happy life.

#2

'He who has health, has hope. And he who has hope, has everything'

Amina is a student of class 4<sup>th</sup> of Government Girls Public School Saai, Kahuta. She belongs to a poor family and lives in a small village. Even though her parents are illiterate, she is an intelligent girl.

Amina says that since the program started, she can feel a change in her attitude. Her mother was very excited when she washed her hands. "Can you believe it, that when I conveyed this message to all my friends, they were also very happy with this program".



Amina has promised herself, the teachers and her friends that she would continue to practice all that she had learnt. Also, she would tell the local people in her village about the benefits of what she learned. She asked her father to buy soap so that every one in the house could wash their hands regularly before taking meals, as it kills the germs. Her family has now understood that it's better to buy soap rather than spend extra money on medicines.

Amina is now a different person. She is an active student and participates in all activities and happily shares this important information with the elders around her as her teacher had guided her. She also told her mother an easy way to purify water and now she helps her mother clean the drinking water by keeping it in sunlight for 8 hours.

Even if a child is already healthy, by learning these attitudes, he would become a more active learner and would become a strong part of the community. Changes in Amina's behaviour shows how important it is to save the lives of other children in Pakistan by implementing this project. The project slogan "Aik Fard Aik Khandan" truly describes the project. These children need to be guided and taught to live healthy as they are the architects of the future.

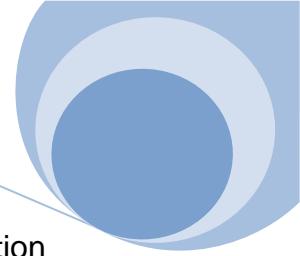
#3

Healthy children for a healthy future

"There is a drastic change in the basic attitudes of the students from all the information and the activities conducted with them, it was not only learning for them but also for the teachers as well"

Sana Khan, daughter of Ahmed Khan is a student of 4<sup>th</sup> class in Government Girls Primary School Kathar in Union Council Angoori, Tehsil Murree. She is living in such an area where only a few people bother to wash hands with soap before eating or after using the toilet. Her family members are dependent on her father who is the only earner of the house. Her mother is illiterate and doesn't understand the importance of staying clean and washing hands.

Abt Associates arranged teacher's trainings of the area in collaboration with CHIP under the Hygiene Promotion Project. A lot of information was shared with the teachers and they realized the need to wash hands with soaps and to drink clean water. The training emphasized that applying soap for 20 seconds could protect a person from various diseases, most importantly diarrhoea. When the teachers practiced all the methods and the activities with the students, Sana came to know and took great interest in the activities in her school. She practiced it at home and also shared with her family the basic objective of the training.



Sana's father's was excited about learning the attitudes. He says, "I have spent my whole life but never learnt or heard about such precious information before".

Sana has promised her teacher that she will continue to use these activities in the future as well and will also tell other people in the locality. She asked her father to buy soap for washing hands regularly before taking meal. Her father also explained that his and the family's health is very important and it needs care that is why he would ensure that the family also practices the necessary attitudes.

Sana is an active student and participates in formal and non-formal activities and feels honoured to share such important information with the elders around as her teacher had guided her.

Sana's teacher also appreciate the efforts by Abt Associates and share that they have very rightly utilized resources to bring a positive change in the behaviours of society as such activities have never been conducted before. Sana's case not only shows her willingness to continue these habits in future, it also motivates the trainers and sponsors in continuing with the project.

#4

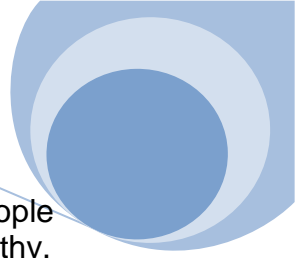
Embracing health with enthusiasm

In my village, washing hands before and after meals and after using the toilet is not a usual practice. I never knew that washing hands with soap kills all the germs. Also, it is very important to wash after using the toilet. We always brought water from the stream and never thought of the harmful effects of non purified water.

My name is Naima and I'm 12 years old. We are six brothers and sisters. My village's name is Papeen. I love my school and enjoy studying a lot. I also help my mother with work at home. My teacher Shakila told us about health and hygiene. She was trained by expert trainers on how to keep clean and healthy and the importance of adopting healthy practices. She conducted some activities in the class with all students of class 4. Due to those activities, I learnt a great deal about the importance of health and hygiene. She told us to wash our hands after using the toilet and also before and after eating.

Before Miss Shakila, I never knew about washing hands and how important health and hygiene was. Now that I have learnt these attitudes, I'm more enthusiastic about studies and other activities. I also told my parents and my siblings how important it is to stay clean. I also told them that adopting these attitudes would keep us healthy. In the start, my mother used to scold me for practicing these attitudes, but now that she knows what germs are and how harmful they are for us, she encourages me and my other siblings to wash before eating.

"Now, I will always wash my hands with soap even if my mother scolds me"



Now that I know how important good hygiene is, I want to tell the local people of my community about it too. I want that everyone in my village stays healthy.

#5

A healthy change in society

"I want my students to not only become brilliant students but also good citizens of this country. I want them to play an important part in the development of Pakistan."

Zahid Iqbal teaches 4th grade students of Government Boys Public School Mal Awan. He is serving as a dedicated teacher at the school and is also pursuing his bachelors' degree from Allama Iqbal Open University.

The CHIP team visited his school and were happy to see that not only was he committed to his duties regarding the curriculum; he also gave importance to extra-curricular activities.

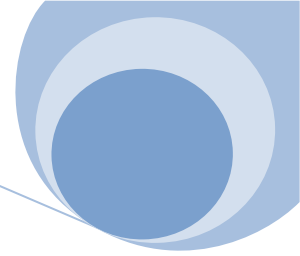
Zahid's school was not only extremely clean and tidy, but it had the proper facility of a toilet. The toilet also had proper arrangement of water for washing hands. The students properly washed their hands after using the toilet. They displayed it to the CHIP team by properly washing their hands for the required 20 seconds. Zahid often questions his students about health and hygiene, diarrhoea and the proper use of toilet. That is why not only students of grade 4, but of other classes also properly wash hands with soap after using the toilet.

Zahid Awan participated in a training session on December 1, 2008 in the Government Boys Primary School No 2 in Gujar Khan. After the training, Zahid conducted the activities actively with the students of his class.

About the importance of this training session, Zahid says, "When I was returning from the training session, I thought this is a lesson that would be beneficial for all students, not only my class".

Zahid Iqbal gathered all the students of the school and the rest of the teachers and told them about the information he received in the training and also conveyed the importance of adopting the habits. This is the reason why his school is the most disciplined and clean school even though it's situated in a far off region. Due to its discipline and proper cleanliness, visiting Zahid's school is a pleasure.

Zahid says the parents of his students cooperate to every possible extent. They realise the seriousness of his project. They even helped in putting up the water tank in the school. Zahid says that trainings and such programs are extremely necessary in making the students understand the importance of cleanliness.



#6

### Passing on health to the young

Zahoor Ahmed, 35, is a respectable teacher of Government Boys Primary School Sarkondal of Charhan Union Council, Tehsil Muree. The school is situated in the beautiful Muree Hills. Zahoor Ahmed belongs to a remote area where the nearest transportation is after a tough hike of two hours. He is the only breadwinner of his eight member family.

Zahoor belongs to an area where people use the dirty stream water for their daily needs. In this area, residents are habitual of using the open toilet and don't bother to wash their hands after relieving themselves. In the same way they rarely use soap to clean their hands before and after taking meals. They are not very conscious about the use of clean drinking water. Due to the poor hygienic conditions and absence of any dispensary, people especially children fall prey to various diseases. This doesn't just affect the progress of their studies, but has also infused a sense of hopelessness in the teacher.

Zahoor received a one day training by Master Trainers called, "Pakistan Safe Drinking Water and Hygiene Promotion Project (PSDW-HPP)" funded by USAID and implemented by Abt Associates with the collaboration of Civil Society Human and Institutional Development Programme (CHIP).

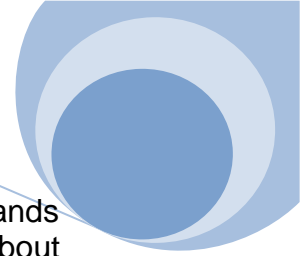
This training was conducted with the teachers of grade 4 of all boys and girls primary schools of District Rawalpindi. In the training, Zahoor was sensitized about 6 basic attitudes of hygiene and the way to purify water without any cost. Zahoor then imparted these activities to fellow teachers and his students. Zahoor also made sure that all of his students understood the training and attitudes. He also made sure that the students followed the rules and included them in their daily lives. Now, everyday he makes it his duty to check if the children are clean and wash their hands after using the toilet.

#7

### A clean and healthy Pakistan

Zeeshan Ali, son of Ali Akbar is a student of 4<sup>th</sup> grade in Government Boys Primary School Nanya, Kotli Sattian. His father is the only breadwinner of his family and the family circumstances force them to live from hand to mouth. Zeeshan rarely washed his hands with soap before taking any meal or after using the toilet. One of the reasons was that using a soap to wash before and after eating seemed too expensive and was seen as an extra burden to the family budget.

Under the Hygiene Promotion Project by Abt Associates Inc., CHIP trained his class teacher in a teachers' trainings workshop to sensitize them about the importance of health and hygiene. The class teacher was sensitized to share all the information and the activities with the students. She clearly explained and practiced all activities with the students. Zeeshan Ali followed all instructions provided by his teacher. He also shared the details with his



brothers and sisters as well as parents at home. His mother now understands the importance of cleanliness. She says, "Our children understand about health and hygiene attitudes. They made a practice of washing their hands and also told me to wash mine".

Zeeshan Ali has tried to adopt all the positive attitudes and he tries his best to use them every day. He has convinced his father to buy soap for washing hands regularly before taking meals, as it is necessary to kill the germs. He also explained that his health is very important and it needs care and the soap provides protection from germs. Thus it is better to buy soap rather than spending an extra cost on medicines.

Zeeshan feels proud and happy to wash hands regularly before taking his meals and after using the toilet. He also asked his mother to drink clean water, which is being protected from germs and prevents diseases such as diarrhoea. He also introduced his mother to the technique of purifying water by keeping it in the sunlight for 8 hours. Zeeshan is well aware that this practice can help him to stay healthy in the long run, and he and his family will be safe from diseases.

#8

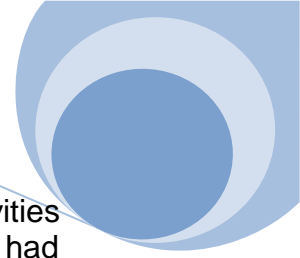
Promoting health and hygiene

Government Boys Primary School Dodheli in Tehsil Kalar Syedan is a picture of cleanliness and discipline. All students wear their clean uniforms. They are active and participate in studies as well as all extra curricular activities.

The CHIP team trained the class 4th teacher M Ayaz Chaudhry under the "Pakistan Safe Drinking Water and Hygiene Promotion Project (PSDW-HPP)". In this project various activities were conducted with the teachers to make them clear about the benefits of keeping clean. They were informed about the 6 attitudes necessary for healthy life. The teachers then conducted the same activities with their 4th grade students. They made use of interesting activities and charts and banners to help them in understanding the importance of health and hygiene.

Before the trainings, the school was not very clean. There was no proper arrangement of clean drinking water or of soap and water for washing hands. Students sometimes did not come to school in proper uniforms and weren't aware of how to keep themselves clean. Teachers themselves were not fully aware of the benefits of health and hygiene. .

During the follow up visit, the CHIP team was particularly impressed with the proper habits of the students. They were neatly dressed and their hair was neat too. The school was very clean as well. When the students were inquired about health and hygiene, it was clear that they were taught well by the teachers. They were clear about the concept of washing their hands before and after meals and also after using the toilet. They also knew that washing hands properly for 20 seconds kills the germs.



The team was also informed that the students practiced the learned activities everyday and had also told their siblings and families about it. They had understood the benefits of drinking clean water and also of washing their hands and were imparting this knowledge to others who were not aware.

#9

Determined in encouraging hygienic lifestyle

The CHIP team visited Government Girls Public School Harwani situated in Tehsil Murree of Union Council Bunn. It's a small school and has a total of 87 students. The school was worthy of being awarded for following hygienic practices. The offices, classrooms, toilets were extremely clean. The 4th grade class has 18 students, they are taught by Ms Fahat Jabeen.

Farhat Jabeen has been teaching in this school since 1987. She said that there is a lot of difference between 1980 and today's situation. She said the quality of education was actually better before, and teachers were more motivated and worked hard, but now they have a much better building and other facilities which has made it easier for the teachers and students.

Farhat shared that her students had knowledge about health and hygiene practices as they were shared even before the CHIP team informed them. She appreciated the program "Pakistan Safe Drinking Water and Hygiene Promotion Project (PSDW-HPP)" sponsored by Abt Associates Inc and conducted by CHIP team. She also told the team that they had learnt new techniques through the program.

Students of the school were also interested in the program. They took keen interest and were full of enthusiasm. They also told the team that they had told their parents about these practices and how important it was to wash hands before eating and cooking food.

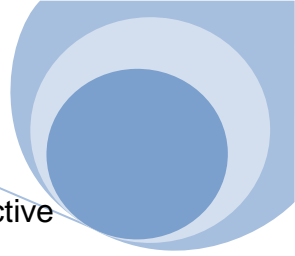
The team fully appreciated the teachers' efforts in educating the students. It was shared that even the difficult terrain and harsh weather did not halt their efforts. It was clear that the school was kept disciplined because of their efforts. The teachers said that it was the cause of helping 'humanity' that strengthened their resolve even during harsh times. Their will and determination to surpass every difficulty impressed the team and heightened their resolve.

#10

Changing lifestyles to embrace health

Teachers at the Government Girls Public School Dhumma in Tehsil Rawalpindi were trained under the "Pakistan safe drinking water and hygiene promotion project". The project was funded by USAID and was implemented by Abt Associates Inc in collaboration with CHIP. CHIP teams visited the selected area schools and trained all 4 grade teachers on the importance of





health and hygiene practices that should be adopted for a healthy and active lifestyle.

The class teachers then conducted the same activities with their students in which they were sensitized about 6 basic attitudes of hygiene. They were also told how to clean water from germs without any cost. Importance of these activities was communicated to the students through practical demonstration.

Government Girls Public School Dhumma was one school where the positive implications of the above mentioned project were clear. It was evident from the first glance, that the project was implemented with a determination and every one, including the teachers, headmistress and students participated. It also showed that they understood the importance of keeping themselves clean and healthy.

On the follow up visit, the CHIP team were told that the students actually made up a hand washing place in their school. This meant that the students were motivated and were doing their best to implement the project practically. The girls bring their own soaps from home in their school bags and wash hands after using the toilet.

Such practical implementation of the project was very impressive. It not only displayed the determination and hard work of the teachers, it showed how much the students learnt and were using the techniques in their daily lives.

#11

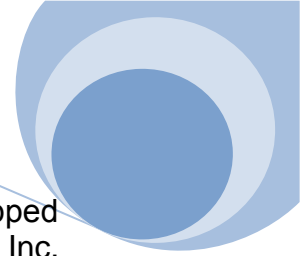
Healthy attitudes, the need of time

Government Boys Public School Chak Beli Khan is located in Rawalpindi. The teachers at this school were trained under the "Pakistan safe drinking water and hygiene promotion project". The project was funded by USAID and was implemented by Abt Associates Inc in collaboration with CHIP. CHIP team visited the school and realised that the school was in dire need of a health and hygiene training.

Like most of the schools in the far off areas in Pakistan, this school did not have proper facility of a toilet and no place to wash hands afterwards. The 4th grade teachers were trained by CHIP on the importance of health and hygiene practices. Various activities were conducted with the teachers in order to make them properly understand the concept. It was planned, that the trained teachers would then impart the training to their students of grade 4.

The teacher at Government Boys Public School Chak Beli informed the trainers that their students listened and participated in the whole training with interest. They were very excited and actually enjoyed the whole session. They took up the learned habits and implemented them in their lives from day one.

It was very motivating for the trainers to see that the children implemented the habits with such enthusiasm. The teachers also shared that once when he left



the toilet in a hurry and didn't clean his hands, the students actually stopped him and reminded him to wash up. In this whole scene, Abt Associates Inc. played a key role by arranging the training workshops for the primary school teachers to raise awareness among them. The fact, that they chose young minds of grade 4 to be taught about the attitudes, shows their seriousness and concern about the program. Change is the need of this time and this effort is truly appreciated, though more of such efforts are direly needed to make this change in less time.

#12

Healthy lifestyle goes a long way

It is said that children are the best learners. They learn new ideas quickly and feel no hesitation in putting them to practice. Adil is one such student. He studies in grade 4 in Government Boys Public School Chakri. Even though Adil is a regular student and likes to study, he always looked unhealthy and did not stay clean. Among all of his friends, he looked the dirtiest.

Adil's parents also didn't pay attention to his studies or his health. One of the teachers at his school heard about the training session organised by CHIP team in nearby schools and requested a session for Adil's school as well. The "Pakistan safe drinking water and hygiene promotion project" was funded by USAID and was implemented by Abt Associates Inc in collaboration with CHIP. The team conducted a session at the Chak Beli School with the teachers.

Adil's class teacher got the training and imparted all activities to Adil and other students in a pro-active manner. Adil showed keen interest in the whole session. It was the teacher's interesting method of explaining the attitudes and the fun activities that got Adil's attention. After getting information about how to keep clean and its benefits especially like not getting diarrhoea anymore, he and his class fellows practised these behaviours. Adil liked the new attitudes so much that he started to practice them regularly.

He also told his family about the benefits of eating with clean hands. He told his mother how to filter water by keeping it in sunlight for 8 hours. Adil also told his teacher to install a hand pump at school so that everyone could wash up after using the toilet and also before and after lunch.

Not only Adil is healthier now, he is more active. His teachers say that almost all students in the class have adopted the new habits, but Adil is totally changed. He adopted these attributes enthusiastically and have made them his habits by practicing them daily.

## Case Study

