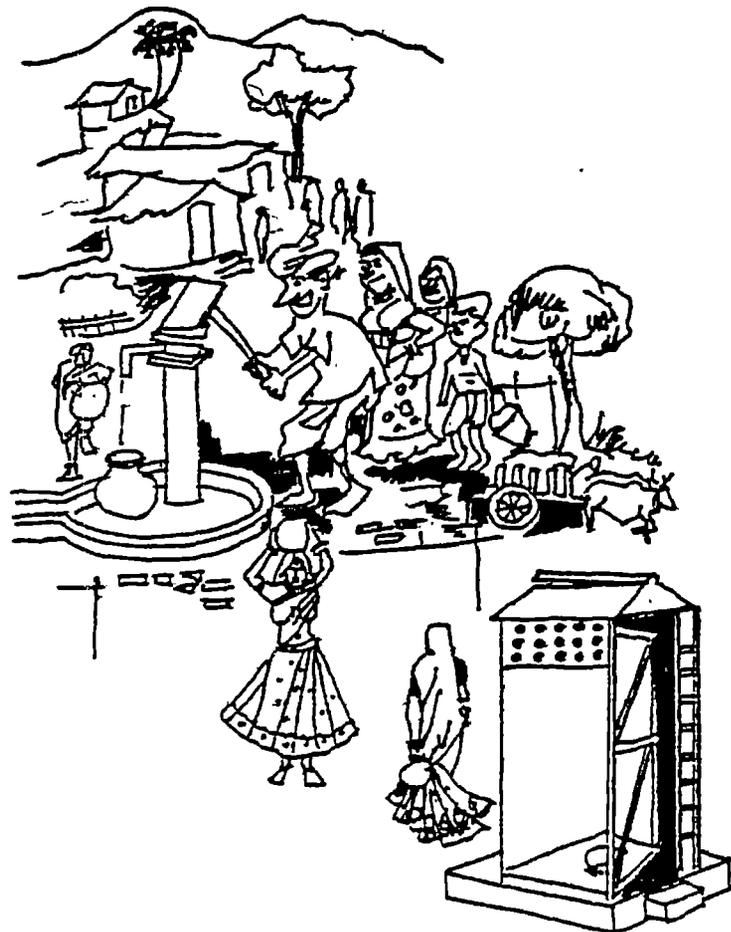


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**GRASS ROOT LEVEL
TRAINING MODULE**



**HEALTH EDUCATION AND HYGIENE PROMOTION
TRAINERS' GUIDE**



1996

RAJIV GANDHI NATIONAL DRINKING WATER MISSION
MINISTRY OF RURAL AREAS, AND EMPLOYMENT
GOVERNMENT OF INDIA

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HEALTH EDUCATION AND HYGIENE PROMOTION
GUIDE FOR TRAINERS

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P R E F A C E

Under the Rajiv Gandhi National Drinking Water Mission the TTTI, Bhopal is charged with the responsibility of developing Multi Media Packages for Grass Root Level Training under the Human Resource Development effort of the Mission. These packages shall be subsequently translated into a number of local languages and will be used to train trainers, who in turn shall be transferring know-how and skills to hundreds of functionaries at the grass root level for enhancing the capability of Panchayats. The other utility of these packages is to assist the development of a network of outreach and training by which people in far flung and diverse locations could be trained in a uniform and standard manner to perform their tasks effectively. Given the dimensions of villages, and beneficiaries, to be covered, and given the fact that the impact of the mission has to be sustained for the future, both developing human resources and integrating them through a supportive network become key factors.

Package on Health Education and Hygiene Promotion is one such package which has been developed jointly by T.T.T.I, Bhopal and Calcutta. The package is based on a competency based development approach and envisages the development of requisite competency in training through intensive skill practice, aided by transfer of learning through multiple media including handouts, transparencies, slides, charts, and video clips.

This package intends to create awareness amongst the people on health and hygiene related issues through awareness programmes followed by effective counselling so that the concept get internalised and become a way of life. The Institutes such as Institute of Hotel Management and Catering Technology, Pune, Technical Teachers Training Institute, Calcutta have contributed in the development of this package. I would like to acknowledge their valuable contribution in bringing it out in the present form.

The effectiveness of competency based training, which forms the basis of this package would depend on serious implementation with requisite effort. The package includes training resources which would aid a complex and difficult venture, and enhance the quality of grass root development, to a large extent. We hope that the package will be used by trained trainers only, in a planned manner.

R.K.Mani

Director

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Panchayat functionaries for their cooperation and help, in field trials.

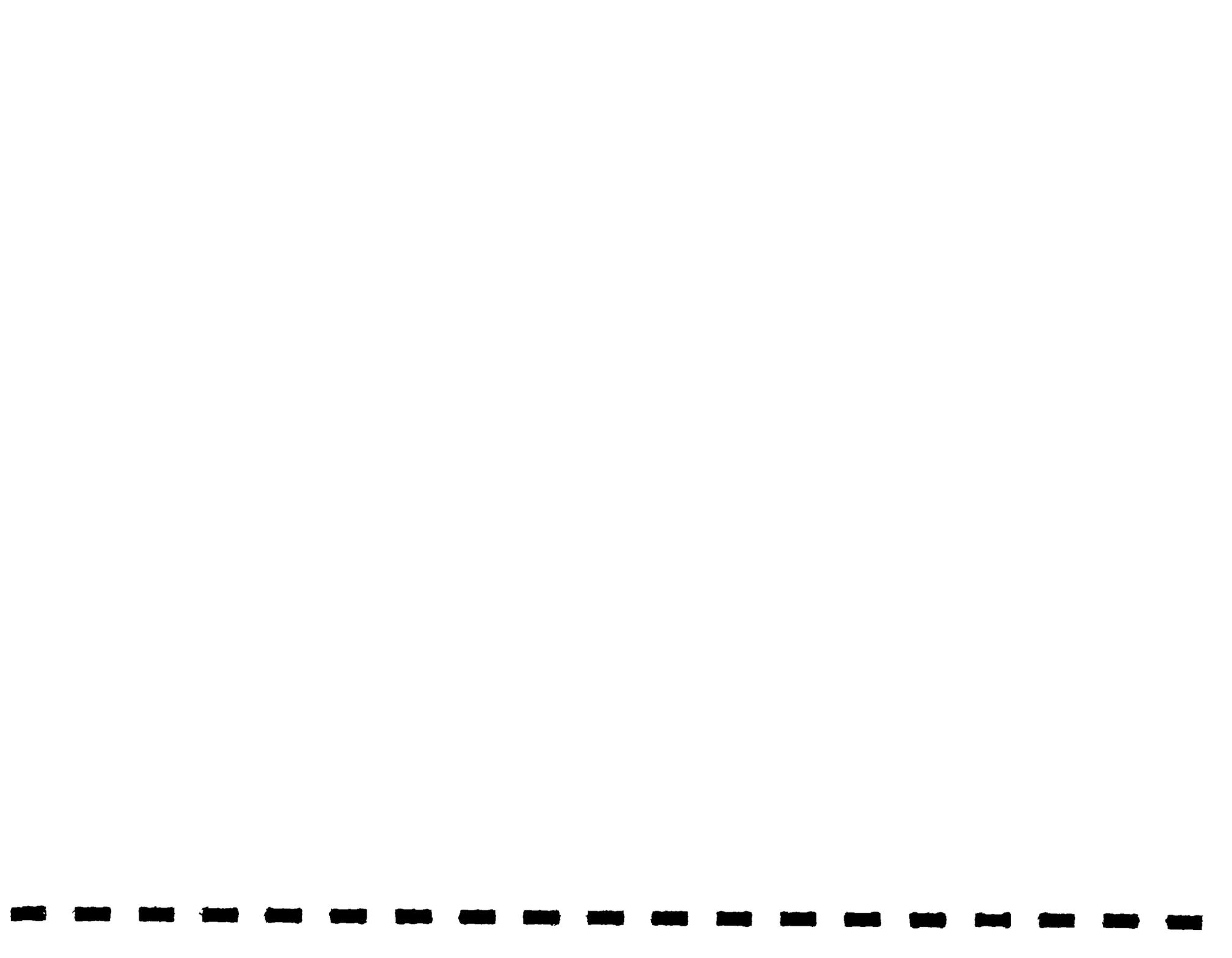
The Secretarial Staff for their valuable contribution in bringing out the package.

S.C.SAXENA
COORDINATOR



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GUIDELINES FOR TRAINERS

The multimedia package on 'Health and Hygiene promotion' has been prepared for grassroot level workers who will be called upon to promote health and hygiene.

TRAINING

The trainer will develop the competencies listed in the trainees through input sessions using the slides, transparencies, films as well as role play, cases and field visits.

Expert lectures from qualified doctors will also be used.

TRAINERS MODULE

This module provides a list of activities to be undertaken for developing the competencies in the trainee. It is expected the trainer himself/herself has the competencies and required knowledge.

HOW TO USE THIS MODULE?

The module provides a guide to the trainer as to the sequence of activities which he/she has to undertake.

Salient points which have to be stressed are only given. In no case this should be treated as a complete reading material by the trainer.

A sample post test is given with a view to ascertain whether the trainees have achieved the desired competencies. For skill testing it is suggested that the trainer ascertains communication and organisational skills, either through field visits, or in simulated environment.

HEALTH AND HYGIENE EDUCATION TRAINERS GUIDE

COMPETENCY

The trainer will enable the trainees to develop the terminal competency:-

TO CREATE AWARENESS AMONGST VILLAGERS ABOUT LINKAGES BETWEEN HYGIENE, SANITATION, DRINKING WATER AND THEIR HEALTH.

To achieve this terminal competency, the trainees will be given learning experiences through input sessions, video films, group discussion, and role play. The enabling activities which the trainer would undertake will be:-

1. IMPART INSTRUCTIONS ON HYGIENE (PERSONAL, ENVIRONMENTAL) SAFE DRINKING WATER AND ITS LINKAGE TO HEALTH.
2. DEVELOP COMMUNICATION AND COUNSELLING SKILLS THROUGH GROUP DISCUSSIONS, ROLE PLAY AND FIELD EXPERIENCE.
3. DEVELOP ORGANISATIONAL SKILLS IN THE TRAINEES SO THAT THEY CAN INVOLVE VILLAGE ACTION GROUPS OPINION LEADERS, WOMEN GROUPS AND SCHOOL CHILDREN IN CREATING AWARENESS AMONGST THE PEOPLE.
4. CONDUCT POST TEST TO ASCERTAIN WHETHER THE DESIRED LEARNING HAS TAKEN PLACE.

CHAPTER I

HEALTH AND HYGIENE

The activities undertaken by the trainer would result in acquisition of the following competency in the trainee.

ACQUIRE KNOWLEDGE ABOUT HYGIENE (PERSONAL AND ENVIRONMENTAL WITH RESPECT TO FOOD AND DRINKING WATER) AND ITS LINKAGE WITH OUR HEALTH.

ACTIVITY - 1

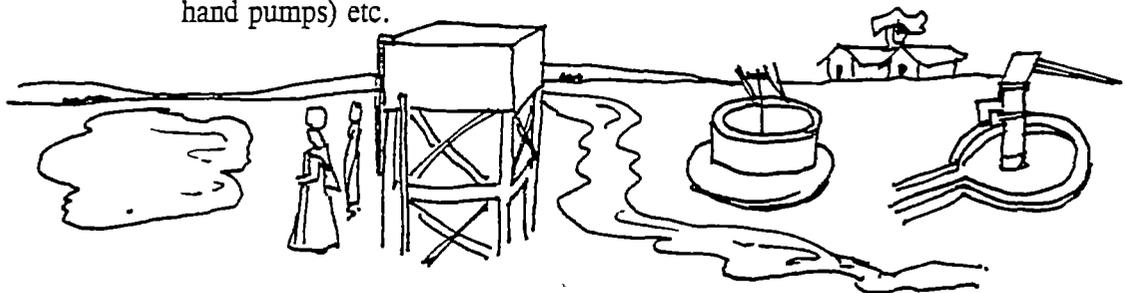
Through input sessions the trainer would give information on linkage between Hygiene, Sanitation, Drinking water and Health, Using Charts, Slides and Transperancies.



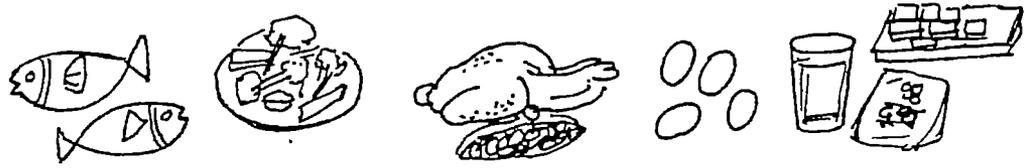
ACTIVITY - 2

1.2.1 Discuss different sources of obtaining food and water:-

- (a) Surface water (ponds, tanks, rivers. ground water (open wells, tube wells, hand pumps) etc.



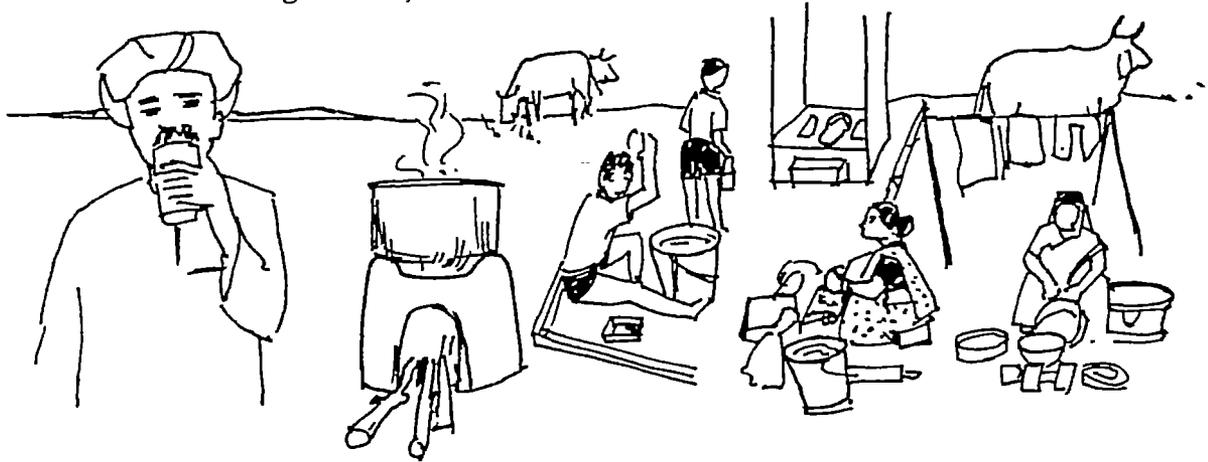
- (b) Plant sources vegetables, fruits, cereals, pulses roots, tubers, green leafy vegetables. And animal sources like fish, pork, mutton, chicken, eggs, milk, and milk products etc.



1.2.2 Uses of water for domestic purposes.

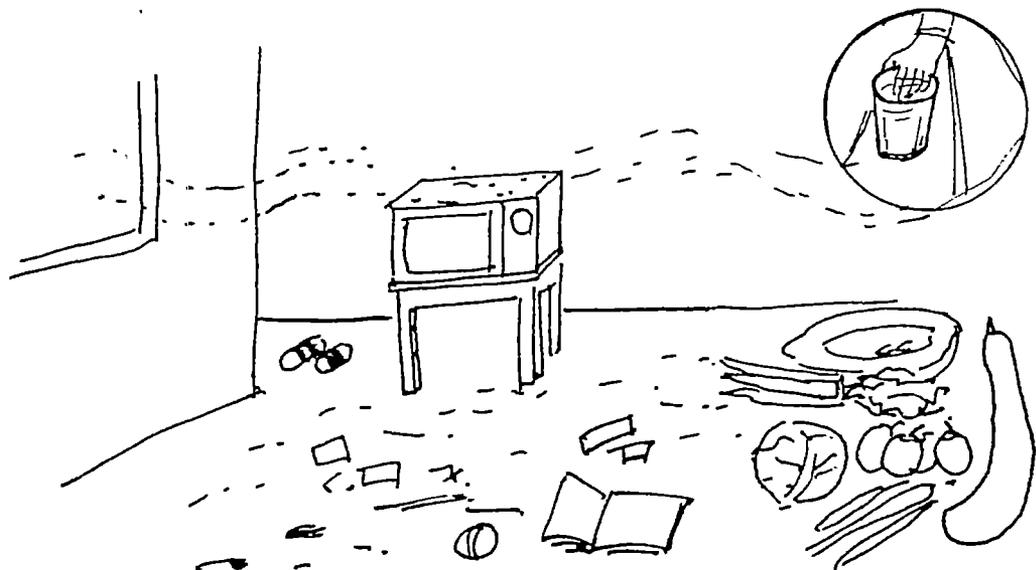
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Drinking, cooking, washing foodstuff, bathing, flushing, washing clothes, washing utensils, animals wash etc.

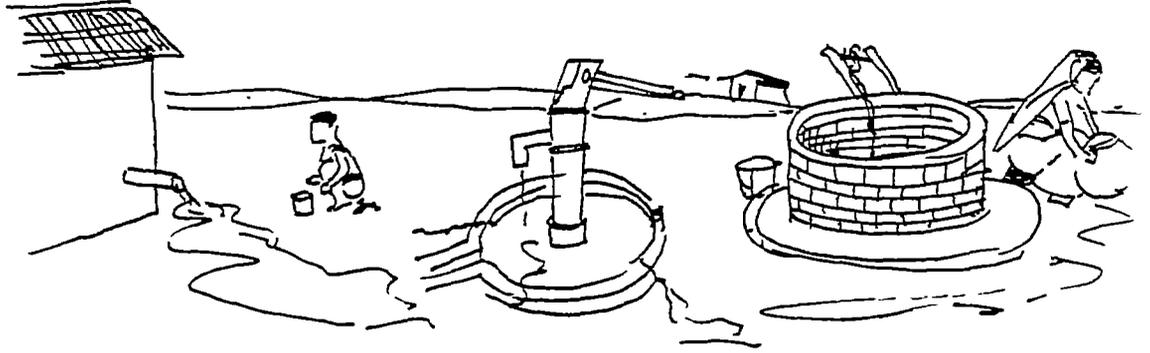


1.2.3 Agents of contamination.

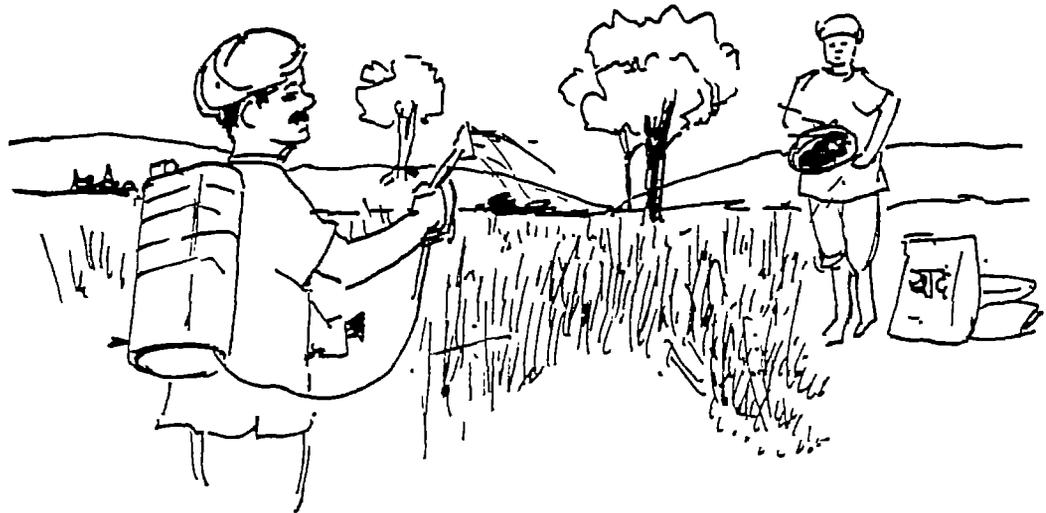
- (a) Visible contaminants like dirt, dust, vegetable matter, and other suspended impurities.



- (b) Invisible contaminants like biological waste, minerals and salts and other dissolved impurities specifically through seepage from drain, sewage system and defecation near the sources of water.

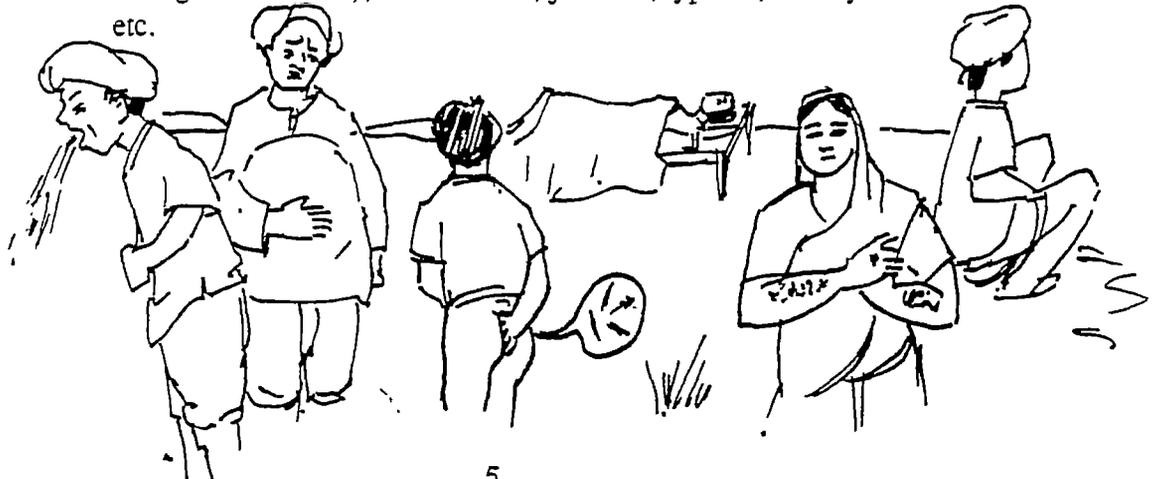


- (c) For foodstuffs:- Irrigation water, pesticides, insecticides, fertilizers, contaminated feed of animals, unhygienic slaughter etc.



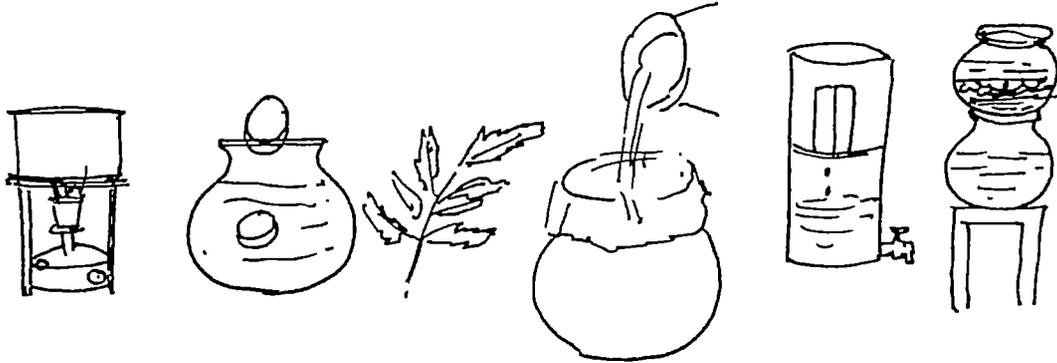
1.2.4 Effects of contamination

Symptoms of diarrhoea, dysentery, other gastro intestinal tract infections. parasitic infestations (specially guinea worm through water and tape worm through animal food), skin diseases, jaundice, typhoid, urinary tract infections etc.



1.2.5 Preventive and protective methods for avoiding contamination:-

- (a) Hygienic and proper use of water and foodstuffs.
- (b) Purification of water - at the source and household level (chlorine tablets, alum, potassium permanganate, filtration, bleaching powder, decantation) etc. The relative advantages and disadvantages of each method.



- (c) Safe construction of water sources, frequent testing of water samples certification from state and public laboratory, guidance from Government and non- Government agencies.

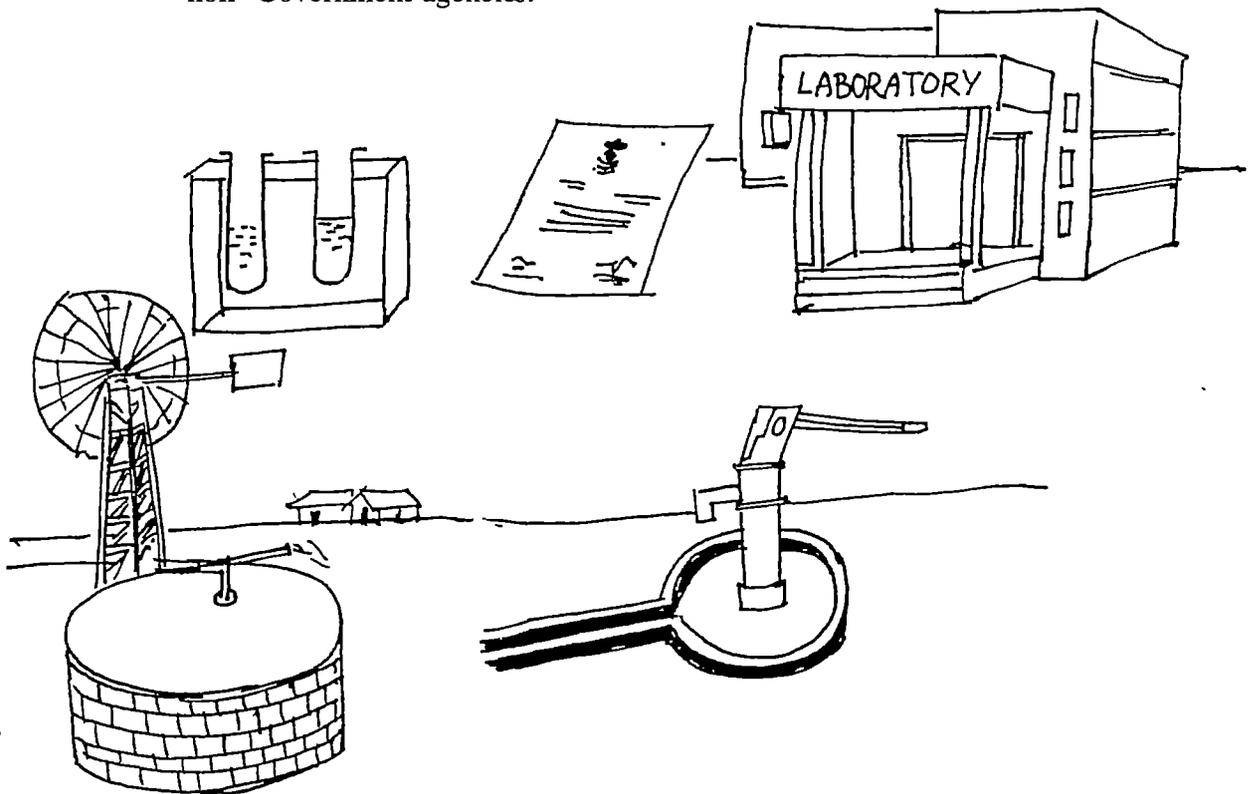


TABLE 1 A

SOURCE OF FOOD AND WATER.- Water and food are obtained from different sources. Contamination and its prevention will depend on the source from which water and food are obtained. Accordingly, care must be taken to protect individuals against health hazards.

SOURCE	USES	AGENTS OF CONTAMINATION	SYMPTOMS OF CONTAMINATION	PREVENTION
Shallow wells and Deep wells	Bathing, washing animals, Drinking, Cooking, personal use	Dust, dirt, leaves, peels of vegetables and fruit, paper, plastic bags, birds droppings.	Stomach ache, Vomiting, Nausea, Loss of appetite, Giddiness, Fever, Headache, Itching, Skin rashes.	<ol style="list-style-type: none"> 1) Select site for water source away from toilets and cattle sheds, at higher levels. 2) Dig deep wells, which are safer than shallow wells. 3) Wells should have a parapet wall one meter to prevent seepage of surface water. Inner walls should also be waterproofed. 4) Area of 2 m. around the well should be cemented to form a platform. 5) Cover well with concrete/wooden lids. 6) Draw water with hand using single bucket with nylon/ plastic rope. 7) Do not bath, wash clothes, utensils near the well. 8) Wash clothes & utensils in a separately constructed area with drainage channelising water away from the well. 9) Always keep vicinity of well clean & fill up holes and pits. 10) Fence tanks and ponds to keep cattle away. 11) Remove weeds and algae from tanks and ponds periodically.
Ponds, lakes, Rivers, Streams	Bathing, Farming	Twigs of trees, rope, jute, chalk, dead animals and mineral salts causing hardness Seepage of garbage, refuse, especially of human and animal excreta, from toilets, drains, sewers (especially in case of shallow wells)	Diarrhoea, Dysentery, Jaundice, Urinary infection, Worm infestation, Guinea worm infection, Fungal infection, Eye & ear infection	<ol style="list-style-type: none"> 1) Dig tube wells deep 2) Use G.I pipes instead of iron pipes.
Tube wells	Drinking, Cooking, Personal use, Irrigation.	Dissolved impurities and seepage (only in case of shallow tube wells)	--do--	

PURIFICATION:

Purify water at source and household levels using chlorine tablets, alum, potassium permanganate solution, filtration, decantation. Water boiled with neem leaves has good antiseptic property.

TABLE 1 B

	SOURCE	AGENTS OF CONTAMINATION	SYMPTOMS OF CONTAMINATION	PREVENTION
	<p><u>PLANT</u></p> <p>Vegetables, Fruits, Cereals, Pulses, Roots, Tubers, Green leafy vegetables</p>	<p>Sewage water if used for farming, pesticide, insecticide and fertiliser residues, untreated human excreta, flies dust.</p>	<p>Gastro - intestinal disturbances and diseases.</p>	<p>1) Use of deep well or tube well water for farming, washing and cooking.</p> <p>2) Use only approved levels of chemical fertilisers and permissible pesticides.</p> <p>3) Treat sewage.</p>
	<p><u>ANIMALS</u></p> <p>Mutton, Chicken Eggs, Milk, Beef, Pork, Fish.</p>	<p>Feed, diseased animals, unhygienic slaughter.</p>	<p>-do-</p>	<p>1) Purchase from Government approved shops.</p> <p>2) Check feed of animals with respect to quality.</p> <p>3) Do not slaughter diseased animals/ dead animals for meat</p> <p>4) Do not use cracked eggs.</p> <p>5) Select fresh fish from uncontaminated waters.</p>

ACTIVITY - 3

COLLECTION, TRANSPORTATION AND STORAGE OF WATER

Often water gets contaminated while collecting transporting or storing hence emphasise on correct practices to be adopted for these

1.3.1 Types of utensils used for the purpose:

Discuss different types of utensils generally used for collection transportation and storage such as metallic, plastic, ferrocement, earthen wares etc.

1.3.2 Sources of contamination:

Containers and atmosphere, Contaminants such as dust, dirt, foreign particles, Bacteria. insects.

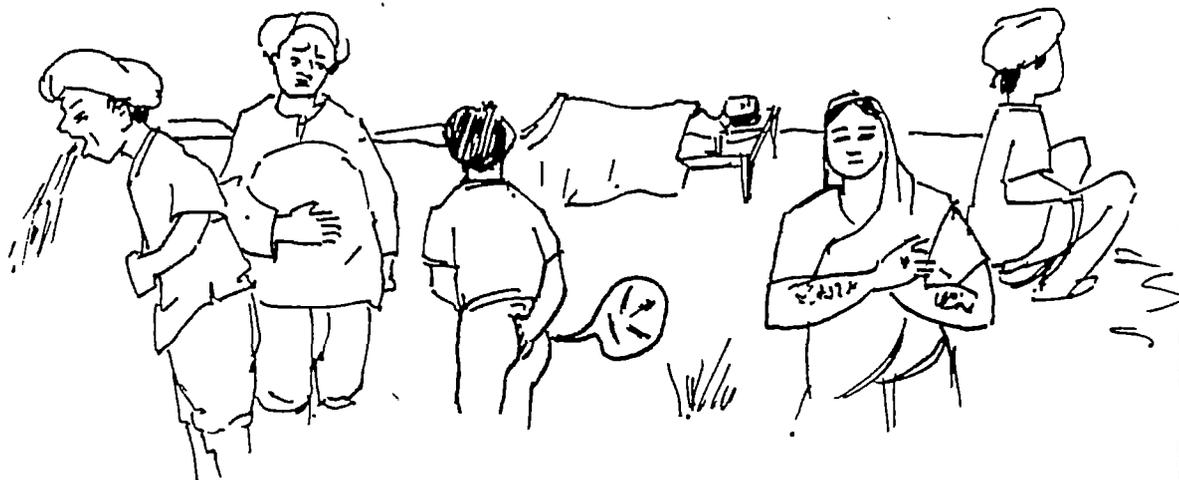


1.3.3 Sign of contamination in food:

- Metallic taste
- Change in colour or taste
- Oily layer or dust suspended
- Floating particles
- Precipitate at the bottom
- Foul smell
- Food turning sticky
- Fungal growth (white green or yellow in colour)
- Food getting fermented

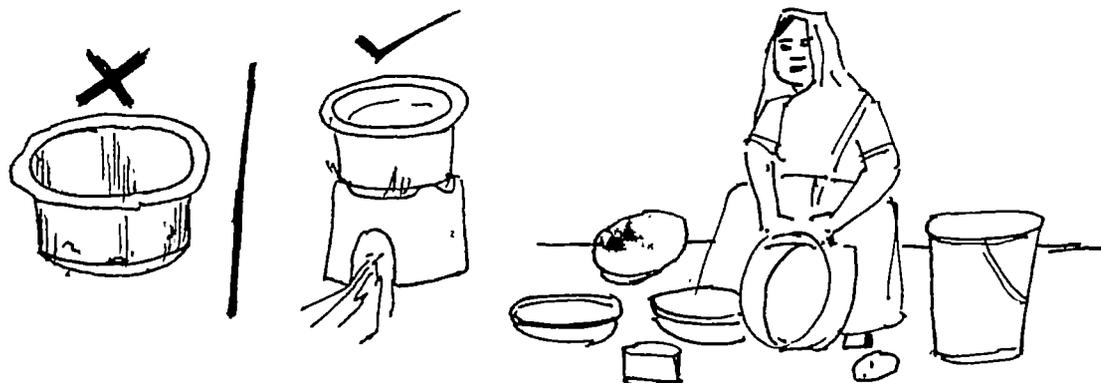
1.3.4. Effects of contamination:

- Food poisoning
- Vomiting, nausea
- Irritation in the throat
- Stomach upset and pain
- Diarrhoea

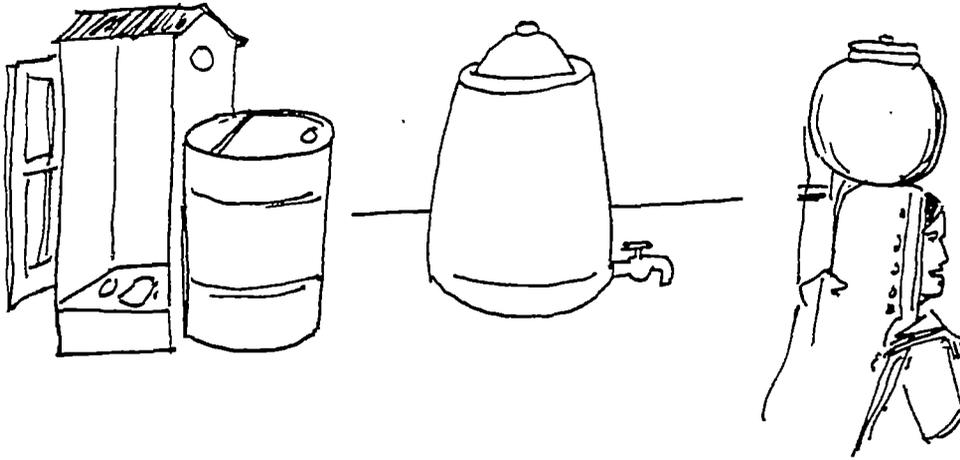


1.3.5 Preventive and protective measures to avoid contamination of food and water.

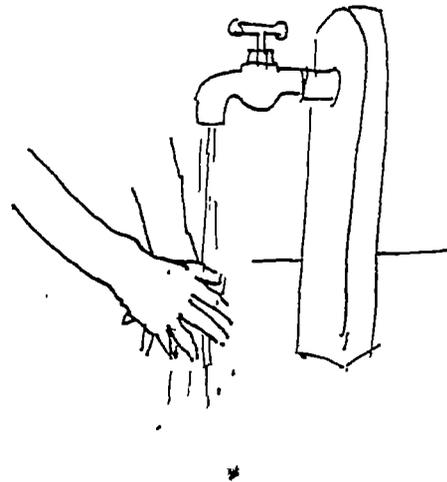
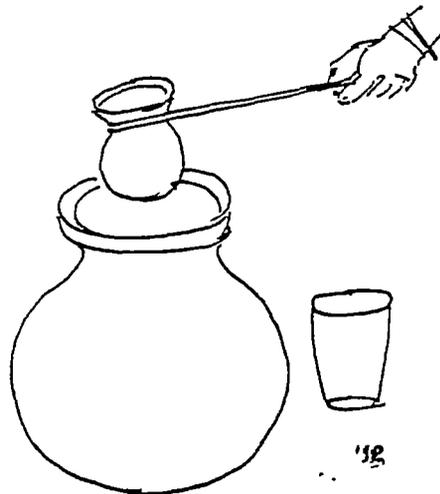
- Use of appropriate container (non metallic for food stuffs especially acidic foods)
- If at all copper containers are being used they should be tinned from the inside.
- Timely discarding of overused old containers specially earthenware.
- Frequent (preferably daily) thorough cleaning of all utensils and containers.



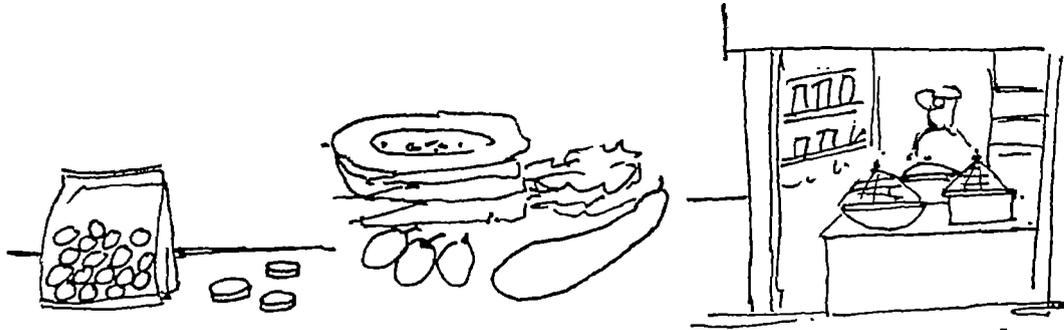
- Keeping all utensils containing food and/or water well covered during collection, transportation and storage.



- Preferably the containers should be wide mouthed to facilitate cleaning.
- Use long handled ladles/containers to take out required amount of water or food stuff from the storage containers.
- Keep hands clean, wash before every handling of food and/or water.
- Water storage containers should be fitted with taps.
- Discard unused water at frequent intervals.
- Filter water before use (with a clean muslin cloth or net or plastic sieve.)



- If possible, use chlorine or bleaching powder to purify waste.
- Purchase foodstuffs only from clean shops, who keep the foodstuffs covered (specially for cooked foods.)
- As far as possible, purchase only whole uncut, fresh fruits and vegetables.
- Purchase according to requirements only, and avoid excessive storing.



- During storage, keep the food covered and preferably uncut-that too for a short duration.
- Use appropriate preservative methods for storage (frequent heating for milk, dug, pits, cane baskets, earthen refrigerator etc.)
- Store food stuffs in airy, well ventilated area in the house.

1.3.6 UTILISATION OF WATER FOR PERSONAL HYGIENE:

Uses: Bathing, Washing hands, Brushing, Washing clothes, Use in toilets.

Care to be taken:

- Separate storage containers for different uses i.e. bathing, washing clothes and in toilets etc.
- Separate containers/utensils to draw out water from the storage containers.
- Use of only clean water and good cleaning agents for personal use as well
- Strict observation of personal hygiene
- Daily bath and washing of wearing apparel.
- Washing of hands before handling eatables and water, specially after visiting the toilet.
- Regular trimming of nails and hair.
- Cuts, burns and bruises to be treated and kept covered.

- i) Avoid unguarded coughing, sneezing, ~~and~~ nose-blowing, smoking and spitting- specially while eating, and cooking.
- j) Avoid scratching or any contact with unsanitary body parts.

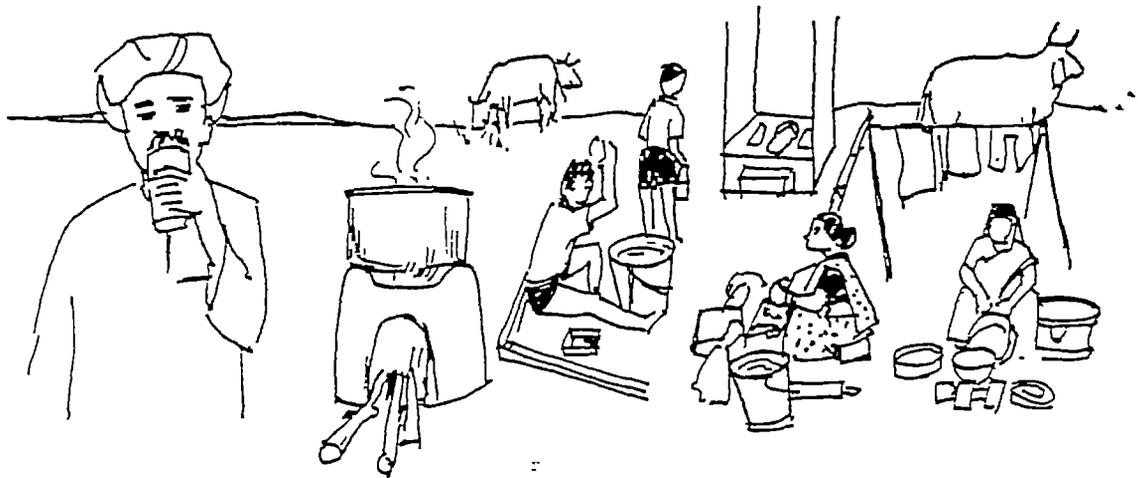
IMPORTANCE OF OBSERVING PERSONAL HYGIENE

Protection against skin diseases, urinary and other infections, prevention against spread of communicable diseases and water-borne epidemics, self-satisfaction of personal cleanliness, no bad body odour, better social acceptability.

1.3.7 UTILISATION OF WATER FOR FOOD HYGIENE:

Uses: For washing cereals (in some cases), pulses, fruits and vegetables.

- For soaking various food stuffs
- For cooking of food
- For washing utensils
- For drinking
- For eating



COLLECTION: TRANSPORTATION AND STORAGE:

	EQUIPMENT	FEATURES	MAINTENANCE	SYMPTOMS OF CONTAMINATION	PREVENTION
W A	Metals and Plastic	Iron (used to draw water from wells, storage for personal use)	Keep dry after use	Rust, metallic taste	Not recommended for collection, transport or storage. Use galvanized iron buckets.
		Copper, brass (Use to store water for cooking and drinking)	Prevent tarnish.	Metallic taste Loss of taste (flat)	Wash daily with appropriate cleaning agent, very good for storage, Water retains purity.
		Aluminium and Plastic (used to store for kitchen use)	Requires least maintenance as it does not rust.	---	Washing daily with good cleaning agent. Use unused water for other purposes.
T	Earthen pots	Mud pots (Storage for drinking)	--	Dirty, muddy taste (if not baked properly) insects in uncovered pots.	<ol style="list-style-type: none"> 1) Buy wide mouthed pots and keep covered. 2) Prefer pots with taps. 3) Remove water with long handled scoop. 4) Place at safe height above ground level.
E R	Tanks	Cement, Concrete (for utensils and clothes, washing cattles, water closet)	Prevent formation of algae, clean at regular intervals		<ol style="list-style-type: none"> 5) Place in a clear airy pot. 6) Filter drinking water before kitchen use especially during rainy season. 7) Discard base water if sediment is formed.

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Care to be taken:

- Use of fuel which are easily available, financially affordable by the rural people and at the same time do not yield too many and too much of pollutants.
- Preferred use of smokeless chullahs, and biogas, for heating and cooking.
- Periodic fumigation of houses and open areas.
- Safe and quick disposal of garbage, dead animals eg. through pits, incineration etc.
- Names and addresses, of nearby Government and non-Government agencies for the task of removal of garbage, dead animals etc. should be available.
- Avoid stagnation of water for any length of time. even water for personal use to be filled fresh everyday.
- Defecation, urination, spitting etc., washing self, animals or clothes and utensils around water sources or storage areas to be banned.
- Waste water to be driven through pipeline or cemented, covered drains to a spot away from houses, sources of water, and water storage areas, preferably into a sewage system.
- All eatables to be kept properly covered.
- Household and kitchen waste to be kept covered (in a bin or basket) till the time of disposal. Disposal should be everyday.
- Recycling of water and waste through multiuse wherever needed and possible, through use in soak pits, biogas plants, etc.

IMPORTANCE OF OBSERVING ENVIRONMENTAL HYGIENE:

Protection against water and food borne infections. Protection against hazards of polluted air (Respiratory problems, skin rashes and diseases).

1.3.8 DISPOSAL:

Importance of safe disposal of waste water, food and other garbage including dead animals to be emphasised.

Different methods of disposal of waste,

- Draining away preferably through proper sewage system
- Recycling (for farming, etc.)
- Incineration (for dry garbage)
- Burial (for dry as well as wet garbage & animals)
- Soak pits (for waste water)
- Composting (for dry plant matter)
- Vermiculture (for kitchen waste)

Comparative advantages and disadvantages of the above listed methods.

Frequency of disposal - daily, every two days, weekly etc.

Agencies to be contacted for guidance help and setting up of disposal units, specially at the village level.

1.4 SCARCITY

1.4.1 Discuss Causes of Scarcity:- Seasonal/ constant

- a) Lack or absence of proper agricultural practices
- b) Lack or absence of local production
- c) Lack or absence of proper storage facilities for natural water.
- d) Improper management of available resources.
- e) Remoteness of the village, hence transportation is expensive or not possible.
- f) Undue wastage of water and available feeds.
- g) Deforestation causing less rainfall and hence less natural water.

1.4.2 Effects of Scarcity:

- a) Proper and adequate washing of personal self, as well as of eatables, becomes difficult.
- b) Infections of the body, and insanitary conditions in improperly cleaned animal sheds.
- c) Infective diseases and spread of epidemics.

1.4.3. How to Overcome Scarcity:

- a) Explore and arrange for adequate sources of water and food from within or outside the village.
- b) Optimum utilization of available resources - multiuse, recycling etc.
- c) Requirement of water to be met through tankers from places where water is in plenty.
- d) Establishment of regular facility for transportation of food stuffs.
- e) Proper, conservation of natural water through reservoirs, bunds, etc.
- f) Plant, and maintain trees, and forests.

CHAPTER II COMMUNICATION AND COUNSELLING SKILLS

The activities undertaken by the trainer would result in acquisition of following competency in the trainee.

DEVELOP COMMUNICATION AND COUNSELLING SKILLS THROUGH
GROUP DISCUSSIONS, ROLE PLAY AND FIELD EXPERIENCE.

ACTIVITY 1

Discuss the purpose of communication in the context of health, hygiene promotion.

Why we communicate?

How we communicate?

What to communicate?

When and where to communicate?

ACTIVITY 2

Discuss types of communication, importance of listening, nonverbal messages in oral communication.

ACTIVITY 3

Narrate the story 'Sanitation through a mass movement'.

SANITATION THROUGH A MASS MOVEMENT

A small village called Dhurwar is surrounded by forest from the three sides. A river flows by the side of the village. The land along the river is used for agricultural purposes. A majority of the residents had been disposing of their night soil alongside the river traditionally. A voluntary organization influenced the people to use individual toilets with their assistance. As a result, some people constructed individual toilets with their assistance. The Gram Panchayat also constructed community toilets in different localities. Thus a large number of villagers started using these toilets.

It was observed that a group of people continued with the traditional practice in spite of being educated about the benefits of using toilets and the adverse effects of using the riverside for defecation. This affected the environment of the whole village which came in the grip of diseases.

The villagers became alarmed from epidemic like situation, and approached the voluntary organisation for arranging medical aid. While the medical aid was provided, the villagers were told that what they are facing is owing to open defecation mostly.

To begin with, they took influential people into confidence and included them in their group. In small groups, they went door to door to convince each member of the family to construct and use toilets. They also informed these people about the schemes under which toilets could be constructed at a low cost. During these visits, they also put social pressure to use community toilets.

This organised efforts resulted in construction of individual toilets and use of community toilets by the non-users.

ACTIVITY 4

After telling the story "Sanitation Through a Mass Movement" to the villagers, the trainee will ask the questions given below.

QUESTIONS

1. How did people come forward to construct individual toilets?
2. Why did the people of Dhurwar suffer from diseases?
3. What strategy was used by the voluntary agency to influence the community?

ACTIVITY 5

Discuss counselling as a technique to influence people. For promotion of health and hygiene amongst the villagers you will be required to counsell people.

This requires that the health and hygiene educator acquires these skills.

The trainer provides opportunities for acquisition of these skills through:-

1. Role play
2. Field visits.

Where the trainees are given experience of:

- * Door to Door visits
- * Counselling to individuals
- * Counselling to a group
- * Counselling to a group using a group.



Door to Door visits



Counselling to individuals

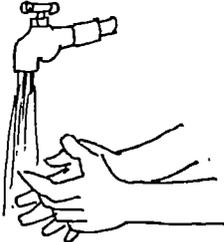
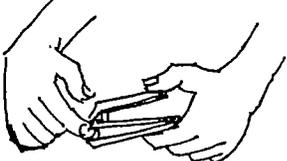


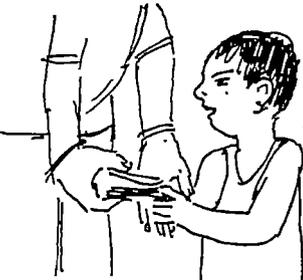
Counselling to a group

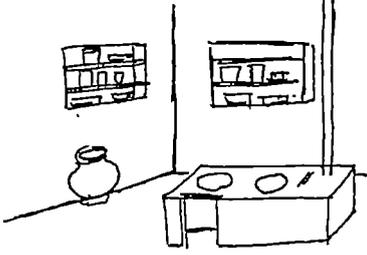
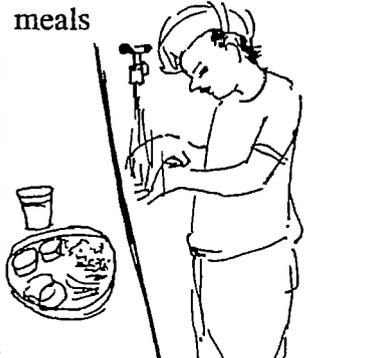


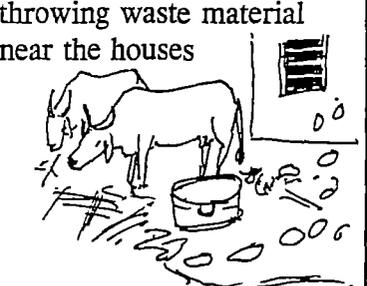
Counselling to a group using a group.

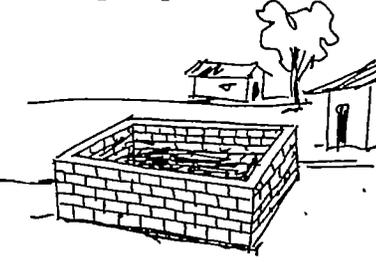
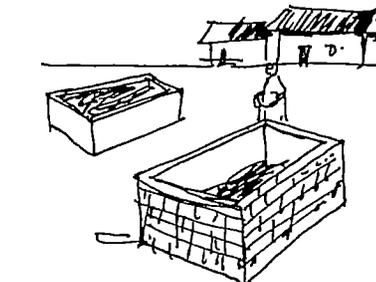
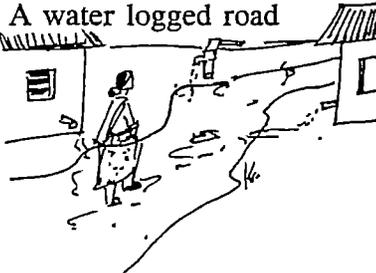
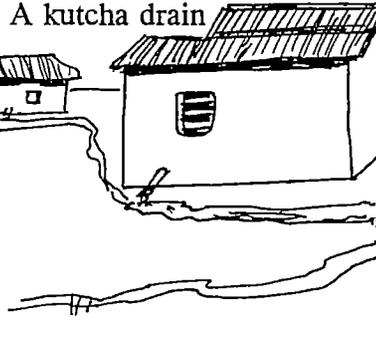
Show slides on personal health and hygiene to the trainees, and explain how he/she has to use them.

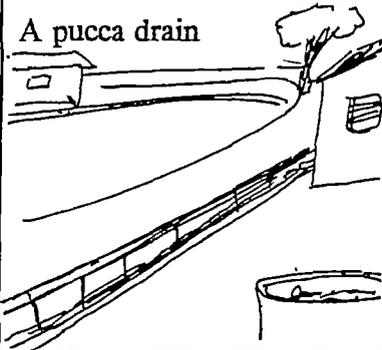
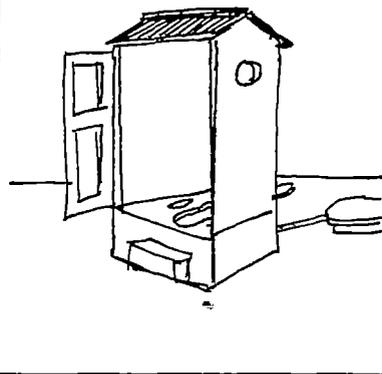
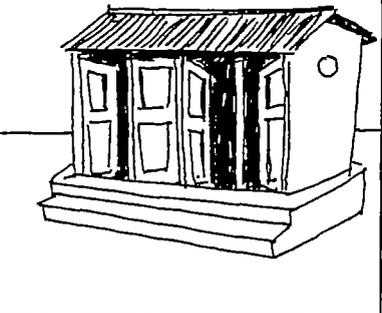
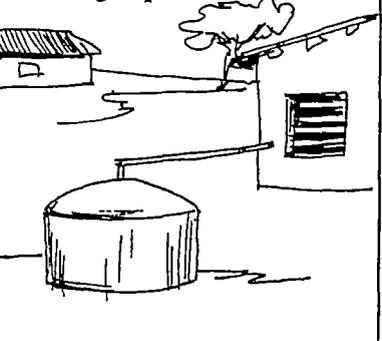
S.No.	SLIDES	NARRATION BY TRAINEES
1	<p data-bbox="335 213 508 243">Use of toilet</p> 	<p data-bbox="730 213 1266 243">Use toilet to keep the environment clean.</p>
2	<p data-bbox="335 566 539 596">Washing hands</p> 	<p data-bbox="730 566 1354 637">Always wash your hands with soap or ash after using toilet.</p>
3	<p data-bbox="335 915 492 945">Biting nails</p> 	<p data-bbox="730 915 1345 985">It is not a good habit. Germs collected in the long nails enter your body. You will fall sick.</p>
4	<p data-bbox="335 1264 500 1294">Nail cutting</p> 	<p data-bbox="730 1264 1052 1294">Cut your nails regularly.</p>

S.No.	SLIDES	NARRATION BY TRAINEES
5	Cutting nails of children 	Cut the nails of your children from time to time.
6	Cleaning teeth 	Clean your teeth with ash or tooth powder in the morning everyday.
7	A child with running nose 	Elders should clean the running nose of the children with clean cloth.
8	Bathing child 	A daily bath will keep the child neat and clean. It is good for child's health.

S.No.	SLIDES	NARRATION BY TRAINEES
9	Taking bath 	Take bath everyday with soap. It will keep your body free from harmful germs.
10	Wearing clean clothes 	Always wear clean clothes after taking bath. Wash your clothes with soap or other detergents.
11	A neat and clean kitchen 	Clean your kitchen everyday to keep flies and other insects away. Always keep drinking water and foodstuffs in covered containers.
12	Washing hands before meals 	It is essential to wash your hands with ash or soap before taking your meals. It will prevent harmful germs from entering your body.

<p>13</p>	<p>A neat and clean house</p> 	<p>Keep your house clean. Cleanliness is essential for the health of your family.</p>
<p>14</p>	<p>Throwing waste material in front of a house</p> 	<p>It is not sufficient to clean your house. The surroundings should also be kept clean.</p>
<p>15</p>	<p>Clean front of the house</p> 	<p>It is a good practice, others should learn a lesson.</p>
<p>16</p>	<p>Waste material dumped in the vicinity of a house</p> 	<p>The pile of waste material will breed flies and insects which will spread diseases.</p>
<p>17</p>	<p>Keeping cattle and throwing waste material near the houses</p> 	<p>It is not desirable. It will affect the health and environment adversely.</p>

18	<p>A compost pit</p> 	<p>Dig a compost pit away from the locality and dump waste materials into it. It will keep the environment clean and give you good quality manure.</p>
19	<p>Digging a new compost pit</p> 	<p>Dig another compost pit when the first one gets filled up.</p>
20	<p>A water logged road</p> 	<p>The muddy path causes inconvenience to all the villagers. Construct a drain along the path, so that the waste water does not accumulate.</p>
21	<p>A kutchra drain</p> 	<p>A kutchra drain requires to be cleaned regularly.</p>

22	<p>A pucca drain</p> 	<p>Construct a pucca drain to drain out waste water away from the locality.</p>
23	<p>Construct toilet</p> 	<p>Get a toilet constructed by a trained mason.</p>
24	<p>Community toilet</p> 	<p>Use community toilets and keep them clean.</p>
25	<p>A bio-gas plant</p> 	<p>Construct bio-gas plants to use animal and agricultural waste. You will get cooking gas and good quality manure too.</p>

CHAPTER III

DEVELOP ORGANISATIONAL SKILLS

The activities undertaken by the trainer would result in acquisition of following competency in the trainee.

DEVELOP ORGANISATIONAL SKILLS IN THE TRAINEES SO THAT THEY CAN INVOLVE VILLAGE ACTION GROUPS, OPINION LEADERS, WOMEN GROUPS AND SCHOOL CHILDREN IN CREATING AWARENESS AMONGST THE PEOPLE.

Discuss how village action groups can be organised and winover to mobilise the rest of the community not only for awareness generation, but in carrying forward the work of health and hygiene promotion.

1. Conduct role play sessions to develop skills in the trainees for identifying early acceptors, and opinion leaders.
2. Take them to field visits, and ask them to identify village action groups such as Mahila mandals, youth clubs, farmers clubs etc. and how these are perceived by villagers.
3. Find out their intrests, bonds etc. Educate them and organise them to take up the work of mobilising others.

ACTIVITY 1

Provide an action learning situation, where the trainees get the opportunity to organise group meetings.

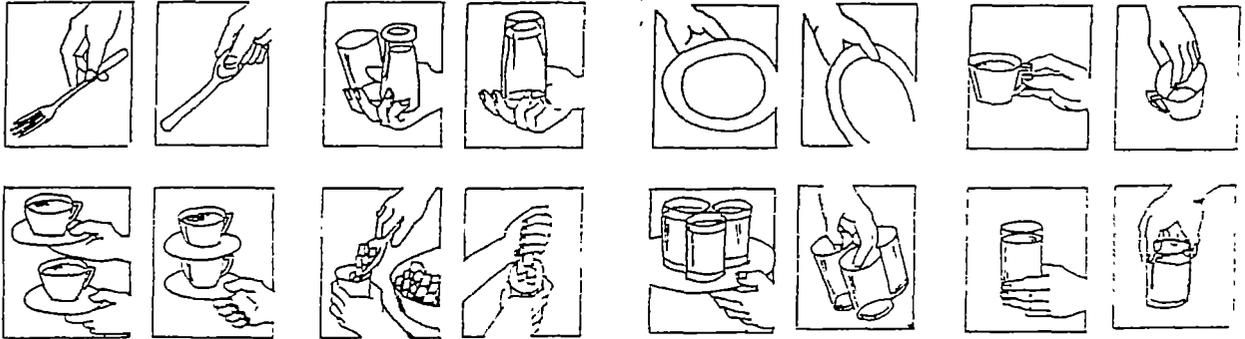
1. Take the trainees on a field visit to nearby village. Form them in small groups of 3 to 4.
2. Assign each group a task to approach one of the village action group.
3. This team organises a group meeting of the identified village action group, and facilitate the group for social action.

4. One of the team member keeps the record of the process, like (i) how the meeting was organised (ii) who took the leading role (iii) who were reluctant or opposed the ideas (iv) whether the objectives of the meeting could be achieved or not. (v) How the team leader developed relationship with the village groups (vi) whether the villages desired further meetings or not.
5. Discuss the feed back, and correct if necessary.

POST TEST

The trainee should answer all the questions in order to assess his/her achievement level.

Q.1. Given below are the pictures of some common practices, some of which are not right. Spot one's which you feel are wrong practices?



Given below are questions with four options of which one is a correct answer circle the correct answer.

Q.2 What is the importance of environmental hygiene?

- A. It guarantees personal hygiene
- B. It provides protection against water and food borne infections
- C. It looks good
- D. It helps in eliminating dangerous pesticides and insecticides contaminating our food.

Q.3 Common diarrhoea is generally caused by?

- A. Contaminated food
- B. Mosquitos
- C. Contaminated water
- D. Contaminated hands, flies

- Q.4. Why we should avoid defecation around the water sources?
- A. It can cause dysentery
 - B. It can contaminate the water source
 - C. It is bad for environmental sanitation
 - D. It invites flies, which can cause diseases.
- Q.5. Which is the best way for disposing kitchen waste?
- A. Dump it outside the house
 - B. Dump it in a garbage pit
 - C. Use it for producing manure through vermi composting
 - D. Flush it with the excreta in a two pit low cost latrine.
- Q.6. Why it is essential to wash hands with soap after toilet and before handling food?
- A. It is good for personal hygiene
 - B. It prevents water contamination
 - C. It breaks the fecal-oral transmission route for disease carrying bacteria
 - D. It keeps the hands clean
- Q.7 Soakage pit provides a hygienic method of disposal of
- A. Garbage
 - B. Waste water
 - C. Human excreta
 - D. Faeces & Urine

Q.8. We should not spit everywhere because

- A. It does not look good
- B. It may result in spreading of diseases.
- C. It may spoil the beauty of environment
- D. It gives bad impression.

Q.9. Given below are statements, some of which are wrong Please tick the ones which you think are wrong?

- (i) Always keep drinking water and food stuff covered to protect from flies and insects.
- (ii) Brush the teeth before every meal.
- (iii) Always reheat leftover food thoroughly before eating it.
- (iv) Pass stool in fields, away from your house.
- (v) Contaminated water can be recognised by its muddy colour.
- (vi) The platform around the handpump should be used for bathing and washing clothes.
- (vii) Contamination of water and food can also occur during collection, transportation and storage.
- (viii) Environment is the root cause of diseases

Q.15. How will you use the proposed health calendar in your health, hygiene education programme?

Q.16. When you have to convince villagers about sound practices for drinking water and sanitation, Which technique you will prefer?

Q.17. How can you educate reluctant women about good sanitation practices?

Q.18. Why it is essential that health hygiene worker should be a good communicator?

Q.19. How can you convert an open well into a safe source of water?

Q.20. What should be the role of health hygiene educator vis a vis mahila in villages?

