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# SANITATION EDUCATION IN KHOKANA

( A Report on Workshop, Training and Campaign )



Volume II

Submitted to : **UNICEF/Nepal**  
**P. O. Box 1187**  
**Lazimpat**  
**Kathmandu**

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April 1983

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April, 1983

## TABLE OF CONTENTS

	<u>Page</u>
PREFACE	i
PROJECT STAFF	iii
WORKSHOP	
I. INTRODUCTION	1
II. OBJECTIVES	1
III. METHODOLOGY	2
IV. PARTICIPANTS	4
V. IMPLEMENTATION	5
VI. THE OUTCOMES OF THE WORKSHOP	7
TRAINING COMPONENT	
I. INTRODUCTION	8
II. OBJECTIVES	8
III. METHODOLOGY	11
IV. IMPLEMENTATION	12
V. TRAINING ORGANISATION	12
THE CAMPAIGN	
I. BACKGROUND	13
II. PREPARATIONAL WORKS	14
III. CAMPAIGN INAUGURATION	14
IV. WARD ACTIVITIES	15
V. THE CLOSING CEREMONY	21
VI. ACHIEVEMENTS OF THE CAMPAIGN	23
VII. PROBLEMS FACED DURING THE CAMPAIGN	25
VIII. RECOMMENDATIONS	27
IX. LESSONS LEARNED	29
APPENDICES	
PHOTOGRAPHS	

APPENDICES

	<u>Page</u>
APPENDIX A. Job Description	31
APPENDIX B. Training Topic and Objectives	33
APPENDIX C. Campaign Activities And Schedule	39
APPENDIX D. Training Schedule for SCMs And CHWs	42
APPENDIX E. Plan of Action	43
APPENDIX F. Journal of the Campaign	49

## ABBREVIATION

CHW	: Community Health Worker
DHS	: Department of Health Services
EES	: Environmental Sanitation Section
HES	: Health Education Section
MOH	: Ministry of Health
MPLD	: Ministry of Panchayat and Local Development
SC	: Sanitation Committee
SCM	: Sanitation Committee Members
UNICEF	: United Nations Children's Fund
VSO	: Volunteer Services Overseas

PREFACE

Khokana Sanitation Education Campaign was conceived and designed to initiate one of semi-urban sanitation pilot projects. These projects are being implemented by the Ministry of Panchayat and Local Development in collaboration with the Ministry of Health with the funding from UNICEF/Nepal. The campaign was designed on prevailing problems of sanitation and health in the Khokana, a Newar village located 10 kilometres south of Kathmandu. The campaign was a joint effort of the Sanitation Unit of MPLD, Environmental Sanitation Section (ESS) and Health Education Section (HES) of Ministry of Health, UNICEF/Nepal and New ERA team. A baseline survey was conducted in September 1982 to establish baseline indicators and identify sanitation and health related problems. Immediately following the survey a one-day workshop which was actively participated by community members and concerned officials, was held at Khokana to discuss and finalise the training programme and campaign.

As mentioned in the project staff list the survey work was coordinated by Mr. Sidhartha Man Tuladhar. Necessary laboratory testing support was provided by the staff members of ESS and Dr. D.D.Joshi. Similarly, the training programme was coordinated by Mr. Kavita Ram Shrestha with technical support of Mr. Rajendra B. Basnet, ESS, Mr. Nanda M. Sthapit, HES, Mr. Birat M. Pradhan, MPLD, Mr. David Slatar, MPLD/VSO, Dr. Bimala Shrestha and Mr. Chiranjibi Karmacharya. Finally, the efforts of MPLD, ESS, HES and UNICEF/Nepal in the campaign was coordinated by Mr. Chiranjibi Karmacharya. Reports on the campaign have been prepared in two volumes:

Volume One - Baseline Survey

Volume Two - Workshop, Training and Campaign

The New ERA Research Team wishes to extend their cordial thanks to the concerned officials of MPLD, ESS and HES for sparing time of officials during the period of the campaign. We would like to record our special thanks to Mr. Colin Glenie and Ms. Vanessa Tobin of UNICEF for their support to the campaign. The panchayat officials and community members deserve special thanks for their whole hearted participation without which it would have been a futile exercise.

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## WORKSHOP

### I. INTRODUCTION

Any community development project will not succeed unless the participation of the people in that community is solicited. To obtain the participation of the people of the community it is important that they feel it is their own project. Thus the most important strategy for any project, we believe, is to involve people from the early stages of planning in its implementation at all levels.

Thus as a strategy to gain local participation in the Khokana Sanitation campaign a two day workshop at Khokana was organised. It was planned to involve the local people along with all of the line agency experts for discussion of the plan and programme stated in the objectives.

### II. OBJECTIVES

The general objectives of the workshop were to involve the people in problem identification and planning strategy for implementation of the project and to seek committee members' commitment to action. The specific objectives were to:

1. Identify major health problems of Khokana
2. Identify and assign roles for the--
  - Sanitation Committee, (SC) and
  - Community Health Worker (CHW)
3. Plan the campaign activities and schedule.

### III. METHODOLOGY

The approaches used for meeting the objectives were very carefully planned. The planning was focused on how best to acquire the local committee members' participation. So as to have guidelines for discussion a tentative work program was prepared by the core staff. It was presented in the workshop for discussion, modification and readjustment. Specific methodologies agreed upon to achieve stated objectives are outlined below:

#### 1. For identifying the major health problems

- Invite participants to analyse the sanitation situation of Khokana,
- Invite participants to discuss faecal related diseases and how lack of disposal facilities can lead to the spread of these diseases. (Resource person presented charts, illustrations etc.),
- Discuss defecating habits, customs and the culture of Khokana dwellars,
- Present survey findings,
- Invite participants to comment on and discuss the problem and possible alternative solutions to it. Present alternative solutions--the design of latrines--project programme and,
- Explain the project objectives, plans, policies and support systems.

2. For identifying and assigning the role for the sanitation committee and community health workers (CHW)

--Invite participants to state what they expect from Community Health Workers, Sanitation Committee and Sub-Committee,

--Present the tentative job descriptions and invite comments and suggestions,

--Discuss the training needs of the CHW's per their agreed role and

--Agree, make modifications if needed and prepare tentative curricula.

3. For planning the campaign activities and schedule

--Present tentative plan

--Decide the appropriate date

--Discuss activities, agree upon them with adjustment if needed, and

--Agree on the schedule especially with committee members and ward panchas; make adjustments or modifications and discuss commitments

4. Materials used for the workshop were

--Leaflets or booklets on faecal related diseases and their mode of infection,

--Posters and charts, depicting the life cycle of different parasites and disease causing germs,

- Designs of different types of latrines and their uses,
- Survey findings
- A tentative job description for community Health Workers
- A tentative curriculum for CHWs and SC. and,
- A draft of the campaign activities and schedule.

#### IV. PARTICIPANTS

Six kinds of people were involved in the project which fall into mainly three categories, local participants, government workers and the core project staff.

##### 1. Local Participants were:

- a) Sanitation Committee members (SCMs)
- b) Village local leaders (formal and informal), and
- c) Members of local youth clubs,

##### 2. Government Workers were:

- a) Representative from MPLD,
- b) Representative from HES, DHS, and
- c) Representative from ESS, DHS.

##### 3. Project Core Staff were

- a) New ERA staff, and
- b) UNICEF Staff

## V. IMPLEMENTATION

The workshop was held on November 25 and 26, 1983, at the temple of Khokana village. For the opening ceremony, distinguished personalities of the concerned ministries, departments and offices were invited.

### Opening Ceremony

The opening ceremony was planned for the morning at 10 A.M through 12 noon. This ceremony was presented by the Pradhan Pancha of Khokana village. The Director of New ERA gave a welcome address and the Workshop Coordinator presented the workshop program. After this the Secretary of MPLD made some opening comments on the workshop. Similarly the Chief of HES made comments representing the MOH. After this the ceremony ended and light refreshments were served immediately after.

### Activities of the Workshop

The activities went on for two days. The details are given below.

#### Day 1

#### 1. Analysis of sanitation situation at Khokana:

- Initiated by a local youth
- Moderated by New ERA staff
- Facilitated by expert from HES
- Summed up by New ERA staff

#### 2. The introduction of the Project by the UNICEF Resource Person

3. explanation of the project objectives, plan, policy and support systems:

--Support component by	Section Chief, MPED
--Health education by	HES Representative
--Sanitation by	ESS Representative
--Final discussion by	New ERA Staff

4. A slide show on worms presented by the HES representative.

5. Summing up of the full day's outcomes and the programme projected for the next day by Workshop Coordinator.

#### Day 2

1. Identification of the role of the Sanitation Committee and the Community Health Workers:

- a) Roles by Campaign Coordinator
- b) Discussion on roles by group
- c) Training needs presented by the Training Coordinator
- d) Discussion of training needs by group
- e) Summed up by the Training Coordinator

2. Presentation of campaign activities.

- a) Presented by the Campaign Coordinator
- b) Discussion by the group
- c) Summed up by the Campaign Coordinator

Closing Ceremony

The closing ceremony was planned to be held in the afternoon directly after the workshop activities were finished. For this additional distinguished guests were invited. The closing ceremony was presented by the Pradhan Pancha. The programme went as follows:

1. Presentation of the summary of the workshop Workshop Coordinator
2. Comments Sup. Engineer, MPLD
3. Comments Regional Director, MPLD  
Central Region
4. Vote of thanks Executive Director,  
New ERA
5. Formal closing Chairman and Pradhan Pancha

VI. THE OUTCOMES OF THE WORKSHOP

Local people participated enthusiastically during both of the days. With all of the activities described above the workshop ended having the following outcomes:

1. The realisation of the poor sanitation situation in Khokana. This situation has caused many health problems.  
( see "Introduction of the Campaign" )
2. A detailed job description of the Sanitation Committee and Community Health Workers (Appendix A)
3. A detailed description of the training needs for the Sanitation Committee and Health Workers (Appendix B) and
4. A detailed plan of the scheduled campaign activities (Appendix C)
5. A Training Schedule for SC and CHWs (Appendix D)



## TRAINING COMPONENT

### I. INTRODUCTION

This training Program was designed for the two categories of trainees namely (i) Community Health Workers (CHW), and (ii) Sanitation Committee Members (SCM). The nomination of the four CHWs and formation of the Sanitation Committee (SC), with 36 members was done prior to New ERA's involvement in the Project.

The job description and training topics for both categories of trainees were tentatively made by UNICEF, MPLD and New ERA staff with the help of concerned resource persons. Later this was presented at the workshop with modifications alterations and additions. Later with the finalised version of job description (Appendix A) and training topics from the workshop (Appendix B) a six day training programme for the CHW's and a three day training programme for SCM's were designed. Since half of the training needs, though different in intensity, were the same the three days of the second half of the CHW's training programme was combined with the SCM's (see the Training Design in Section 'C' below).

### II. OBJECTIVES

The objectives of the training programme for both CHW's and the SCM were determined by the job descriptions. While formulating the objectives an attempt was made to make them behavioral.

These objectives are given in three sections; section I is designed exclusively for CHWs where as section II and III are for both CHW's and SCMs.

Section I: At the end of the training, the trainees will be able to:

- Explain the causes, mode of infection and preventive measures of intestinal worms and infection,
- Demonstrate how to prepare nun-chinipani, ausadhipani,
- Explain the causes and preventive measures of infectious diseases,
- Explain how malnutrition is related to disease, and how to stay healthy with available local food,
- List their own personal hygiene habits and their relation to environmental sanitation,
- Explain how insects and rodents transmit excreta related diseases,
- explain and demonstrate the control methods of insects and rodents,
- explain how to protect food from flies, cockroaches and rats,
- describe different kinds of latrines and how they work,
- explain their advantages and disadvantages and suitable conditions for specific types of latrines
- explain methods of using and cleaning latrines
- explain and demonstrate how to make a compost pit,
- list what materials will be used. Also explain how nauga and sagal can be converted for composting.

--explain when and how turning is done and how to identify well matured compost,

--explain when and how to use compost in fields,

--explain the need for installing waste collecting baskets,

--explain what materials could be used to make waste collecting baskets or what else could be used for waste collection,

--explain how the waste could be safely disposed of and relate this to composting,

--explain and list their duties specifically,

--fill out the record keeping forms,

--fill out the progress report form,

Section II: At the end of the training the trainees will be able to.

--explain the objectives of the project,

--explain its policy especially what the project will contribute for making latrines and what the people's responsibilities will be,

--explain the method of securing construction materials,

--Expain clearly the programme and the activities of the campaign with the objectives,

--Explain what each of the trainees is expected to do during the campaign,

Section III: At the end of the training the trainee will be able to:

- explain when and how to conduct group meetings and group discussions,
- explain why home visits are necessary,
- demonstrate and explain the use of posters, charts, flipcharts, flash cards and photo stories,

### III. METHODOLOGY

The basic assumption of the training was to provide trainees with information with experiences that relate to the job in the field. Therefore while designing the programme it was seriously considered that the real focus should be on learning activities in spite of formal teaching. As a result all of the learning and teaching activities were based on real experiences the trainees will encounter in the job situation and will be action and trainee oriented. The training Program was designed on the experiential model in which the trainees had to go through processes similar to or the same as those as required on the job. A variety of teaching and learning activities were designed to meet the "above" stated requirements. They included:

- reading activities
- writing activities
- brain storming sessions
- discussions
- visits to sites
- role playing
- demonstrations, etc.

#### IV. IMPLEMENTATION

The training was designed for a period of six days for CHWs and three days for SCMs. The first three days of the CHW's training was conducted separately whereas the second part was combined with the SCM's because this part of the training content was common to both groups (see Appendix B). The training programme took place from December 5th through 12th, 1982.

December 8th when the training programme which included the SCMs was to start happened to be the day for the digging of a community irrigation channel. Therefore training activities were held for only the CHWs who reviewed all of the work they had done during the three previous days.

On the following day, December 9th, the CHWs one by one told about sanitation and sanitation related diseases to the SCMs. The resource person later reinforced the same messages.

After this the programme went as previously scheduled (see schedule in Appendix C). Educational materials used during training included blackboards, flow charts, posters, booklets, drawings, charts and figures.

#### V. TRAINING ORGANISATION

The three core staff for the training programme came from New ERA. Other people from MFLD, HES, ESS and UNICEF worked as resource persons. Their names are detailed above on page iii of this report.

## THE CAMPAIGN

### I. BACKGROUND

The design, programmes, activities and involvement of the campaign as per the draft (Appendix E) were discussed, modified and agreed upon in the workshop. The workshop also decided that Poush 15 (December 30) would be the starting date of the campaign. A preparatory meeting was called in the Health Education Section (HES) but a question was raised regarding the lead agency and the full time involvement of HES and the Environmental Sanitation Section (ESS) in the campaign. At the meeting it was decided that the Ministry of Panchayat and Local Development (MPLD) would be the lead agency and HES and ESS would be involved when requested whenever necessary. The original plan of New ERA's withdrawal offer three weeks and continuation of the campaign by HES for three weeks, and again New ERA's involvement in the last two weeks would be changed. A plan having New ERA's continuous involvement for 34 days was drawn. Detailed four day ward activities were clearly spelled out (Appendix C). The date for launching the campaign was fixed (Magha 6, i.e. January 20) in consultation with the Pradhan Pancha and other local leaders. MPLD requested HES to take part on the first day, and ESS on the third day in each ward. The request letter contained ward activities and the schedule.

A week before the 'Kick Off' the New ERA team with representatives of ESS, and MPLD visited Khokana. A campaign committee was formed under the chairmanship of Pradhan Panch. The committee consisted of the representatives of MPLD, ESS, HES, the New ERA team, ward chairmen of all wards, all the members of the sanitation committee and representatives of local clubs (Rudrayani of ward 3, Munaswan of ward 1, Leeghasa of ward 4 and one from ward 8). Letters were issued to all wards clubs, and sanitation committee members by the campaign committee informing them about the date of the campaign 'Kick Off' and seeking their active participation in the campaign.

## II. PREPARATIONAL WORKS

The New ERA team began preparation for the 'Kick Off' day and the campaign. It collected all available teaching materials regarding sanitation and health from HES, ESS, UNICEF, and the Family Planning and Parasite Control Project. Posters, booklets, charts and films were the main teaching materials collected. Banners were prepared, and implements such as shovels, racks, spades and baskets, along with lime and phenyl were procured.

The Honorable State Minister of Education and Culture kindly consented to be the chief guest at the opening ceremony. The New ERA team prepared invitation letters and sent them to the dignitaries in the ministries concerned and to the district officials on behalf of the campaign committee chairman.

New ERA team with the campaign materials reached Khokana the day before the 'Kick Off'. A film show was organized for that evening. Film regarding sanitation and health were shown to a large gathering of about 3000 people, including children. This mass meeting was informed about the Programme of the next morning and were requested to attend the opening ceremony.

## III. CAMPAIGN INAUGURATION

Early in the morning the local leaders started to erect a raised platform for the inaugural ceremony, while the New ERA team organized exhibits (some of them prepared by the team for in the field itself) mainly posters, charts and booklets for exhibition. A small but informative exhibition was set up in a small pati (inn) in front of the Deopukhi (Central Pond). (See photo). By 8.00 A. M. every thing was ready and the guests started to come.

A big crowd gathered. Along with the chief guest the Honorable State Minister, were the Secretary and Additional Secretary of MPED, representatives of ESS and district officials. The Pradhan Pancha who is also the campaign committee chairman was selected to chair the occasion.

The inaugural ceremony started with the offering of garlands to Their Majesties' portraits by the chief guest The Honorable State Minister. The audience was informed about the sanitation project and the findings of the baseline survey. The campaign programme and its activities were also presented. The audience was told that prizes would be awarded to the cleanest ward and household. The campaign was inaugurated by lighting the traditional lamp panash by the chief guest. The other guests present also cleared drains. With these activities the formal session was over.

#### IV. WARD ACTIVITIES

The project included eight wards of the main settlement in Khokana. During the campaign each ward was given four days to perform the planned activities. The concept of allotting four days for a ward was stipulated because of the fact that the whole village and villagers could not be kept engaged for the whole campaign period, especially for voluntary work. Besides the villagers naturally had their own daily activities to attend. Thus the campaign was organized in such a way that activities went on in one ward while the rest of the wards could do their own work.

The schedule of the campaign for each ward was sent to the ward chairman before the 'Kick Off'. However, individual ward preparatory meetings were held in each ward a day before the campaign started. The ward panchas, sanitation committee members, club members and ward dwellers were told about the objectives, programmes and schedule of the campaign. Discussions were held and decisions were made on what sanitation activities would be performed in the ward. Such preparatory meetings were held even in late hours of the evening (8-9 P.M.) in some of the wards because it was the only time



that all of the villagers could meet, especially women. 1/

The first day in each ward was devoted to educational and motivational activities. Groups of men, women and children were explained the need for sanitation. With the help of charts and posters groups were also told about sanitary related diseases and their mode. of transmission. In most cases the meetings were held in the Newari language. Since Ascaris was the most common parasite infecting the Khokana population, it was discussed in order to make people aware. The whole life cycle of Ascaris was explained, emphasizing how uncontrolled defecation helps spread Ascaris infection. The result of deworming in preceding wards became not only the focus of discussion but a topic to start questions from the people in the succeeding wards.

The sanitation related problems of the wards were also discussed on the first day. The most serious problem was that most of the wards have common defecating places 2/ generally separate for men and women and there was no organized system for cleaning. The people were made aware that until private latrines were built public places would remain as dirty as they had been and the major source for spreading diseases and parasites.

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1/ Women are very busy from morning to late in the evening. Fetching water, cooking and domestic work consumes their morning. They go to the field during the day and again cooking and fetching water in the evening.

2/ In some cases, 2 or 3 wards have common defecating places. As in ward No. 2, these was Gashi in a defecating place for ward 2 and 3; Similarly in ward No. 8, Bakkar - a defecating place of most of the men of the village.

People from the wards 3/ were also taken to the two completed demonstration latrines to explain their type, use and cleaning methods. Application forms for supplying construction materials for private latrines were also distributed on the first day.

The second day in each ward was allotted to actual cleaning. Cleaning of public places, and utilities like taps, surroundings of water tanks, drains, and streets were planned by the groups of men and women. But the participation of women in cleaning was non-existent. In most of the wards men and youths were the main volunteers. Every household sent one volunteer to work in the cleaning campaign. Muna Shwan club in ward No. 1. and Rudrayani yuba club in ward No. 3 contributed greatly in their respective wards to motivating people as well as actually cleaning the wards.

While cleaning the wards and drains some of the wards 4/ decided to widen their streets so that a taxi could pass through in time of need. For this some people voluntarily donated personal land by shifting compound walls.

The drainage systems of wards nos 2, 3, 5, 6, 7 and 8 were markedly improved. Special efforts were made by the people of wards no. 5 and 6, who opened, cleaned and repaired the drainage which had been damaged covered and clogged up since the great earthquake of 1990 Bikram Sambat (1933).

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3/ Out of six demonstration latrines only two were completed. One in ward no. 4, other in ward no. 2 was the "double pit" type.

4/ Ward No. 2 and ward No. 6

It was also planned for the second day that the defecating areas should be improved until private latrines were built. In ward No. 1 women from each household contributed 4 manas of paddy (about 2 kilos) so that their defecating places would be cleaned by podas - the traditional latrine cleaners. Similarly, the entrance road in Khokana which was full of faeces was cleaned by a pode who was paid from the contribution of ward no. 4.

Though the second day was allotted for cleaning public places and utilities, cleaning was started from the very first day and continued even after the fourth day in some of the wards, depending on the magnitude of their activities. Ward chairmen and some of the wards members organized the cleaning activities and people in most of the wards cooperated.

The third day in each ward was assigned for door to door visits, observation of sanitation habits, educating and motivating households for sanitation, collecting application forms for latrines and distributing deworming drugs from the central place of the ward. The representatives of ESS participated on this day in each ward and along with the campaign team visited households. The team told the households visited about the need for sanitation and suggested ways to improve their sanitary conditions. People in each ward were also educated about personal hygiene. In some wards educational and motivational discussions were held for groups as people gathered to receive deworming drugs.

The deworming drug (mainly for Ascaris and in a few cases tape worm) was administered by a doctor to about 1500 people. Most of the people receiving drugs were children and women and their ages ranged from 6 months to 70 years. More than 90 percent of these people excreted worms. The minimum number of worms excreted was two, and the maximum was estimated to be 50. In most cases the number of Ascaris excreted were uncountable because they were in bunches like ropes intertwined, and in some cases they were swallowed by stray ducks, or taken away by crows

as soon as excreted. However it was evident that the children have a larger infestation of Ascaris than the adults and the children who excreted a small number of Ascaris had anti-ascaris drugs only a few months before. The tape worm excreted by one person from of ward no. 1, and the Ascaris by others of ward no. 3, horrified the campaign organizers.

The people of Khokana were well aware of the Ascaris infection and used to administer the anti-Ascaris drug to children when the symptoms of the infestation became strongly evident. Vomiting of Ascaris by children was reported to be normal in Khokana. Before the campaign people in Khokana believed that Ascaris infection was caused by the consumption of sweets. They were unaware of the fact that flies carried it from the faeces of infected persons who defecated here and there. People began to realize that they need to have latrines for safe disposal of human waste. This realization was perceived by the campaign organizers from the people in each ward while they were being told of the need for sanitation and about diseases on the first and third days of the ward activities.

The fourth and last day in each ward was supposed to be devoted household cleaning, digging private Compost pits and collecting the application forms for supply of materials to construct latrines and to initiate the construction of latrines. The campaign plan had fixed the target of constructing six latrines and digging five compost pits in each ward during the campaign period. The ward people decided that the six households which would dig compost pits would also get materials for latrines. So in the initial stage, in wards nos. 1 and 2, there was a sort of competition to get the materials for latrines and some of the households even brought sand from Bagmati. But when supply of construction materials for latrines could not be arranged and construction could not be initiated the competitive feeling diminished. The people were assured that they would get construction materials even after the campaign. This

resulted in a lack of motivation even for digging of the compost pits. Altogether about 25 private compost pits were dug where as two pits in ward no. 1 and one pit in ward no. 4 were dug by the members of youth clubs of the respective wards.

The youth clubs in these wards will collect the garbage and dump it in their pits and sell the compost.

The other activities of the last day of the campaign in the ward were household visits for the purpose of getting households to clean their surroundings, finishing the remaining cleaning work of the ward, installing bamboo material garbage baskets, sweeping the whole ward and sprinkling phynol and lime.

An unscheduled activity was the film shows during the campaign period. Films were shown in each ward about Ascariis and house flies and how to keep homes and surrounding areas clean. Films about cholera and others were also shown. As there were no facilities for showing films in the day time all film shows were held in the late evening. Control of insects (houseflies and cockroaches) and rodents was not emphasized. As the campaign period was in the winter there were not many houseflies. During the latter stage the weather became warmer and some houseflies were seen. An attempt to control these was relatively successful. All eight wards were covered by February 21st 1983. February 22nd was scheduled for the closing ceremony but it was postponed until the 2nd of March. The New ERA team, however, continued visiting the project site for follow-up activities. Visits were made on the 22nd, 24th, and 27th of March.

Ward no. 9 of the Khokana village panchayat is situated a short distance from the main settlement and was not included in the project. However, in an attempt to include all the population of the panchayat as well as to help maintenance of the Panchayat's unity one day (March 26th) was devoted to this ward. Group meetings were held in which the need for sanitation and awareness

of sanitation related diseases were discussed. Cleaning of drains and public places was done. Deworming drugs were administered to children and women.

Preparations for the closing ceremony were in progress during the follow-up period (February 22nd to March 1st). The chairman of the campaign committee, the Pradhan Pancha, contacted the State Minister for Education and Culture, who was to deliver the talk at closing ceremony in order to make final arrangements. 9 A.M. of March the 2nd was agreed upon for the closing ceremony. Accordingly invitations were prepared and delivered to persons of the concerned ministries and district officials.

The New ERA team reached Khokana on March 1st and stayed overnight for the preparation of the closing ceremony. In the morning of March 2nd a photo exhibition, which highlighted the campaign activities was set in the Pati (inn) in the centre of Khokana. The representatives of the wards erected a raised platform for the closing ceremony. Yet a very important thing was not decided. The cleanest ward was to be awarded a prize. A meeting of Panchas and the sanitation committee members was held to select the cleanest ward. All panchas and sanitation committee members made a tour of the wards but were unable to select the best cleaned ward and all of them requested those who were to judge to select the best cleaned ward.

#### V. THE CLOSING CEREMONY

A large gathering anxiously waited for the arrival of the Minister. The Secretary of MPLD and other dignitaries from ministries, UNICEF, New ERA and other guests arrived on time. After an hour the chairman of the campaign committee, Pradhan Pancha, went to contact the minister. He returned after an hour without the State Minister. The secretary of MPLD had already left for he could stay no longer. As a result the Pradhan Pancha presided at the closing ceremony.

New ERA's Executive Director welcomed the guests. The campaign coordinator presented a brief report about the campaign. Chief of the ESS and Chief of the Sanitation Unit at MFD spoke about environmental sanitation and the project. The Pradhan Pancha of the Saibhu Panchayat praised the efforts made by the Khokana people. Prizes were awarded to the wards which had done marvellous work during the campaign.

The first prize consisted of 10 bags of cement, 2 shovels, and 1 spade, second prize, 5 bags of cement, 2 shovels and 1 spade and third, 3 bags of cement two shovels, and 1 spade. The first prize went to ward no. 5, second to ward no. 6, and the third prize was won one by two wards - wards no 2 and 8. The prizes were distributed by the chairman of the ceremony. A special prize was awarded to the Munashwan Club of ward no. 1 in recognition of its enthusiastic participation in the campaign.

The workshop coordinator from New ERA gave a vote of thanks to all the participating agencies and especially to the people of Khokana whose participation and enthusiasm were immense during the campaign.

The chairman of the campaign committee expressed his satisfaction concerning the activities during the campaign and hailed the people for their active participation. He urged the people to keep the village clean to ensure their good health and maintain the cleanliness that had resulted from the campaign. He also asked for similar zeal and enthusiasm from the people when the construction phase of the project starts. He stated that the villagers helping in project were helping themselves. Lastly, he declared " The Kohkana Sanitation Health and Education Campaign " closed.

## VI. ACHIEVEMENTS OF THE CAMPAIGN.

"Mastar Sab Chhi Swarga Jhaika". This was a comment made in Newari by one of the residents of Khokana to the campaign organizer. The comment meant that the campaign organizer, whom they called master shaheb, would go to the heaven after his death. The campaign organizer asked whether they cursed him to die soon because he had troubled them. They said they really meant what they said and it was a sort of blessing to the organizer who came there to awaken them. This incident gave an indication that the educational campaign was successful to a considerable extent.

The campaign was designed in such a way that the activities concentrated on health and sanitation education and brought changes in personal and communal sanitation behaviour. As behavioral changes are generally slow to develop and also are influenced by facilities, the campaign has really only started the people in the right direction. The following are the main achievements of the campaign.

1. The campaign has made people really think about the need for proper and hygienic disposal of human waste and for sanitation. This realization will help spread the message of health and sanitation amongst the zones and hopefully the necessary behavioral changes will occur.
2. An excellent rapport was established with local people by the campaign core staff. This good rapport resulted in appropriate actions taken by the villagers and this will help to acquire good cooperation in the construction phase of the project.
3. The pre-campaign activities, especially the workshop with the training of health workers and committee members, helped increase the people's participation.



4. The preparatory meetings for the wards were very effective in mobilizing ward people for cleaning, opening and repairing common utilities like drains, taps, water tanks and defecating alleys.
5. Drains in Khokana were significantly improved during the campaign. Drains clogged, covered and damaged since the great earthquake of 1933 were cleaned, repaired and covered. The improvement of drains lessened the chances of water stagnating in taps and tanks and hence reduced the chances of insects breeding.
6. Heaps of dung which created a filthiness in front of houses have vanished. The households having animals promised not to heap dung in front of their houses. They also promised that they will carry away the dung to their fields to make compost.
7. The "Deo-Pukhu" (Pond) which had not been cleaned since 1962, had very dirty water accumulated in it. This centrally located pond has religious significance and people use its dirty water to wash the faces of sick children. This pond was dried and cleaned during the campaign.
8. Motivation was very effective. Most of the people were very eager to construct latrines. Some of them even marked the sites and carried sand from distant Bagmati.
9. Compost pits were dug in each ward and dust bins were installed too. This should help keep the streets clean.
10. The massive distribution of deworming drugs and the results of taking it created a sensation. This was a very effective example for motivating people to change their defecating habits and to clean their surroundings.

11. During the ward activities, sanitation education was especially imparted to women. This will help women to remain clean themselves and to form proper sanitation habits amongst their children.

## VII. PROBLEMS FACED DURING THE CAMPAIGN.

1. Teaching materials especially designed for Khokana were not ready for the 'Kick-off' and even for the ward activities. They were available only on the closing day. Thus, the posters which would have made a large impact during the campaign would only later remind the people of the activities of the campaign. The teaching activities were carried out with the help of charts the staff prepared and the ones collected from HES.
2. The campaign team faced great transport difficulties. As they had to be in Khokana at a given time\*, they had difficulties in finding taxis which would agree to go to Khokana, and had to pay excess fares. They took taxis from Jawalakhel to Khokana and most of the time they had to come back on foot. On the days when they went to Khokana in the early morning they had to walk back hungry.
3. Participation from concerned line agencies was low. HES, despite the request from MPLD, did not participate in any of the wards. HES was asked to take part on the first day of ward activities. It was ironical that MPLD which asked the others for their participation did not participate much during the campaign. As a result of their poor participation it was difficult to clarify the nature and scope of the semi-urban sanitation project.

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\* For ward activities the ward people were counselled and they allotted time for each activity. On some days they could meet only in the evening, and on some early in the morning before the people went to other work.

4. It was planned that in the campaign six private latrines would be constructed in each ward during the campaign but none were built. All the demonstration latrines except two were left incomplete. Despite the team's and campaign committee's efforts **materials for constructing latrines** could not be sanctioned. This was partly because of the poor participation by MPLD. This caused the local people to lose some enthusiasm for the project. If something is promised and is not delivered disastrous outcomes result. But luckily no disturbance was observed from any quarter during the campaign period.
5. Local participation was not of the same level in all wards. People showed great interest in cleaning and repairing drains in front of their own houses. But for cleaning common drains and places Panchas and team members had a hard time mobilizing the people. However, the Panchas and team members were successful in all wards and there was no real opposition to the campaign.
6. Some of the Sanitation Committee Members though trained and oriented, were less enthusiastic about the project than others. They had to be urged by the Pradhan Pancha or ward chairman. Some of them even went away to attend to other business during the ward activities without letting ward chairman know.
7. The Community Health Workers were not controlled. They were not whole heartedly devoted to the project because they were not sure they would be paid. This created a problem for the campaign organizer in preparing ward people for activities in their wards.
8. The public defecating places could not be cleaned and improved in all wards because the Pode traditional sweeper demanded high wages. Some of the defecating places are used by more than one ward. The people from these wards didn't agree to contribute to pay the 'Pode'.

### Recommendations

The following recommendations are made for improving the sanitary situation of Khokana on a long term basis.

1. The sanitation committee should be re-organized to include representatives of the different clubs in different wards. Arrangements should be made to provide a letter of credential, or reference, in recognition of their services, to the individual members of the committee who excelled in their jobs. A competitive spirit among the wards could be maintained by announcing that a prize will be awarded to the best cleaned ward in a period of six months.
2. Community Health Workers should immediately be contracted and assigned for the activities as mentioned in their job description. Their work should be reinforced by arranging a larger meeting at the central place in the village every month. Such meetings must be facilitated by HES and ESS.
3. An ad hoc grant of Rs. 3000-5000 should be provided to the panchayat to improve the present defecating areas. The improvement should be made in such a way that faeces would be collected in ditches and these ditches must be accessible even in the rainy season. It was observed that in dry season people go farther for defecating but in the rainy season by the side of the road becomes the only accessible place for defecating.
4. The construction phase of the project should be started immediately. There will be competition for obtaining construction materials among the people. It is advisable to start construction simultaneously in three wards. It should be planned in such a way that in one ward the house holds decide the sites and type of latrine and start collecting sand. In the second ward the construction materials such as bricks and cement be delivered. In the

third construction starts in full swing. The cycle should be repeated in other wards. However situational adjustment works best and the project team must be very tactful when dealing with people about this.

5. Emphasis must be given first to the building of private latrines as envisaged in the project. After each household builds its latrine a list of those households not having any space to build latrines should be prepared. A suitable location will be selected and according to the number of households a common latrine should be designed and constructed. A committee will be formed from among these households and the management of such latrines will be turned over to the committee. Such latrines will probably be required in each ward. Constructing common latrines should be done at the end of the construction phase. Otherwise many people may resent those having private latrines.
6. The panchayat through the panchayat Ward Committees should be entrusted to execute the sanitary regulations formed by the ward people themselves. Every ward should make their own rules and regulations to maintain sanitation and cleanliness in the ward and these rules and regulations should be strictly regulated by ward committees. The sanitation committees and ward committees should together organize the ward's cleaning activities every month for some months to come or throughout the project period. Later, if every household maintains cleanliness, collective cleaning may not be necessary.
7. Though a great effort was made to coordinate with the different concerned line agencies it was very difficult to get them involved as planned. Therefore, if possible, agencies like UNICEF should entrust the contracted non-governmental organizations for all the activities at least for crash programmes such as this campaign. In this particular case, if New ERA had been entrusted to provide construction

materials and skilled labour for constructing the targeted number of latrines the impact of the campaign would have been much more impressive.

8. In an action programme such as this campaign the agents must be available as and when the people with whom the action is to be effected need them. Therefore in future, provision should be made to provide a vehicle such as a jeep or motor-cycle for the team for ease of mobility.

#### IX. LESSONS LEARNED

The campaign has taught the team many lessons. The most important are:

1. The workshop was a very useful exercise for determining appropriate activities for an action programme and how to get people's participation. It was found that personal meetings, persuasion and the lure of recognition were necessary for acquiring dedicated commitment and participation. In the workshop most of the people were excited about the project but when it was time for action they were less motivated. This was true for the government agencies as well as with the local people.
2. Unless provisions for meeting all the targeted goals are made a campaign should not be launched (e.g. teaching materials and construction materials must all be ready when the campaign begins).
3. The role of respective involved agencies should be clearly defined, discussed and agreed upon before designing the campaign and starting the action programme.
4. People's faith and zeal faded when the participation from concerned agencies was low. Especially in cases like this one where most of the agencies that were present at the workshop did not turn up for the activities. This has reduced their credibility and the local people's enthusiasm for the whole campaign.

5. Though the teaching approach was very effective, availability of physical facilities were also found necessary to elicit desired behavioral changes. The Khokana people have realized the need for the safe disposal of human waste but still in view of the lack of proper latrines they have to go to open fields for defecating.
  
6. Generally homophilous extension agents are expected to produce better actions. But in Khokana the experience was that unless the extension agents establish their credibility by showing their expertise in the subject in a practical way they could not be effective.

APPENDICES



APPENDIX 1

Job Descriptions

Job Description for Community Health Worker

Four Community Workers will be recruited locally and will initially be employed for a period of one year to work within Khokens by the Ministry of Panchayat and Local Development. These will be employed on a part time basis for two hours in the morning and two hours in the evening. The workers will be under the supervision of the Engineer and Overseer in charge of the Project. They will also be under the supervision of the Health Education Section, Department of Health Service.

The Community Worker will be given a specific area to work within and he will visit every house within this area at least once every two weeks to perform the following tasks:

1. Brief the villagers of the project details, inform them of the details of the village contribution and individually what is expected of them. The Workers should keep records of their visits to be submitted to the Engineer or Overseer.
2. He will inform villages of the details for construction of the household latrines, observe progress and ensure the villagers construct the latrine properly and according to the standard designs.
3. To discuss health matters with the villagers, individual problems and discuss sanitary related diseases. The Worker will discuss the health benefits of the project and will refer specific health problems to the UMN clinic, local health post of Patan hospital.

4. He will instruct the villagers in the adoption of sanitary and hygiene practices within the home. This will include instruction in the construction of soakpits, smokeless chulos and collection of wastes.
5. He will keep a record of progress at each house, individual health and project problems which will be submitted to the Overseer or Engineer once every month.
6. He will attend a monthly meeting to be organized by the Engineer and the Khokana Sanitation Committee to discuss Project progress and difficulties.

Job Description for Sanitation Committee

1. Assist and monitor the CHWs in their job.
2. Coordinate ward activities.
3. Organise participation by local people.
4. Educate people during house to house visits.
5. Motivate people letting them know the plan and policy of the Sanitation Project.

APPENDIX B

Training Topics and Objectives

Note: Section I is designed exclusively for Community Health Workers, (CHWs) whereas Section II and III are for both CHWs and Sanitation Committee Members (SCMs). The CHWs, on the fourth day, explain the sanitation and related diseases to SCMs, the resource person will reinforce. After this Section II and III will be taken up for the both groups.

Days	Section I			Section II & III		
	1	2	3	4	5	6
	CHW	CHW	CHW	CHW + SCM	CHW + SCM	CHW + SCM
Dates	20	21	22	23	24	25
Marg						

Content/Subject	Training Objectives	Resource Person	Teaching Materials Required
<b>Section I</b>			
A. <u>Sanitation Related Diseases and Their Preventive Methods</u>	The trainee will be able to explain the causes, mode of infection and preventive measures of	--Dr. Bimala Shrestha	--Blackboard --Slides --Leaflets
i. <u>Intestinal worms</u> --Round worms --Hook worm --Tape worm --Thread worm	Intestinal worms and Infection	--Nanda Man Sthepit	--Booklets --Demonstration
ii. <u>Intestinal Infection</u> --Bacterial: Cholera --Typhoid and para typhoid --Protozoan: Giardiasis Amoebiasis --Viral. Infectious hepatitis nonspecific	The trainee will be able to demonstrate how to prepare Nun-Chinipani		

B. Prevalent Infectious Diseases

- Measles & its complication
- Diphtheria Whooping cough, Tetanus
- Chicken pox
- Scabies

The trainee will be able to explain the causes & Preventive measures of Infectious diseases.

Dr. Bimala Shrestha Charts.

C. Nutrition and its Relation with diseases

- How to stay healthy using available local food

The trainee will be able to explain how nutrition is related with diseases, and how to stay healthy with available local food

Mr. R.B.Basnet

Dr. D.D.Joshi

D. Importance of personal Hygiene, Sanitation and its Importance in Environment

The trainee will be able to list his personal hygienic habits and ways for Environmental Sanitation

E. Household Insects and Rodent Control

- Housefly, Cockroaches, Fleas, Lice-head body, public, Bedbug, Rats.

The trainees will be able to explain how these insects and rodents transmit different kinds of diseases,

Dr. D.D.Joshi

- Explain and demonstrate the control methods of these insects and rodent.

Able to explain how to protect food from flies, cockroaches and rats.

F. 1. Kinds of latrines, suitable for the field use, their advantages, disadvantages methods of use, and cleaning method	The trainee will be able to--	--Birat Pradhan --David Slater	Charts, Black-board, Drawing, Models (if any)
	--Explain different kinds of latrines and how they work		
	--Explain their advantages and disadvantages, and the suitable condition for specific type of latrine.	--Birat Pradhan	
	--Explain the method of using and cleaning the latrine	--Birat Pradhan	
2. Compost Making:	The trainee will be able to--	--C. Karmacharya	Flip Chart
--Pit size --Materials -- <u>Nauga</u> -- <u>Sagal</u> --Filling --Turning --Using	--Explain and demonstrate how to make (dig) a compost pit.		
	--Explain what materials to use. Also explain how <u>Nauga</u> and <u>Sagal</u> be converted to composting.		
	--Explain when and how turning is done and how to identify a well matured compost		
	--Explain when and how to use in field.		

3. Refuse and Garbage collecting baskets and their proper use.

The trainee will be able to--

R.B.Basnet

--Explain the need for installing waste collecting baskets.

--Explain what materials could be used to make waste collecting baskets or what could be used for waste collection.

--Explain how the waste could be safely disposed of (relate composting).

## Section II

### Committee Member + Committee workers

1. The Objective, policy and working procedure of the Project.

The trainee will be able to explain clearly Ms. Vanisa Tobin  
Mr. Birat Man

--the objective of the project

Mr. Chiranjibi Thapa

--the policy-specially what the project contributes for making latrine, and what the people should do.

--the method of securing or availing construction material.

B. Duties and responsibilities  
of community health workers

--Sanitation Committee  
Members

The trainees will be  
able to--

--Explain and list their  
duties specifically.

--Fill out the Progress  
report form and record form

The members will fully  
realize their responsi-  
bility and will be able  
to explain what they  
should do.

--Kabita Shrestha

--Vanisa Tobin

David + B. Pradhan

C.1. Program Activities of  
campaign

2. Role of Community Health  
Workers and Sanitation  
Committee Members in  
the Campaign

The trainee will be able  
to explain clearly the  
programme and activities  
(with their objectives)  
of the campaign

The trainees will explain  
what each of them should  
do during the campaign  
(Role specific)

--C.Karmacharya

--C.Karmacharya

Section III

Communication

--Group Meeting

--Group Discussion

--Home visits

--Use of Posters,  
Charts, Flashcards  
flipchart.

The trainee will be able to explain when and how to conduct group meeting and group discussions.

--explain why to visit home

--Demonstrate and explain the use of poster, charts flipchart, flash card & photo stories.

--C. Karmacharya

--Datta Roy



APPENDIX C

CAMPAIGN ACTIVITIES AND SCHEDULE

A. CAMPAIGN ACTIVITIES IN DETAIL

1. Kick off Ceremony:

- Organize an exhibition to emphasize importance of Sanitation.
- Invite a large gathering.
- Invite central dignita .
- Hold a formal inauguration session.
  - (i) Have dignitaries to speak about sanitation.
  - (ii) Announce sanitation competition.
- Have a section of village cleaned.

2. Ward Activity - Day 1 (Education & Motivation)

- Various group meetings for men, women and youth:
  - Explain sanitation related diseases with the help of charts, poster, slides, film etc.
  - Discuss problems of the ward people
  - Invite sanitation measures and explain
- Take groups to show demonstration Latrine:
  - Explain about the construction its use and utility.
  - Have the owners explain or share ideas among groups.
- Prepare 6 households for latrine construction during the campaign period.

3. Ward Activity - Day 2 (Actual Cleaning)

Actual Cleaning:

- Form different teams of men, women and youth. Have chosen the leader for each group.
- Assign each team some sections of ward, Ponds, Taps or Tanks etc.
- Have cleaned, public Taps, Tanks, Ponds.
- Make interim defecating places till latrins are constructed in each house hold.

4. Ward Activity - Day 3 (House visits & Preaching)

- Visit each house in a team of 2, (one should be community health worker or Sanitation Committee member).
- Observe Sanitation related practices.
- Explain Sanitation related diseases and their mode of transmission. Explain with the help of education materials.
- Collect application form for latrine construction & supply of construction materials.
- Distribute Drug with Doctors' prescription, at a central place of the ward.

5. Ward Activity - Day 4 (House Cleaning)

Same team as of 3rd day visit houses and get the householders:

- Cleaning of the houses.
- Digging of compost pits
- Digging of soak-pits.
- Start constructing latrine in the household, agreed to do so. on the 1st day.

6. Closing Ceremony

- Invite large gathering.
- Invite dignitaries of concerned agencies from the center and district.
- Have a tour in the village provide comparative views from the villagers.
- Organize a formal session
  - Present campaign report.
  - Announce sanitation campaign result - as most clean ward, most clean house, and have prize given from the chief guest
  - Have local people express their experiences in the campaign.
  - Have dignitaries to speak.

B. CAMPAIGN SCHEDULE

Kick off ceremony : : Jan. 20, 1983  
Activities in Ward 1 : Jan. 20 - 23  
Activities in Ward 2 : Jan. 24 - 27  
Activities in Ward 3 : Jan. 28 - 31  
Activities in Ward 4 : Feb. 1 - 4  
Activities in Ward 5 : Feb. 5 - 8  
Activities in Ward 6 : Feb. 9 - 12  
Activities in ward 7 : Feb.13 - 16  
Activities in Ward 8 : Feb.17,18,20,21  
Closing Ceremony : Feb,22, 1983

APPENDIX D

TRAINING SCHEDULE FOR SCMs AND CHWs

Day Date	Sunday December - 5	Monday 6	Tuesday 7	Wednesday 9	Thursday 10	Friday 12
11-12	Intestinal Worms --Dr. Bimola --Mr. Nanda Man	Nutrition and its relation with diseases personal hygiene. --Mr. Rajendra	Household in- sects and Rod- ent control --Dr. D.D. Joshi	Kinds of latrine methods of use and cleaning --Mr. Birat Man	The objective policy and Pro- cedure working of Khokana Sanitation Project. --Vanisa --Chiranjibi --Birat Man	Communication group Meeting group Discuss- ion, --Chiranjibi
12-1	Intestinal infection --Dr. Bimola --Mr. Nanda Man	Importance of personal hygiene sanitation and it's impor- tance in enviro- nment. --Mr. Rajendra --Dr. Durga Datta	Continue	Continue	Duties and res- ponsibilities of community health worker --Kavita, Vanisa --David, B. Pradhan	Home visit, use of method poster charts, etc. --Datta Roy --Chiranjibi
1:30	Continue	Continue	TEA	Health workers will explain the Sani- tation and related diseases to comm- unity members	Programme acti- vities of campaign --Chiranjibi	Continue
3:30-4	Prevalent infect- ion disease -Dr. Bimola -Mr. Nanda Man	Prevalent infect- ion disease and others disease --Dr. Bimola --Mr. Nanda Man	Compost making --Chiranjibi	Trainer will ex- plain further on health sanitation --Dr. Bimola --Nanda Man --Birat Man --Kabita --Chiranjibi	Role of comm- unity health workers and sanitation committee members in the campaign --Chiranjibi --Vanissa	Review Discussion

APPENDIX E

PLAN OF ACTION

HEALTH EDUCATION CAMPAIGN FOR KHOKANA

1. Khokana has a very poor sanitation situation since filthy, dirt, excreta, both human and animal, can be seen along the road and in the streets. This insanitary situation certainly has contributed to many health problems. The preliminary result of the baseline survey shows that infestation of parasites-mainly worms, is in more than 94 percent of Khokana dwellers. To improve the sanitary condition of Khokana a campaign has been developed. The campaign along with health educational activities emphasizes the wide-spread adoption of latrines. Thus the campaign as a composite package consists of a concentrated teaching effort for two months and an assured supply of materials required for the adoption of latrines and other sanitary practices.

2. Pre-Campaign Preparatory Activities

Before New Era's involvement MPLD had done detailed mapping of Khokana. A sanitation committee has also been formed to have the peoples participation in the project. It will also include constructing latrines of different types for demonstration purposes. Besides these, the following pre-campaign preparatory activities have been worked out.

a. A base line survey has been conducted by New Era to analyse the health and sanitation situation and to gather information on sanitation habits and the attitudes of the people.

b. A one-day workshop has been designed to involve local people identifying sanitation and health problems, identifying the role and training needs of community health workers and planning of the campaign. All preparatory work will be done before and they will be presented for discussion, modified and readjusted at the workshop and Commitment from local leaders for campaign will be sought (For detail, see workshop design).

c. Training of Community Health Workers:

The four community health workers recruited locally, will be trained for a week on the sanitation and health aspects, in time to solve the problems identified by baseline survey and workshop. They will also be trained in communication skills, group meetings, use of teaching materials - posters, flip chart, flash card etc, ingroup and individual teaching. These four CHWs will be engaged all through the campaign along with a Health Educator and other resource persons who will constantly and spontaneously supervise, guide and instruct them which will serve as inservice or interm training to CHWs.

d. Training of Sanitation Committ Members:

A three-day training for comaittee members will follow the CHWs training. These committee members will be trained in mainly health and sanitation knowledge and their role in persuading local people will be covered. They will also be informed fully about the policy and plan of the project.

3. The Campaign

The sanitation problem at Khokana is largely due to lack of adequate excreta disposal methods for both humans and animals. The campaign envisages to attain behavioral changes both by education efforts and supplying materials to construct suitable latrines.

a. Practices to Promote:

1. Constructing and using latrines.
2. Making and using compost pits.
3. Installing and using waste-baskets.
4. Controlling human parasites mainly worms.
5. Controlling household insects and rodents.
6. Constructing and using soak pit.
7. Promoting smokeless Chulas.

b. Duration:

The campaign will be launched for two months. Tentatively the end of December 1982 to the end of February 1983. After that, a less intensive campaign will continue throughout the construction phase of the Project.

c. Objectives:

<u>Item</u>	<u>Each Ward Target</u>	<u>Panchayat target</u>
1. Construct latrine	5	45
2. Construct compost pit	10	90
3. Collection of application forms for support materials to construct latrines		400
4. Reach every household with sanitation/health messages		

d. Organization:

1. Apart from the involvement of MPLD, the Health Education Section, CHIP and UNICEF for assisting, supplying and supporting the campaign, a "Campaign Committee" will be organized including representatives of above agencies, all panchayat officials, NGOs representatives and 4-H leaders and other Government agents in the panchayat under the chairmanship of Pradhan Pancha. The New Era team will assist MPLD, HES, CHIP officials to execute the campaign. The function of the committee will be mainly promotional and formal for improving people's participation and co-operation.
2. A campaign base will be established in the centre of the village, in the temple. This base will be used as campaign office and will stock adequate teaching materials, construction materials and other

related materials. HES or New Era will handle these materials one man will remain in the office, who will supply materials to the campaign team, and provide general information to the community.

### 3. Campaign Team:

This team will include -

- Sanitation committee members of the ward
- Ward Panchas - 5
- Four Community Health Workers
- One Health Educator
- One Sanitation Engineer or Overseer
- UNICEF Staff
- Campaign Director and New Era Team
- NGO's

This team will go toward after ward, stay there for 5 to 7 days according to the ward size and perform the activities mentioned in the later section to achieve the campaign objectives.

### d. The Plan:

#### 1. Kick Off:

One week before the commencement of kick off day, posters will be displayed to inform the community of the campaign and appealing for active participation. This will also be done throughout the campaign and through the sanitation committee members.

On the kick Off day -

- Panchayat will invite a large gathering
- An Exhibition will be organized.
- A formal inauguration function will be held,
- Dignitaries from the concerned Ministries will be invited e.g. Ministers, Ministers' secretaries.



- Talks on the importance of sanitation by dignitaries.
- Announcement of sanitation competition for the most clean ward and household.
- Presentation of campaign plan.
- Cleaning of section of the village to commence activities.
- Film show in the evening.

## 2. Ward Activities:

Each ward chairman, panchas and sanitation committee members will be well informed when the campaign team visit the ward. They will also be provided with copies of activities so that they could plan for their own wards participation. The campaign team will concentrate on the following activities in each ward.

- Groups will be taken to demonstration latrines and their use will be explained. Groups will exchange ideas with the latrine owners.
- Cleaning of drains, wells, water taps tanks, and street involving the ward people. A ward could be divided into sections with groups consisting of males, females, youth or local clubs to each take care of one section for cleaning.
- Home visits: Team members visit houses singly or in a team to educate, persuade, motivate and recommend specific sanitation practices suited to the individual household.
- Distribute drugs for worm infestation.
- Select households who will agree to construct latrines, compost pits and waste baskets.
- Collect application forms from the household ready to construct a latrine. The MPLD Sanitation Unit will schedule for the supply of materials and supervision.

- The campaign team will meet at the end of the day to discuss and review the day's activities and plan for the next day.

The activities should be scheduled accurately with the ward panchas in the ward itself, and a copy of this should be displayed at the campaign base.

A sticker containing a picture of God with the words "God resides in a clean home" should be posted on door or another suitable place of the households which are accepting the sanitary practices which are being promoted. Posters or slogans will be posted in the ward as a reminder for cleanliness or reinforcer.

3. The ending will consist of the following:
  1. Invite a large gathering as on kick off days
  2. Invite dignitaries (District and Centre)
  3. Arrange a tour of - individual houses
    - wards
    - public places

This will be led and explained by local leaders.

4. Organize a formal meeting -
  - Present report of campaign
  - Have local leaders and people express their experience.
  - Announce the result of the competitions.
  - Chief guest will award prizes.
  - Dignitaries will speak and discuss further assistance.

#### 4. Evaluation

The success of the campaign will be judged by the number of households adopting the practices promoted. The knowledge gained by the people during the campaign will be reflected by the improvement in the Sanitation situation at Khokana.

APPENDIX F

Journal of the Campaign

January 20

The "Kick-Off"

A large number of people gathered for the 'Kick-off' Ceremony. A poster chart exhibition which explained about sanitary related diseases and their modes of transmission was displayed in a small Pati (inn). Guests started to come at nine and by that time a platform was raised for the 'Kick-off' ceremony.

The Honorable State Minister for Education and Culture was the chief guest. The other dignitaries present were the Secretary and Additional Secretary of MPLD, the Chief of ESS, and personnel from the Sanitary Unit of MPLD. The New ERA director as well as other staff from New ERA, were present.

The 'Kick-off' ceremony was presided over by the Pradhan Pancha, the Campaign Committee Chairman. The ceremony started with the offering of garlands to the portraits of their Majesties the King and Queen.

The Director of New ERA delivered the welcome address. The Sanitation chief of MPLD briefly presented the activities of the project. The campaign coordinator outlined the entire campaign plan and announced that there would be a prize for best cleaned ward and household.

The campaign was declared open by lighting the traditional lamp "Panash" by the chief guest. The chief guest later initiated the campaign by cleaning a drain in ward no. 1.

### Ward Activities

January 20 - 23, Ward No. 1

After the inauguration of campaign group meetings were not possible because most of the people had to go to work in the fields. The ward chairman advised the team to come in the evening.

In the late evening after dinner, a large gathering of women, men and youths assembled in the club house. The campaign activities were discussed. People were told the need for sanitation and about sanitary related diseases. Women of this ward wanted to have their defecating area cleaned. The Pradhan Pancha was called to resolve this problem. After discussion women from each household were ready to contribute paddy to pay the 'Pode'. Later during the campaign the defecating area was cleaned and the 'Pode' was paid. In the same meeting the Muna Shivan Club of ward No. 1 decided to participate actively in the campaign

Films on sanitation and sanitation related diseases were shown till 11:00 P.M.

On the second day cleaning of drain and street water tanks was done. The club dug compost pits. The club members will collect the filth from the ward and make compost and sell it.

On the third day the club members continued cleaning. Along with a representative from ESS households were visited and groups of women and youths were told the need for personal sanitation and also about sanitation related diseases. At the same time 856 children and women were given deworming drugs.

On the fourth day the activities were limited in the morning and evening because it was the day for this ward to go to the forest to collect fire wood, which would be used to burn the body of

one of the villagers that had recently died. In the morning households were visited and advised to keep the surrounding areas clean. Application forms for latrines were collected. The digging of compost pits was started. In the evening a meeting was held in which women were instructed in how to install dust bins in their houses and how to care for their children.

The next morning, or the fifth day, the whole ward was swept, lime and phenyl were sprinkled and with that the ward activities ended.

January 24 - 27 Ward No. 2

A preparatory meeting was held on the previous evening with the ward chairman and Committee members. It was decided that group meetings would be held early in the morning on the first day. With the help of charts, posters and booklets groups were told about the diseases caused by bad sanitary conditions.

The entire second day was devoted to cleaning. Drains, water tanks and streets were cleaned. The streets were widened by removing boulders.

On the third day they had "Deopuja"<sup>\*</sup> so the ward panchas advised the team to be there at 2 P.M. rather than in the morning. The team arrived at 2 P.M. but many people had not returned from Deopuja. However a group meeting was held. An officer from ESS talked about the need for sanitation and about **sanitary** related diseases. Because of Deopuja drug distribution was put off until the fifth day.

The fourth day was devoted to cleaning the remaining drains and the whole ward was swept. Lime and phenyl were sprinkled.

Households were visited and compost pits were dug. In the evening films were shown at the juncture of ward number 2 and ward Number 3. On the fifth day in the morning deworming drugs were distributed to 131 people.

\* A religious occasion.

January 28-31 Ward No. 3

The Rudrayani Yuba Club invited the team to discuss and tell about the campaign at seven in the morning. The team reached the club in time. Gathered there were club members, rancnas, sanitation committee members of ward number 3 and the Pradhan Rancha. The team briefly explained the objectives and plans of the campaign and about the project. The representative and the campaign organizer argued in favor of private latrines and their advantages. The participants of the meeting demanded that the people not having space to build a latrine should be provided with a public latrine and its management should be turned over to them. The whole morning was spent in this meeting. It was also raining so no group meetings were possible. The club decided to hold a meeting in the evening and tell the people about the need for sanitation.

The second day started with distributing badges, posting posters prepared by the club and cleaning and opening the clogged drain. Cleaning was done around the water tank. Streets and village roads were cleaned. In the evening a meeting was held. Men, women and youths participated. Discussions were held on the need for sanitation. The club members explained the need for sanitation and about the kinds of diseases that are prevalent in Khokana due to bad sanitation.

On the third day cleaning was continued and deworming drug were distributed to 109 women and children. Discussions were held to decide upon a new location for defecating. It was suggested that a common latrine should be constructed so that the faeces are washed away.

The fourth day was devoted to visiting households and advising them how to keep their surrounding areas clean. The remaining cleaning activities were done and compost pits were dug.

The club members who worked in different offices took an active part on the second day because it was Saturday. They also worked on the following Saturday cleaning the road and improving the drain.

Though this ward was politically very active and they opposed the Pradhan Pancha, their participation was useful and fruitful.

February 1-4 Ward No. 4

This is the ward which forms the main street of Khokana up to the Rudrayani temple and also the ward of the Pradhan Pancha. A preparatory meeting was held with ward chairman, committee members and Pradhan Pancha.

On the first day in the morning at 8 A.M. a group meeting was held. Groups of men, women and young people were told about the sanitary situation of Khokana and the result of deworming in other wards was demonstrated. The groups, with the help of charts and posters, were told of the need for keeping the surrounding areas clean and how unsanitary conditions brought different diseases.

The whole second day was devoted to cleaning. The drain was improved so that water did not spill over the road. The Pode was called to clean the roadside where masses of faeces were lying.

On the third day, in the morning, groups of women and men were explained about personal sanitation and the ways to keep the areas around their homes clean. The officer from BSS talked to the groups. Deworming drugs were distributed to 174 women and children.

The fourth day was devoted to finishing the remaining cleaning work. After cleaning lime and phenyl were sprinkled and then households were visited. Households were advised on how to

keep the areas surrounding their homes clean and personal sanitary habits. In the evening films on sanitation, Ascaris and housefly were shown.

The club "Lighasha" has dug a compost pit which will be filled up with the filth collected from the ward.

Though it was Pradhan Panch's ward a few households did not participate at all. They did not even sweep in front of their houses. The ward chairman did this for them.

#### February 5-8 Ward No. 5

A preparatory meeting was held with the ward chairman and sanitation committee members late in the evening after the film show in ward No. 4.

The campaign in ward number 5 was started early in the morning. The cold was severe and the team was provided with a fire pot Makal to warm their hands. Groups of men and women gathered for the meeting. They were told with the help of charts and posters about the sanitary related diseases and their modes of transmission. People were also told of the sanitary situation of Khokana. After the group meeting the people started the cleaning work on the first day itself by opening the drains.

The ward has drains on two sides of the street but one side was closed and covered in the great earthquake of 1933. The whole second day was spent opening, cleaning, desilting the drain.

On the third day groups of women, men and youths were told about the need for sanitation, personal and communal sanitation and the need to keep their environment clean. The official from ESS talked to the groups. The repair of the drain continued even on the third day. The people of the ward were very enthusiastic. They brought big stones from far distances to cover the drain near the water tank



Deworming drugs were distributed to 113 individuals of the ward. The fourth day was devoted to visiting households, digging compost pits and finishing the remaining cleaning work. The households were visited and the results of taking the deworming drug were discussed. This ward was heavily infested with round worm. Public defecating places were full of round worms. Stray ducks and crows were seen enjoying the worms. The worms were the starting point to initiate discussion with the ladies in the households. They were advised to keep their houses clean and to take proper care of their children so that they will not be infested with worms.

The UNICEF representative visited on the fourth day and observed the activities in the ward no. 5 and the other wards. She met with local leaders and discussed the campaign activities.

In the evening, films on Ascaris, sanitation, housefly, etc, were shown.

The campaign ended in the ward in the morning of the fifth day. Young girls from each household came out with brooms in their hands and swept the whole ward. Lime and phenyl were sprinkled. Dust bins were installed at strategic locations.

#### February 9 to 12 Ward No. 6

A preparatory meeting had been held on the previous evening after the film show in ward no, 5. Discussions were held concerning the schedule and ward activities. The meeting was attended by committee members Panchas and elderly members of the ward. Decisions were made to clean the drains and widen the street.

On the morning of February 9th a group meeting was organised for men, women and youths, sanitation problems were discussed. People were told why environmental sanitation was necessary

for healthy living. They were also told, with the help of charts and posters, about the diseases borne by bad sanitary situations. The focus was on *Ascaris* and its mode of infection. The people in this ward also started cleaning from the very first day of the ward activities. Drains were reopened, cleaned, desilted, repaired and covered. The ward had decided to widen the street so that a taxi could pass. Four households contributed their personal land by shifting their compound walls to widen the street. Many households dismantled "Petis" the supporting wall near the foundation of houses--for widening the street. The cleaning of the drain and widening work was so massive that it continued past the fourth day.

Households were visited while men were busy working on the drains, and women were told of the need for sanitation and their role in keeping their own houses clean.

In the evening of the fourth day films on *Ascaris*, sanitation and houseflies were shown.

Deworming drugs were distributed in this ward. After three days the ward activities concluded formally. 167 people were administered the deworming drug. The results were as good as in other wards with massive excretion of worms, especially by the children.

#### February 13 - 16 Ward No. 7

A preparatory meeting was held on the previous day with the ward chairmen and committee members to decide the schedule of activities.

On the first morning men, women and youths gathered for a meeting. They were told how unsanitary conditions breed diseases with the main focus on *Ascaris*. Charts and posters depicting the mode of disease transmission were shown and explained.

Cleaning started on the first day itself. Every household cleaned, opened and renovated the drain in front of their house. One household even constructed a new drain so that water would not spill on the road and make the road filthy and muddy. Cleaning and repairing of drain was done enthusiastically in front of each household by the respective house owner but when a common spot was to be cleaned the panchas and the team members had to persuade the people to do so. The cleaning continued past the fourth day of the ward activities.

On the third day Mr. Rajendra Basnet from ESS explained the to the people about the need of keeping the areas adjacent to their homes clean and personal sanitary habits. Households were visited and the ladies were advised to keep their houses clean.

The fourth day was devoted to visiting households and suggesting ways to keep houses clean and the importance of keeping the houses clean.

Deworming drugs were distributed in this ward on the fifth day of ward activities. 341 people were administered the deworming drug. The result was reported equally effective as in the other wards.

Films were shown on the third day at the control place of wards no. 7 and 8

February 17 - 18, 20 & 21 Ward No. 8

As in other wards a preparatory meeting was held with the ward chairman, committee members and ward people.

On the first morning a group meeting of women and men was organized. The people were told about the need for sanitation and about sanitation related diseases with the help of charts and posters. UNICEF, New ERA and ESS representatives initiated the discussion.

Cleaning was started on the very first day of ward activities. The whole of the second day was devoted to improving the drain and road. The cleaning continued for several days. On the third day a group meeting was held and an ESB officer explained the need for personal and environmental sanitation. 221 people were given deworming drugs.

Cleaning was continued on the fourth day in the ward. Renovation of a pond was started. Households were visited and advised on how to keep their surroundings clean.

This ward has neither water tank nor a tap. The ward people asked the campaign organizer to provide them with a tap near the pond.

#### Activities in the School on the 21st of February

School children of grades 2,3, and 4 were told about how they got Ascaris infection. Most of them already had taken deworming drugs and excreted worms. They were asked to tell their elders not to defecate around the school. The school children and teachers cleaned around the school. They covered faeces with soil and swept around the school.

It was originally planned to close the campaign on the 22nd of February but it was put off until the 2nd of March. Follow-up activities were done for the whole week. The team visited Khokana on the 23rd, 24th and 27th of February and executed the follow-up activities. Follow-up was also done during the campaign itself. While the core activities went on in one ward the previous wards were supervised, households were visited and efforts were made to maintain cleanliness. On the 23rd of February deworming drugs were distributed to those who had missed it in their wards.

During this follow-up period the centrally located pond "Deopukhu" was pumped out for cleaning. The cleaning of silt and mud continued for several days even after the campaign was closed.

#### February 26 Ward No. 9

Though this ward was not included in the campaign it was decided that one day should be devoted to it. This ward is situated a little bit away from the main settlement of the panchayat and it has a small population. Deworming drugs were distributed and cleaning of the drains was done. A group of men, women and youths were told about the need for sanitation and sanitary related diseases.

#### The Closing

New ERA team reached Khokana on the 1st of March for preparation. In the morning of the 2nd of March a photo exhibition was displayed which highlighted the campaign activities in Khokana. Posters especially designed for Khokana were also displayed and distributed to the wards. The people of the panchayat raised a platform for the closing ceremony.

The Honorable Minister for Education and Culture had consented to be the chief guest. However he could not come because of some other urgent duties. The closing ceremony was presided over by the Pradhan Pancha, Chairman of the campaign committee.

The Executive Director of New ERA welcomed the gathering. The campaign coordinator presented brief report on the campaign. The UNICEF officer praised the people for their cooperation in the campaign. The Chief of the Sanitation Unit of MPLD and ESS urged the people to maintain the same spirit in the construction phase of the project and also to maintain the cleanliness

attained during the campaign. The Pradhan Pancha of the Saibhy Panchayat also spoke.

Prizes were distributed to the wards which had done good work during the campaign. Ward no. 5 got 1st prize, ward No. 6 got 2nd prize and ward no. 2 and 8 got 3rd prize. The Munashivan Club of ward no. 1 was also awarded a prize in recognition of its efforts.

The Pradhan Pancha of Khokana, the chairman of the campaign committee, thanked all the people and parties involved in the campaign and strongly urged the people to keep the village clean and to cooperate in the same way in the construction phase. He then declared the campaign closed.

PHOTOGRAPHS



17

The Chief Guest, the Hon'ble State Minister of Education and Culture garlanding the pictures of Their Majesties The King and Queen

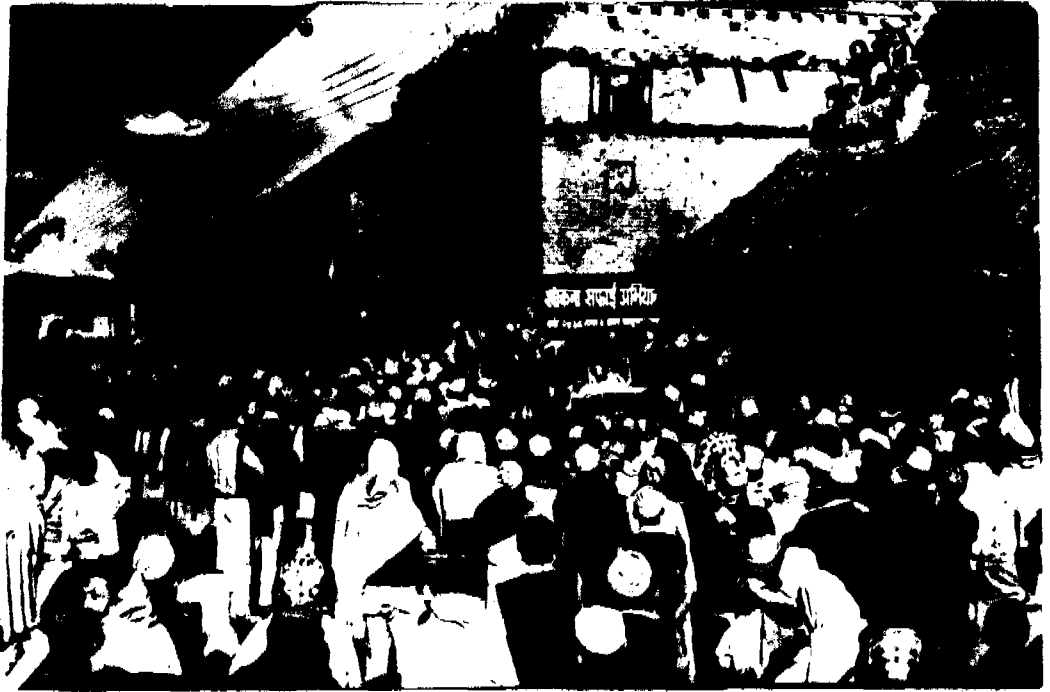


12

The Executive Director of New ERA, Mr. Rajendra P. Shrestha, giving the welcome speech



3



Crowds Attend the Inauguration Ceremony

4



Presentation of the Programme



Hon'ble State Minister of Education and Culture takes the first tool and cleans some garbage on the street at the inauguration ceremony

5

Ward people make drains





7

Poster Exhibition



8

9



Woman Community Health Worker giving oral drugs for deworming

Exhibition of tape  
worm passed after  
administration  
of drugs at  
Khokana



10



11

Family members cleaning their yards



12

"God ! We never realised. That we made so much of the filths" Boys of a Youth Club cleaning up an open space.

13



"Hey watch out! No more shit here"  
A young chap working for a youth club

14



"That was a big job for the day."  
Youths resting after a hard day's cleaning.

15



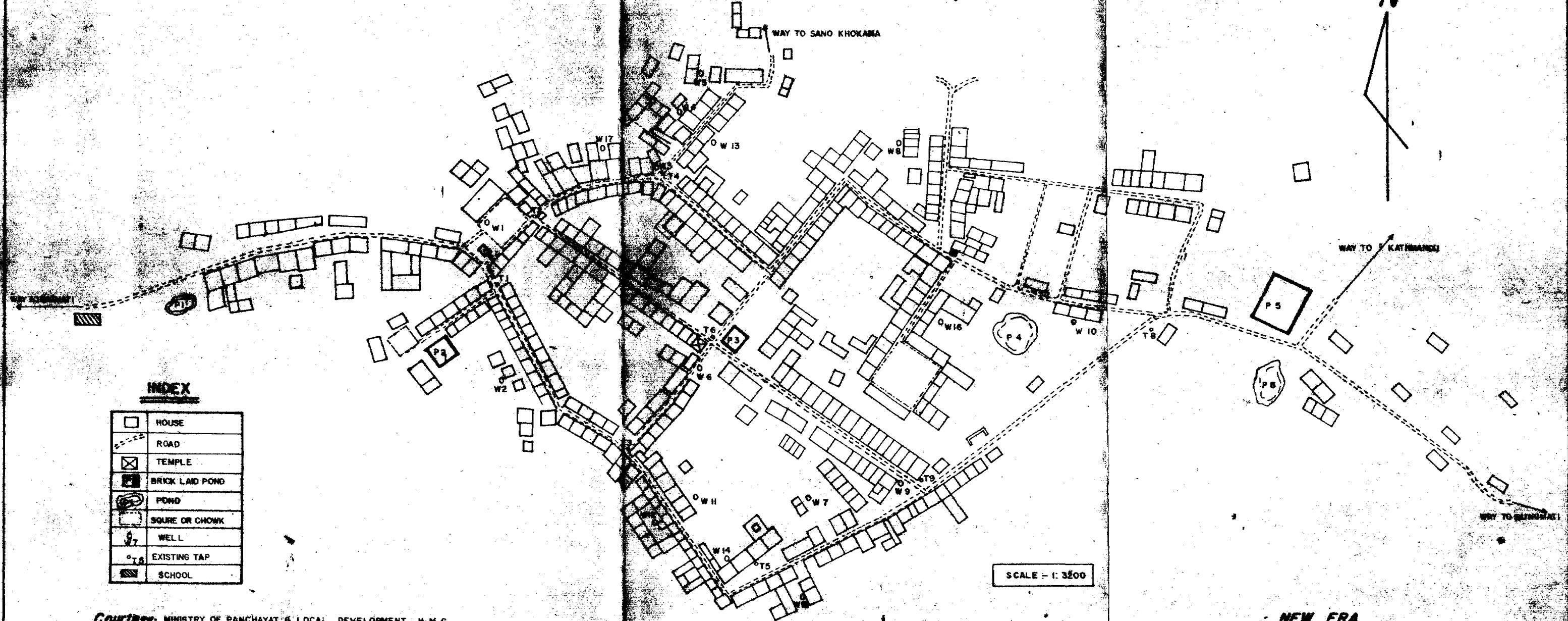
At the closing ceremony Pradhan Pancha distributes the awards for cleanest house, cleanest ward and most active youth club.

16



"It is we who make the environment, dirty and it is we who suffer from it?"  
Pradhan Pancha addressing the people in the closing ceremony.

# FIGURE - 1 PLAN MAP OF KHOKANA VILLAGE , LALITPUR



**INDEX**

	HOUSE
	ROAD
	TEMPLE
	BRICK LAID POND
	POND
	SQUARE OR CHOWK
	WELL
	EXISTING TAP
	SCHOOL

SCALE - 1: 3200