

UNNAT BHARAT ABHIYAN

SWACHHTA PAKHWADA

SEPTEMBER- OCTOBER 2018



**DEPARTMENT OF SOCIAL WORK
UNIVERSITY OF DELHI**

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INTRODUCTION

The Department of Social Work, University of Delhi under the initiative called *Unnat Bharat Abhiyan*, has adopted five villages to carry out developmental activities. The mentioned mission is inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India. In order to bring transformational change and induce developmental processes in the rural spaces, the Department has placed its Social Work students in these villages. They participate in the identification of the problems of the particular village; chalk out intervention plans; and then engage in participatory community initiatives to address the same. The teams of students, facilitated by the faculty and the Head of the Department, Prof. Neera Agnimitra, who is also the Nodal Person for the UBA Programme for the University of Delhi actively participated in the Swachhta Pakhwada in the month of October 2018. It also needs to be mentioned that right from the initiation of work in the five villages adopted by the University in the year 2015, initiatives focusing on sanitation and health have always occupied primacy within the work agenda of the Departmental teams.

Swachhta Pakhwada is a fortnight long initiative to carry on the agenda of Swachh Bharat Mission, aimed at promoting sanitation. Swachh Bharat Abhiyaan is an initiative started by the Government of India to make the country completely clean of any garbage or littering, in order to foster good health, both of the body and mind. Earlier many awareness programmes (such as Total Sanitation Campaign, Nirmal Bharat Abhiyan. etc) were launched by the Indian government for environmental sanitation and personal cleanliness. However, these could not be completely effective in terms of facilitating the country to emerge as a clean and swachh India.

Swachh Bharat Mission was launched by our Prime Minister, Shri Narendra Modi on 2nd October, 2014, to urge people to fulfill Mahatma Gandhi's vision of a clean India by his 150th birth anniversary in 2019. The campaign was carried out nationwide in more than 4,000 districts/towns in India. The aim of the mission is to cover all the rural and urban areas of the country to present this country as an ideal country before the world. Therefore the mission is divided into two parts — urban and rural. The Swachh Bharat Mission Urban is managed by the Ministry of Urban Development, while the Swachh Bharat Mission Gramin (Rural) is led by the Ministry of Drinking Water and Sanitation.

The details pertaining to the problems related to sanitation that were identified by the village teams from the Department, and the interventions thus planned have been discussed in the following section.

VILLAGE I: CHAUHAN PATTI

The village is located on the border of Delhi and Uttar Pradesh. It is situated in East Delhi. There is no government school in the village, but there is a primary and a higher secondary school in Sabhapur, which is a neighbouring village of Chauhanpatti. There is also a Malaria Control Department in Sabhapur, which is responsible for the fumigation of the area and for sanitizing the drains to prevent Malaria and

other vector borne diseases. There is a government urban health centre and four Aaganwadi Centres in Chauhanpatti Village. In Chauhanpatti, there are two colonies where the migrated communities reside. In both of these colonies, there are no planned roads and sewage and water systems available. Moreover, the houses are very small, relative to the standard Indian housing pattern. The people are mostly daily wage earners and most of them have been settled in these colonies since the year 2000. On this account, there is a general lack of feeling of "community" and "neighborhood" among the people. The MCD workers (especially safai staff) are reported to be lax in terms of working in this area and people are largely dissatisfied with the level of sanitation that is maintained.

Issues related to sanitation:

As has been mentioned above, the sanitation in the area is in a very poor state. The major problem of the community is of water logging, which creates many additional problems and causes many diseases. Municipal workers do clean up the area daily, but the shortcoming in their work is that they only clean up the main roads and rarely go to the bye-lanes. Though dustbins are installed, but waste is generally scattered around dustbins, and within the bye-lanes, garbage is also generally scattered in prominent public spaces.

Some of the challenges faced by the community are:-

- Water logging
- Open drainage and lack of proper drainage system
- Absence of community toilets
- Irregular fumigation
- Open defecation
- Lack of proper disposal of garbage

Plan of intervention:

The trainee social workers have been approaching the community residents and the different government institutions in the area to organise health and sanitation camps at regular intervals in the community. During the Swatchhta Pakhwada, the trainees coordinated with the Malaria Control Unit run by MCD for proper fumigation in the community. Door to door campaigns were undertaken to make people aware about the Swatchh Bharat Abhiyan; the need for collective participation in keeping the community clean; and about the steps/schemes with regard to sanitation.

The team also initiated plans to coordinate with the MCD officials for the installation of dustbins in every street of the community and pursue the sanitation workers for the proper disposal of garbage.

Community participation:

- The trainee social workers have been meeting the RWA members on a regular basis. These members are also lending their support in ensuring the organisation of sanitation work.
- Engagement with local people and key stakeholders of the community on an ongoing basis forms the basis of the initiative. The team constantly strives to mobilise more and more community residents to achieve the set goals.

- Coordination with local government institutions like anganwadis and schools has been undertaken to engage anganwaadi workers, teachers, mothers and children, and to spread awareness about the different issues pertaining to sanitation and health in the community.
- Engagement with the local dispensary and ASHA workers has been undertaken in order to reach out to more and more people for achieving a satisfactory level of health and sanitation. The team is also capitalizing on its own personal rapport with people to keep the community clean.

Execution of plan:

Process: The trainee social workers planned a door to door campaign to mobilise people and make them aware about the issues of health and sanitation. The trainees also took help of all the four Anganwadis to mobilise people regarding the awareness campaign to be held in the community. The residents were quite enthusiastic about the event and lent their support and cooperation to successfully organise the campaign. Trainees also interacted with the doctor of the dispensary and facilitated him to hold a talk regarding health and sanitation as part of the awareness camp. Steps to prevent health related problems, with special focus on vector borne diseases were discussed. The team also engaged with the municipal workers and the Malaria Control Department to conduct fumigation drive in the community and deliver a talk on the prevention and cure of malaria.

Activities:

- Fumigation drive in the community
- Health and hygiene awareness campaign
- Poster making competition
- Handwash drive at the DTC bus stand

Fumigation drive

A fumigation drive was conducted with help of Malaria Control Unit of MCD in the Vishan Vihar area of the community. The supervisor of the unit Mr. Jaikishan helped the social work trainees to conduct this drive.



Health and hygiene awareness campaign:

The social work trainees organised a health, hygiene and sanitation campaign with the help of the Anganwadi workers. The belief that awareness is an essential part of the Swacchta Pakhwada remained integrated in all initiatives within the community. It was constantly emphasized that it was the responsibility of the residents of the community to keep their surroundings clean and maintain their hygiene and sanitation. For this program, the team invited Dr. Manish, who is the Chief Medical Officer of the dispensary which is situated in the community, to engage in conversation with the residents to make them aware about the link between sanitation and health. He specifically mentioned that he wanted to reduce footfalls in the dispensary, and this could only happen if people initiated self motivated action to keep their surroundings clean and also start maintaining personal hygiene. He, along with social worker trainees taught residents about hand-washing techniques and emphasised how these small, but important habits can bring significant change in their lives.

One anganwadi worker from the Kaushalpuri area of the community briefed residents about the importance of vaccination and the timing of different vaccinations. She advised residents to regularly visit the anganwadi centre for advice. Mr. Naresh from the Malaria Control Unit made residents aware about the Importance of cleanliness and sanitation to curb Malaria and other vector borne diseases. The team also advised people to buy their medicines from Janaushadhi Kendra present in the community. This shop sells cheap and genuine medicines and is directly under the government.



Poster making competition:

A poster making competition was held at the Mangal Bazar Anganwadi. Students from class 8th to 12th participated in the competition. The participants made some very good posters regarding the Clean India Campaign. These posters were put up in the community for the mothers and other community members to see and appreciate.



Handwash drive:

This activity was conducted by the social work trainees in order to create awareness among bus drivers and auto rickshaw drivers with regard to cleaning their hands on a regular basis. The team taught them the proper six step hand wash technique and made them wash their hands using the same technique.



Outcomes:

The Chauhanpatti Team concluded the Swacchta Pakhwada on a high note. The members were able to generate significant awareness among the community residents. All government functionaries in the community, together with the residents came out and supported the Swacchata Pakhwada initiative. Many residents came forward to initiate discussion on issues of concern and to seek details about the "Jan Aushadhi Kendra" in the community and the services provided by them. Many people also came up with the demand for the installation of dustbins in their areas. One immediate effect that the Team noticed was that people were throwing cups and plates in which refreshment was served to them in the dustbin, and some women cleaned up the hall after everyone left. Overall it is felt that with this special drive, the residents have become more aware and motivated about cleanliness and hygiene. Ongoing

activities need to be drawn up in order to reinforce the positive outcomes generated during this endeavor.

Future plan:

For the Team, this was not just a one-off activity. The team is determined to work towards raising awareness and generating conducive attitudes and behavior patterns regarding the need to maintain self sustained community hygiene and cleanliness. The team looks forward to the establishment of a community run toilet in the community to completely eradicate open defecation from the community. It also proposes to initiate work to make the community free of all the plastic wastes. The larger goal is to make people responsible for their own well being and that of their community.

VILLAGE II: JAGATPUR

The Jagatpur village is located in the Jharoda ward of the Burari Assembly Constituency of North Delhi Tehsil of the National Capital Territory of Delhi. It comes under Civil Lines division and constitutes Part Number 183-188 of the Constituency. The Yamuna Biodiversity Park is the most significant landmark located in the vicinity of the village. The Health Department which takes care of the community is in Civil Lines. It comes under North Delhi Municipal Corporation. The community has a rural regional post office without digitalization, and the main head office is in Burari.

Issues related to Sanitation:

The community faces several issues related to the sanitation, as the community has no proper garbage dumping sites. Additionally, there are problems emanating from a system of open drainage. The community people are also less aware about the significance of proper hygiene and sanitation in the mitigation of morbidity. Some issues pertaining to lack of sanitation are:

- The residents of the community are accustomed to throwing their garbage in many prominent public places within the community. There is a huge issue of accumulation of garbage in such spaces.
- The workers from the MCD department rarely collect garbage from the community, and this remains strewn around.
- The open drainage system has become dysfunctional, due to which mosquitoes are on the rise, thus creating the menace of vector born diseases.
- The residents are not much aware/motivated about the value of sanitation and hygiene.
- There is an absence of public toilets.

Plan of Intervention:

The social work trainees planned to organize the following activities in the community:

1. Community mobilization and awareness campaign to energize the community to participate in self generated and participatory initiatives for a cleaner neighborhood and community.
2. Cleanliness drive in the community with the help of MCD workers.
3. Fumigation drive in the community with the help of MCD staff.
4. Poster making competition for generating positive attitudes among children in the community.

5. Session with women regarding the sanitation and hygiene.

Community Participation:

The Residents Welfare Association cooperated with the social work trainees in mobilizing the people in the community. While the fogging activity was ongoing, people from the community accompanied the MCD workers to identify the areas where the fogging needed to be done. The RWA of the community allowed the use of the *chaupal* for organizing the poster making competition. Children from the community enthusiastically participated in the competition.

Execution of Plan-Process:

The trainee and her co-worker had a meeting with the Head of the Department of Social Work to plan the requisite interventions. The trainees spent considerable time in collecting information about the community problems and preparing ground for the participation of the residents, public representatives, MCD and other relevant stakeholders. The process entailed the following steps:

- Visit to the MCD department for collaboration for the Swachhta Pakhwada work in the village.
- Efforts to mobilize the community people to join the initiative and holding issue based discussions with them.
- Initiatives to identify the most affected parts of the community or water logged areas in the community, followed by updates to the MCD department.
- Interaction with the key resource persons for mobilising the children of the community.

Activities:

With the above mandate, the social work trainees planned the following activities in Jagatpur village.

- The trainees approached the workers of the MCD Department for organizing cleanliness drive in the whole community, which included cleaning of the sewer which was blocked due to the garbage accumulation. The sewer was cleaned and the garbage was removed and disposed off properly.



- The team also contacted the MCD workers for organizing a fumigation drive in the entire community, and also the outskirts of the community. Due to open drainage, vector born diseases were rampant in the community and there is immense need for regular cleaning and fumigation. The residents were explained the causation of morbidity and the role of regular cleaning/ fumigation. The need for contacting the MCD for fumigation was highlighted.



- The social work trainees felt the imperativeness of awareness building activities with the children as this could lead to healthy attitudes and behavioral change among them. In this context, the team conducted a drawing competition with them with the intent of understanding their point of view regarding hygiene and sanitation.



- The social work trainees also conducted a group session with the women's group and apprised them about the importance of the cleanliness in their household and neighborhood. The link between proper hygiene and sanitation and how it affects the family was explained in detail.



Outcomes:-

- The immediate effect of the Swatchhta Pakhwada programmes is that the community has become cleaner than before, and the community residents have resolved to assist the safai staff in cleaning the village on regular basis.
- The residents also resolved to ensure regular fogging/fumigation.
- The children of the community have become aware of the importance of community cleanliness and showed enthusiastic participation. They will be mobilised on a regular basis so that they become active agents for spreading messages on cleanliness to their families and neighbors.
- The women of the community became aware of the importance of household cleanliness and derived knowledge about the concept of dry and wet wastes and segregation of wastes.
- An overall environment for ongoing sensitization of the community about sanitation and hygiene was created. The same can be utilized as a foundation for further initiatives to consolidate community based outcomes.

Future Plans:

The community, and especially the RWA, shall be further mobilised to get the MCD to undertake regular fogging in the community. The children shall be further engaged in other theme based sessions and competitions. There shall be focus on sustaining women's participation in sanitation drives. The team shall focus on the creation of an active women's group for this purpose.

VILLAGE III: JHARODA MAJRA

Jharoda Majra (Burari) is located in North Delhi District in the National Capital Territory of Delhi. It is in Ward Number-8 under Sub-Division Civil Lines of the North Delhi District. The community has a

heterogeneous mix of population which belongs to different regions, castes and religions. The village lies within the Lok Sabha Constituency of North East Delhi and the Vidhan Sabha constituency of Burari.

The community is encircled by the Bengali Colony, Shiv Kunj and Sant Nagar. The nearest market to Jharoda Majra is the Sant Nagar Market and GTB Nagar. The genesis of the name of the community, Jharoda Majra is unclear. As per some residents, the initial settlers of this area were from Haryana where there was a village named Jharoda Kalan, and consequently this area was named on similar lines. Jharoda village is segregated in three parts on the basis of the year in which population was settled, caste, class and occupation. The people of Jharoda village, Hardev Nagar and Bhagwan Park are considered to be higher in class hierarchy, and the people in Jharoda Part-III are considered to be lower in class. This is because most of them are daily labourers. People of Harijan Basti are considered as lower caste and occupy lowest status. Jharoda Village is mainly inhabited by Hindus (93%). Muslims and Christians form the rest of the population.

As the people of area are a heterogeneous mix of native and migrated population (basically from Bihar and Uttar Pradesh) so they celebrate a number of festivals like Diwali, Rakhi or Dussehra, Chhath Pooja, Durga Pooja, Ganesh Chaturthi. There is a Maharana Raamleela Committee in the village in which people of Jharoda village themselves act and participate.

Issues related to Sanitation:

There are multiple issues pertaining to lack of sanitation and hygiene in Jharoda Village, which in turn have a detrimental impact on the health of the residents of the village. The village suffers from a lack of basic amenities and institutional support. Although all the parts of village have differential concerns and needs, there are some common issues which are given below:

- Open defecation
- Open and blocked drainage system
- Less availability of public toilets
- Untimed and irregular garbage collection by the MCD
- Lack of awareness related to cleanliness and the use of dustbins.

PLAN OF INTERVENTION:

As part of the Swatchhata Pakhwada, the social work trainees planned to organise the following activities in the community:-

- Poster and slogan competition in schools.
- Value building activities.
- Theme based activities with non school going children.
- Networking with MCD.

Community Participation:

The residents of the village actively participated in the stipulated activities. Students of the school and non school going children from the community were active in the creative activities. In the public awareness programs; the residents of the community shared their views with their peers. They also discussed the casual behaviour of the MCD workers and the need to monitor their work on a participatory basis.

Execution of Plans:

- A. Process-** The trainees planned to conduct some activities in the community with different age groups and sections of the village. All the activities were targeted towards cleanliness and hygiene.
- B. Activities-**
- **Poster And Slogan competition in Schools of the Village-** The trainees conducted poster making and slogan competitions with the help of the school authorities in the MCD and private schools. These activities created awareness in the students about the cleanliness and hygiene.
 - **Value Building Activities-** The trainees conducted these activities in collaboration with the village based Shanti Gyan Sewa Trust organization. In these sessions, the trainees and volunteers provided awareness about cleanliness and its benefits among the residents using value oriented sessions and pedagogy.
 - **Activities with Community Children-** The trainees held notebooks and pencil distribution activities for the children so that they could be encouraged for education. The children showed enthusiastic participation in the diversity of competitions planned for them.
 - **Networking with MCD-** The trainees met with the Chairperson of the Civil Lines Sub Division, Mr. Satendra Kharb. He assured the trainee for all kinds of assistance for cleanliness activities.

Outcomes:

1. Generated sensitization about sanitation among the residents of the community.
2. Created an awareness and desire among community children to participate in hygiene and sanitation related initiatives.

Future Plans:

The team will continue to raise awareness regarding cleanliness. It looks forward to making the community self sustainable in maintaining sanitation.

VILLAGE IV: MUKUNDPUR

The village Mukandpur is part of North Delhi district of National Capital Territory of Delhi. It comes under the Civil Lines Sub-division of North Delhi district. It is also part of Burari constituency of the legislative assembly of Delhi. This community shows a diversity of castes and religions. It also has a substantial floating population due to migration, and this adds to its heterogeneity. It has majority Hindu population of around 94% and rest 6% include Muslim, Christians, Sikhs and other communities.

Issues related to sanitation

The social work trainees observed the following prevailing issues related to sanitation in the community.

- Open and blocked drainage system.
- Garbage heaps on vacant plots indicating lack of proper dumping spaces.
- No periodic collection of garbage from the community.
- Lack of awareness about segregation of wastes and use of dustbins.
- Open defecation.
- Absence of public toilets.

While working with students in the MCD School in the community, the trainees observed a casual attitude among the students towards the use of dustbins. They littered the classroom and sensitivity towards cleanliness was low. During interaction, it also surfaced that girls who had morning shift in the school, blamed the boys who came in the second half of the day for littering in the classroom. Each side blamed one another and neither contributed to the amelioration of the problem. This issue presented two dimensions. While one was to inculcate appropriate behaviour in which both girls and boys could learn about the need to keep their school and surroundings clean and to adopt proper waste disposal methods in the school, the other was the need to build amicable relationship between the boys and the girls attending the school in different shifts.

Plan of intervention

The trainees planned to intervene with students in the MCD School and prioritised the following activities:

- To identify the unclean and littered places in the school premises while holding interaction with the students.
- To organise cleanliness drive in the school with girl students. This would be later followed up with another one with the boy students.
- To initiate conversation about sanitation and hygiene with the boy students of the school.

Community participation

The school in the community gave opportunity to the social work trainees to organise the cleanliness drive in which around 100 students participated. It was done in the school premises. In preparatory sessions with the students, they participated in identifying parts of the school which required special attention in terms of cleanliness.

Execution of plan

Process

The trainees took permission from the school principal. The cleanliness drive was undertaken with the conscious participation of students. They identified the areas in the school which needed special attention in terms of cleanliness. They listed all the areas in the school where they would focus. Teams of students enthusiastically participated in cleaning the different sites in the school. The trainees also held discussion with students of the boys' school about how to keep the classrooms clean and assigned them specific tasks and responsibilities for the same. The efforts of the girls were appreciated and acknowledged. It was decided that in the next fortnight, the boys of the school would be undertaking a cleanliness drive on similar lines.

Activities

The cleanliness drive entailed the following:

- Collecting the littered material in classrooms, playground, and corridors of the school.
- Segregation of collected waste and disposal in designated dustbins in the school.
- Installation of dustbins in the classrooms.
- Decoration of the classrooms.
- Pledge to maintain cleanliness in the school.
- Promotion of use of gloves and masks.



Photo: Pledge for clean surrounding by students



Photo: Students using gloves for drive



Photo: Decoration of Classroom by students



Photo: Installation of Self- made dustbin in classroom



Photo: Preparation of decoration items for classroom



Photo: Student cleaning the classroom

Outcomes

- Sensitization of students about sanitation and hygiene.
- The students derived awareness about the collective responsibility about maintaining cleanliness in their surroundings.

- The boys acknowledged the role of the girls in maintaining cleanliness in the school and resolved to assist them in this initiative by taking up their roles and responsibilities.
- The students also got to know about the concept of dry and wet wastes which need to be segregated for its proper disposal. The concept of recycling of wastes was also introduced.

VILLAGE V: BADARPUR KHADAR

Badarpur Khadar is one of adopted villages under the Unnat Bharat Abhiyan Programme by The University of Delhi. It comes under Karawal Nagar constituency of north east Delhi. It is situated near national highway number 2 on the eastern Yamuna river bank which is about to 12-15 km upstream from Wazirabad barrage and 6 km from Chauhanpatti, a border village. The community is next to Tronica city which is the place of commercial significance in Ghaziabad district of Uttar Pradesh.

Though the community comes under Delhi, but due to neglect on the part of government it is completely isolated from the rest of Delhi. There is no connectivity through public transport and due to this, the people in the community are forced to go to Loni in UP to meet their daily needs like grocery, medicines, etc. In the earlier context, for a brief time, the community was connected through a DTC bus service, but lately this service has been terminated due to less number of resident users in the community. This is one of the serious problems faced by the people in the community.

The village is about 300-350 years old. Earlier, a trip to Badarpur Khadar village was like a journey back in time. Situated alongside the Yamuna, the village lacked all the basic facilities required to lead a decent life. However there have been some changes in its population which are basically due to marriage and migration from UP. Many residents of community have now shifted to Badarpur situated in UP and are enjoying the benefits of being in UP as well as Delhi. Residents of Badarpur Khadar community are mainly residents who have migrated from different areas located alongside river Yamuna, including people who are temporarily displaced during floods.

Issues related to sanitation

In 1986, the Central Government started the "Central Rural Sanitation Program". This initiative provided monetary support to those in the village or with limited means, to build toilets. Unfortunately, the initiative did not succeed. There are many problems related to sanitation in the Badarpur Khadar village.

- Open-defecation.
- Poor understanding of need for community led participation in the domain of village sanitation.
- Open drainage system.
- Lack of clean water.
- Lack of timely and regular support from the Municipal authorities.
- Lack of timely fumigation and prevalence of vector borne diseases.
- Overall neglect of the village by government agencies.

Plan of intervention

The trainees organized a public gathering of the community residents, wherein a session regarding the state of village sanitation and the need to promote sanitation, both through self initiatives and through mobilization of municipal staff/ authorities was articulated. They also took sessions regarding sanitation with school students and requested the teachers to conduct such sessions on a regular basis. The team encouraged the students to share this knowledge with their families and community residents. They organized panchayat meetings and sensitized the residents about the importance of sanitation.

The team also organized a cleanliness drive in the classrooms and school premises with around 200 students and with the community residents. For this purpose, a group of youth residents of community was also mobilized, which could support the team in all the activities.

Community Participation

Badarpur Khadar is a small community with the population of around 2000 residents. The team gathered the youth residents who were willing to work. With the help of this youth brigade and other community residents, the team went door to door to tell people about the importance of cleanness in and around the area. The team also coordinated with the school for holding sanitation based sessions in the school. The help of the local ASHA worker Mrs. Shama was also sought. She provided detailed information about the community. There was an appreciable involvement of the RWA (Residents Welfare Association) members in the public gathering and they also convinced residents of community to help the team and maintain a cleaner environment.

Execution of Plan

(A)- Process

The team planned different activities in the community. It sought the participation of the RWA members and the school authorities to spread awareness among the community residents. They went door to door with residents to tell people about the importance of cleanness. The message focused on the fact that cleanliness is an important factor of life and was imperative for a healthy environment. It is essential for everyone to learn about cleanliness, hygiene and sanitation and the various diseases that are caused due to poor maintenance of hygiene and sanitary conditions.

(B)- Activities

The team organized the following activities with the community residents.

Sessions on health and hygiene: As India is moving towards the end of first phase of Swaccha Bharat Abhiyan in 2019, the team envisaged that there was no better place than a school to start the initiative. Children comprise the future and making them more aware about cleanliness would be the stepping stone to achieve the dream of a Clean India. So the team members decided to transmit the importance of cleanness to the students of class 1st to class 10th. They were taught hand wash techniques, together with making them aware about the importance of washing hands before and after meals. They were

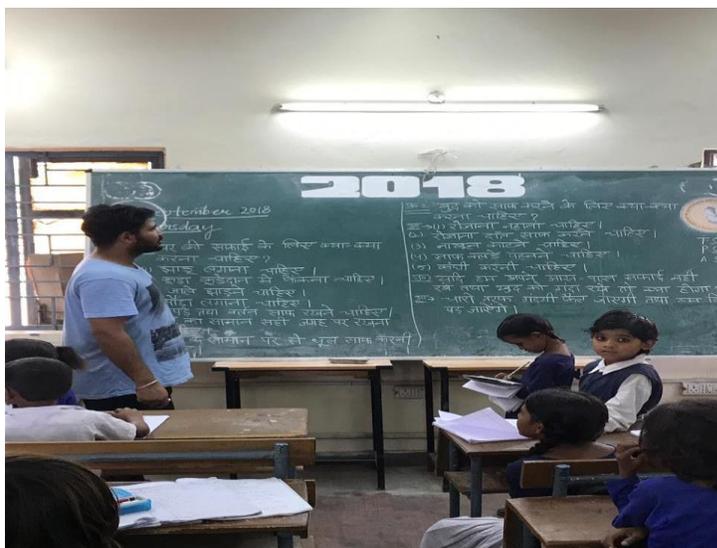
also sensitized about the need for washing their clothes as well as shoes and socks on a regular basis. Audio Visual presentations were also used to spread and reinforce the messages. The examples of countries who were investing in clean surroundings were shared, as in the longer run, these countries were saving a lot of resources which could have been spent on the treatment of the many diseases which could have spread, had cleanliness not been maintained.

Poster making competition

In keeping with the Government's vision that "a clean India would be the best tribute that India could pay to Mahatma Gandhi on his 150 birth anniversary in 2019" the team organized a Poster Making Competition for students on the theme of 'Swachh Bharat Abhiyan'.

The event not only wished to promote the message and the spirit of 'Cleanliness is next to Godliness' amongst the students, but also sought to invigorate the young minds towards the immediate needs of the nation and their role as responsible citizens in meeting those needs.

The posters made by the students were meant to be used to promote the cause of cleanliness in school children in the later context. There were nearly 50 students who participated in the competition. Before the competition, the team took a short session to teach participants about a clean environment. After the session, great enthusiasm was visible in the students and after the competition, the team was able to discern a positive impact, as the students also cleaned the area and threw all the waste and litter in the dustbins.





- **Hand wash technique**

Each year on October 15th, over 200 million people in over 100 countries take part in celebrations to mark the Global Hand Washing Day. This year the theme is "our hands, our future!" This theme reminds us that hand washing not only protects our own health, but also allows us to build our own future, as well as those of our communities, and the world. The team gathered residents and the children at the Baraat Ghar and taught them hand wash techniques. The participants appreciated the session and also assured that they would further update their family members about the technique. Later, the team could visualize the impact of the session on the residents, as it was observed that many residents were washing their hands using the proper technique.



- **Health check up**

There are many residents in the community who face skin diseases, and so the team members asked the RWA President of the community to invite a doctor. Mr. Zameel who is president of RWA contacted the organisation SAME of North East Delhi to send a doctor. Dr. Manish, posted in the dispensary of Chauhan Patti visited the community and provided proper medical treatment to the affected residents. He apprised that skin diseases were mostly spreading in the community due to lack of hygiene maintenance and due to presence of flood water in the community.



- **Session on women's health and hygiene**

The session emphasized the importance of following personal hygiene practices especially during the menstrual periods. The team created awareness on the fact that that lack of personal hygiene, especially during menstrual periods could result in severe health problems, ranging from internal allergies and infections to infertility and cervical cancer in extreme cases.

There were talks on how and why women menstruate. Women shared the kind of problems they faced during periods and also the kind of myths and practices that are prevalent in their communities. There are beliefs like menstruating women should not get involved in 'Puja' or related activities and should not go to temple, otherwise they will be cursed. They shared that the elder women in the family do not allow them to work in the kitchen, and some said that they were not supposed to touch pickles, water pitcher etc. Some even follow the practice of abstaining from bathing during periods, and having a proper bath after the third day of the periods. Many were also made to stay in a separate room.



Outcomes

- Sensitization of residents in the community about sanitation and hygiene.
- Awareness and integration of hand wash activity among children.
- Access to health facility via health checkup.
- Dilution of barriers of old traditions and stereotypes

Future Plan: The team will continue to spread awareness about the immense need for a clean environment. The future plan also includes spreading awareness about the segregation of wastes; waste recycling; and the proper disposal of plastic wastes through the participation of people and the mobilisation of the MCD. The team also plans to initiate the process for the opening of the Mohalla clinic in the community, for which it has initiated the process of networking with the government of Delhi.