



**PROMOTION OF COMMUNITY ENVIORNMENT AND  
HOUSEHOLD HYGIENE THROUGH LOCAL SUPPORT  
ORGANISATIONS**

Vitol project

MONTHLY PROGRESS UPDATE (February, 2012)



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## Background

In Pakistan total forest area is only 5.2 percent<sup>1</sup> and reforestation is not keeping pace with the growth in population. Deforestation and problem related to solid wastes management are a major cause of environmental degradation in the country. Environmental degradation exerts significant pressure on human health. Exposure to air, water and soil pollution, to chemicals in the environment, or to noise are causing cancer, respiratory, cardiovascular and communicable diseases, as well as poisoning and neuropsychiatric disorders. Other diseases caused by environmental hazards are diarrhea, lower respiratory infections, various forms of unintentional injuries and malaria. According to World Health Organization (WHO) nearly one quarter of all deaths and of the total disease burden can be attributed to the environment.

In Pakistan, only 63 percent of the population have access to drinking water while sanitation facility is available to 65 percent of the population<sup>2</sup>. Most of the population having access to safe drinking water and sanitation is living in urban areas and situation in rural areas is very dismal, hence they suffer from water and sanitation borne diseases. Mortality rate for Children under the age of 5 in Pakistan is 94 deaths per 1000 children<sup>3</sup>. Diarrheal diseases caused by poor water and sanitation situation are the main cause of mortality for children under the age of five. According to Unicef annual report 2009, more than 200,000 children of less than five years die due to diarrhoea in Pakistan.

In Khyber Pakhtunkhwa (KPK) province of Pakistan, forested area is rapidly decreasing due deforestation. About 50 percent of the people of the rural areas have no access to safe drinking water and improved sanitation. There is no system of solid waste management in rural areas and most schools do not have any or have very poor latrine facility which is the major cause of school dropout rates especially for the female students. Most of the schools located in rural areas do not have a system of solid waste management. A majority of the population, especially the rural population, has limited knowledge about importance of clean environment and personal and household level hygiene and as a result rural population especially women and children in KPK are facing sever health consequences.

Negative consequences of environmental hazards can be avoided by educating the communities about health implications of environmental degradation and promoting the plantation at the community level. Diseases caused by the poor water and sanitation conditions can be prevented if local communities have knowledge about desired behaviours for hygiene. For this purpose there is need to work with local communities to take initiatives for environment friendly practices and promotion of personal and household level hygiene through a community based mechanism. Given the scenario, the RSPN with support from the Vitol Charitable Foundation initiated a project titled “Promotion of Community Environment and Household Hygiene through Local Support Organisations” in the Swabi district of KPK.

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<sup>1</sup> [Pakistan Millennium Development Goal Report 2010.](#)

<sup>2</sup> [Pakistan Millennium Development Goal Report 2010.](#)

<sup>3</sup> [Pakistan Demographic and Health Survey 2006-2007](#)

## Introduction

The overall strategy of the project is to reach out to the target population through the platform of the Local Support Organizations Network (LSON) in district Swabi with the objective of building their capacity for sustained behaviour change in improving environment and hygiene related issues. Through the project the LSON would identify 30 model villages; 2 each from 15 LSOs in which project interventions will be implemented with an understanding that based on success of the project in these villages; the methodology can be thereafter replicated and thus sustained through the LSON.

Project has two key components; a) Promoting community environment friendly practices and b) promoting personal and family level hygiene practices. As a part of first component 30 environmental management committees (EMC), one in each village, will be formed. Two members from each committee will undergo a two days training in environmental friendly practices. These trained members will orient other members in the committees based on the learning they gained. Each EMC be responsible for implementing different activities namely, establishment of collection point for solid waste in two schools in each target village to promote of clean environment practices. Students and teachers of these schools will be motivated to adopt environment friendly practices by organizing one event on positive practices in each target school. Each committee will organize a clean village campaign in their respective village. During this campaign, the community will be provided information on the consequences of environmental degradation on human beings and they will be given information on proper management of solid waste and water conservation. Each EMC will also ensure the plantation of 3500 forest plans in their respective village to maintain biodiversity and provide catchment for soil and water conservation.

The second component of the project is promotion of hygiene related positive practices. In this regard village level Hygiene Promotion Committees (HPC) will be formed in each target village. Each HPC will undergo an orientation on the concepts of hygiene, desired positive behaviours for personal, household and family level hygiene and management of hygiene related activities. For the promotion of hygiene related practices in the community, each HPC will nominate one Community Lady Health Campaigner (CLHC) and one Community Male Health Campaigner (CMHC). A three day training event will be organized for CLHC and CMHC to train them regarding interactive community awareness session on hygiene promotion. The CLHC and CMHC will be responsible for conducting awareness sessions with men and women in their target village. HPCs will extend their support to the CLHCs and CMHCs in organizing and supervision of the awareness sessions in the community. Each CLHC and CMHC will conduct 8 sessions in a month, for a period of 3 months, with women and men. For each session at least 20 participants will be invited. In total each CLHC and CMHC will conduct 24 sessions with 480 participants. CMHCs and CLHC will be paid a compensation of their time for awareness activities for a period of three months.

To support the awareness activities for environment and hygiene in school and communities, Information, Education and Information Material previously developed and used by the RSPN will be adapted and translated into the local language. Counselling cards on importance of hygiene will be printed for use by the CLHC and CMHC during the awareness sessions. Leaflets on positive hygienic practices will be printed for dissemination among the target communities.

## Human Resources

Keeping in view the quantity of work to be carried out by the HPC, which following the orientation session with the LSOs now consists solely of women, a decision was taken by NRSP to hire an additional female Social Organizer within the allocated budget. The complete staff list is given below:

S#	Name	Designation	Contact Number	E-Mail Address	Organization
1	Ayesha Amina Askari	Project Manager	0302-8555429	<a href="mailto:amina@rspn.org.pk">amina@rspn.org.pk</a>	RSPN
2	Atta Ullah	District Field Coordinator	0345-9143349	<a href="mailto:attaullah.nrsp.kpk@gmail.com">attaullah.nrsp.kpk@gmail.com</a>	NRSP
3	Sher Zareen Chitrali	Monitoring Officer	0333-3388091	<a href="mailto:shazyish@gmail.com">shazyish@gmail.com</a>	NRSP
4	Mohammad Ikram	Male Social Organizer	0344-9818645		NRSP
5	Mubarak	Female SO	0332-9143260		NRSP
6	Shafqat	Female SO	0332-9143260		NRSP
7	Arshad Hussain	Finance Officer	0346-8552306	<a href="mailto:arshednrsp@yahoo.com">arshednrsp@yahoo.com</a>	NRSP
8	Waseem Jan	Admin Officer	0314-9092390	<a href="mailto:waseem.jan85@gmail.com">waseem.jan85@gmail.com</a>	NRSP

## Trainings

On the 13<sup>th</sup> of February Mr. Bashir Anjum and Mr. Manzoor Hussain conducted an extensive 1 day training on the Hygiene and Environment IEC material for the NRSP project staff members in Islamabad. This training was to build the understanding of the NRSP staff to such a level that they would be able to conduct sessions with the committee members and CHW independent of RSPN. The training agenda included

1. Introduction to project and Key Project activities and Timeline
2. Role and Responsibilities of LSON, LSOs, EMC, HPC, CLHC, CMHC, Social Mobilizers, FMO and DFC
3. Walkthrough of Hygiene Material
4. Walkthrough of Environment Material

It was also decided that it was impossible for RSPN and NRSP staff to train all 600 EMC members in such a short period of time. 2 representatives were selected from each EMC, total of 60 members, who would be trained as master trainers and they would in turn train the rest of their committees. On the 16<sup>th</sup> of February Mr. Bashir Anjum and RSPN COO Khaleel Ahmed Tetlay conducted a Training of Trainers (ToT) of the 60 selected EMC members in Swabi. The EMC members were introduced to the project, they were explained their own as well as the EMCs roles and responsibilities and were given a walkthrough of the Environment IEC material. Following this the EMC members, on the 17<sup>th</sup> of February, all made mock presentations as practice for their field training sessions.

On the 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> the CMHC and on the 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup> the CLHC underwent an extensive training session in Swabi. On the first day of training CHCs were introduced to the project, they were explained their roles and responsibilities and were given a walkthrough of the Hygiene IEC material. The second and third day of training were reserved for practical mock sessions by the CHCs. Their knowledge of the material and communication skills were tested and improved.

## **IEC Material**

The IEC material has been developed and printed and has been given to the EMC members as well as the CLHC and CMHCs to utilize during community raining session. The material has been developed in Urdu and includes

### **Hygiene IEC Material**

1. Illnesses and diseases caused by poor hygiene
2. Poor hygiene practices
3. Good hygiene practices
4. Negative effects of open defecation
5. Importance of using a latrine
6. When is hand washing important
7. The correct way to wash hands (UNICEF recommended)
8. Water purification methods
9. Personal Hygiene
10. Household Hygiene
11. Environmental Cleanliness
12. Symptoms and cure for diarrhea (most prevalent cause of death amongst Pakistani children)
13. How to deal with stagnant water

### **Environment IEC Material**

1. Current Solid Waste Management situation in Pakistan
2. What is considered solid waste
3. Types of solid waste
4. 3 Rs of Solid Waste Management (Reduce, Reuse and Recycle)
5. Types of solid waste that can be reused
6. Importance of tree plantation
7. Where to plant trees and where to source tree sapling from
8. How to plant and take care of trees
9. Water pollution and its negative effects
10. Water purification methods
11. Water conservation

## **Tree Plantation by the EMC**

After a consultation meeting with the EMCs, where the location of tree plantation, types of trees requires and quantity of each type was decided, the NRSP put in an order for 105,000 with private nurseries in Swabi. The schedule for tree plantation is given below

S.No	Date	Name of LSO	Name of U/C	No of Plants to be deliver Per LSO
1		Watan Dost	Tarakai	Allaichi(3218), Poplar(3218), Amrood(577)= 7014 Plants
2	27/2/2012	Parwaz	Dagai	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
3		Alwat	Turlandi	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
4	28/2/2012	Karnel Sher Khan	Karnel Sher Khan	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
5		Kalu Khan	Kalu Khan	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
6	29/2/2012	Bachai	Shewa	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
7		Seven Star	Parmoli	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
8	1/3/2012	Naranji	Naranji	Amrood(7000)= 7000 Plants
9		Shew	Shewa	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
10	2/3/2012	Asota	Asota	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
11		Chaknoda	Chaknoda	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
12	3/3/2012	SRDO	Saleem Khan	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
13		Yaqubi	Yaqubi	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
14	4/3/2012	Aman	Sodher	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
15	5/3/2012	Abaseen	Gaar Munara	Allaichi(3214), Poplar(3214), Amrood(571)= 6999 Plants
<b>GRAND TOTAL</b>				<b>Allaichi(45000), Poplar(4500), Amrood(15000)= 105000 Plants</b>

As of the 29<sup>th</sup> of February 42,009 trees have been planted

## Monitoring

The Project Manager has been present during all the HPC and EMC training sessions. RSPN COO, RSPN Manager Special projects, RSPN Specialist Social Sector and Social Sector Consultant all conducted visits to oversee EMC and HPC trainings during the months of February.

## Achievements

Sr #	Activity	Target	Achievement
1	Training of NRSP staff (ToT)	1 <sup>st</sup> week	13 <sup>th</sup> Feb
2	Training of 60 EMC members on environment friendly practices	By 4 <sup>th</sup> week	16 <sup>th</sup> and 17 <sup>th</sup> Feb
3	Training on 600 EMC members by EMC mater trainers	By 4 <sup>th</sup> week	26 <sup>th</sup> Feb
4	Training of 30 CMHCs and 30 CLHCs on good hygiene practices	By 4 <sup>th</sup> week	22 <sup>nd</sup> 23 <sup>rd</sup> 24 <sup>th</sup> and 25 <sup>th</sup> Feb
5	Selection of Planting area in all 30 villages	1 <sup>st</sup> Week	1 <sup>st</sup> Week Feb
6	Procurement of 105,00 trees	By 29 <sup>th</sup> Feb	17 <sup>th</sup> Feb
7	Starting of plantation	By 4 <sup>th</sup> week Feb	27 <sup>th</sup> Feb

## Future Plan

The work plan for the month of March is as follows:

Activities	February				
	1	2	3	4	
Establishment waste collection points in 60 schools					
Organize school based environmental and hygiene events					continuing
Organize clean the village campaigns					continuing
Supporting Afforestation activities in target villages					
Conduct Community Hygiene Session					continuing

*“This report is made possible by the support of the Vitol Charitable Foundation. The contents are the sole responsibility of Rural Support Programs Network (RSPN) and do not necessarily reflect the views of Vitol.”*



## Pictures<sup>4</sup>

### NRSP Staff Training session - 13<sup>th</sup> February



### EMC training – Swabi 16<sup>th</sup> Feb



### CRP training group work – Swabi 24<sup>th</sup> February



<sup>4</sup> All pictures are taken with the permission of those included, but due to cultural sensitivity the faces of most women remain covered while the pictures are being taken.

**Tree Plantation in UC Kalu Khan - 29<sup>th</sup> February**

