

## Open Defecation free Village

*the story of Abdul Satar*

"We faced frequent stomach pains, typhoid, and diarrhea and people of our village were thinking that this is normal, But after joining the WASH committees formed by NSDO we learnt how we can save ourselves from these water and sanitation related diseases.... We also learned the importance of clean drinking water and how to treat the drinking water. I am so happy for this awareness on sanitation and hygiene brought to us by NSDO. Thank you so much for helping me." Haji Abdul Satar, Qara Turkman village.

Unhygienic behaviors and open defecation is a serious health issue in Qara Turkman village, which is leading to multiple ailments and serious health complications such as diarrhea and typhoid. NSDO through its WASH project is creating community level awareness and behavior change by adopting community led approaches.

The project team has adopted an innovative approach to sensitize the target villagers.

Says – Abdullah the Hygiene Promoter "We start by introducing ourselves to the community and asking about hygiene practices. We organize the volunteers into village level WASH committees. After we map the unhygienic and improper sanitation points in the village, we sometimes make a visit to the unhygienic point. We practically demonstrate the interaction between houseflies and the food. This demonstration helps the village community to practically understand the whole cycle. Once the WASH committee members sensitized, they became active volunteers and spread the message to other members of the village.



Says – Abdul Satar " I was invited by the WASH committee but I showed a little interest to become a member of this committee because I thought it was just time wasting exercise. Later on with the compelling of one of the elder members of our village I somehow joined the WASH committee half-heartedly. The change in my life happened when I attended the first ever session on hygiene and water. I have come to realize the importance of clean water and hygienic behavior in our life; I have learnt how the dirty water, unhygienic practices and open defecation causes serious disease and deaths. At first I applied this new learning to my house members and taught my wife how to properly boil water before drinking and wash hands before meals and avoid open defecation. We did not have a proper latrine in our house before this awareness, but after this realization I immediately made a latrine in my house by utilizing existing resources and taught my family how to use latrine. I also share this awareness to other members of my community and even helped my neighbors to make a similar latrine. I also taught them the methods to purify the drinking water and adopt hygienic practices. Because I know that open defecation and unhealthy sanitation and hygienic practices in any part of our villages can harm the whole village because of the people and insect interaction with food and water.

It is crucial to achieving 100 percent open defecation free villages because of multiple traditional and economic issues. In the village Qara Turkman many households have built latrines by using natural resources and have benefited from hygiene education.

