



सत्यमेव जयते  
ग्रामीण विकास मंत्रालय  
भारत सरकार



# HYGIENE RELATED BEHAVIOURS

## Facilitator Guide for SHG Meetings



**Deendayal Antyodaya Yojana – National Rural Livelihoods Mission (DAY-NRLM)**

Ministry of Rural Development, Government of India



## Dear Facilitator

This facilitator guide on **Key Hygiene Behaviours**, is designed to help all facilitators under State Rural Livelihood Missions (SRLMs) in rolling out the Flipbook and disseminating key messages within the SHG groups and other community cadres. This session is part of a training package on Food, Nutrition, Health and WASH (FNHW) consisting of Flip books, Facilitator guides, Posters, Counselling Cards and Stickers.

The objective of this training is to create awareness and provide information to the participants on the significance of sanitation and hygiene and empower SRLM staff, cadres and community at large to adopt better behaviour and practices that will improve these practices in the individuals, community and environment. We all know that good hygiene results in better health and higher productivity leading to reduction in poverty and improvement in quality of life.

It should be kept in mind that this orientation package, although meant for SHG women, should serve as reference material for the entire family. Information provided under each session through flipbooks and this guide should be seen as collective learning for the family, and each member of the family needs to play their part to ensure that the messages are adopted by them in everyday lives.

The responsibility of getting these behaviors imbibed does not lie with women only; the men/husbands/older boys in the family need to ensure making arrangements for whatever is required to follow these practices on FNHW.

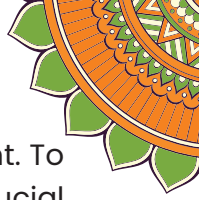
## Objectives

**By the end of the session, all the members of the self-help group will be able to:**

- Understand the linkage of poor sanitation and infections with health and nutrition.
- Understand the importance of hand hygiene and critical times to wash hands with soap.
- Learn the importance of use of toilets and hazards of open defecation.
- Learn about personal hygiene behaviours and basics on food and water hygiene.

## Initiate the Session

Hygiene related behaviours refer to sanitation practices, under which the right handling and management of human waste (faeces, urine), handwashing, personal hygiene and food and water hygiene are covered. Hygiene behavior significantly affects an individual, community and the environment. Lack of hygiene leads to many types of infections and diseases—especially diarrhea in



children, malnutrition in children i.e., inadequate mental and physical development. To manage hygiene related behaviors at the household and community level, it is crucial that there is proper understanding on impact of poor sanitation and the contribution that all key stakeholders can make.

Initiate a discussion with the group on the importance of hygiene practices. For ease of understanding the content is divided into four topics. The key points to be discussed may be written on the paper/white board and may be projected in case of virtual training.

**Inform the group that we will be discussing four key hygiene behaviors in this session which are –**

- Regular use of toilet.
- Washing hands with soap.
- Food and water hygiene.
- Personal Hygiene.

Following individuals of the community are more at risk of infection than others due to their physical needs and weak immune system.

- ▶ Pregnant and lactating mothers
- ▶ Small children
- ▶ Undernourished children
- ▶ Old persons
- ▶ Disabled persons

### **Impact on health**

Exposure to contaminated drinking water sources and food with pathogen-laden human waste is a major cause of diarrhoea, and can be affected by cholera, trachoma, intestinal worms, malaria, ascariasis, etc. Open and untreated human excreta can interact with food through soil, water and crops unless this fecal-oral route is broken through adopting safe sanitation and hygiene practices.

### **Impact on children and women**

Poor sanitation especially affects children under age of five, as their immunity is not yet strong enough to fight the many diseases caused by poor sanitation and thus, their physical and cognitive development is compromised. Addressing sanitation alone can reduce many of these unwanted effects among children. Children falling frequently ill, miss school often leading to poor performance. An infected child is also likely to spread infections to his/her peers. When girl students reach adolescence, absence of separate and clean toilet facilities cause discomfort, discourage them to attend school while menstruating and they eventually drop out of school. In addition to health and social burden on young girls and women,

poor sanitation also forces them to experience fear, shame, and harassment while having to defecate in the open.

### Impact on environment

Inadequate sanitation in and around the house has direct impacts on the environment. Untreated sewage flowing directly into water bodies affect coastal and marine ecosystems, contaminate soil and air, exposing millions to disease.

## Step 1: Importance of Sanitation and Hygiene

Ask all the participants if they are aware of the importance of sanitation and hygiene and highlight the points below:

Sanitation refers to all hygienic practices including proper disposal and management of human waste (faeces and urine) and various other kinds of waste. Hygienic behaviour such as use of toilet, hand washing with soap, keeping nails short, keeping drinking water safe, cooking food hygienically, and many such practices influences the individual, community or environment in an important way and lack of sanitation can lead to multiple kinds of problems such as:

- Various infections and diseases, especially diarrhoea in children
- Malnutrition in children, caused by infections, leading to inadequate mental and physical development
- Extra expenses on treatment, leading to economic burden on families
- Polluted environment leading to respiratory infections and other hazards

## Step 2: Toilet Use

Discuss with all the participants and ask them to share their understanding on the benefits of toilet use by all family members. *Refer to the text box above and explain the group participants the ill effects of open defecation on different groups of people.*

It is very important that all members of the household use the toilet regularly and there is no open defecation because:

- Proper disposal of human excreta is possible through the use of toilets.
- It protects us from many types of infections including diarrhoea, pneumonia, cholera and skin diseases.
- Having toilets in school increases the attendance of all students, especially girls and thus impacts the education level.



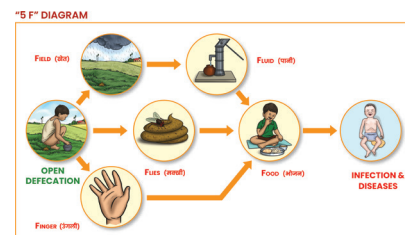


- It protects the environment i.e. water, soil, and air from contamination.
- It protects us from accidents and other problems that may occur while defecating in the open.
- Using the toilet provides privacy, giving a sense of security and dignity to all.

Facilitator with the help of the flip book and role play will explain the F diagram and linkage between open defecation and various infectious diseases.

When we go for open defecation, no matter how far we go, the stool and its germs reach our body through the following means, known as 5F's.

1. F = Fluid (पानी)
2. F = Field (खेत)
3. F = Flies (मक्खी)
4. F = Finger (उंगली)
5. F = Food (भोजन)



Human feces, when in the open can infect us by entering our body through this "5F" i.e. Fluids (water) by getting in the ground and contaminating water sources or even get into open water sources such as ponds, etc,

Field by contaminating the soil and other places that can then indirectly get into our food and system if proper hygiene is not maintained.

Flies that will sit on the open feces and then contaminate food and other things.

Fingers by touching other objects and if proper hand washing with soap is not practiced.

Food-infection reaches us through the food we eat and the other 4F's contribute in contaminating the food. Then this infection spreads from our family to the village and from village to town.

### **Role Play: On how open defecation activates five F's and on washing hands with soap.**

To make the important message of the F-diagram really sink in, allow participants to make it come to life! Materials: a basin, water, a kettle, soap, ashes, sand, natural scrubbing sponge, bucket, towel, plate, local fruit; Materials to show transmission, for example: dark coloured sand Ask three groups to prepare and perform a role-play or plays in which they: (Group 1) act out ways an infection passes through the stool of a diseased person via the hands of that person or someone else, to an uninfected other person; (Group 2) act out how hands are washed in different circumstances in the community; (Group 3) act out when hand washing is important The groups perform their plays.

### **After all groups are done, deliberate on the role plays and discuss the following:**

- Identification of the transmission risks and types of diseases transmitted and their symptoms and treatment
- Identification of conditions and practices of hand washing in the school



- Discussion of the implications of hand washing behaviour for the work of mothers and daughters, and responsibilities of fathers and sons
- Discussion of the tasks of mothers, fathers and the students themselves in the promotion of hand washing
- Ways in which students children can do an inventory of hand washing materials and practices in their homes
- Discussion on the nutrition consequences of diarrhoeal diseases on children's physical and mental development, resistance against illness and school attendance and performance

### Step 3:

Facilitator with the help of the flip book will now explain the key points for proper maintenance and upkeep of their household toilet and help participants understand their behaviors around this.

#### Maintenance of the Toilet

- The toilet should be used regularly for both defecation and urination.
- It is necessary to ensure the availability of water in the toilet, so that it remains clean.
- One should pour water in the toilet before and after every use to keep it clean.
- Regular and proper cleaning of the toilet seat and the surroundings is very important, to prevent infection and any foul smell.
- Children's feces should also be thrown in the toilet. Remember that there are five times more germs in the stool of children than in the stool of an adult. The chances of spreading infection and disease are therefore equally high.



Maintenance of the toilet, keeping the toilet clean, ensuring water availability inside the toilet and regular upkeep of the toilet should be ensured by the men and older boys of the family, and the women should not be burdened with this work, as much as possible.

### Step 4:

Now, discuss with the group that it is also very important that our digestion is good, for which adoption of certain healthy practices becomes essential. This is also necessary for leading an active and healthy life.

#### Good Habits For Proper Digestion

- Keep your meal times regular, not erratic
- Ensure an adequate amount of fibre in the diet, such as whole grains, pulses, fruits with peel, green leafy vegetables etc.

- Drink at least 8 – 10 glasses of water daily
- Minimize consumption of canned and processed foods
- Lead an active life and exercise regularly

## Step 5: Hand washing with soap

Now, initiate discussion on the next hygiene behaviour that is the significance of washing hands properly with soap on various occasions by all family members. Start the session with questions to discuss the issues related to hand hygiene.

### Handwashing with soap is the single most cost-effective health intervention.

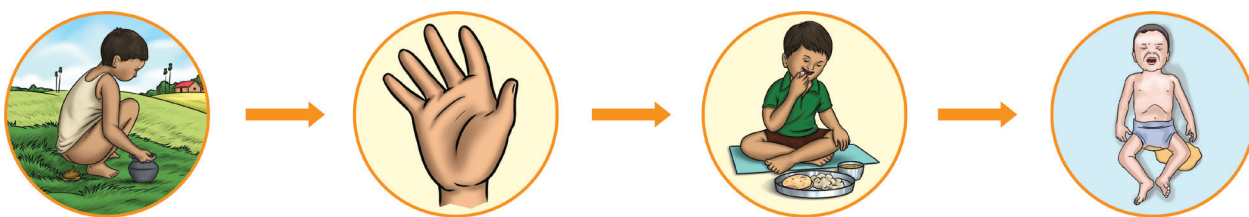
Handwashing promotion is cost-effective when compared with treating a child who is suffering from diarrheal diseases, pneumonia, skin infections, eye infections and intestinal worms. All households use soap for bathing, it should be made a practice that there is a separate soap or a piece of soap kept exclusively for washing hands also.

Now, explain the importance, correct method and critical times of washing hands with soap, with the help of question and answers below –

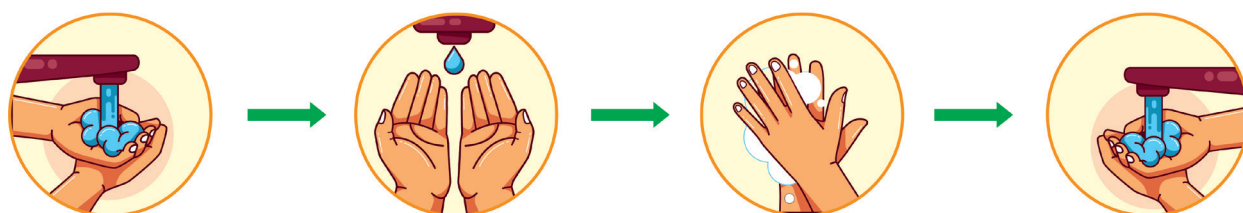
#### Q1 : Why it is necessary to wash hands with soap and water by all family members?

**Ans:** By washing hands with soapy water, various diseases such as diarrhea, pneumonia, cholera, cholera, skin infections and diseases, etc. can be prevented for the family, because –

- Various types of dirt or harmful bacteria/viruses sticking in our hands enter the body through food and make us sick or infected.



- But when we rub our hands with soap and water, the dirt or harmful bacteria/viruses sticking in our hands comes out with soap foam and gets washed out with hands along with water.



## Q2 : Do you know the right method of Hand washing?

Show the picture for the handwashing practice and teach them the right method of hand washing.

- Washing hands with soapy water on various occasions and critical times
- Hand washing using the right steps of hand washing

## Q3: Do you know the correct way of handwashing?

Ans: After wetting hands with water, apply soap and after that rub your palms together according to the steps shown below:

**Step 1 :** First of all, rub your hands palm to palm directly with each other.

**Step 2 :** After that in reverse, rub the back of each hand with one palm.

**Step 3 :** Rub palm together to clean between the fingers.

**Step 4 :** Then make a fist with one palm and rub the other palm on the fist, using back of fingers.

**Step 5 :** Now rub the other palm over the thumb of one palm in a circular motion making a fist.

**Step 6 :** Then alternately rub the pit of the palms with the nails and tips of finger.

After that wash hands thoroughly with clean water

## Q4: At what times is it necessary to wash hands with soap and water?

Washing hands with soap and water at these critical times is very important:

- Before cooking food, feeding others and eating food
- After using the toilet and after cleaning the children's feces/stools
- After cleaning the house and disposing of garbage
- After coming into contact with animals



## Step 6: Community Activity-Live Demonstration on Learning the importance of soap

- Divide all trainees into 2 groups
- The need for the use of soap can be illustrated with a very graphic exercise involving two buckets and a piece of soap. Two small groups of participants line up behind each bucket to wash their hands in the







bucket with and without soap. The children washing their hands using the bucket without the soap could see that the water remained relatively clear with dirt staying on their hands, while the children using soap could see that the dirt from their hands was all coming off into the water. Simple experiment, but very convincing. The exercise can be expanded by adding two glasses, filling them with water from each bucket and holding them up next to each other to see the difference.

### **Factors that drive hand washing practices**

- ▶ Social reasons ie: to be seen as attractive and acceptable to friends and the community.
- ▶ Good habit carried through from childhood
- ▶ Good health and the fear of diseases
- ▶ Care for children
- ▶ Washing points and water availability

### **Children can be agents of change**

When it comes down to sharing good hygiene practices, children – the members of society that are often the most energetic, enthusiastic and open to new ideas – can act as agents of change by taking the “handwashing lessons” learned at school back into their homes and communities. The active participation and involvement of children – ideally situated at the centre of the home, school, and community – can ensure sustained behavioral change when combined with culturally sensitive community-based interventions. The campaign to the extent possible also aims at motivating children to embrace and share proper handwashing practices, and place them as “handwashing ambassadors” in their homes and communities.

The group will see difference in the water filled from the two buckets and then make them understand that dirt from hands is removed when soap lather rubs with the hands and therefore that water is visibly dirtier.

### **Step 7:**

Initiate the discussion by telling the participants about the importance of food and water hygiene. Hygienically prepared food and drinking water kept safely, keeps germs away and reduces the risk of food and water contamination and thus chances of getting infected.

### **What Practices to Adopt for Maintaining Food and Water Hygiene?**

- Wash green leafy vegetables in salt water.
- Wash raw fruits and vegetables twice or thrice before use and cut them after washing.
- Eat non-vegetarian food after thoroughly washing and properly cooking.
- Use milk after boiling it completely.
- Always keep food and water covered.

- Keep the cooking area clean and hygienic.
- Remember that cooked food is usually safe only for two hours.
- Keep raw and cooked foods separate.
- Buy packaged food items only after checking the expiry date
- Wash hands thoroughly before preparing food.
- Boil drinking water before use, keep it at a height and use a long handled ladle to take out water.

## Step 8:

Discuss with all the participants to share their understanding on maintaining personal hygiene and its benefits and highlight the discussion points writing on a paper/white board.

### Personal Hygiene

Good personal hygiene is important for both health and social reasons. It entails keeping your hands, head and body clean so as to stop the spread of germs and illness. Your personal hygiene benefits your own health and impacts the lives of those around you, too.

The social benefits associated with personal habits must also be considered. Since it involves washing your body every day and caring for yourself, it reduces the chances of body odour and thus, any chances of embarrassment at work or at school.

Personal hygiene may be defined as a practice contributing to maintaining health and preventing disease, especially through cleanliness of a personal individual. Good hygiene is a principal barrier to numerous communicable diseases, which includes the faecal-oral diseases, and which promotes well-being and healthier..

#### Remember to:

- Bathe daily, keep your hair clean and nails trimmed.
- Do not walk barefoot, always wear slippers / footwear.
- Be sure to rinse your mouth after eating anything and brush your teeth at least twice a day.
- Always wash hands with soap and clean running water.
- Do not defecate in the open. Always use toilet.



Maintaining personal hygiene is a habit that should be inculcated by all family members. It should be made sure that children from a very young age are informed and asked to adopt these habits. Following these simple practices have a key role in prevention of a lot of infections within the family.

## Step 9:

Initiate a group discussion to know the participants' understanding of the Swachh Bharat Mission, its objectives and about the scheme. Ask them to relate the activities which they participated and conducted in their villages for more understanding.



**Slogan: "One step towards cleanliness"**

**The Swachh Bharat Abhiyan (SBA)** was officially launched on 2 October 2014, by the Government of India to eliminate open defecation and monitor toilet usage through the construction of household and community toilets.

The **objective of the campaign** is to ensure that all rural households have access to toilet facilities and various options for toilet models and sanitation techniques are available to them such as twin pits, septic tanks, bio toilets, etc.

**Provision for construction of individual household toilets** under "Swachh Bharat Abhiyan" The incentive amount provided under the campaign for Below Poverty Line (BPL)/identified APL households ranges up to Rs 12,000 for construction of one unit of household toilet and provision of water storage for hand washing and cleaning.

For more information on the services and entitlements under SBA, contact the Village Pradhan/Sarpanch or Village Secretary.

## Role of Self Help Group

- ▶ All the members should ensure that they and all their family members use the toilet and ensure its maintenance regularly.
- ▶ The group should ensure that all members and their families practice the method of washing hands properly at critical times. They should also make sure that soap is kept at the place of washing hands.
- ▶ Self-help group members should ensure that everyone in their family observes cleanliness while cooking and maintains personal hygiene.
- ▶ Make sure that all members of the group are informed about "Swachh Bharat Abhiyan" and other provisions. They should be able to contact the Panchayat to avail these benefits.

**Note:** The Self Help Group should be ready to support those members who face problems or find it difficult to convey these messages and convince their families.

**Session concludes:** End the session by revisiting the questions from the case study and their answers. Thank the participants and close.



The Food, Nutrition, Health and WASH (FNHW) Toolkit has been developed by the National Mission Management Unit (NMMU) with support from Technical Assistance agencies–TA- NRLM (PCI) and inputs from ROSHNI–Centre of Women Collectives led Social Action, National Institute of Rural Development (NIRD), State Institutes of Rural Development (SIRDs), National Resource Persons (NRPs), State Rural Livelihood Missions (SRLMs) of Bihar, Chhattisgarh, Jharkhand, Odisha, Uttar Pradesh, Andhra Pradesh, Telangana and Maharashtra, JEEViKA Technical Support Program–Project Concern International (JTSP–PCI) and UNICEF state teams from Odisha, Bihar and Chhattisgarh.

The standard materials of Ministry of Health and Family Welfare (MoHFW), Ministry of Women and Child Development (MoWCD), National Centre for Excellence & Advanced Research on Diets (NCEARD), Alive & Thrive, JTSP–PCI and UNICEF have been referred while finalizing the content.

## **Deendayal Antyodaya Yojana – National Rural Livelihoods Mission (DAY–NRLM)**

Ministry of Rural Development, Government of India  
7th Floor, NDCC Building-II, Jai Singh Road, New Delhi – 110001  
website: [www.aajeevika.gov.in](http://www.aajeevika.gov.in)



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