



CELEBRATION OF

GLOBAL HAND WASHING DAY



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Reported by:

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INTRODUCTION:

The World Hand washing day is celebrated every year to underscore the importance of hand washing for the health & well being of the people. This is celebrated, every year, on October 15th. This year the slogan of the day was “Raise a hand for HYGIENE”.

On October 15th October Global Hand Washing Day has been observed all over the world. The objective of this campaign is to raise awareness about the hand washing with soap to prevent from diseases. Hand washing is considered obligatory before taking meal and after using toilet. Not only medical science but our religion Islam also proved the significance of cleanliness. As it is known by every Muslim that cleanliness is half of faith but unfortunately we forget these basics and other nations adopted the practices and make them on front line to fight against diseases. Now it is order of the day to fight against the diseases from the grass root level to overcome the giant who is targeting our mothers and child by increasing MMR & IMR. So awareness regarding hand washing is one of the important pearl from the ocean of mother and child health series. Helping Hand Foundation is focusing on reducing MMR & IMR through his practical efforts and Hand Washing week celebration is a reflection of his dedication to fight against diseases and save priceless lives. The Institute of Mother & Child Care (I-MACCA) is actively busy in community empowerment for health issues. As the hand washing issue is very important for the mothers & children alike, so as per the instruction and motivation of Dr. Ghulam Mustafa, Associate professor of pediatrics & chairman Helping Hands Foundation, we decided to celebrate the Hand Washing week.

OBJECTIVES OF THE EVENT:

- To sensitize the participants regarding Hand washing.
- To create awareness about Hand washing concept.
- To create awareness about Hand washing techniques at community level.
- Capacity building of School staff and students to understand the issue.
- And the last but not least is to do something positive from the grass root level especially in targeted areas with the real and true spirit of the Helping Hand Foundation concept.

HISTORY OF THE HAND WASHING DAY



Concept of using antiseptic agent for hand washing begins in 19th century.

In 1961, the US Public Health Providers introduced a training film that demonstrate hand washing techniques recommended use by HCPs.

In 1975 and 1985 formal written guide lines on hand washing practices in hospitals were published for community hand hygiene for HCPs 2009. Now it is celebrating all over the world.

The UN General Assembly has announced 15th October, as the Global Hand washing Day to reinforce its call for improved hygiene practices.

It is because:

- Hand washing has been proved to be the most cost effective intervention to decrease the mortality and morbidity of the children.
- It decreases the transmission of the disease.
- It decreases the emergence of the Multi drug resistance in the germs.
- It saves the cost treatment of the people and so makes them more prosper.

Hand washing with soap is among the most effective and inexpensive way to prevent diarrheal diseases and pneumonia, which together are responsible for the majority of child deaths. Every year, more than 3.5 million children do not live to celebrate their fifth birthday because of diarrhea and pneumonia. Yet, despite its lifesaving potential, hand washing with soap is seldom practiced not always.

SOME SLOGANS AND FACTS REGARDING HAND WASH

- + MAKE SOME BUBBLES, KILL THOSE TROUBLES
- + THE POWER IS IN YOUR HAND
- + RAISE A HAND FOR HYGIENE
- + THERE ARE 1500 BACTERIA ON JUST 1 cm OF YOUR HAND. 20 SECOND WITH SOUP AND WATER SAVES LIVES

IMPORTANCE OF HAND WASHING

Washing our hands clean is one of the most important and cheapest ways to prevent from infections & many other diseases. Frequent hand washing is one of the best ways to avoid the risk of getting sick & spread illness. It requires only soap & water. We must wash our hands before & after meal and after using toilet. By this simple process, we can save ourselves from germs. Hand washing with soap especially in the rural areas is not in practice just because of the unawareness.



CELEBRATION IN HELPING HAND FOUNDATION

On October 15th October 2015 Global Hand Washing Day has been observed all over world. The objective of this campaign was to raise awareness about the hand washing with soap to prevent from diseases. Helping Hand foundation celebrated the day with full zeal and zest with community in targeted areas. On the other hand whole working week was celebrated as HAND washing week. As the Global slogan of the year 2015 was “**Raise a hand for HYGIENE**” So the working boundaries were circled around the theme of the year. The detail is given as under.

LIST OF ACTIVITIES:

Sr. #	Name	Total Participation	Date	Area/UC	Venue	Facilitated by
1	School Awareness Session on Hand Wash	104	17.10.15	UC 129	The Great Sir Syed Public School Multan	Saima Chishti & Team
2	School Awareness Session on Hand Washing	127	17.10.15	Tibba Masood Pur Muzafferabad UC 129	Govt. Girls Primary School Tibba Masood Pur Muzafferabad	Saima Chishti & Team
3	Community Health	38	15.10.15	Al Quraish Housing	Houses of community	Ayesha (CM)



	Session on Hand Washing			Scheme- II Muzafferabad UC 129	Members and activists	
	Community Health Session on Hand Washing	60	15.10.15	Karachi Hotel Street Muzafferabad UC 129	Houses of community Members and activists	Allia (CM)
	Community Health Session on Hand Washing	46	15.10.15	Gulshan e Shujaat & 10 # ward Muzafferabad	Houses of community Members and activists	Aziz Fatima(CM)
	Community Health Session on Hand Washing	45	15.10.15	Mill Phatak Muzafferabad UC 129	Houses of community Members and activists	Irshad (CM)
	Community Health Session on Hand Washing	49	15.10.15	Qadiria Muhalla Muzafferabad UC 129	Houses of community Members and activists	Rubina(CM)
4	Seminar on	40	14.10.15	UC 129	I-MACCA	Dr. Amina



	the importance of Hand Washing				Seminar	
Total Participation		509				

PARTICIPANTS:

Total 509 participants attended the activity; the detail of participants is as under;

Sr. #	Status	Number of participants
1	Women	278
2	School Kids	231
3	School Teachers	10
Total		519

In office seminar was delivered by Dr. Amina, She addressed the issue very competently, and emphasized on the importance of Hand washing. Islamic and scientific reasons were well elaborated by the speaker in the advocacy of the Hand Washing. She linked our daily life danger habits to lead major diseases. At the spot participants asked many questions.

QUESTION ANSWER SESSION:

During and after the seminar enough time was allocated for question/answer session. The participants took keen interest and asked interesting questions. The trainers responded to the best of their knowledge & understanding.

STRATEGY OF THE EVENT:



We developed the following strategy to make the hand washing week successful.

- Coordination with Chairman of HHF Dr. Ghulam Mustafa for approval of the event.
- Coordination with Coordinator of I-MACCA for logistic support
- Coordination meeting before every activity with field team
- Coordination with School Principals for the approval of the awareness session
- Coordination with Teachers
- Coordination with Students.
- Development of day celebration plan.
- Arrangements (selection of venue, facilitator).
- Other arrangements like photography etc.
- Energizers activities preparation for students.

TOPICS OF TRAINING:

The following aspects of topic were covered.

- Impotence of Hand Washing
- Why there is no choice except hand washing
- Result if we are not going to wash hands properly
- Life style and habits
- Techniques/steps of Hand washing
- What are germ and how they attack
- What to do
- What not to do
- Perfect timing for hand wash

FACILITATORS:

Saima Chishti (CATCH Manager) was pivotal to arrange Hand Washing Activities in field under the guidance of Dr. Ghulam Mustafa, chairman Helping Hands Foundation.

IMPACT:



The impact of such activities often observed after some time but on the spot impact was observed by the team is:

- ✚ Community female members participated in the seminar revised the steps happily and promised to disseminate it to their other family member.
- ✚ The principal (Mr. Ishtiaq) of private school appreciated the School Awareness Session on Hand Washing and requested for a free medical camp in his school.

- ✚ The students during health sessions revised and demonstrated the hand washing steps properly. They were feeling excited to play different games for exploring the key messages of Hand Washing.

CHALLENGES AND CONSTRAINTS:

It was hard to move in different areas for the campaign without any transport. When asked School management to come in office with their student to celebrate the day, they asked for vehicle, so team planned to arrange sessions in the schools.

PICTORIAL VIEWS OF THE EVENT:

1. Seminar
2. School Health Sessions
3. Community Health Sessions



IMuhammad Awise (student) repeating the steps of hand washing



Aziz Fatima is washing hands during Community Awareness session



**Community members are repeating hand washing steps
(Community Mobilizers Aliya & Aziz Fatima)**



Dr.Amina demonstrating Hand washing techniques