

SUCCESS STORY

Name: Husan Zaiba W/o Ashbar

Project WASH

Family size: 10 members, 05 sons and 03 daughters.

HUJRA-SDC

U/C & village TIRAT, Swat.

The devastating floods of 2010, severely hit the major parts of upper Swat. As result a high level catastrophe occurred in the history of Swat which will be remembered for decades. Strongly built houses were destructed in moments. The floods created severe problems among which the major one was environmental pollution. The inhabitants of the area had to face unhygienic conditions of living. Mrs. Husan Zaiba w/o Ashbar and her family are among those who suffered for long time.



The HUJRA female hygiene promotion team identified the unfortunate woman during the health & hygiene sessions scheduled in the village Tirat. She was observed from the day first as she was pale and exhausted during the session. Her child was also with her who was sick and she was not comfortable to sit in the session. The woman said, **“It is our destiny to remain ill and sick and no medical treatment is effective for us. We are always supplicant for good health. Moreover, my husband is handicapped for the last 15 years and we are living hand to mouth.”**

The HUJRA team got her address and paid a visit to her house in the targeted area. It was observed that the family was living in a moderate but untidy and unhygienic house. Garbage was dumped everywhere. The water supply was directly made from the nearby open stream and the storage of water was in dirty drums closed to the washroom. The whole family particularly the children were suffering from numerous water borne diseases. The woman herself was suffering from dysentery and the other members were suffering from diarrhea and typhoid fever. The HUJRA team noticed that mostly the dung cakes were used for cooking as fuel instead of wood. The surrounding within the house was very dirty and openly defecation by children was generally practiced. The water storage was very unhygienic.



The inhabitants were asked some questions about basic health & hygiene practices. It was obvious from their answers that all of them were unaware of these practices. The HUIRA team immediately shifted the session center to this house and proper training of the family was arranged. Hence further sessions of health hygiene were delivered in the house for a long time. Surprisingly the family gradually became healthy and its behavior was changed collectively with the schooling of the hygiene sessions. The woman excitingly explained the new condition of living in her own words.



She said to the team, **“It was a miracle in our life that we knew for the first time that the water borne diseases were due to our dirty habits. The bad health of our family members was due to unhygienic conditions and contaminated water which we were using all the time. We understood the benefits of health hygiene sessions. We were trained practically by the team. We know how to wash our hands properly and the preparation of ORS for the affected children for the first time in our life. Oh! It was disclosed upon us that from sugar and salt we can prepare an effective medicine in home. Now we regularly boil water brought from the spring for drinking. We all adopted the hygiene practices in our life and by the grace of ALLAH we all have improved than before. Thanks to HUIRA for implementing the project and thanks to SDC for providing funds. We appreciate their efforts for behavior change of such backward and uneducated society like ours.”**



Collected & Prepared by:

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