

## **SUCCESS STORY**

**Rukhsar d/o Jalal-ud-din,**  
**Village:** Tirat, Union Council Tirat.

**Project WASH,**  
**HUJRA/SDC.**

Rukhsar is a 7 Years old student of 2<sup>nd</sup> class in Government Girls Primary School of Tirat village.

She is living with her family in village Tirat in a small house which does not have the basic needs of life. The hygienic condition of their house was not good. The same was the condition of little Rukhsar and her family especially her only brother and six sisters. Rukhsar's family has been suffering from different water borne diseases like diarrhea, cholera and skin infections. Quite good amount out of the earning of Jalal-ud-din, Rukhsar's father, was spent on health care treatment and medicine of the family members.



Rukhsar was also living in unhygienic condition. This little princess was not keeping herself neat and properly cleaned. Her face, hands, nails, hair and cloths mostly used to be dirty. Therefore she remained ill most of the time and this was affecting her school and studies as well. Rukhsar and her family had very little knowledge about health and hygiene and they were not practicing the known information.



HUJRA, in response to the post flood rehabilitation, started implementation of WASH project in Tirat village, funded by Swiss Development Cooperation (SDC). This project has two main objectives. One is the water supply scheme to provide improved drinking water to the affected population and second is to improve the health and hygiene condition of inhabitants of the target area.

To improve the health and hygiene conditions of the community of Tirat village, project staff of HUJRA launched health and hygiene campaigns in the area. Hygiene sessions are in progress in the area in which women of the community participate and the children as well. Similarly hygiene sessions are also delivered in the GGPS for students. During these sessions, the HUJRA female hygiene promoters identified many case studies, among which Rukhsar is one of the success stories.



Rukhsar and her family participate in these sessions. Female hygiene promoters of HUIRA explain the importance of hand washing, with soap, before and after eating food and after use of latrine. They also explain the proper way of dish washing and use of laundry soaps to clean clothes. They throw light on the benefits of personal and domestic hygiene. They make them aware of types of water borne diseases and methods to decrease their occurrence. These female hygiene promoters discuss and show the participants treatment of water to make it safe for drinking and then its proper storage.

Now the little princess Rukhsar has got all this knowledge and practices it. She keeps herself clean and tries to keep surrounding tidy. Her glowing face, neat clothes and healthy body have made her an example for her family and other students as well.

She said, ***“Valuable knowledge is provided to us that will help us to improve our life”.***



She is grateful to HUIRA and SDC for support about good hygiene practices and decrease her chain of diseases. Now Rukhsar has improved healthy life and shares with everyone her experiences and wishes to get more awareness about hygiene and health.

She also described that children are happy with health and hygiene sessions and the knowledge delivered to them through these sessions and all the children are now trying best to practice the knowledge regarding health and hygiene.



It is proved that through this activity HUIRA has done a flourishing attempt towards behavior change regarding hygiene.

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