

Lesson Plan 1: Concept and Importance of Total Sanitation 45 minutes

Lesson Description



In this lesson plan, participants will get a vision on Total Sanitation and its importance. It also focuses on the roles and responsibilities of individuals (PNGOs, field mobilizer).

Learning Outcomes



1. Explain the concept of total sanitation
2. Discuss the importance of total sanitation

Materials



- Brown sheet paper
- Markers
- Meta-cards

Preparation



1. Write learning outcomes on a flip chart paper
2. Write the topics on meta-cards: Feces, water, solid waste, grey water
3. Write full form of **SWASTHA** in flip chart paper as:

S Sustainable
W Water
A Air
ST Sanitation
H Hygiene
A for All

Introduction

10 minutes



Today is Saturday. Renu and her husband thought to spend their weekend by cleaning their house and house yard. After the morning tea, both of them started to sweep the house and house yard, then after collected their dust in a bin. After that they washed utensils, vegetables for lunch and collected that filthy water in a cistern. They cut the vegetables and started to prepare food. The vegetables residues were collected in the dustbin. She threw the overall waste of house on a roadside away from her house.

She threw the filthy water from kitchen on the road just to settle the dust. After lunch, they started to wash their clothes and drain all the waste water away from the house on the road. Then after, she finally cleaned her toilet.

Ask to participant:

1. Is their home clean now? Answer might be Yes/No
2. How long will the house remain clean?

Linking the answers from the participants and present the learning outcomes of the lesson.

Roles and Responsibilities of PNGO staffs/ field mobilisers

20 minutes



1. Ask participants what are their roles and responsibilities as PNGOs staffs to transform such unhealthy community to healthy community
2. Inform participants to work in above same four groups on roles and responsibilities and its important. Write it on news print paper

3. And present it by group wise
4. Add missing points and ask them how comfortable or confident they are in following their roles and responsibilities (knowledge wise, understanding wise).
5. Explain further that the training will support their roles on attaining SWASTHA community or implement total sanitation in the community.

**Trainer Note:**

Roles and responsibilities:

- a.

Total Sanitation and Importance of Total Sanitation**10 minutes**

1. Ask the participants: "When we say the words 'Total Sanitation' what do you think it means?"
2. Collect answers from participants and relate their ideas together.
3. Explain to the participants, as per the "Sanitation and Hygiene Master Plan 2068" Total sanitation is described as a range of facilities and hygiene behaviors that lead to achieve sanitized condition of the designated areas (VDC and municipality including settlements, *Toles*, school's catchments, etc.). Total sanitation concentrates on ending open defecation as a first significant step to an entry point of changing behavior. The second step includes all arrangements leading to sustainable hygiene and sanitation behaviors.
4. Also inform participants that in our term attaining "SWASTHA" healthy community is total sanitation. Also explain that SWASTHA is defined as Sustainable water, air, sanitation and hygiene for all by presenting the flip chart paper with full form of SWASTHA.
5. Explain briefly that this sustainability of water, air, sanitation and hygiene refers to the following things:



- Water: Quantity and quality of drinking water
 - Air: Kitchen Management reducing indoor air pollution
 - Sanitation: Declaration and sustainability of ODF status, proper management of solid waste and liquid waste
 - Hygiene: proper maintenance of personal hygiene, menstrual hygiene, etc.
 - Safe and hygienic food: safe food and safe storage of food
6. Linking to above importance we can add importance of TS

Answers might be:

- Prevent epidemics
- Improve maternal and child health
- Water optimization
- Meet national targets
- Achieve sustainable development goals
- As per Nepal's constitution: we can fulfill the basic right of human i.e. living in clean environment.

Review**5-10 minutes**

1. Make pair with friend from your left side and share what is SWASTHA or total sanitation and major things considered in it
2. Now turn to friend from your right side and discuss the importance total sanitation.
3. As per lesson plan, what are two roles that you are going to follow instantly.

Reflection on lesson