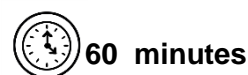


Lesson Plan 6: Household Sanitation**Lesson description**

In this lesson plan participant will get the information on importance of household sanitation

Learning Outcomes

By the end of this session, participants will be able to:



1. Explain household sanitation
2. Describe the activities of household sanitation

Materials

- Brown sheet paper
- Markers
- Meta cards
- Sticky Note
- Push pin
- 1 set conditions of household sanitation

Preparation

- Write the session Learning outcomes on flip chart paper
- Write the definition of household sanitation on flip chart
- Write key message on four activities of household sanitation (See lesson plan)
- Cards of managed and unmanaged households
- Prepare Power Points on the four key areas of household sanitation (solid waste management, grey water management, kitchen management, and animal shed management)

Introduction**10 minutes**

1. Tell the participants that each of them will get one picture/card and from those cards they have to create 2 groups.
2. Tell them that the given cards represent these two groups, “well managed” and “unmanaged houses”
3. Provide one card per participant
4. Ask them to form two groups in separate places according to their cards
5. Ask 2 or 3 participants to share why the given picture/card represents either a well-managed or unmanaged house
6. Present the learning outcomes linking the introduction session

Household Sanitation**10 minutes**

1. Ask the participants what they understand about household sanitation.
2. Ask few to volunteer their answer and discuss household sanitation as:
Household Sanitation pertains to the hygiene practices that prevent or minimize disease and the spreading of disease in home (domestic) and in everyday life settings such as social settings, public transport, work place, public places, etc. Hygiene in home and everyday life settings plays an important role in preventing spread of infectious diseases. It includes procedures used in a variety of domestic

situations such as hand hygiene, respiratory hygiene, food and water hygiene, general home hygiene (hygiene of environmental sites and surfaces), care of domestic animals, and home healthcare (the care of those who are at greater risk of infection).

3. Also give some typical examples that they practice regularly to maintain household hygiene.

Trainer Note:

Household sanitation:

- *Regular cleaning of house and house yard*
 - *Segregation of solid waste*
 - *Management of grey water*
 - *Clean and improved kitchen*
 - *Juthelno, chang and kitchen rack facility*
 - *Animal dung management*
4. Ask participants, why they perform these activities, what if they do not perform it.
 5. Discuss briefly that in absence of such household activities and if we tend to neglect them what might be the impact?

Waste and its management

35 minutes



1. Discuss briefly on the understanding of waste and waste management with the participants.

Answer: Right things at wrong place at that time, which may be the resources for another owner.

2. Inform participants that they are going to discuss further on the topic with a group activity. For the activity, participants will be divided into four groups with four topics, one for each group. In their groups, participants are to fold their brown sheet into half and in one side participants are to write challenges within the topic and in other half the way of managing it.
3. Divide participants into four groups and give each group one of the following topics: solid waste, grey water, kitchen management, animal shed management.
4. Ask them to discuss in their groups on their respective topic and write the challenges and management method.
5. Tell them that they have 10 minute to complete the task.
6. Ask participants to present the key points that they have recorded after discussion in their groups.
7. Ask other groups to add other ideas if they feel anything is missing.
8. Summarize all the presentation from the groups and thank them for their suggestions
9. Explain that to help elaborate on some of their ideas, you are going to present a short PowerPoint presentation on these four key areas
10. Present the tips on household hygiene through PowerPoint presentation (and complete in 15 minutes).

Trainer Note

Waste

Waste is material which arises from various human activities and is normally discarded as useless or unwanted. That unwanted or discarded materials could be resources for others. We can think of it as “**Resources at the wrong place**”. For example, I got a new television

set in my home and replaced the old one. The old set is a waste for me, but some other person would probably take it more than happily, as a resource.

Types of Waste: Solid waste and Liquid waste

1. **Solid waste:** Solid waste includes household garbage (includes recycling), food waste, yard waste. It also comprises discarded items like household appliances, old torn clothes, worn out shoes, plastics, animal waste, furniture, scrap metal, machinery and abandoned or junk vehicles.
2. **Liquid waste:** Liquid waste includes wastewater generated from kitchen, washing clothes, bathing along with faecal sludge, etc.

Solid waste, it can be further categorized into 3 types:

1. **Degradable** - Able to degrade chemically or biologically. For example, fallen leaves, vegetable residues. Out of the total wastes, 65% to 70% wastes are degradable.
2. **Non-degradable** - Not able to degrade. For example; broken bucket, plastic bag, torn clothes, worn shoes, etc. 20% to 25% wastes are non-degradable.
3. **Hazardous** - Involving risk or danger. Hazardous wastes are 5% of total. Ex. Pesticide bottles, expired pesticides and chemicals, used syringe, batteries, broken glasses, etc.

Management of Waste

1. **Reduce:** Reduce waste at source. For example: uses of jute bag, use of commodity with less packaging, reduce use of water by closing tap while brushing, etc.
2. **Reuse:** Use the waste again as a resource. For example, making basket and mat from plastic wrapper, using grey water to flush toilet, watering plants, etc.
3. **Recycle:** Use again the waste by changing the physical characteristics. For example; making slippers by melting the waste plastic bags, using waste water for flushing, vehicle wash after recycling, etc.

➤ **Composting**

Composting is the waste management technique, which convert trash into cash. Example, making compost from vegetable residues, leaves, surplus food, etc. and selling manure for gardening, roof top farming and so on. Also recyclable and reusable waste can be sold as resources. Compost or organic manure enriched the soil nutrient (NPK), which helped in plant growth. Waste management is beneficial for nutrition cycle.

➤ **Grey Water Management**

Grey water: Washing water (while maintaining personal hygiene like bathing, face wash, laundry, floor and dishes wash, etc.), also known as grey water or sullage. Generally that water comes from kitchens and bathrooms.

- ❖ Reuse of grey water
- ❖ Can be used with or without treatment
- ❖ Wastewater from kitchen can be used in kitchen garden, roof top farming, etc.
- ❖ Water from bathroom (laundry, bathing) can be used for toilet flushing, cleansing vehicles, etc.
- ❖ Proper drainage management

➤ **Kitchen Management**

Kitchen management comprises reduction of indoor air pollution, maintaining a clean environment in the kitchen and optimization of spaces in kitchens. It is attained through intensive promotion of smokeless stoves, cross ventilation in kitchens and optimum use of

horizontal and vertical spaces. Besides hygienic conditions of kitchens are maintained through the promotion of dish washing platforms (*juthelno*), dish drying racks (*chang/Jhauwa*), kitchen racks, raising the *silauta* etc.

Four major things need to be changed to decrease impact of Indoor Air Pollution

a. Change the kitchen layout: (L and T shape: water, waste, drainage, caution) - cooking stoves, utensils, water, fuel etc.

- Cross ventilation- so the smoke does not remain inside for longer time.
- Bright / enough light
- Prioritize kitchen among other rooms in houses
- Raise stoves (so the smoke couldnot affect eyes)

b. Change stoves

- Improved Cooking Stove (ICS) can be used
Ex, Bayupanki, Rocket chulo, Mud ICS, etc.

c. Change Fuel

Types of fuel consumption: (*guitha, daura*, kerosene, gas)

The largest reductions in indoor air pollution can be achieved by switching fuel i.e. from solid fuels (biomass, coal) to cleaner and more efficient fuels and energy technologies such as:

- liquidified petroleum gas (LPG)
- biogas
- producer gas
- electricity
- solar power

d. Change Behavior:

Preparation time, dry wood, fuel consumption- e.g., soaking pulses before cooking and taking out food from the fridge before heating to reduce cooking times

➤ **Animal Shed Management**

- Shed should be far apart
- Make surface smooth (cemented and slightly sloped)
- Drain out urine for reuse
- Separate waste (animal dung) generated from shed for composting
- Use separate sleeper
- Hand-washing after cleaning sheds

Review

5 minutes



1. Ask participants to discuss in pairs on the major household sanitation issues they observed in the community and way forward to manage or sort the issues and key messages to manage household sanitation.

2. Ask 2 volunteers to share the major few points of discussion.
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Reflections on Lesson

Total Sanitation

Household Sanitation

Conditions for Household sanitation

1. Traditional cooking stove
2. Waste Outside home
3. Animal shed and kitchen
4. Waste water everywhere outside home
5. Animal dung everywhere outside home
6. Unmanaged Kitchen
7. Smoky Kitchen
8. Dark Kitchen
9. Unmanaged clothes kept outside Home
10. Waste Plastic Outside Home
11. Collected Waste water with sand fly
12. Mortar and pestle (*Silauta*) pecking by chicken
13. Babies feces in house yard
14. Flies flying inside home/kitchen
15. Sick old man coughing
16. Pit composting
17. Separate animal shed
18. Proper drainage for HH waste water
19. Kitchen gardening with vegetables
20. Raising Mortar and pestle (*Silauta*)
21. Kitchen Rack
22. *Machang* for drying utensils
23. Constructed *juthelno*
24. Slippers outside toilets
25. Healthy person
26. Metal improved cooking stove
27. Mud improved cooking stove
28. Separate dustbin for organic and inorganic waste