



Mr. Jan Mohammad demonstrating handwashing steps to his students

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School Principal Installs Sinks with His Own Money

Students who are exposed to unhygienic conditions can become sick and unable to attend school, but simple handwashing with soap can prevent several diseases, such as diarrhea. The Integrated Health Systems Strengthening and Service Delivery (IHSS-SD) Activity has trained 525 teachers to promote positive health and hygiene behaviors among students.

Jan Mohammad, principal of Government Primary School Chamyan and one of the trained teachers, conducts health and hygiene awareness sessions with the 136 students and three teachers at his school, where handwashing after latrine use was not customary.

“It was after the training on hygiene and handwashing that I decided to install a hand-washing sink with my own money for students to wash their hands with soap,” Principal Mohammad explains. Within four days of the training, he had done so.

After installation, the next task was to teach the students how to properly use the sink and to follow the 10 steps of proper handwashing. Initially, students would just wash their hands quickly, but they are becoming more rigorous. They review handwashing methods at least twice a month to reinforce proper technique. After installation, the next task was to teach the students how to properly use the sink and to follow the 10 steps of proper handwashing. Initially, students would just wash their hands quickly, but they are becoming more rigorous. They review handwashing methods at least twice a month to reinforce proper technique.

Mustafa, a student of class 2, did not know about the handwashing steps before the training sessions. “I now wash my hands regularly after latrine use in school, and tell this to my siblings at home too,” says Mustafa.

Sadiq, a student of class 3, says that he did not know about tooth brushing methods or timing before, but now he brushes his teeth twice a day. He also has learned handwashing steps and critical times. He reminds his siblings to wash their hands before eating.

“It is important to wash one’s hands. Consuming water or food with an unwashed hand paves way for germs to enter the body and spreads illnesses. In sickness, people can’t smoothly perform their daily tasks. With clean hands, one remains healthy,” says Principal Mohammad.