

## **Domain 1: Health and Hygiene**

### **Mapped SDG Goals:**

- **SDG 3:** Good Health and Well-being
- **SDG 6:** Clean Water and Sanitation
- **SDG 4:** Quality Education (health education)

## **Domain 1: Health and Hygiene**

### **Key Objectives:**

- Promote awareness about personal and community hygiene.
- Understand grassroots challenges in public health and sanitation.
- Educate communities about preventive healthcare and wellness practices.

### **Activities:**

1. Organize free health check-up camps in collaboration with local PHCs.
2. Conduct hygiene awareness sessions, including handwashing demonstrations.
3. Distribute hygiene kits: soaps, sanitary pads, ORS, etc.
4. Educate on menstrual hygiene through group discussions.
5. Train school children on hygiene practices through games and storytelling.
6. Coordinate village cleanliness drives with youth participation.
7. Promote use of clean drinking water through awareness posters.
8. Visit local Anganwadis and observe healthcare practices for mothers and children.
9. Facilitate yoga and meditation sessions for physical and mental wellness.
10. Prepare case studies on local health issues based on observations and surveys.

**Sample 10-Day Schedule:**

<b>Day</b>	<b>Activity</b>
<b>Day 1</b>	Orientation with community and mapping of health facilities.
<b>Day 2</b>	Conduct household-level hygiene survey & data collection.
<b>Day 3</b>	Handwashing and sanitation demo at school. Menstrual hygiene awareness session with adolescent girls.
<b>Day 4</b>	Community cleanliness drive and street play.
<b>Day 5</b>	Water purification awareness – demo and posters.
<b>Day 6</b>	Mental health awareness and yoga session.
<b>Day 7</b>	Draft case study and conduct focused group discussion.
<b>Day 8</b>	Preparation and Submission of Final Report and Presentation
<b>Day 9</b>	Preparation and Submission of Final Report and Presentation
<b>Day 10</b>	Preparation and Submission of Final Report and Presentation

**Household-Level Survey Questionnaire (Yes/No):**

1. Does your household have access to a clean drinking water source? (Yes/No)
2. Do you wash your hands with soap before eating and after using the toilet? (Yes/No)
3. Do women in the household use sanitary pads or hygienic alternatives? (Yes/No)
4. Does your family use a toilet, or do any members practice open defecation? (Yes/No)
5. Have all members received basic health check-ups in the past year? (Yes/No)
6. Do you treat water before drinking (boiling, filtering)? (Yes/No)
7. Is there a soap or handwash available in the house at all times? (Yes/No)

**Community/Village-Level Survey Questionnaire (Yes/No):**

1. Is there a functioning health center or PHC within 5 km of the village? (Yes/No)
2. Are regular health awareness camps conducted in your village? (Yes/No)
3. Are there public toilets available and maintained in the village? (Yes/No)
4. Does the village have a drainage system for waste water? (Yes/No)
5. Are drinking water sources tested periodically for safety? (Yes/No)
6. Is there a system for collecting and disposing solid waste? (Yes/No)
7. Are hygiene and sanitation topics taught in local schools? (Yes/No)