

# SWACCH AUR SWASTH BHARATH

The seasonal vector borne diseases have gradually started to spread their tentacles in Hyderabad and elsewhere in parts of Telangana and A.P states. The most Economical way to beat these diseases is to stop mosquito breeding and spread cleanliness. For that to happen, there is a need for a collective effort.

Team VNRSF in collaboration with Dr.WATER Company took the initiative and came forward with an event SWACCH AUR SWASTH BHARATH in Mallampet village near Hyderabad. The main motto of this event is to spread awareness on the health of the people by keeping the surroundings clean and tidy as we are all aware of an old saying “Prevention is better than Cure”.

## SWASTH BHARATH CAMPAIGN:

The activities under this part include spreading of awareness on the symptoms, effects and preventive measures to be taken for the vector borne diseases to the residents of Mallampet village. Awareness pamphlets with Symptoms and causes of malnutrition, health and cleanliness tips, were pasted all around the walls of the village, simultaneously interacting one to one with villagers in a pursuit to tell them some cleanliness tips.

<b>व्याधियों से निवारण / रोगों से दूर बनें</b> विशेषज्ञों से सलाह लें खाने से पहले हाथ धोना अधिक पानी पीना मच्छरों से बचाव पानी के स्रोतों को साफ रखें शौचालय में जाने के बाद हाथ धोना सबुन से हाथ धोना कोई स्थिर पानी न रखें	<b>पौष्टिक भोजन खाएं</b> मछरों से बचाव पानी के स्रोतों को साफ रखें शौचालय में जाने के बाद हाथ धोना सबुन से हाथ धोना कोई स्थिर पानी न रखें	<b>विशेषज्ञों से सलाह लें / कुपोषण</b> कुपोषण के कारण: 1-4 वर्ष की आयु में 11 सेमी से कम लंबाई वाले बच्चे 1-4 साल की आयु के बच्चों के हाथ का माप की 11 cm से कम लंबाई वाले बच्चे कुपोषण को रोकने के लिए निम्नलिखित भोजन खाएं दैनिकीय जीवन में स्वस्थ रहें
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Team also interacted with St. Mary's school students giving awareness regarding the importance of hand washing and tips for a healthy hand wash. All the children assured of replicating cleanliness in their life-style which gave the team more positive energy to work.





## SWACCH BHARATH CAMPAIGN:

It was started by plugging ourselves into the field of action by wearing gloves, masks and taking brooms into hands. Then the crusade has been started cleaning few parts of the village and spreading awareness on cleanliness. Phone numbers of scavengers have been given to all the villagers to check on them regularly.

The enthusiastic slogans raised by the team motivated the localities and school children to join their hands and made them a part of the event. During this campaign team clearly understood that Influence on children is more effective than on elders. Also some of the households women felt the senility. This work has once again proved that “Actions speak louder than words”.



This event is just the first step of team's efforts towards enhancement of cleanliness and health in the village and would further be taken to heights.

