



Sanitation Promoter

Syllabus: Make a survey in a given locality and help people in the following ways :

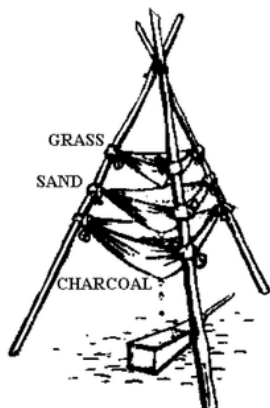
- (i) (a) Using clean water for drinking.
- (b) demonstrate the process of filtering, boiling and storing water.
- (c) Demonstrate the use of charcoal water filter.
- (ii) Protecting grains from rats and other rodents.
- (iii) Protecting cooked food from flies, mosquitoes, dirt etc.
- (iv) Showing the correct ways of disposing the waste and use of compost pit.
- (v) Educating people about the dangers of defecating in the open.
- (vi) Erecting inexpensive and effective latrines.
- (vii) Convincing women on the use of smokeless Chulhas.
- (viii) Enthusing people belonging to at least 25 houses to use health salts with the help of hand bills/posters prepared by herself

(a) Using clean water for drinking.

(b) demonstrate the process of filtering, boiling and storing water..

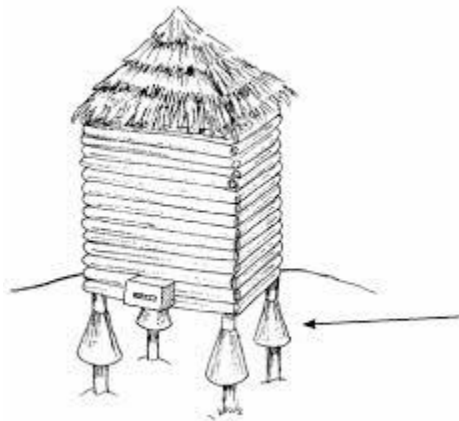
- 1.The least expensive and most effective solution is boiling. Boiling will kill bacteria, parasites, and viruses. Many people advise bringing water to a hard boil for 5 minutes, and perhaps longer at higher elevation.
- 2.Purify water by filtering
- 3.By forcing water through very tiny pores (say .2 microns), you can filter out many of the parasites, including Giardia. Filters are not, however, typically effective against viruses. The main advantage with filtering, is that you can consume the filtered water immediately.
- 4.Boiling and Filtering

c) Demonstrate the use of charcoal water filter



Protecting grains from rats and other rodents

Storing Food Grains After harvest, much grain is lost to rodents, insect pests, or rot. To protect grains in storage: Dry and store the grains as soon after harvest as possible to avoid loss in the fields. Well-dried grains should be soft enough to break with your teeth and dry enough that they make a good cracking noise. Store dried grains in well-sealed, clean containers in a place protected from moisture and pests. Smoke the grain before it is stored to kill pests



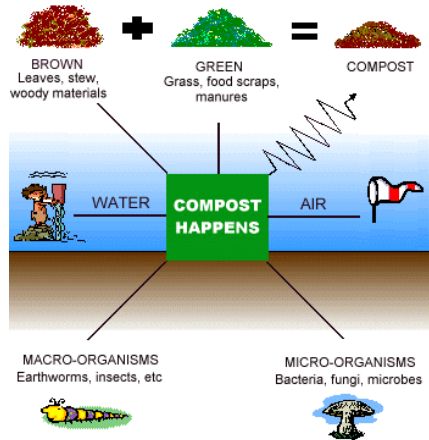
Protecting cooked food from flies, mosquitoes, dirt etc.

Protecting cooked food from flies, mosquitoes, and dirt is important for maintaining food safety and hygiene. Here are some practical tips to help you keep your food safe:

1. **Use Food Covers:** Use mesh food covers or cloches to shield dishes from flies and other insects. These are especially useful for outdoor dining.
2. **Use Food Storage Containers:** Store cooked food in airtight containers to keep insects and dirt out. Glass or plastic containers with secure lids work well.
3. **Refrigerate Promptly:** Store cooked food in the refrigerator if it's not being consumed immediately. This not only keeps it safe from pests but also helps maintain its freshness.
4. **Clean Surfaces Regularly:** Ensure that the surfaces where food is prepared and served are clean and free from crumbs and spills that might attract insects.
5. **Use Insect Repellents:** For outdoor areas, consider using insect repellents like citronella candles or sprays to deter flies and mosquitoes.
6. **Cover Food During Prep:** When preparing food, keep it covered as much as possible to avoid exposure to airborne contaminants.
7. **Use Screens on Windows and Doors:** Ensure that windows and doors are equipped with screens to prevent flies and mosquitoes from entering indoor spaces.
8. **Dispose of Trash Properly:** Keep trash bins sealed and dispose of garbage regularly to avoid attracting pests.
9. **Utilize Food Wraps:** Use plastic wrap or aluminum foil to cover dishes when storing them, especially if they are left out for a short period.
10. **Serve Food Under a Canopy:** If dining outdoors, set up a canopy or tent to provide some shelter and reduce the chance of insects landing on the food.

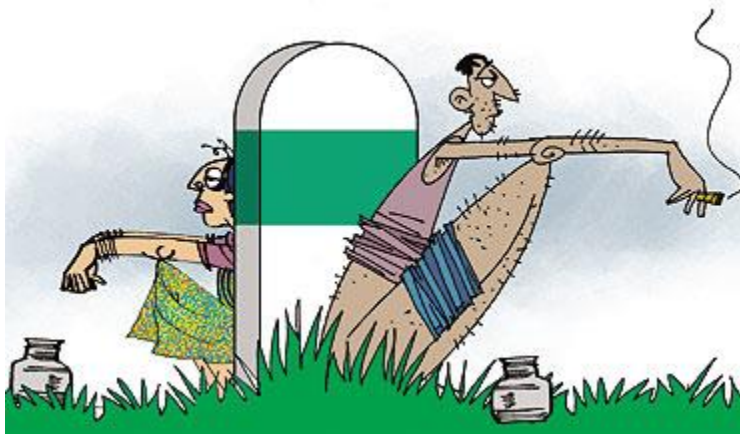
Showing the correct ways of disposing the waste and use of compost pit

Dispose Waste regularly and at a proper place away from your house. Keep the garbage bin covered at all times. Cover your food always. Freshly cut fruits, cooked food, meat etc. attract flies a lot more than covered stuff. Using window nets is yet another measure to prevent flies from entering your house. Window screens not only stop the flies from invading your house but also help you enjoy the cool breeze at all times. Using insect repellent sprays is one of the measures to keep those flies at bay. But one should make sure to keep the spray away from Keep garbage covered food and children.

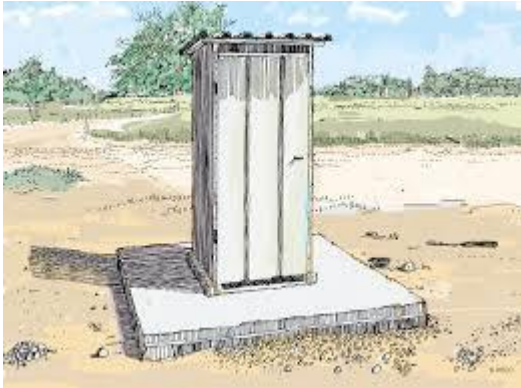


Educating people about the dangers of defecating in the open.

Open defecation refers to the practice whereby people go out in fields, bushes, forests, open bodies of water, or other open spaces rather than using the toilet to defecate. The practice is rampant in India. Did you know? One GRAM of faeces contains: • 10,000,000 viruses • 1,000,000 bacteria • 1,000 parasite cysts Child faeces contain more germs than adults'. Women and girls face shame and a loss of personal dignity and risk their safety if there is no toilet at home. They have to wait for nightfall to relieve themselves in privacy.



Erecting inexpensive and effective latrines.



Convincing women on the use of smokeless Chulhas.

Smokeless Chulha is chulha engineered with special technique keeping the needs of rural women in mind. Traditional chulha consumes more fuel and impacts the health of the women because of the indoor pollution that it causes and the industrious work involved in collection of wood. Rural women spend their productive time in collection of fuel wood, which keeps them away from constructive works and self-development. Simultaneously, it's environmentally unsustainable. Traditional Chulha also consumes more time, which further reduces time available with these women for themselves.



Smoke less chulhas