



**LASOONA**  
*Society For Human & Natural Resource Development*

## CASE STUDY

### A HEALTHY OUTSIDE START FROM INSIDE

Project: IDP, s Emergency Response Wash-KPK



**CHALLENGE** As the on-going conflict in FATA triggered huge human, infrastructure and other livelihood losses, it has also rendered and displaced thousands of people from their native lands to other settled areas of the KPK either to their relatives or into the formal and informal camps set up for these IDPs.

Bajuar and Mohmand Agencies and most recently the Khyber Agency, are the worst hit of FATA areas where people had to run for their lives and left their homes and livelihoods in confusion, among inhabitants who affect by conflict one is Asal Khan who has no option other than to take refuge in Jalozai camp Nowshera with his family .Jalozai camp Nowshera provide relief and emergency assistance to IDPs. Asal Khan Is a young Boy 14 years old and he is living in Phase 2 Sector A/3 tent #1 registered with PDMA by his father Ayub Khan.

**INITIATIVE** LASOONA Society for human and natural resource development with the support of UNICEF have started to implement a project “Provision of WASH Services in Jalozai Camp (phase 1, 2 & 3), Nowshera” with a view to preventing and reducing the incidence of water and sanitation related diseases among 17,357 IDPs, (males, females and children) in the IDP camp Jalozai. The proposed WASH interventions include maintenance of water and sanitation facilities provided in the camp, installation of laundry places, rest rooms, washing pads, wash rooms, and hygiene promotion also decommissioning of WASH facilities on camp closure, within the framework of the UNICEF core commitments for children (CCC) in emergency.



When the hygiene team of Lasoona organization visited the family they came to know that the family of Asal khan is facing various kinds of diseases including diarrhea and scabies. When the team further inquired the family, they told Lasoona PHPs that they regularly visit the doctor and use medicines but the medicines are useless in curing of the mentioned diseases.

By probing the family Lasoona PHPs realized that no one in the family was aware of the proper hygiene practices, mother of the children not used to wash hands before cooking and serving the meal or before feeding the babies. Similarly Asal Khan family did not know appropriate technique of preparing ORS to treat diarrhea. Lasoona hygiene teams arranged the session with Asal Khan family and also with their neighbors and sensitize them on personal, food, domestic and other indicators of hygiene.



**RESULTS** After this, hygiene team with WQA regularly visit the targeted family and guided them towards best hygiene practices and in a period of few weeks it was observed that the family has now started practicing the basic hygiene principals. They were now aware of the importance of washing hands with soap before eating and after using latrine. The lady has learnt to wash hands before feeding the baby and after cleaning her children. The children were using the latrines properly and their house was found neat and clean. The ultimate result was that the family got rid of the diseases especially diarrhea to a greater extent. The family was now very much grateful to the Hygiene team of the organization and thanked them for demonstrating them the best way to safeguard themselves from various diseases.

The family committed that from now onwards they will always follow the best hygiene principals especially washing hands with soap, and will share their experiences with the other people in the camp. Thus the family assured to promote Hygiene Practices in the entire community of their Phase.

Nothing is more important in this world than health. If you are healthy you can live a prosperous life, while supporting your family and holding a better position in the society. Therefore it is said, "Your body hears everything your mind says".