

Sanjha Vehra (SV) – Sensitizing youth regarding Health & Hygiene

Pakistan’s rural areas usually have little to no access to health services, medicine, and the proper nutritional guidance required to raise healthy children. In such areas, lady health workers (LHWs) could play an important role in providing vital information to mothers. Idara-e-Taleem-o-Aagahi (ITA) has arranged for lady health workers (LHWs) to visit all of the SVs at least twice a week. These LHWs conduct health sessions with the area’s female community and answer all of their questions in detail. LHWs also conduct sessions with the children enrolled in SVs using storytelling to motivate them to adopt healthy habits. To make these sessions with children more interactive, ITA has also provided each centre with an ECE Kit “AAO MIL KER SEEKHEIN” which contains health related games, colorful health checklists, and a puppet show.

SVs are bringing about positive change in this area and have transformed the bad habits of many enrolled children who used to eat soil. Several mothers have visited Early Childhood Development (ECD) Daycare Centres / SVs to share the stories of the healthy behavioral changes brought about in their children.

During one such session in Basti Malook, District Muzaffargarh, a mother shared the story of her son, Shaheer: *“My son used to eat soil. I was very afraid as I had tried every tactic to stop him from doing so. I even put red chilies in his mouth to punish him, but everything failed. I caught him red handed many times but I was clueless and had no solution”*.



Shaheer participated in storytelling and game sessions at SV Basti Malook. Gradually, he understood that his bad habit of eating soil is harming his stomach and lungs. After receiving satisfactory answers to his questions and learning about diseases and soil worms, he has decided to change his habit of eating soil. “I will not ever eat soil again because I don’t want to go to hospital”, says Shaheer in a cute manner.