

PROMOTION OF SANITATION IN ANGANWADIS



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2. Oral Rehydration Therapy consisting of a simple treatment with salts and glucose in water for a child suffering from diarrhoeal dehydration the number one child killer.
3. Breastfeeding to nourish and protect the young infant from infection and good weaning practices during the transition to family food, a period of high risk from malnutrition.
4. Immunization against tetanus, measles, polio, whooping cough, diphtheria and tuberculosis which cripple and kill millions of children every year.

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IND/87/WES/020

**PROMOTION OF SANITATION
IN ANGANWADIS**

United Nations Children's Fund
New Delhi
1988

Published by:

United Nations Children's Fund
Regional Office for South Central Asia
73, Lodi Estate, New Delhi-110003

First published 1985
Revised August 1987
Reprinted January 1988

UNICEF

Promotion of sanitation in Anganwadis 1985. Revised Edition 1987. Reprinted
Jan. 1988. UNICEF, New Delhi. 23 pp (Publication No. IND/87/WES/020)

Index terms:

1. India, Sanitation, Anganwadis 2. Child Care Centres, Sanitation 3. Sanitation
Promotion, Child Care Centres, India 4. Author 5. Title.

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4. THE PROGRAMME

As part of UNICEF cooperation in India, scheme support for the orientation of ICDS field staff on sanitation and provision of sanitation facilities to anganwadi centres should be promoted. The immediate objective is to collaborate with the state governments to implement some projects on a demonstrational scale in selected areas. This will provide the basis for the development of a long-term strategy at the state level aimed at the provision of sanitary facilities in anganwadi centres as part of ICDS programme. The present objective can be promoted through a dialogue between the concerned state officials and UNICEF zone offices.

4.1 Formulation of Scheme

The formulation of the scheme will involve the orientation of ICDS staff to promote sanitation and the construction of latrine facilities to reinforce the education programme. Decisions have to be made on the size of the programme, project area funding pattern, including contribution from the community unit design and the implementing agencies. In connection with the construction of latrines, it is recommended that priorities be given to the centres located on government/panchayat lands. For those centres located on rented premises, one possible alternative is to motivate the landlord to contribute, say 50 per cent of the cost of the unit through deduction of rent. The recommended steps for the scheme formulation are outlined in Appendix A.

4.2 Sanitation Education and Staff orientation

The anganwadi worker provides health education to mothers and non-formal preschool education to children as part of her activities under the ICDS programme. A short orientation on sanitation to improve the capability of the Child Development Project Officers (CDPOs), Supervisors and Anganwadi workers for imparting sanitation education is an important component of this scheme. Experience to date gained by some states in conducting the orientation courses with UNICEF collaboration has highlighted the necessity of such courses. Institutions such as Home Science College, Medical College or suitable non-government organisations can be resource teams for the course. Guidelines on the organisation of the orientation course is given in Appendix B.

Education materials to support the anganwadi workers in imparting sanitation knowledge are vital. To date UNICEF has produced sets of flash cards on sanitation (1) and an anganwadi sanitation booklet (2).

UNICEF will collaborate with the respective state governments to develop further educational aids as necessary.

(1) A set of flash cards entitled "Towards Better Health" covering six sanitation topics—by UNICEF (1987)

(2) Anganwadi Sanitation—by UNICEF (1987)

4.3 Construction of Latrine

A few salient features which can be kept in mind by the Anganwadi Worker at the time of latrine construction are as follows:

- (i) Nearness to centre—The latrine should be built near the anganwadi centre to make it convenient for the children to use the unit;
- (ii) Proximity to water source—The latrine should be quite near the water source (see iii) so as to ensure easy cleaning and proper maintenance;
- (iii) Safe distance from water source—Whilst locating the latrine near the water source, minimum safe distance between the latrine and the water source must also be ensured to avoid the risk of ground water pollution as per details given under Section 6.4.

The construction work can be executed in several ways, for example (a) departmentally by the nodal Ministry; (b) local labour under the supervision of the Ministry concerned; (c) local contractors. The choice of the alternatives will depend largely on the cost, quality and reliability of the work. Experiences to date favour the second alternative. UNICEF will provide the training of local masons, as necessary. Technical guidance can be provided by the Block Level Engineer or the District Engineer of the public Works/Public Health Engineering Department.

4.4 Maintenance

The success of the whole scheme will depend on the proper maintenance of the lavatories. A workable maintenance system including provision of funds for basic tools (i.e. bucket and broom) should be evolved before the project is launched. The anganwadi worker, after being suitably oriented, will teach children the correct way to use the latrine. The unit should be inspected every day by the anganwadi worker and the helper for cleanliness.

Since the easy availability of water for cleaning of toilets, and personal usage including washing of hands are vital, a storage tank with a capacity of about 200 litres should be provided as shown in Figures 1 and 2. The CDPO should provide funds for the purchase of soap for use by the children. In case where piped water is available within the centre or nearby, this can be extended to the water tank. UNICEF will assist through the provision of pipes and fittings.

Where funds are not available with the centres for toilet repair works, the community should be encouraged to contribute.

5. TYPE OF LATRINES

The types of sanitary latrines already in use on a small scale in the rural areas are as follows:

5.1 Pour Flush Waterseal Latrine

This type is recommended where sufficient water is available for flushing, and where the people use soft material or water for anal cleaning. Since the pan has a steep base slope (25° to 30°) and the waterseal is 20 mm, only two litres of water are required for flushing. The design is shown in figures 1 and 2.

The latrine has two pits and has the advantage that when one pit has been filled up, the excreta is diverted into the other pit. When the filled pit is left for about two years, the content becomes rich organic humus and can be handled safely. The added advantage is that the waterseal latrine is odour, fly and mosquito free.

5.2 Pit Latrine (Ventilated Improved Pit—V.I.P.)

This type of latrine, illustrated in figure 3, is suitable in places where water availability is limited and solid material such as leaves, stones etc. is used for anal cleaning. The V.I.P. design utilises the principle of natural convection to remove odour from the pit through a vent pipe of 100 mm to 150 mm diameter located on the sunny side to create an updraft. The flies in the pit follow the direction of air flow and the direct sunlight which penetrates through the vent pipe. A fly screen at the top of the pipe traps the flies.

5.3 Reed Odourless Earth Closet (ROEC)

This design as given in figure 4 is similar to the V.I.P. latrine except that the pit is offset and the fear of falling into the pit does not arise. The essential feature is a chute made of metal or PVC pipe of 150 mm to 200 mm diameter, cut to shape, which directs the excreta into the offset pit. The chute is set at a steep angle of 30° to the vertical to facilitate the discharge of excreta into the pit. However, the chute can still be fouled and will require cleaning with water occasionally, using a long-hand brush, to discourage fly breeding. A removable cover for the chute entrance should be provided.

6. DESIGN CONSIDERATIONS

Some of the pertinent design aspects are discussed below:

6.1 Latrine Superstructure

The size of the superstructure is optional depending on the physique of the users. An internal dimension of 900 mm x 900 mm and of height 1800 mm for a one seat latrine is generally adequate.

6.2 Footrests

The footrests minimise the fouling of the squatting slab by excreta. They should be positioned along the central opening and be wide enough to permit convenient use by the both children and adults.

6.3 Size of Sludge Pits

The sludge accumulation is computed on the basis of 40 children with the assumption that 15 per cent of the children will use the latrine for defecation daily. The sludge accumulation per child has been taken as 50 per cent of that of an adult (i.e. $0.5 \times 0.045 \text{ M}^3$ per year). A pit service of three years has been considered for waterseal latrine which gives the sludge volume of each pit as 0.35 M^3 , having effective size of 1.0 m diameter and 0.7 m depth including a freeboard of 0.2 m. the depth has been increased to 1.0 m to allow for occasional usage of the latrine by the mothers who accompany the children to or attend the anganwadi centres.

A pit service of ten years has been considered for the dry latrine which gives the volume of the pit as 2.0 M^3 , having effective size of 1.0 m x 2.0 m and 1.5 m depth, including a freeboard of 0.4 m. After the pit has been filled, the sludge has to be removed or a new latrine has to be constructed.

6.4 Risk of Domestic Water Pollution

Safe excreta disposal at the expense of polluting water sources for domestic purposes should be avoided. In clay and sand formation, and where the water table is more than 2 meters below the pit bottom, the distance of the pit from the water well should not be less than 10 m. With higher water table, the distance should be increased to 15 m. In rock formation where the pit bottom is more than 5 m above the water table, a distance of 15 m is recommended; for higher water table, alternative design should be considered. More detailed guidelines are provided in Figure 5.

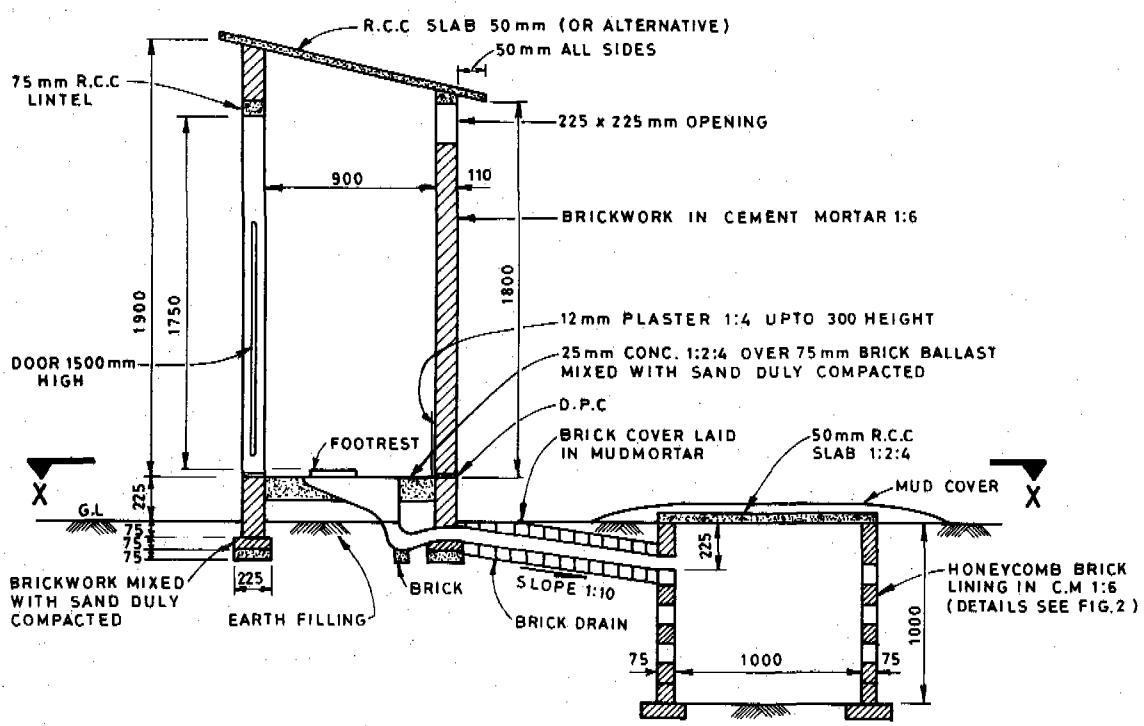
7. COST ESTIMATES

For illustrative purposes, cost estimates of material and labour requirements based on 1986 Delhi prices for the waterseal, VIP and ROEC units using brick superstructure are listed in Tables 1 to 3 and summarised below:

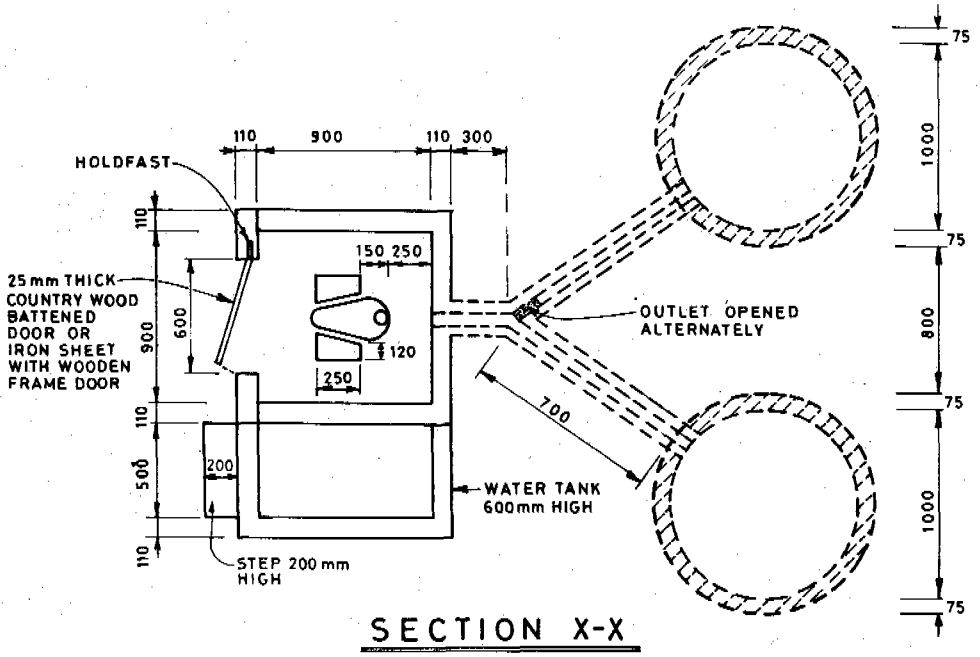
	Rs.
(a) Waterseal unit (brick superstructure, RCC slab roof)	1700/-
(b) VIP Unit (brick superstructure, GI sheet roof)	2100/-
(c) ROEC unit (brick superstructure, GI sheet roof)	2130/-

The **choice** of materials for construction will vary in different areas depending upon type of construction materials available and the local construction skills.

DUAL PIT WATER SEAL LATRINE



SIDE - VIEW SECTION

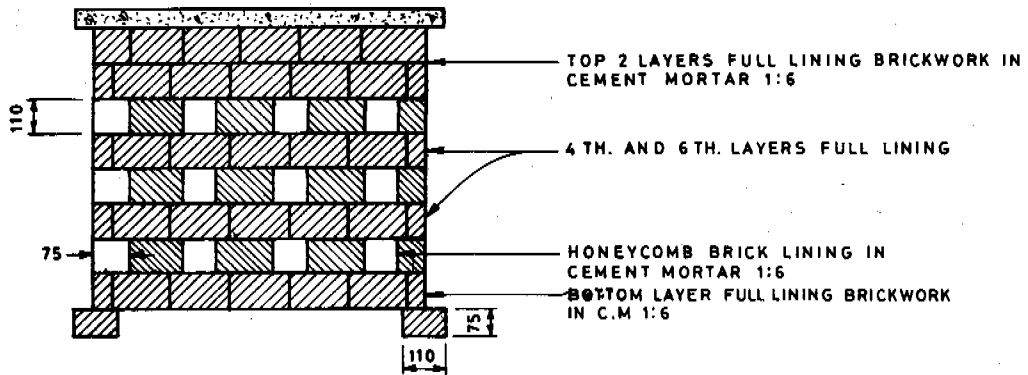


SECTION X-X

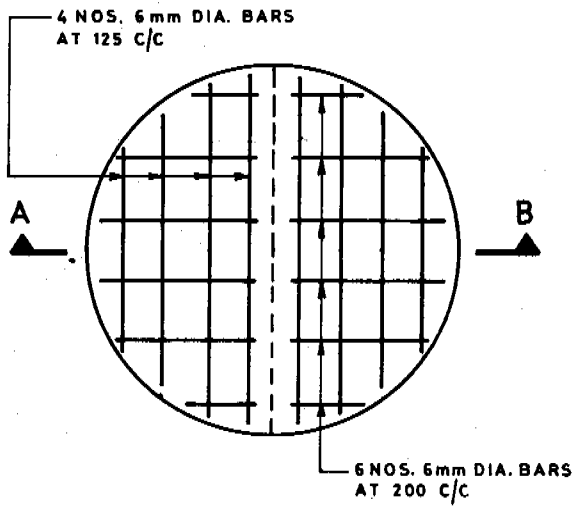
- NOTES :-**
- 1 DEPTH OF FOUNDATION VARIABLE TO SUIT SOIL CONDITIONS
 - 2 ALL DIMENSIONS ARE IN mm

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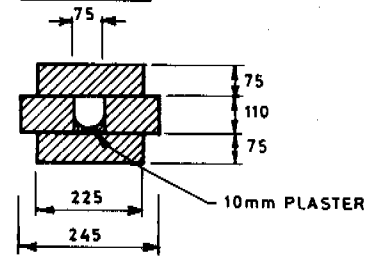
CROSS SECTION - PIT LINING



REINFORCEMENT DETAIL OF PIT COVER

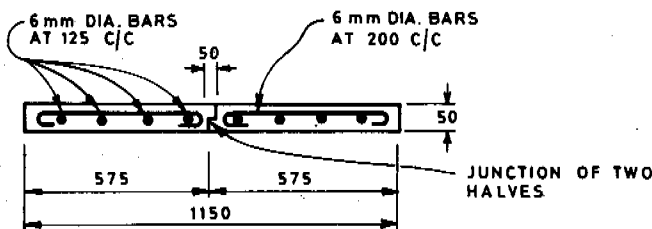


DETAILS OF BRICK DRAIN



NOTES :-

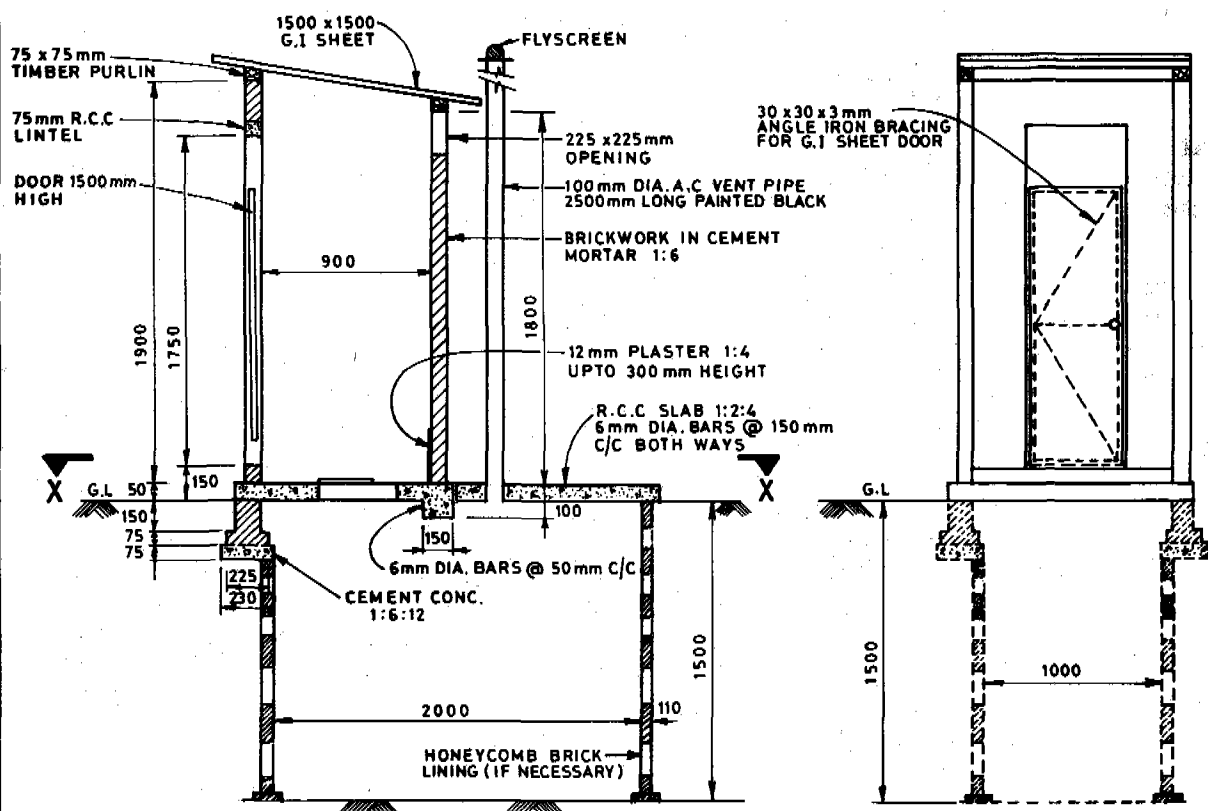
1. PROVIDE HANDLES TO PIT COVERS (USING 6 mm DIA. BARS)
2. ALL DIMENSIONS ARE IN mm



SECTIONS A-B

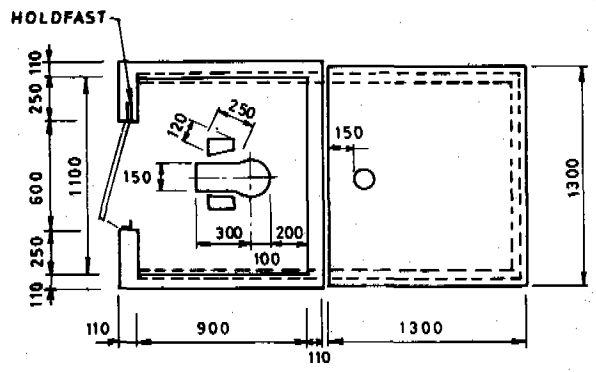
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VENTILATED IMPROVED PIT LATRINE



SIDE-VIEW SECTION

FRONT VIEW



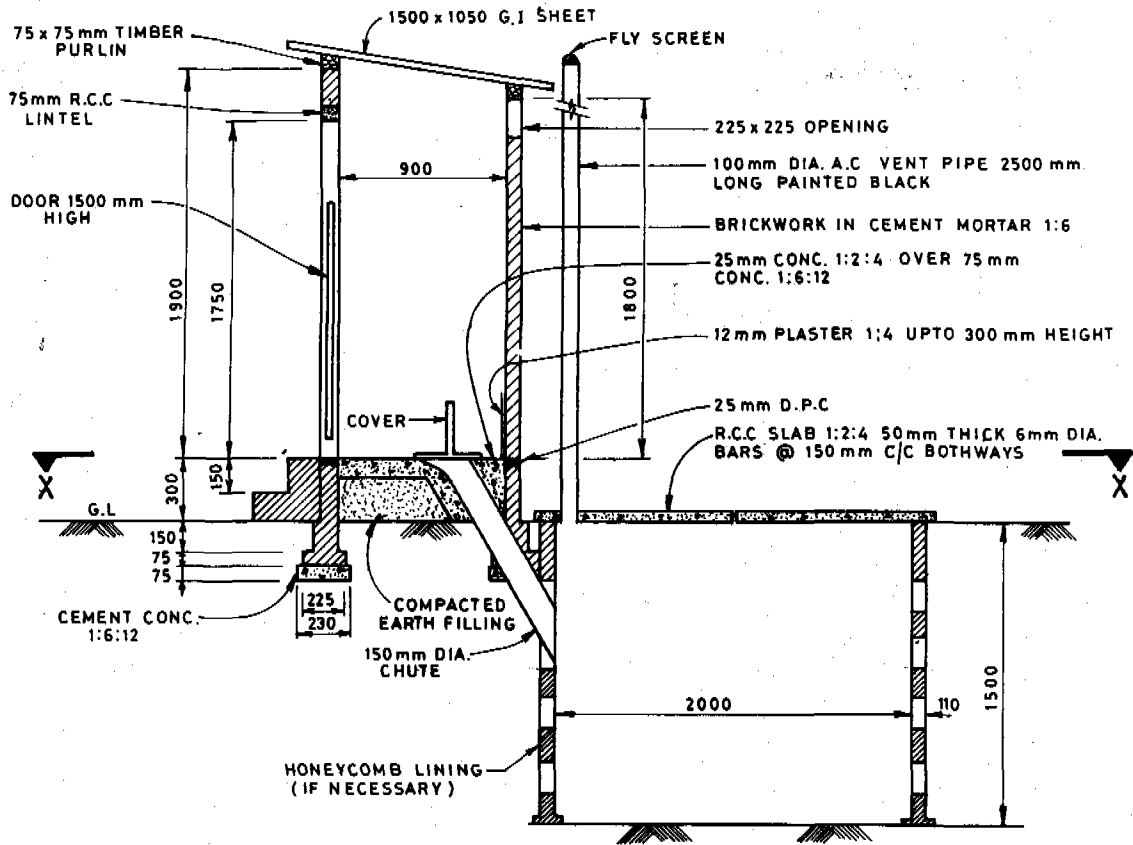
SECTION X-X

NOTES:-

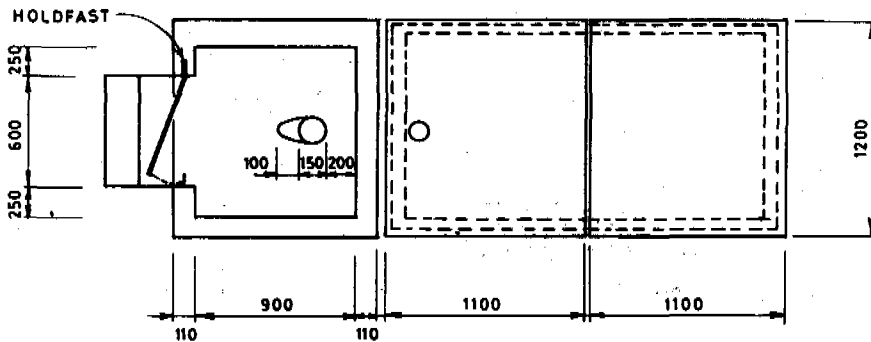
- 1 DEPTH OF FOUNDATION VARIABLE TO SUIT SOIL CONDITIONS
- 2 ALL DIMENSIONS ARE IN mm

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REED ODOURLESS EARTH CLOSET



SIDE-VIEW SECTION



SECTION X-X

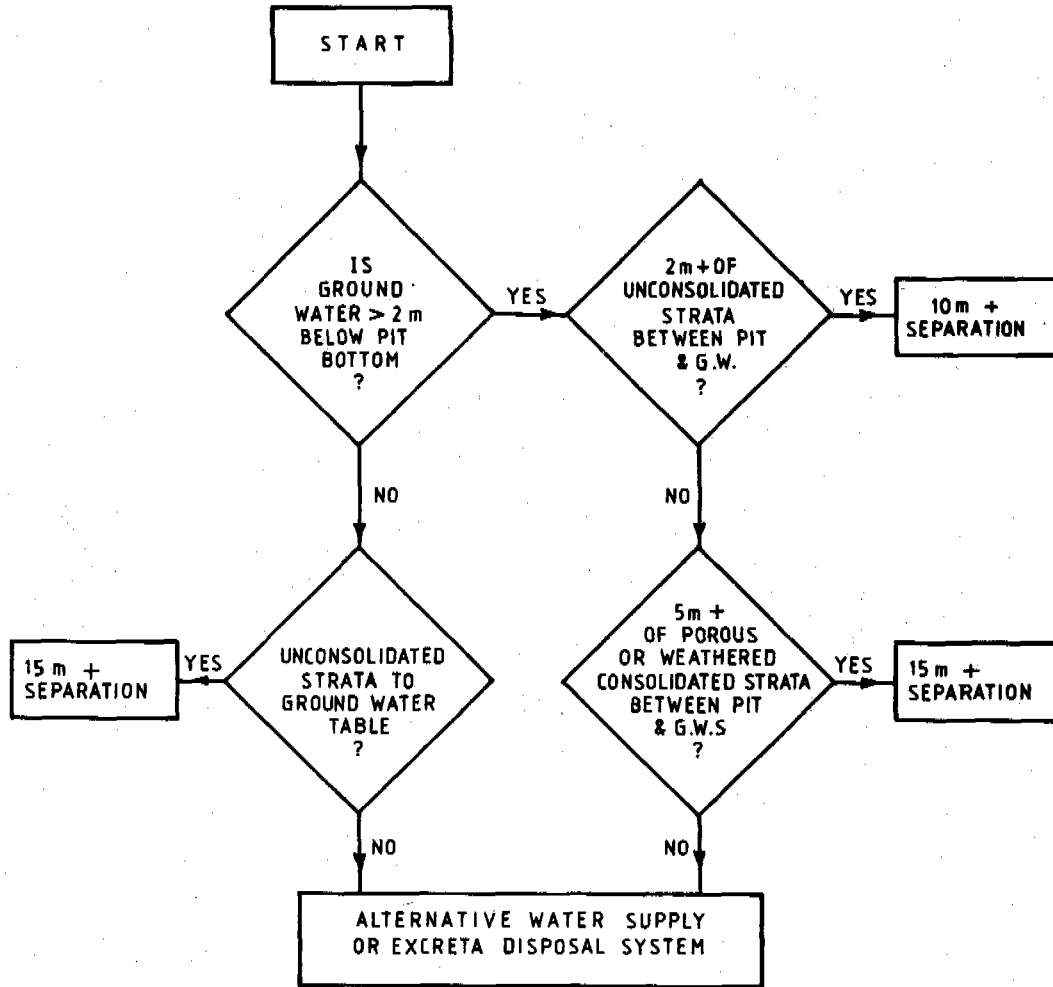
NOTES :-

- 1 FRONT VIEW SIMILAR TO FIGURE-3
- 2 DEPTH OF FOUNDATION VARIABLE TO SUIT SOIL CONDITION
- 3 ALL DIMENSIONS ARE IN mm

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Figure 5

**SELECTION OF DISTANCE BETWEEN LATRINE PITS AND
WATER SUPPLY INSTALLATIONS**



NOTE : UNCONSOLIDATED MEANS SOILS AND SEDIMENTS (SILT - SAND)
CONSOLIDATED MEANS SOFT AND HARD ROCKS.

Table 1 : Material and Labour requirements for pourflush waterseal latrine

Item	Unit	Qty.	Cost/Unit(1) Rs.	Amount Rs.
Bricks	No.	900	0.45	405.00
Cement	Bag	5.0	55.0(2)	275.0
Sand	M ³	0.9	60.0	54.0
Brick Ballast	M ³	0.13	75.0	9.75
Aggregate	M ³	0.2	110.0	22.0
Mild Steel (pit cover and roof slab)	Kg	11.0	7.0	77.0
Door (including fittings)	No.	1	200.00	200.00
Fibre glass pan & trap	No.	1 set	100.00	100.00
White lime	Kg	2.2	7.00	15.40
Colouring material	Kg	0.25	5.00	1.25
Mason	man-day	5	50.00	250.00
Unskilled labour	man-day	6	20.00	120.00
			Sub Total	<u>1529.40</u>
			10% contingencies	<u>153.00</u>
			Total	<u>1682.4</u>
			Say	1700

Note :

(1) New Delhi prices 1986

(2) Rate based on Govt. Dept. price.

Table 2 : Material and Labour requirements for V.I.P. Latrine

Item	Unit	Qty.	Cost/Unit(1) Rs.	Amount Rs.
Bricks	No.	1050	0.45	472.50
Cement	Bag	4.5	55.0(2)	247.50
Sand	M ³	0.7	60.0	42.00
Aggregate	M ³	0.4	110.00	44.00
Brick ballast	M ³	0.1	75.0	7.50
G.I. Sheet 26 gauge (3) (1500×1050 mm)	No.	3	120.00	360.00
Angle iron for door reinforcement (30×30×3 mm)	Kg	8.4	7.0	58.80
Mild Steel hold-fast (door)	No.	4	2.00	8.00
Mild Steel hold-fast (pit cover and Lintel)	Kg	12.0	7.0	84.00
Timber (roof purlin)	M ³	0.013	6200.00	80.60
AC vent pipe (100 mm dia) (4)	M	2.5	41.00	102.50
Mason	man-day	5	50.00	250.00
Unskilled labour	man-day	7	20.00	140.00
			Sub Total	1897.40
			10% contingencies	190.00
			Total	2087.40
			Say	2100.00

Note :

- (1) New Delhi prices 1986
- (2) Rate based on Govt Dept price.
- (3) 1½ sheets for roof and 1 sheet for door
- (4) Actual requirement is 1.5 m

Table 3 : Material and Labour requirements for ROEC.

Item	Unit	Qty.	Cost/Unit(1) Rs.	Amount Rs.
Bricks	No.	1050	0.45	472.50
Cement	Bag	4.5	55.0(2)	247.50
Sand	M ³	0.7	60.0	42.00
Aggregate	M ³	0.4	110.00	44.00
Brick ballast	M ³	0.1	75.0	7.50
G.I. Sheet 26 gauge (1500×1050 mm)	No.	2	120.00	240.00
Angle iron for door reinforcement (30×30×3 mm)	Kg	8.4	7.0	58.80
Mild Steel hold-fast (door)	No.	4	2.00	8.00
Mild Steel hold-fast (pit cover and Lintel)	Kg	9.5	7.0	66.50
Timber (roof purlin)	M ³	0.013	6200.00	80.60
AC vent pipe (100 mm dia)	M	2.5	41.00	102.50
PVC Pipe (150 mm dia)	M	2.0	86.00	172.00
Mason	man-day	5	50.0	250.00
Unskilled labour	man-day	7	20.00	140.00
			Sub Total	1931.90
			10% contingencies	193.00
			Total	2124.90
			Say	2130.00

Note :

(1) New Delhi prices 1986

(2) Rate based on Govt Dept price.

APPENDIX A—FORMULATION OF THE SCHEME

The following procedures are suggested:

- (i) Discussion at the State level between Government counterparts (Department of Social Welfare) and UNICEF on the activities of the scheme such as sanitation orientation of ICDS staff and the construction of sanitary facilities for anganwadi centres.

Agreement can be reached, in principle, on the preliminary details such as size of programme, project area, funding pattern and possible implementing agency etc. The size of the programme in the initial stage should be within the capability of the organisation for execution. As a guide, it is suggested that a scheme consisting of 200-300 anganwadi centres be taken up in the first instance.

- (ii) Discussion between the Director/Deputy Director of the Department of Social Welfare, Child Development Project Officers (CDPOs) and UNICEF on the details of the scheme including the designation of a Project Coordinator.
- (iii) Filling up of survey questionnaires by ICDS Supervisor to enable finalisation of the list of project centres. (Survey format given in Table A-1).
- (iv) Planning the schedules of activities for the sanitation orientation of ICDS staff and the training of Junior Engineers and local Masons.
- (v) Visit to project areas and to a sample of selected centres; formulation of the methodology for maintenance of the units, and finalisation of the design including cost of estimates.
- (vi) Finalisation of plan of action.
- (vii) Training of Junior Engineers and Masons.
- (viii) Orientation of the CDPOs, Supervisors and Anganwadi workers.
- (ix) Start the construction of sanitary facilities.
- (x) Monitoring of the progress of implementation through monthly reports and field visits by the Project Coordinator.

Table A-1 : Survey of Water Source in Anganwadi and Proposed Anganwadi Latrine Maintenance

Name of Anganwadi: _____

Village: _____ Block: _____ District: _____ State: _____

Anganwadi located on : Government/ Panchayat/Rented Premises

Number of children: Boys _____ Girls _____

Number of visiting expectant and nursing mothers _____

Type of water source in or near anganwadi compound	YES	NO	Distance from anganwadi in M	Months water not available	Remarks
Pond or stream					
Open Well					
Tube-well/Hand-pump					
Piped water					

1. Is a latrine necessary for the anganwadi? YES/NO

If NO, give reason _____

2. If a latrine is constructed, how will it be maintained?

(a) By anganwadi workers, helpers and children. YES/NO

(b) By Sweeper. YES/NO

Do you have a sweeper for the anganwadi? YES/NO

If NO, how will money be raised to employ one?

Parent Association/Panchayat/Other _____

(c) Brush/broom:: YES/NO

(d) Bucket: YES/NO

If NO who will provide?

Parent Association/Panchayat/Other _____

Signed by Anganwadi Worker _____

APPENDIX B—GUIDELINES ON THE ORGANISATION OF SANITATION ORIENTATION CAMPS FOR CDPOs/SUPERVISORS AND ANGANWADI WORKERS.

1. STRATEGY

The aim of the orientation course is to orient the CDPOs and Supervisors as resource persons who in turn would orient the anganwadi workers. The CDPOs and Supervisors should be oriented by resource teams from suitable institutions which are experienced in the field of sanitation and training.

The team should consist of the training director assisted by two technical members (preferably one male and one female). A helper from the locality will assist the team in the demonstration work. The programme is described in the section below.

The camp is of a two-day duration and the following pattern is suggested:

1st Camp: (days 1 and 2): 4 – 5 CDPOs and 16-20 Supervisors will be oriented by the resource team.

2nd Camp: (days 3 and 4): 25 anganwadi workers will be oriented by the freshly trained CDPOs and Supervisors under the guidance of the resource team.

The objective of adopting this pattern is to give the CDPOs and Supervisors the opportunity to gain experience in conducting the second camp under proper guidance of the resource team. In practice, four orientation camps of eight-day duration can be coordinated in one stretch, so that two batches of CDPOs and Supervisors can be trained by the same resource team.

2. PROGRAMME AND ACTIVITIES

This programme envisages to provide basic sanitation knowledge, both theoretical and practical, to CDPOs, Supervisors and anganwadi workers. Education materials for distribution to the participants are listed in **Table B-1**.

This part of the scheme can be taken up on its own in situation where the component of sanitary latrine construction is implemented at a later stage.

Each participant will be given a Certificate on completion of the training session.

The practical work includes field demonstration on the construction and usage of soakage pits and smokeless chulhas. Prior to the camp, a sanitary latrine will be constructed at the selected camp site. The use and maintenance aspects of the unit will be explained to the participants.

During the training period, the participants will have adequate experience in the construction of soakage pits and good understanding of the concept and function of a smokeless chulha. However, a more intensive training will be required for mastering the skill in the building of smokeless chulhas. Such a programme can be formulated separately. The schedules for CDPOs, Supervisors and anganwadi workers are given in **Table B-2**.

3. CAMP SITE

The camp site should be in one of the anganwadi centres unless accommodation facilities are not available nearby. This is very important from the practical point of view as this will also demonstrate to the anganwadi workers how to apply the sanitation knowledge to the benefit of the community.

4. ROLE OF DEPARTMENT OF SOCIAL WELFARE AND UNICEF

The Director/Deputy Director of the Department of Social Welfare shall be responsible for the planning and implementation of the orientation programme.

UNICEF will assist in identifying suitable local training institutions for orientation of the CDPOs and Supervisors. Where necessary, consultants can be employed by UNICEF to conduct the first orientation camp to support the local training team (or the latter acting as observers). UNICEF will provide training materials and will collaborate with the Department of Social Welfare in developing further materials as necessary.

5. MONITORING

The training institution(s) shall submit a short report after each orientation session to the Director of Social Welfare with a copy to UNICEF. Similar reports will be submitted to the Director of Social Welfare and UNICEF by the CDPO/Supervisors after each orientation camps for anganwadi workers.

The impact of the orientation camp on improved sanitation and hygiene practice in the centres will be monitored using the attached Form B.1 and B.2.

6. FINANCIAL INPUTS

The contribution from the Department of Social Welfare will be the material requirements for building the demonstration latrines at the training camps, soakage pits and smokeless chulhas, provision of vehicles for transportation, and travel expenses, and per diem (if any) for participants.

UNICEF's input includes consultancy fees for the Institute/resource teams (if any), board and lodging for all the trainees in/near the camp sites, stationery, education materials and fuel for transportation.

Table B.1 : Education Materials for Orientation of CDPOs, Supervisors and Anganwadi workers

1. Sanitation orientation camp schedule.
2. Booklet on Anganwadi Sanitation.
3. Set of flash cards on six sanitation topics.
4. Check list of completed unit (Form B.1—to be filled in by the Supervisor/anganwadi workers and sent to CDPOS.
5. Monitoring Forms:
 - (I) Anganwadi sanitation and hygiene monthly evaluation forms. (Form B.2).
 - (II) Summary of Anganwadi sanitation and hygiene evaluation forms (Form B.3)

Table B.2 :Time Table of Sanitation Orientation Camp

Day-1

Morning

0900-0930	Registration of the participants.
0930-0945	Inauguration address
0945-1000	TEA BREAK
1000-1015	Objectives of the orientation
1015-1045	Village sanitation and the role of anganwadi worker to promote better rural sanitation.
1045-1145	Sanitation and diseases transmission, sanitation and health, personal hygiene, home sanitation, food hygiene and protection of drinking water.
1145-1230	Sanitary facilities for disposal of human excreta (sanitary latrine), wastewater and garbage/cow dung (soakage pit/bathing cubicle garbage pit). Explanation of the design and functioning of these facilities and smokeless chulha
1230-1330	Discussion
1330-1430	LUNCH BREAK

Afternoon

1430-1600	Demonstration on construction of soakage pit, bathing platform, garbage pit and smokeless chulha
1600-1800	Field visit observation of village and a nearby anganwadi centre.

Day-2

Morning

- 0900-1040 Group presentation of the field observations and suggestions for improvement
- 1040-1110 Communication technique
- 1110-1140 Latrine usage and its maintenance (Demonstration)
- 1140-1300 Formulation of methodologies to create awareness and motivate the community
- 1300-1330 Slide show/film show
- 1330-1430 **LUNCH BREAK**

Afternoon

- 1430-1500 Chlorination of drinking water at house level
- 1500-1600 Immunization and Diarrhoea Management including preparation of Oral Rehydration Solution
- 1600-1615 Monitoring of sanitation activities
- 1615-1630 Closing remarks and handing out of Certificate

Form B.3 : Summary of Anganwadi Sanitation and Hygiene Evaluation Form

Name of block : _____ District: _____ State: _____

Name of Supervisor : _____ Reporting period: _____

No. of anganwadi centres in the block: _____

No. of anganwadi centres which submitted the forms : _____

Total number of children attending the Centre : _____

	No. of centres indicating	
	YES	NO
1. Does the water pitched in the Centre have a cover?	_____	_____
2. Is the Centre provided with a laddle?	_____	_____
3. Is the cooked food covered to avoid flies?	_____	_____
4. Does the Centre use a garbage bin?	_____	_____
5. Does the Centre have a latrine?	_____	_____
If YES, is the latrine used?	_____	_____
Is the latrine clean?	_____	_____

6. Cleanliness of the children:
 — number of children with clean finger nails _____
 — number of children with dirty finger nails _____

	No. of Centres where topics discussed
7. Sanitation topics anganwadi worker talked to the mothers	
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

8. Action taken by Supervisor:

9. Any other remarks:

Signature of Supervisor: _____ Date: _____

- Note :** 1. This Form will be filled by the Supervisors every three months.
 2. One copy of this Form remains with the Supervisors.
 3. One copy of this Form to be forwarded to CDPO.

List of UNICEF publications on the promotion of sanitation

S. No.	Title	Type	Language
1.	Promotion of sanitation in Primary School	Booklet	English
2.	Promotion of Sanitation in Anganwadis	Booklet	English
3.	School Sanitation	Booklet	English, Hindi, Telugu, Oriya, Marathi, Kanada and Bengali
4.	Anganwadi Sanitation	Booklet	English, Hindi, Telugu, Oriya, Bengali, Marathi, Urdu and Gujarati
5.	Use and Maintenance of Waterseal Latrine	Booklet	English, Hindi, Telugu, Tamil, Oriya, Marathi, Bengali, Gujarati, Kanada, Malayalam and Urdu
6.	Towards Better Health Series		
	i) Waterseal Latrine (for potential beneficiary)	Pamphlet	English
	ii) Waterseal Latrine (Technical Details)	Booklet	English
	iii) Smokeless Chulha	Booklet	English
	iv) Sanitation and Diseases	Flashcards	English, Hindi, Telugu, Tamil, Oriya, Marathi, Bengali, Gujarati, Kanada, Malayalam, and Urdu.
	v) Waste Water and Cattle Dung/Garbage disposal	"	
	vi) Disposal of Human Excreta Sanitary Latrine	"	
	vii) Personal Hygiene	"	"
	viii) Vector Control	"	"
	ix) Home Sanitation	"	"

WATER AND ENVIRONMENTAL SANITATION SECTION
UNICEF, NEW DELHI
PUBLISHED 1985
REVISED AUGUST, 1987