

Case study of Dhitaltole WSS

Nirmala Dhital maintaining personal hygiene at Dhitaltole

Nirmala Dhital, a 27-year-old woman lives with her three children at Dhitaltole, Dhulikhel Municipality, ward no. 11. She lives with her in laws, husband and her two children. Her husband teaches in a school. The family also depends on agriculture for their livelihood. When we visited her home during household survey her house was filled with solid wastes everywhere in her yard. After attending the public health promotion orientation she had committed to be more conscious on maintaining sanitation of her home and her family.



She used to wash her hand in just thirty seconds just only rubbing

her palms. Now she has started to change her hygiene behavior after the orientation. She



enthusiastically tells, "I found the steps of hand washing really interesting. It seems fun too. I used to wash my hands only rubbing my palms before. Now I wash my hands with soap using all the steps. I also didn't used to wash my hand with soap before eating and cooking. I had this habit of washing hands only with soap when I

did toilet or after touching dirty things. Now I am more aware to wash my hands with soap before cooking and eating. I also scold my children if they don't wash their hands with soap and make them wash their hands properly"

She further adds, "I am now more conscious on using water wisely after the orientation. So, I have also created pond for waste water collection. I used this water to water my vegetables. I also cover cooked food and drinking water so that flies don't mix with it."

The hygiene behavior of Nirmala is changed after the orientation on public health promotion. She is more conscious about her behavior now that may determine her health.