

## WASH Virtual Training Session

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**02<sup>nd</sup> July, 2020**

## 1 Introduction

**“53,000 Pakistani children under five die annually from diarrhea due to poor water and sanitation.”**

**–UNICEF**

Apart of above fact, 11.5% of people in Pakistan defecate in the open; and 79 million people lack decent toilets. This condition becomes more sever in Sindh as 23% of Sindh’s population defecate in open.

Considering above mentioned fact our company started a WASH program to educate our employees against Water, Sanitation and Hygiene, and also to provide awareness regarding;

- Access to potable water.
- Types of diseases related to contaminated water.
- Sanitation practices, like proper hand washing.
- Correct and safe handling of feces.
- Ways to avoid those risks.

So far in this project we already have trained more than 700 employees which are taking our initiative to their families and communities. Now we step up and started to train our stakeholders and community representatives from the neighborhood regarding WASH.

### 1.1 Purpose of session/Objective

The session was hold to take stakeholders’ representatives from Communities, Industries and Government Authorities to provide them basic training related to WASH so they may also adopted these practices that would eventually be helpful for them to maintain a healthy lifestyle.

### 1.2 Venue

The meeting was virtually hosted for stakeholders, amid of COVID-19, at Artistic Fabric and Garment Industries – AGI Denim, Unit 2.



Figure 1: Artistic Fabric & Garment Industries – AGI Denim, Unit 2

### 1.3 Participants

1. Mr. Qazi M Hassan (EHS & Sustainability Coordinator AFGI-Denim)
2. Abdul Rehman Khan (EHS & Sustainability Officer)
3. Mr. Mashood Tariq (EHS & Sustainability Officer AFGI-Denim)
4. Sundus Sohail (Social & Environmental Relation Executive)
5. Iqra Shabir
6. Mussarat Shams (Compliance Officer/Trainer)
7. Mehak (Community Representative)
8. Islam (Community Representative)
9. Adil (Community Representative)
10. Rasheeda (Community Representative)
11. Kainat (Community Representative)

### 1.4 Speakers

1. Mr. Mashood Tariq (EHS & Sustainability Officer AFGI-Denim)
2. Mussarat Shams (Compliance Officer/WASH Trainer)

### 1.5 Discussed points

- General Uses of water
- Importance of drinking water
- Water Storage, Health Risks and Good Practices
- Poor storage practices and its solutions
- Common practices in Community and Environmental Factors
- Sanitation

- Personal hygiene

## **1.6 Way forward**

Therefore, after closely conducting training with stakeholders, especially with community representatives not just understand the importance of the conservation of water but also the importance of personal hygiene and its role in their daily routine and lifestyle. Apart from this different economical water purifying techniques and hygiene practices and questions/queries were discussed raised by the community representatives.

## 2 Annex

### 2.1 Invitation Letter



The invitation letter features the AGI DENIM logo at the top center. Below it, the text reads "We are pleased to invite you for:". A large blue banner with a torn-edge effect contains the title "WASH Virtual Training Session" in white, bold, sans-serif font. Underneath the banner, the subtitle "TO EDUCATE OUR STAKEHOLDERS REGARDING IMPORTANCE OF WATER, SANITATION & HYGIENE" is written in a smaller, white, all-caps font. Below the banner, the text "ORGANIZED IN COLLABORATION WITH" is centered. Four logos are displayed in a row: WWF (World Wildlife Fund), ILO (International Labour Organization), Alliance for Water Stewardship, and the European Union flag. Below the logos, the text "This project is funded by the European Union" is centered. The "SESSION DETAILS" section follows, providing the date and time (2nd July, 2020 at 3:00 pm), a Zoom meeting link, meeting ID (575 419 2101), and password (111222). Contact information for more details is also provided.

AGI DENIM

We are pleased to invite you for:

# WASH Virtual Training Session

TO EDUCATE OUR STAKEHOLDERS REGARDING  
IMPORTANCE OF WATER, SANITATION & HYGIENE

ORGANIZED IN COLLABORATION WITH



This project is funded by  
the European Union

**SESSION DETAILS**

**Date and Time:** 2nd July, 2020 at 3:00 pm

**Join Zoom Meeting**  
<https://us02web.zoom.us/j/5754192101?pwd=NWtTN2NwN1UxOURvTFgvOVFJSzRtZz09>

Meeting ID: 575 419 2101  
Password: 111222

**For more details contact:**  
sustainability@artisticgarment.com  
0345-6434667

Figure 2: Invitation Letter for the Webinar

### 2.2 Agenda

- To provide all the stakeholder awareness and importance regarding WASH.
- To provide basic training related to good practice that can be adopted by the stakeholders in order to achieve better Health, Hygiene and Sanitation
- To convince the stakeholders to share the details of everyday challenges they face regarding the water consumption and to find out the solution.

### 2.3 Handouts of Presentations as delivered



# WASH

## WATER SANITATION & HYGIENE

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### Training Structure

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#### Topics to discuss:

- General Uses of water.
- Importance of drinking water.
- Water Storage, Health Risks and Good Practices.
- Poor storage practices and its solutions.
- Common practices in Community and Environmental Factors.
- Sanitation.
- Personal hygiene.



“

**WATER HAS A MAGICAL  
IMPACT ON LIFE  
SIMPLY: NO WATER =NO LIFE.**



## General Uses of Water

We are lucky that we have a planet where water can be found in all it's phases, that means solid, (ice) liquid (as in out of the tap) and gas (steam or humidity)

## Common Uses Of Water:

- Drinking
- Bathing
- Brushing
- Washing
- Cooking
- And many others



## **FACTS ABOUT HUMAN BODY:**

**Muscles and  
Body made  
up of  
75% Water**

**Blood and  
Kidney  
made up of  
81% Water**

**Bones are  
about 22%**

**Liver is  
about 71%**

**FATS are  
about 20%**



## **IMPORTANCE OF DRINKING WATER**

### **THE HUMAN BODY REQUIRES WATER TO SURVIVE AND FUNCTION PROPERLY**

Water is a major component of the human body; it is normally about 60% of body weight in adult men, and is slightly lower, at about 50-55%, in women due to their higher percent of body fat.

In addition to helping with food breakdown, water also helps dissolve vitamins, minerals, and other nutrients from your food. It then delivers these vitamin components to the rest of your body for use.

Water also helps regulate body temperature, and other biological activities like absorption of food and nutrients, maintenance of body fluid and electrolytes, balance and smooth functioning of muscles and joints.



NOT HAVING ENOUGH WATER IN THE BODY CAN LEAD TO DYHYDRATION WHICH CAUSES SEVERAL HEALTH PROBLEMS. SOME RESULTS OF DYHYDRATION ARE LISTED BLOW:

Inability to concentrate or focus (mild dehydration)

Memory loss or seizures (severe dehydration)

Inability to build stamina, extreme weakness and inability to perform routine activities such as sitting, standing, walking or working.

- Skin conditions
- Constipation
- Heart illness
- Cholestrol Problems

- Kidney Stones
- Kidney Failure
- Shock
- Coma
- Headache



## Signs Of Dyhydration

- Dizziness
- Headache
- Tiredness
- Dry mouth, Lips & Eyes

## Daily Water Intake:



**Water Storage,  
Health And  
Good Practices**

## Good practices that we should keep in mind when storing water:

### **Storing:**

Store water in a container that has a tight lid on it. If a well-fitted lid is not available, simply tie a clean muslin cloth on the mouth of the container and then cover it with another lid.

Keep water vessels in a cool, dry place.

### **Handling:**

Always take care while handling water. Never dip your hands in the container, even if you think they are clean.

To avoid this, you should always use a clean ladle to take out water. Wash the water containers and ladle daily, to avoid any contamination.

## Poor storage practices and their solutions include:

Using dirty or unclean storage vessels. Vessels must be cleaned regularly.

Using dirty hands or utensils to collect and drink clean water. Always use clean hands and cups. Never dip your hands in the water container, even if you think they are clean. Instead, use a clean ladle to take out water.

Using vessels with leaks or cracks so that germs may enter the water. Always check vessel lids and repair or replace cracked ones.



## Common Practices in Community and Environmental Factors:

To avoid practices like dumping household waste, feces (human and animal), and chemicals into drinking water sources like bore wells, rivers and water tanks, which can contaminate the water. Badly contaminated water cannot be made clean through general purification techniques and community members may not know that the water has been polluted and is unsuitable for drinking.

Natural groundwater deposits of chemicals such as fluoride, arsenic, nitrate or flood water which generally carry particles, dissolved waste and chemicals, can also make fresh water unsuitable for drinking.

## **SANITATION**

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THE PROCESS OF KEEPING PLACES FREE FROM DIRT, INFECTION, DISEASE, ETC. BY REMOVING WASTE TRASH AND GARBAGE, BY CLEANING STREETS, WASHING YOURSELF, SAFE DRINKING WATER ETC.

## WHY IS SANITATION IMPORTANT?

### IMPORTANT FOR HEALTH

Good sanitation can prevent you getting serious disease and illness.

### GOOD ECONOMIC INVESTMENT

If you are healthy you can help building a healthy society.

### HELPS THE ENVIRONMENT

When you get rid of waste properly, you help to protect water resources.

### IMPORTANT FOR SOCIAL DEVELOPMENT

When you practice good sanitation, your family saves money on healthcare treatment.

### ACHEIVABLE

Better sanitation is possible, but its starts with me and you.



## PERSONAL HYGIENE

## **7 POINTS FORMULA FOR PERSONAL HYGIENE:**

- Use toilets for defecation.
- Brush your teeth at least twice a day.
- Wash your hands before each meal.
- Wear clean and wash clothes.
- Take a bath everyday with clean water and soap.
- Use footwear when you go outside.
- Advocate the importance of personal hygiene to others.

### **Some health problems due to poor hygiene are:**

- EYE INFECTION
- EAR INFECTION
- SKIN INFECTION
- TOOTHE DECAY AND OTHER DENTAL PROBLEMS
- CHRONIC DIARRHEA
- HEPATITIS A
- TYPHOID





## 2.4 Attendance Sheet Scan

2145

**Artistic Fabric and Garment Industry Pvt Ltd.**  
Training Record Attendance

Dept: EMS & Sustainability Topic: WASH Training under AWS Certification.  
Date: 07 July 2020 Unit:

S.No	Token #	Employee Name	Designation	Signature of Trainee	Signature of Trainer
1		Mehak	NWP		
2		Sundus.	Social Relation		
3		Museerat.	Trainer.		
4		Qazi Hasan.	EMS & Sust coordinator		
5		M. Masood	EMS & Sust officer		
6		Sqra	Trainer		
7		Ahadi Rehman	EMS & officer		
8		Sand Iemai	EMS & officer		
9		Kainat	Community Representative		
10		Mehakgahan	"	"	36-B
11		Rashidh	"	"	36-B
12		Adil Ismael	"	"	36-B
13		M. Islam	"	"	Babar Market
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## 2.5 Pictorial Evidence



