School Led Safe Water, Sanitation and Hygiene Improvement in Mid-Western Areas of Nepal (Su-Swastha Project)

Case Study Compilation

2011-2013
Ext: Jan-March 2014
के तपाईलाई शाहा छ?

- पहाडी क्षेत्रमा वितरित ८० प्रतिशत पानी प्रदुषणकुक्त पाइएको छ।
- तराईका ४ हजार दुरुबेलमा गरिएको पानी परीक्षणले ५५ प्रतिशत प्रदुषणकुक्त वेखाएको छ।
- वर्षीयो अभावमा नेपालका ४४ प्रतिशत जनसंख्या अभूतपूर्व खुल्ना ठाउँमा दिसा गएको छ।
- नेपालका ५९ प्रतिशत बिहायलाई मात्र वर्षीयो व्यवस्था छ।
- भाडापालन र स्वास्थ्यपालन रोग वाल मुन्युको अभाव अगाह नसको छ।
- वृद्धि पानीको सेवनले वर्षीयो नेपालका करिब १०,४०० बालबालिकाको मृत्यू हुन्छ।
- घरमध्ये धुधार गरिएको कारण वर्षीयो नेपालका ५ हजार ५ सय मानिसको मृत्यू हुन्छ।
- राष्ट्रपाल व रात्री वक्ता बाली गरेका भाडापालन रोगमा ५५ प्रतिशतले कभी आउँछ।
- वर्षीयो नेपालका हात धुने बाली गरेका भाडापालन रोगमा ३२ प्रतिशतले कभी लागाउँछ।
- पानी सुधारकर गरी पिन्मा भाडापालन रोगमा ३९ प्रतिशतले कभी आउँछ।

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P.S. Most of the photos have not been captured with the owner during the case study collection in order to respect their decision.
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<th>Acronym</th>
<th>Description</th>
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<tr>
<td>ARI</td>
<td>Acute Respiratory Infection</td>
</tr>
<tr>
<td>CHM</td>
<td>Community Health Mobilizer</td>
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<tr>
<td>CM</td>
<td>Community Mobilizer</td>
</tr>
<tr>
<td>COPD</td>
<td>Chronic Obstructive Pulmonary Disease</td>
</tr>
<tr>
<td>CS</td>
<td>Colloidal Silver</td>
</tr>
<tr>
<td>DWASHCC</td>
<td>District WASH Coordination Committee</td>
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<tr>
<td>ECOSAN</td>
<td>Ecological Sanitation</td>
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<tr>
<td>ENPHO</td>
<td>Environment and Public Health Organization</td>
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<tr>
<td>FCHVs</td>
<td>Female Community Health Volunteers</td>
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<td>ICS</td>
<td>Improved Cooking Stove</td>
</tr>
<tr>
<td>MWASHCC</td>
<td>Municipal WASH Coordination Committee</td>
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<tr>
<td>ODF</td>
<td>Open Defecation Free</td>
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<tr>
<td>RCNN</td>
<td>Resource Centre Network Nepal</td>
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<td>RMSO</td>
<td>Regional Monitoring and Supervision Office</td>
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<tr>
<td>SHP</td>
<td>Sub Health Post</td>
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<tr>
<td>SODIS</td>
<td>Solar Disinfection</td>
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<td>SWASH</td>
<td>Sustainable Water, Sanitation and Hygiene</td>
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<tr>
<td>SWASTHA</td>
<td>Safe Water, Sanitation and Hygiene for All</td>
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<tr>
<td>SWM</td>
<td>Solid Waste Management</td>
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<tr>
<td>TOT</td>
<td>Training for Trainers</td>
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<td>USAID</td>
<td>United States Agency for International Development</td>
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<td>VDC</td>
<td>Village Development Committee</td>
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<td>WASH</td>
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<td>WASH-Mart</td>
<td>WASH Market</td>
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<td>WSP</td>
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In order to support the government’s plan for achieving total sanitation in Surkhet district by 2014, the Su-Swastha project “School Led Safe Water, Sanitation and Hygiene Improvement in Mid-Western Areas of Nepal” is designed to demonstrate an integrated community-based WASH campaign through SWASTHA (Safe Water, Sanitation and Hygiene for All) approach using schools as entry points in 5 VDCs (Ramghat, Kalyan, Mehelkuna, Sahare and Kaprichaur) and 3 wards (ward 1, 2 and 11) of Birendranagar Municipality, Surkhet District. The three year project (2011-2013) is financially supported by USAID and EAWAG/SANDEC; which has been extended from January to March 2014.

This document has been prepared to compile the selective cases from the field collected by the project staff and externals during their visit at the intervention areas. These cases could be the learning platform for other similar programs and interventions.

Objectives

The major objective of compiling the case-studies of the project is to document and share the practices initiated within the project. The specific objectives include:

- To gain knowledge on the local practices on WASH.
- To replicate the good practices wherever possible.
- To learn from the challenges experienced during the program.
- To share the cases at the national/international, regional, and local level.

Methodology

Among the various methods, following were the few undertaken while compiling the case study.

- Field visit
- Monitoring (Internal / External)
- Photo-shoot
- Interviews with open ended questions
- Focal Group Discussions
- Observation
- Desk Work for documentation and compilation
According to the data shared by WaterAid (2011), sanitation coverage of Surkhet District is 37% as compared to overall national sanitation status of 38 percent. The district hopes to achieve total sanitation by 2014, three years before the national target of 2017. A major cholera epidemic in 2009 that killed 154 people in Jajarkot, almost 300 in the whole mid-western region, and infected many thousands more, attracting the concern on sanitation movement within the region.

Though there are multiple donors working at the region, the speed on sanitation achievement has been comparatively slow. The major reason could be due to poor coordination among the sectorial agencies, duplication of activities, poor monitoring and evaluation and sustainability of the projects. However, Regional WASH Coordination Committee and District WASH Coordination Committee have been taking lead role for increasing sanitation efforts and united all concerned agencies to work in a holistic manner since 2012 with the additional advocacy through the Su-Swastha Project.

Some of these efforts can been observed in the project sites in the Mid-Western region. “The budget allocation from the local bodies for sanitation-related activities has been found to increase each year, which is a positive move,” said Mr. Prakash Poudel, Administration and Supervision Officer at Birendranagar Municipality, one of the leading municipalities in the sanitation sector. Annually, around NRS. 8-9 million is allocated for drinking water projects, out of which 20 percent is set aside for sanitation, including the ODF declaration process. In another encouraging move, Birendranagar Municipality and District Development Committee (DDC) provide an additional amount - between NRS. 150,000 to 200,000 to each VDC that declared itself ODF. “This has led to healthy competition between the wards and VDCs to achieve ODF status”, said Om Dutta Regmi, Senior Engineer of DDC and member of D-WASH-CC in Surkhet.

Maximum 10% of the total households which lie under the ultra-poor criteria have been decided by the VWASHCC and MWASHCC to provide subsidy. This includes provision of sanitation materials worth NRS. 2000 that consists of pan, pipe and
a pack of cement. With this mechanism, the project has been able to achieve ODF declaration of 6 VDCs (Ramghat, Kalyan, Mehelkuna, Maintada, Sahare and Kaprichaur) and 8 wards (ward number 1, 2, 3, 7, 8, 9, 11, and 12) of Birendranagar Municipality by the end of March 2014. The criteria for selection were primarily: earning bracket, physical/mental strength, job security and food security. The composition of households that were observed to receive subsidies varied. Some consisted of elderly or disabled individuals or single woman. They often owned little land, therefore depending on labour to support their food consumption for part of the year. The following chapters will reflect the case studies from each intervention areas.
Dry ECOSAN implementation at Ramghat

Background

Name: Bal Kumari Bhandari
Age: 40
Group: Chetri
VDC: Ramghat
Tole: Rolpali Tole
Ward no.: 7

Problem Being Addressed

- Open defecation in jungle
- Fear of getting bitten by snake
- Fear of getting exposed during open defecation
- Water leakage during rainy season from roof of temporary toilet
- Fear of using temporary toilet during storms
- Problem of rats in the temporary toilet

The Approach Taken

Dry ECOSAN

Problems Experienced

Mrs. Balkumari Bhandari said, “We got information about dry ECOSAN from the community mobilizers and during the training organized by ENPHO. After being informed about the importance of the ECOSAN, my family decided on constructing dry ECOSAN but we did not have enough money to build it. With the technical support provided by ENPHO, subsidy provided by Su-Swastha Project and our earning from...
poultry and farming, we finally constructed dry ECOSAN toilet. We, however, struggled on managing the financial part.”

**Things We Would Do Differently**

“If the Su-Swastha project did not provide information and support then we would have built single pit latrine. But constructing dry ECOSAN toilet has already returned back our investment by saving money that would have been spent on buying chemical fertilizer.”

**Conclusion**

Mrs. Bhandari said, “I am satisfied with this approach. By using human manure and urine as fertilizer, it has increased the production of vegetables and we are able to sell them in market and can earn money, which help us to fulfill our daily life requirements.

When asked about her experience using the toilet, Mrs. Bhandari replied, ‘Before constructing the ECOSAN toilet, we did not know about its benefits. Even the neighbors used to scold us for constructing it. We thought our investment has been wasted.” With a smile on her face, she added, “I am happy today after using the urine as fertilizer. I have used the collected urine by diluting water in the ratio of 1:3 in potatoes, radish, onions and tomatoes. The appearance and taste after using the fertilizer is better than before.” She said, “My neighbors, who scolded me before, are appreciating my hard work today. For me, that is the greatest relief and achievement I have gained in my entire lifetime.”

“We used chemicals and urea fertilizer which cost NRs 4000 / quintal / year. Now we do not have to buy the chemical fertilizer and have saved that money to utilize it in buying more seeds. The onions/ radish that had been harvested using the chemicals used to have very sharp bitter taste. But after using the fertilizer from the ECOSAN, esp. the urine, the taste of radish and onions are better.”
Biogas attached ECOSAN implementation

Background
Name: Bimala Dangi
Age: 38
Group: Indigenous
VDC: Ramghat
Tole: Rolpali Tole
Ward no.: 7

Problem Being Addressed
- Fear of wild animals, insects and snake during open defecation
- Unhygienic environment, problem of communicable diseases
- Destruction of temporary toilets due to heavy rain and storms
- Hesitation to defecate openly
- Problem during sickness, menstruation period and pregnancy

The Approach Taken
Biogas attached wet ECOSAN

Problems Experienced
Mrs. Bimala Dangi said, “We faced some financial problem while constructing the toilet and had to save a lot of money by selling fruits and animal husbandry. ENPHO provided technical support; Su-Swastha Project provided subsidy on few materials and our own savings helped on constructing the biogas attached ECOSAN.”

Conclusion
Mrs. Dangi said, “We use animal manure for biogas and human urine as fertilizer. I liked this approach since farmers like us require fertilizer to increase the food production. With the construction of biogas attached ECOSAN, we are able to use human and animal waste in the production of both gas and fertilizer.

Now, we do not have to buy fire-wood for cooking and our production of vegetables and fruits have also increased. I used to have cough problem due to the smoke from the wood and it has stopped after using the biogas stove. We would like to thank ENPHO and Su-Swastha project for introducing such a useful and multi-purpose approach.”
Wet ECOSAN Implementation

Background

**Name:** Chet Bahadur Dangi  
**Age:** 35  
**Group:** Indigenous  
**VDC:** Ramghat  
**Tole:** Rolpali Tole  
**Ward no:** 7

**Problem Being Addressed**

- Environmental pollution and problem of flies
- Problem during rainy season while using temporary toilets
- No option, either temporary toilets or jungle
- Embarrassment when guest asks for the use of toilet

**The Approach Taken**

Wet ECOSAN

**Problems Experienced**

Mr. Chet Bahadur Dangi said, “Because of lack of money, I was not able to construct permanent toilet in my house. I used to dream that someone or some organization would come and help me construct permanent toilet. When I was informed that government has stopped the subsidy mechanism, I was very disappointed and sad. After getting information about Wet ECOSAN and the support provided by ENPHO, I thought of adopting this new technology. Though expensive, I saw more benefit and now I do not have to feel embarrassed in front of the guest.”

**Things We Would Do Differently**

Mr. Dangi said, “If the project had not supported us then I could not have built the Wet ECOSAN toilet on my own labor income. I would have waited for the government to support on constructing the toilet.”
Conclusion

Mr. Dangi said, “I chose Wet ECOSAN because I thought it is easier to adapt rather than Dry ECOSAN. Since I have small children, they will not be able to use the Dry ECOSAN correctly.” Mr. Dangi is using urine as fertilizer and he said that after making Wet ECOSAN and using urine as fertilizer, he has received lot of benefits such as prevention of flies and diarrhea. He shared that the urine fertilizer has improved the size and taste of fruits and vegetables.”

Wish for more Urine

Mr. Tilak Bahadur Basnet of Ramghat-3 constructed biogas attached urine diverting toilet with the support of Su-Swastha Project where the project supported the Wet ECOSAN pan and skilled labor. When asked about his experience using the toilet, Mr. Basnet replied with a smile, ‘I am happy with the urine fertilizer. I am collecting and using the collected urine by diluting water in the ratio of 1:3. I have used it in Cauliflower and Cabbage. The appearance and taste after using the fertilizer is better than before. I have also started managing the urine collection point’. He pointed out, ‘Most of my neighbors appreciate my hard work and the use of urine fertilizer. Some of them have already demanded the fertilizer. But I myself am not able to meet my own demand. The urine collected from my family is not enough for the entire farm. So, I am using it only in one-fourth of my farm.’ With a grin, “I wish I could produce more urine” he says.

Toilet: An important criterion to be considered

“I, Budhisara Gharti (G.C.), am 40 yrs. old living in Rangmel-7, Ramghat of Surkhet district. I have 2 sons and 2 daughters.

Ramghat VDC and ENPHO have been focusing to make Rangmel Tole as SWASTHA community for which I had to complete 4 criteria; personal cleanliness, kitchen management, environmental sanitation and solid waste management.
I attended almost all the programs conducted by the Su-Swastha project on safe drinking water and sanitation where they facilitated about the habitual behavior related to sanitation and hygiene. During the program, we were informed that we have been consuming almost 3 kilos of human waste every year due to open defecation and lack of hand-washing practices; causing the death of thousands of children. This made me regret my behavior and I realized that sanitation is an important criterion that should be considered. I then constructed permanent sulav toilet. Now my kids do not have to be scared to defecate at night.”

Toilet construction with affordable investment

“I, Thuma Brali, am 34 yrs. old living in Aamkholi-6, Ramghat of Surkhet District. I have 2 sons and a daughter. When the toilet construction project was commenced, I did not have a toilet.

VDC and ENPHO conducted one day training to all the households having no toilet and I attended to understand what it was about. During the training, much useful information related to drinking water, sanitation and behavior change was disseminated.

As I, with poor economic condition, was unable to construct the toilet; I requested for subsidy during the training itself. But the facilitators from ENPHO calculated the nominal cost of NRs. 3000-4000 for constructing the permanent base of the latrine with different pictures. I then built the permanent base of the latrine within 15 days with only NRs. 3500. After the completion of the toilet, I was visited by ENPHO staff and VDC officers to compliment my work.”

During the conversation it was revealed that their children used to have great problems and were scared going toilet in the forest; and now they remember it as a nightmare. Now, they feel safe and find it easy to access the toilet.
Filtration: An easy way for water purification

Mrs. Durga Sharma, 45 years old, lives at Ramghat-7, Surkhet District with 3 sons, a daughter, a daughter-in-law and grand-children. She teaches in a child care section in Nepal National Primary School.

Mrs. Sharma said, “Ramghat VDC-7 was selected to be the ideal ward for drinking water and sanitation area by the VWASHCC. And during the Su-Swastha Committee formation, I was given preference to become the Chair-person. Before the committee formation and Su-Swastha meetings/ trainings, I did not have much knowledge regarding the importance of sanitation and hygiene. Facilitation of different trainings, meetings and discussions on drinking water and sanitation has improved our understanding towards water treatment and sanitation approaches.” She said that her family used to suffer from cold cough and typhoid each year but after consuming filtered water and using sanitation facilities none of the family members have been affected by any such diseases yet.

Initiation of Women on Implementing Water Safety Plan

With the support from USAID and EAWAG, ENPHO implemented a project named “School-Led Safe Water, Sanitation and Hygiene Improvements in Mid-Western Areas of Nepal,” also termed as Su-Swastha. One of the objectives of the project was to assist local communities in preparing and implementing water safety plan (WSP) for their water supply schemes.

The story shared here is the implementation of WSP at two water supply schemes of Ramghat-7, namely, Bhandari Naulo Pani Kuwa and Gyiene Khola by the team of women involved in SWASHTA community promotion.
committee and Water User Committee. The voted committee selected by the community contained 13 members, and among them 11 were female.

In order to consume safe water, the committee proposed two water sources for Water Safety Plan (WSP). Mrs. Durga Sharma, Chairperson of the committee, said, “Su-Swastha Project provided us with 2 days’ training on WSP and its implementation. Apart from the committee members, technically sound masons and water users’ received the training to maintain our sources.”

The WSP training was attended by 30 participants, and among them 73% were female. They appreciated the trainers, Mrs. Purnima Bajracharya and Mr. Ram Bilas Pant, for facilitating on the preparation of WSP, its preliminary design and tentative estimate. Ms. Tika Dangi, Secretary of the committee, proudly said, “It was mandatory to form Water Users’ Committee on implementing WSP, as facilitated by the trainers, and our committee was chosen by other trainees rather than forming a new users’ committee.” At the end of the training, the committee members committed on implementing WSP, collecting community contribution and monitoring the process.

Committee members, Ms. Bal Kumari Bhandari and Ms. Devisara G.C., said that the training has empowered the committee members on action oriented works. Though the members were illiterate and partially literate, they were eager to learn for consuming safe water from the source.

The chair person agrees, “We were dominated before, but now we have the power to make decisions for ourselves and for the community development. We used to be scared to face and fight for our rights. After involving in the committee, we are confident enough to raise questions for justice. We are able to involve community on developmental works.”

She further added, “The things we never dreamt are coming into reality. It was beyond our dream to implement WSP. But today we are proud group of women who have made our drinking water sources clean and safe. Only few months before, we used to drink contaminated water and today we have safely covered sources that help to protect water from contamination.”
Interview with Active youth

**Background**

**Name:** Rakesh B.K.  
**Age:** 24  
**VDC:** Kalyan  
**Tole:** Syauli bazaar  
**Ward no:** 5

**Problem Being Addressed**

- Only small group of people used to use toilet. Majority of the community used to go to forest for defecation
- Unhygienic environment due to open defecation
- High prevalence of communicable disease like diarrhea
- People did not have proper knowledge about the benefits and importance of using toilets

**The Approach Taken**

Permanent toilets

**Problems Experienced**

With the main aim of building toilets in each and every household, we visited those where the family members lack interest and awareness on sanitation. We experienced various problems during sanitation movement such as some people did not respond and some came to fight because they were angry as we were pressurizing them on sanitation promotion. So, they did not respect us for that. However, we did not lose our responsibility; we worked even harder for the improvement of our community status.
Conclusion
Mr. Rakesh BK, youth volunteer, who was actively involved on declaring the Kalyan VDC as ODF said, “We constructed 3 permanent and 4 temporary toilets during the campaign to make our community healthy”. He said, “In future, I will make my community people aware about any aspect related to sanitation and enable them to use toilets sustainably.”

The group of volunteer used their own effort and available local resources to help construct the toilets at those households that were poor and were not able to build the toilets by their own.

Users of public toilets

Background
Name: Mrs. Dil Shari Gharti  
Age: 41
VDC: Kalyan  
Tole: Syauli bazaar  
Ward no: 5

Problem Being Addressed
- Lack of toilets in public areas
- Go to the forest for defecation and urination
- Fear of getting exposed during open defecation
- Environmental pollution

The Approach Taken
Permanent public toilets in public area

Problems Experienced
Few people do not still want to use public toilets because they have to pay.

Conclusion
Mrs. Dil Shari Gharti said, “Now-a-days, my grandson uses toilet every day. He likes defecating there.” Mrs. Gharti proudly shared, “My husband looks after the cleanliness of the public toilet. We all are happy because we can use public toilets whenever we need and this has also generated some income for us. The income is hardly sufficient for the family since most of the people still have the practice of urinating outside. However, the
change is slowly visible.” Previously it was only 5-10 people per day but now it is around 35-40 people in average. Mrs. Gharti added, “After the construction of public toilet, even the passer-by people are encouraged on using it. This has helped make environment clean as well as provide safety and security.”

Interview with health in-charge on the situation of diarrheal cases

Background
Name: Mitra Bahadur Nepali          Age: 48
VDC: Kalyan                        Tole: Dhada Ghaun     Ward no.: 5

Problem Being Addressed
- People did not have knowledge about sanitation and hygiene
- They did not practice any type of water purification methods
- Only few of the households used to have proper toilet

During an interview with the health-in-charge Mr. Mitra Bahadur Nepali of Kalyan Sub Health Post (SHP), it was clearly reflected that the health of each individual is on their own hands.

Mr. Nepali pointed out that people generally know what affects their health. But, still they could not adopt the proper behavior due to the lack of regular counseling. Hence, Kalyan SHP in coordination with ENPHO conducted a series of awareness raising programs, particularly focusing on safe water, better sanitation and hygiene.

This has helped the community people understand the simple methods that they can adapt easily to stay healthy and prevent themselves from various diseases. The simple methods included drinking filtered water, washing hands and using toilet.

ODF campaign and household water treatment options promoted by Su-Swastha Project also supported on decreasing the cases of diarrhea. In this campaign each and every households have to build toilets. Mr. Nepali added, “We launched different level of awareness raising programs through rallies, poster, pamphlets etc.; trained
the FCHVs on WASH in coordination with ENPHO; and the FCHVs conducted regular home visit program to provide health related knowledge and WASH information to make people aware about their health and ideas on overcoming any health related issues. This has reduced the cases of diarrheal diseases by almost half within the past two years.” Mr. Nepali shared the following table showing the reduction of diarrheal cases. Mr. Nepali added, “since most of the people know how to prepare Oral Rehydration Salts (Jivan-Jal) and they treat diarrheal patient at their home, it could be another reason for reduced diarrheal cases at the SHP.”

<table>
<thead>
<tr>
<th>Year</th>
<th>Total number of Diarrheal Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>2067 (Shrawan) – 2068 (Ashad)</td>
<td>854</td>
</tr>
<tr>
<td>2068 (Shrawan) – 2069 (Ashad)</td>
<td>777</td>
</tr>
<tr>
<td>2069 (Shrawan) - 2070 (Chaitra)</td>
<td>442</td>
</tr>
</tbody>
</table>

**Difficult household that built the toilet**

**Background**

**Name:** Shanti Oli  
**Age:** 28  
**VDC:** Labana  
**Tole:** Raata Tole  
**Ward no.:** 7

**Problem Being Addressed**

- Open defecation in forest
- Fear of getting bitten by snake
- Fear of getting exposed during open defecation
- Problem during rainy season and at night time

**The Approach Taken**

Temporary toilet

**Problems Experience**

Ms. Shanti Oli revealed, “My husband left me alone with a daughter and a son. I do not have any job. By working in others’ houses and agricultural field, I have been managing my family’s daily requirements. In this difficult condition, the community members were forcing me to build toilet. Due to financial constraint, I could only...
manage temporary toilet. The monitoring team said that I was the only one that has not constructed the toilet, which has hindered ODF declaration within the VDC. They offered me labor support to build the toilet. After that I felt guilty. Then using the locally available resources, and support from community members, I finally constructed temporary toilet.”

**Things we would do differently**
If ODF campaign would not have started, I would still not build toilet. Only with the full support of community members, I am able to build one. And if I have got more time and financial support, I would have constructed permanent toilet.

**Conclusion**
Ms. Shanti Oli said, “I never thought about the necessity of toilet since I have been struggling with the daily needs and basic requirements of the family. With the encouragement of the community people and facilitation of the program, I finally built one. After the construction, I understood that we can do anything if we have will and interest to do it”.

**No compromise in toilet construction**
Mr. Tiley Badi, 46, is a resident of Lamana, Kalyan-7. His wife works abroad and had sent him money to build toilet at their home. But he spent all of the money drinking alcohol. When the VDC strictly asked people on building toilets and told them they would be cut off from all their facilities, he had no other choices. Finally he constructed a permanent toilet.

Due to the lack of money, he broke down a portion of the wall from his own home to meet the need of raw materials for the toilet. Mr. Badi said, “I finally made the toilet and now I am eligible for sanitation card”. He added, “My wife will be very happy to see the card when she gets back”.

Wall of the house broken down (in front) to construct the toilet at the back yard. Photo Credit: Rajendra Shrestha
When asked about the wall of his home, he replied that he will renovate it sooner and that he did not regret what he did. He said, "After constructing the toilet, I understood its importance and now I knew why the VDC and Su-Swastha Project, ENPHO were giving us so much pressure. I think health is more important than that wall and I did not want to compromise on constructing toilet. It has also taught me that I need to save money rather than spending it on drinks."

**Practice before you preach**

Mr. Lalit Thapa, teacher of Laxmi NMV, used to defecate in forest. After receiving 3 days' ToT on SLTS and orientation on sanitation and hygiene from the project, Mr. Basnet constructed a permanent toilet. Mr. Basnet said, ‘After receiving ToT from ENPHO, we made plans on giving trainings and orientations to child clubs and community people on sanitation. I did not have any toilet in my home though I was a teacher myself. I felt guilty and uncertain to train others. So, before giving awareness to others, I built permanent toilet at my home within a week.” Mr. Basnet, further added, “After that, I was able to face ENPHO team and tell them that I was ready to conduct the trainings at the schools".

*Permanent toilet constructed by Mr. Thapa.*
*Photo Credit: Shiva Shrestha*
SWASTHA community promotion committee

Background

Name: Pratap Pun  Age: 64
VDC: Mehelkuna  Tole: Nangi Tole  Ward no.: 5

Problem Being Addressed

- The area used to be polluted
- There used to be no rules to make public roads and places clean
- Problem of smoke due to traditional stove which used to cause different health issues like ARI, Eye infection, COPD etc.
- People were not aware about using toilets and water purification techniques
- High prevalence of communicable diseases
- Lack of knowledge on waste and waste water management technique
The Approach Taken

- Permanent toilets
- Solid waste management pit
- Use of filters for water purification
- Improved cooking stoves (ICS)
- Dish washing platform, chang, hand-washing station
- Drainage for waste water management

Problems Experienced

a) Lack of enough land, b) rented house, c) widow/ single women, d) disable e) lack of financial/ labor support were the few problems experienced while promoting SWASTHA approach.

Conclusion

Mr. Pratap Pun said, “Our tole is unique than others. Now-a-days the prevalence of communicable diseases has decreased and the environment is clean. Every people are aware about their health and hygiene.” He added that the money saved after distributing filter within SWASTHA community have been used for promoting ICS within the community and constructing a small bridge to cross a stream (Kulo) which could not have been crossed during the rainy season. He is proud to say that some households of wards 2 and 7 have already adopted similar approaches with their own effort.

Gita is regret free

Mrs. Gita B. K., 30 yrs. old, lives at Mehekuna -3 with a family of six; a husband, 2 sons, 2 daughters and herself. Her husband works abroad with an income of NRs. 20,000/month, which is just enough to meet the expenses for their children’s education & living.

Due to the lack of knowledge and carelessness, their temporary toilet used to keep on breaking down. Even with different awareness programs conducted by ENPHO and social pressure by the VWASHCC, she neglected the need of toilet. During the first level of DWASHCC monitoring, her photo
was taken by the team and they said that her picture would be published in every newspaper. Mrs. Gita B.K. said, “This made me worry more and I couldn’t sleep the whole night and I called my husband the next morning. He comforted me and sent me enough money for constructing the toilet within a week. After gathering and purchasing required materials and with the help of the masons, I finally built permanent toilet within 5 days. Now, anyone can publish photo of my latrine in the newspaper since I am proud of having new clean toilet and I have no more regrets.”

Developing our village stands in our own hand

Nangi -7 of Mehelkuna VDC is the resident of Brahmin, Chhetri and Magar community; migrated from Shimta, Surkhet about 30 years ago. Although ODF campaign started in 1994 at this community through Health Development Project for a long period, there had been no success. People used to defecate in open areas such as road, river and bushes; and used to consume water directly from rivers and wells. Such habit and carelessness led to different diseases like diarrhea, typhoid, cold, cough and others.

In 2012, a decision was made by VWASHCC to select Nangi-7 for the SWASTHA approach. A Swastha committee of 9 members was then formed and provided ToT on SWASTHA approach. The committee members initiated on emphasizing 5 components for SWASTHA declaration; a) Safe drinking water b) Hand-washing provision c) environmental sanitation d) promotion of Improved Cooking Stoves e) Solid Waste Management. The committee members were directly involved in convincing the community and achieving results.

According to the committee members, “NRs. 28,500 was collected from the households after distributing CS candles among which NRs. 10,000 was paid to technicians for constructing ICS in each household and remaining amount was used to build 5 by 5 bridge/culvert connecting the agricultural roadway to Sahare, benefiting 250 households of 3 Toles.” They said that they are indebted towards the project for teaching them on being independent.
Indrakala is happy

Mrs. Indrakala B.K., a 45 yr. old resident of Mehelkuna-2, Surkhet, has a family of eight; her husband Mr. Rudra B.K., 2 sons, 1 daughter-in-law, 1 grand-daughter, 2 grand-sons and herself. With small land for cultivation and low income source; her husband has to work in India all 12 months to bear the expenses of the family.

When asked about her experience on the involvement of sanitation promotion, she said, “Sanitation has never been my priority. My concentration has always been towards the fulfillment of the family’s basic needs. When I received an orientation on WASH, I compared the economic expenses on medication/medicines I had spent due to lack of sanitation with the cost of toilet construction. I found that the money I took loan for medications for the family was 10 times more than constructing one permanent toilet.”

Since her household was selected under the ultra-poor criteria, VWASHCC approved for the subsidy of a pan set, one pack cement and pipe. However, it was found during the monitoring visit that the family gave away the materials to some other household. Mrs. B.K. responded, “I was unaware that my daughter-in-law gave away the materials to her paternal home without informing me. When the VWASHCC members visited my house to see the latrine, I was very embarrassed to let them know what has happened. The VWASHCC members strictly said that they could not give subsidy to the same family again. So we were compelled to manage the materials within a week. Then we constructed a permanent toilet within a month. Finally we stopped defecating outside and are happy now.”

Now I am happy and living a civilized life

Mr. Mahin Sunar, born in a poor (dalit) family is a resident of Shribani-3 Mehelkuna who migrated from Rukum forty years ago. With a family of 15, they were dependent working at Kalapahad, India to fulfill their basic needs.

Mr. Sunar said, “We have two Ropani land which covers only for a month and for the rest of the years, we need to survive through loan due to which our economic condition gets worse each year. We could not afford a permanent latrine. So, we
Su-Swastha Project

constructed a temporary one. But, our children did not want to use it due to the bad smell and the adults preferred going to farms for defecation due to lack of awareness on the negative effects.

When we attended the trainings and video documentary on sanitation, we understood the importance of toilet. But, still we did not practice using the toilet since we thought it was not compulsory and we were used to practicing open defecation. Even when VDC monitoring team told us about the types of toilet and its construction rate with low investment, we thought it was just a deception and did not care about it.

Later on, when DWASHCC team visited for the first level of monitoring and found defecation around our home, I felt ashamed of not using the toilet. The team strictly said that we will be deprived of VDC services if we do not practice using the toilet. Then I regretted my behavior and started building a permanent toilet to help declare the VDC as ODF village. Now everyone in the family use the toilet. Since one toilet is not enough for 15, I am planning to build another toilet within the next year. Finally I think I am living a civilized life.”

Living a respectful life

Ms. Manisha B.K., 25 yrs. old resident of Shribani -3 at Mehekuna is a single woman after her husband went away marrying another woman. She depends on minimal farm land and works as a labor.

She said, “When I attended awareness programs on health and sanitation conducted by the Su-Swastha project, I was interested on constructing latrine, but was unable to build one due to the lack of resources. I was chosen by the VWASHCC for the subsidy, but still I could not construct until the first monitoring of DWASHCC team visited my house and gave me strict notice to construct one.
After that, I took an extra NRs. 5000 loan and finally was able to complete the permanent toilet. Due to this I am living much respectful life in the community.”

Blessed to be able to construct the toilet

Ms. Girami Thapa is a single woman living at Mehelkuna-2 for 12 years. Since she lost her husband 20 years ago, she has been doing labor work for living. Even her sons who are working at India do not look after her. So, she has to depend on loan to survive.

Being ashamed, she said, “I used to defecate in open farm. With the sanitation movement, I was pressurized by the VWASHCC on constructing toilet. But I did not have enough resources to build one. So the VWASHCC chose me for subsidy provision. I collected the materials from the VDC office and constructed a permanent toilet.”

She added, “I have faced much hardship in my life. After receiving the subsidy and fair judgment from the VWASHCC and ENPHO, I think I am blessed.”

Video documentary motivated on building toilet

Mrs. Bishnu Roka, 36 years old resident of Mehelkuna-3, lives with her husband, 2 sons and 2 daughters. Since they have a barren land, her husband goes abroad for earning.

She is illiterate and there was no one there to support her on toilet construction. She was unable to build one though there was huge pressure from the VWASHCC. She said, “On every VWASHCC and ENPHO visit, I used to say that our life has been going very well even without toilet. So, I did not feel the importance of toilet. When sanitation movement reached its peak and people started talking about ODF declaration, I found that even poorer families than us and people living in informal settlements have built the toilet. I even watched documentary named “Charpiko Bihe”. I
compared myself with the character in the documentary. These all factors motivated me to construct a permanent latrine within 10 days.”

After constructing the toilet, she said, “I feel that my home looks much cleaner than before. Now, when we want to go to toilet, we do not have to wander around in search for quiet places.”

**Mentally and physically challenged family built a toilet**

Mr. Dhan Bahadur Sunar, resident of Ghari-2, is physically weak and has hearing problem. His parents and brother are mentally weak and challenged due to which he could not pursue proper education. However, he started a small business a decade ago with a loan of NRs. 5,000, but the business could not prosper. He has been living along the Bheri River belt and used to defecate there.

Since the family were selected under the ultra-poor criteria, they were provided with materials like pan, pipe and cement. He took additional loan of NRs. 2000 and built a permanent toilet. He said, “After constructing the toilet, few of the rich families who have not constructed toilet visited my house. I heard later that they built one after a week. I am happy that I am able to motivate such households and to support on ODF declaration.”

**Subsidized materials sold**

Near a bridge joining Ghumkhahare and Mehelkuna, lives 40 years old single woman Ms. Ganga Badi in a temporary settlement at the Bheri riverside. Her husband who went abroad 2 years ago died there. With a small hut and a ropani farm land, she has been living with her son and 3 daughters. She is drunk most of the time and her kids beg for food to survive.

The VWASHCC chose her household for subsidy provision. She received pan, pipe and a pack of cement. When the VWASHCC and ENPHO team visited her house for
investigation, she did not construct the toilet. But it was found that the shop owner, with whom the family has been taking loan, has taken all the subsidized materials to cut off the loan.

The VWASHCC then called both the shop owner and the family to sort out the issue. The shop owner said that he would return the materials if he was paid off NRs. 450 that she took from him. The VWASHCC members collected the amount and paid him. Finally the materials were returned back. Her neighbors supported her on building the toilet in 10 days. The kids said, “We are very thankful to the people who helped us in difficult times. We are indebted towards them. At least to respect them and their support, we will always use and clean the toilet.”

Toilet construction for self-esteem

Mrs. Laxmi B.K. is living in Toribari-9 with her husband Mr. Tadak Bahadur B.K and 2 sons. Almost 50% of her land is barren and the production from the farm land is only enough for 5 months. For the remaining months, her husband and sons go abroad for earning. Though requested many times for constructing the toilet, she has been neglecting it.

During the investigation by VWASHCC team, they found that almost 11 households of the community did not have toilets. Those households were called for a meeting by the team. During the meeting when asked about the reasons for not constructing the toilet, none of the families responded. After few days Mrs. B.K. constructed the toilets and said with eyes full of tears, “I felt very ashamed when I was called in front of the community and my name was within those households who could not build the toilet. My self-esteem was hurt. I took loan and committed on constructing the latrine within a week.”
Toilet for Respect

Mr. Maan Bahadur Bote, a 45 year old resident of Sungur Khali-4 lives with his wife, 2 daughters and 2 sons. He has a fertile farm land which produces enough food annually. But the family used to defecate in a bush near Chisi River.

When asked about his experience on constructing toilet, he recalled and said, “I did not use to care the request of VWASHCC for toilet construction. I used to scold the people who visited my house for toilet investigation. I almost beat them with sticks.

Later the monitoring team came with police. I thought they came to threaten me. But the police kindly requested to construct the toilet and the team said that they want the village to be clean. They also said that it was only due to few houses like mine who are hindering the ODF process. My kids also begged for constructing toilet since they thought it would be disrespect and shameful if we did not build one. Eight days after the monitoring visit, my toilet was ready. The monitoring team visited my house again and congratulated for the progress. They also suggested me to use and clean it regularly.”

Toilet: to protect daughter

Ms. Mangala Pariyar of Mehelkuna-7 is over 45 years living with her daughter. Her husband left her and married another woman. She is working as a tailor for survival. With her own effort, she bought a land and materials for constructing permanent toilet. Only after constructing the toilet, she rehabilitated her house. When asked about her experience on sanitation movement, she said, “I love my daughter very much and I want her to use toilet rather than defecating openly. In order to protect her from shame, I worked much harder and saved enough money for constructing the toilet.”
Water Users’ Committee

Background
a) Amber Bahadur Budha, 33 years
b) Chul Bahadur Oli, 25 years

Problem Being Addressed
- No sufficient water for daily use
- Long distance to fetch water
- There was no water storage unit
- Water source was contaminated and not protected

The Approach Taken
Water Safety Plan

Problems Experienced
We did not have sufficient money to build water tank. So we used available resources efficiently to build water tank. We made a rule that there should be presence of at least one person per household per day so that we can contribute the cost of labor. Apart from that the VDC office and Su-Swastha project also supported us financially to overcome the economic problem.

Things We Would Do Differently
We could not have done any better. By using our own effort and available local resources, we completed the water tank just within 17 days.
Conclusion

Mr. Chul Bahadur said, “After constructing water tank, it saved our time. The source is safer and cleaner than before. Now-a-days it takes only 5-10 minutes to fill one bucket while in the past we had to wait in queue and it used to take about 1 hour to fill one bucket.”

Mr. Amber Bahadur, on the other hand, said, “Now-a-days community members are happy because they can utilize water sufficiently for daily purpose. This has been possible only after constructing the water tank. We have been planning to make a committee to look after this facility in the future for its proper operation, management and protection. We are committed for its sustainability.”

Public toilet: source of income

Background

Name: Nanda B.K. Age: 31
VDC: Sahare Tole: Botechaur bazaar Ward no: 8

Problem Being Addressed

- Pollution
- Problem during travel
- High prevalence of disease
- Open defecation

The Approach Taken

Permanent public toilet

Problems Experienced

Ms. Nanda B.K is a single woman with two daughters and one son with a small business in “Thela”. The members of Botechaur Bazaar Management Committee suggested her to look after the public toilet and collect NRs. 5/person. Ms. Nanda BK said, “I was initially reluctant on doing the job because I have to look after my own thela business. Later
they suggested that I can take the entire collected amount as my own income but have to operate and clean it regularly. I agreed, but it was not that easy to collect the amount. For the initial few months, the passengers used to use the toilets but hardly pay the amount. Most of them used to say that we should collect the money from the bus drivers. So this made it difficult to collect enough money. The collected money was only enough for cleaning purpose rather than savings.”

**Conclusion**

Ms. B.K. said “Now-a-days, I request everyone to use public toilet and ask for payment. Now most of the people pay after using the toilet. After ODF declaration, the VDC has strictly prohibited open defecation. This has also increased the number of users. The use of public toilet has helped to make environment clean as well as provide safety and security for the passengers. However, some people still have not changed their behavior and try to avoid paying the charge.”

**Construction of toilet during son’s marriage**

Mr. Gopal Khatri, 55 years old mason of Sahare-7, constructs toilet for other houses, but did not have one in his own home. He said, “I was waiting for the VDC to support me for toilet construction. But during the marriage ceremony of my son, my daughter-in-law refused to enter the house if there was no toilet. She then stayed at the house of VWASHCC member Mr. Bal Bahadur Roka. Within a week I was compelled to construct a permanent toilet due to my son’s marriage.”
A 12 yr old child built a toilet

Mr. Tula Ram B.K., 12 years resident of Kharka Niwash-1, is the eldest son of Mr. Balbir B.K. and Mrs. Premkala B.K. Mr. Balbir B.K. works in India. As the eldest son of the family, Tula Ram took the responsibility of completing the toilet construction at his home. However, he was not able to build one due to the lack of money and human resource.

He said, “When my father returned from India on vacation, I nagged him to build toilet. But I was scolded and beaten since he said that he had been earning for living not for wasting on trifle things.” He was interested in constructing toilets but had no idea on construction. He added, “I tried to join the child club so that I could express my feeling. But I was not accepted by the committee since they have a criterion that all the members should have toilet. In one of the meetings of the child club, I requested the members to attend. After their approval, I told my difficulties and issues. One of the teachers suggested me to build a temporary toilet. Then, as suggested I started to dig pit for the toilet and within a week I finished building temporary toilet. Even my friends helped me transport materials. During the ODF declaration, I was appreciated by the VWASHCC. When my father knew this, he became proud of me and took leave from his work just to come home and construct the permanent toilet in its place.”
If there is a wish, there is a way

Mr. Nirmal Dhenga, one of the child club members, is a son of Mr. Jeet Bahadur Dhenga. In one of the parents-teachers meeting at the school, it was planned that all the child club members should build the latrine within 15 days. Nirmal said, “On returning home, I requested my father to build the latrine. But he did not respond. Next day, he went back to India to continue his work. I wanted to build the toilet but did not have any resource. I stopped going to school and started digging pit with my brothers and sisters. To manage the raw materials for the toilet, I did labor work at few houses where people were constructing toilets. When my teacher visited my house to investigate for not attending the school, she was surprised to see the progress that we have done.” With a glow in his face, he added, “I use to study stories in books with the phrase that says: If there is a wish, there is a way. And I think I have practically understood what it means. After ODF declaration my father called me from India just to appreciate my effort.”

I have a permanent toilet and I am proud of it

Mr. Hem Bahadur Rajali, 82 years old resident of Parikhet-7, dug a pit of 4-5 feet for the toilet and was waiting for his elderly allowance to buy pan, pipe and cement. When VWASHCC members visited his home and saw his condition, Mr. Kali Bahadur Oli (one of the VWASHCC members) decided to give him the materials on credit. It took him a month to complete the construction. With a smile, he says, “Though I took time to construct the permanent toilet, I am happy and proud of it. I saw in my neighborhood that even young and healthy people were neglecting to build toilet at their own home. But when they saw that I built mine, they said that they were embarrassed of themselves. I am glad that I have been able to be an example in the village.”
Compelled to promote Swastha approach

Dapcha-9 is the community with 23 households predominant with indigenous (Janajati) group. Before the project, there were no toilets in the community. With the project initiation and WASH promotion activities, the community themselves formed a committee to declare their community as SWASTHA zone.

Among the households, Mr. Bhakta Bahadur Gharti was the only one who opposed the concept and used to refuse on investing on WASH promotion. After declaration of the Su-Swastha Community, he was asked about his experience. With the mixture of shame and happiness on his face, he said, “I was compelled to construct the toilet since I needed citizenship certificate to work in India. But the VDC secretary said that it would not be processed unless I completed entire SWASTHA criteria in my house. Though I did not want to waste my money on toilet, filter, ICS, chang and juthelno; I finally built them for the certificate. However, after having all these materials in my home, the surrounding of the house looks cleaner. My wife thanked and appreciated me for the first time in life.”

Toilet built after the pressure from daughter

Mrs. Sunita Khadka lives in Dada village of Sahare-5. Her husband works in India. Due to low income, she could not build toilet. She said, “My 12 year old daughter Purnakali Khadka studies in Shiva Lower Secondary School. The school conducted rally for sanitation promotion and the students were given the task to put a yellow flag on each house with no toilet. She said that she felt very angry and ashamed to put the flag in her own home. After returning home she cried and nagged for constructing the toilet. She refused to defecate in the forest and did not attend school for two days. Due to her pressure and degrading health condition, I took loan and constructed a permanent toilet. I am happy that I took a good step. We daily use the toilet and keep it clean.”
Case Study

Chapter 7
Kaprichaur VDC

ODF declaration: First ward within the project to declare ODF

Ward no -3 of Kaprichaur VDC was the first ward among the project intervention areas to declare ODF zone with no subsidy approach on 7th April 2012.

Before the implementation of the project, there were no toilets at all in the entire ward and people were habituated on open defecation at forests and fields.

According to Mr. Megh Bhr K.C., community mobilizer of Kaprichaur VDC-SuSwastha Project, it was even tough to convince the households on constructing their own toilets. Mr. K.C. said, “At one point our team thought this could not be achieved because people used to threaten us to kill. Few families chased us with stick and khukuri whenever we visited their home with the message of toilet construction. Since the VDC secretary was rarely available in the VDC, VWASHCC was not even properly active. However, with the help of strong political leaders and few activists; we made strict rules that the facilities provided by VDC will not be passed in the absence of sanitation card.” With a smile, he then added, “Regular awareness campaigns, door to door visits and a lot of orientations have finally been paid off.”

Kumari is proud to have a toilet

Ms. Kumari B.K., 13 years old resident of Bhaghane-3 studies at Jana Sewa Primary School and is an active child club member. She said, “I used to visit households for toilet construction but I myself did not have one. I requested my parents to construct at least a temporary toilet, but they did not listen to me. My mother said that she has had no problems without toilet and refused my request. I felt sad for not being able to convince my mother though I was advocating for
sanitation promotion within the community. I could not face my friends at school until I built a temporary toilet. Few of my neighbors helped me with raw materials and I am proud of my step. My mother is now saving money to construct a permanent toilet in its place.”

The first household level Gender Friendly Toilet

Mr. Shree Govardhan Khadka, a farmer of Chiuri Bagar of Kaprighaur-1 constructed a gender friendly toilet at his home. He shared, “During my visit to Kathmandu, I used one of the public toilets on the way. The toilet was not gender friendly and we had to wait for a long time for our turn. But other toilets were gender friendly with less queue. I then decided to construct such toilet in my own home. Today I am proud to be an example in Surkhet District for constructing such toilet.”

It was fun to build toilet

Mr. Mahendra Gharti, a 13 years old resident of Shim Chariya, Kaprighaur-6 studies at Shree Jana Jagaran Primary School. During WASH training conducted by the Su-Swastha project, he attended the program. He said, “I wanted to construct the toilet after attending the training, but my parents opposed. When my friends told me that they are using the toilet and they feel safe after using it, I could not resist myself. I started digging the pit. I collected wood and straw/hay from others’ fields and farmlands. I built the body of the temporary toilet as a nest. It was fun building the toilet and I enjoyed it. After the construction, my parents are also using it since it is closer to the house.”
WASH promotion is everyone’s responsibility

Mr. Laxman Singh Thakuri, 55 years old resident of Ratakhol-7 is an active member of Kaprichaur VWASHCC. He attended three days’ training on safe drinking water and sanitation conducted by Su-Swastha project. He shared his experience with ENPHO regarding the three years’ project intervention, “Before the start of the project, only one or two rich houses of the VDC had toilets. After the project intervention, WASH promotion had been the priority of the village. The villagers were very difficult to convince and it took us more than two years to convince each household. I started the movement from my own home”.

He has also provided poor families who were not selected as ultra-poor household with sanitation materials on credit.

Mr. Thakuri added, “I think those citizens who can provide and contribute on sanitation promotion should step forward for social change.” He was soft for the needy ones and tough to the stubborn families who did not construct the toilet though they could. It was his idea to exclude those families without toilet from the services of community forest. He even did not accept the travel allowance provided by the VDC during each monitoring visit and requested the VDC on investing it on the toilet construction of the ultra-poor household. He reflects, “ODF campaign and WASH promotion is the responsibility of each individual since it directly improves our own health. If everyone has such vision, the world would be Swastha place to live in.”

Toilet construction after selling the pet

Ms. Puja Thapa, child club member of Jana Kalyan MV, Kaprichaur-7 shared her experience on sanitation movement. She was involved in preparing the action plan for WASH promotion where they targeted on constructing toilets in the household of each child club member within a week. She said, “Our family were against the toilet
construction and I did not have any earning to afford sanitation materials. We had a lovable goat that we reared as a pet. It was a very difficult situation to decide on selling it since we had no other choice. After we got the money, we bought pan, pipe, cement; and I along with my sisters carried boulders each day to construct the toilet. It took us 30 days to build one with the help of local mason. Though I am sad that I had to lose my pet for the toilet, I am satisfied for what I have done.” With a smile, she added, “My younger sister no longer has to be scared to defecate alone in the forest.”

No more excuse for making toilet

Mr. Lal Bahadur Budha, owner of the hotel at Gozibazaar, used to serve food for the people. But he did not have his own toilet. He shared, “Customers used to eat food in my hotel and when they wanted to use the toilet I used to show them the bush at the backyard. There used to be no problem to the local people. But when the staff of ENPHO visited my hotel and found no toilet, they just left without even eating and said that they would come if only I construct the toilet. I told them that I did not have enough land to construct one. They said with a laugh that I was just making an excuse. When they asked me if they showed me the land, would I construct one? I deliberately agreed. ENPHO staff said that I had big enough hotel and if I do the partition of the kitchen, a toilet could easily be made. As per the suggestion, I invested on the toilet. After a month when they arrived in my hotel, they were glad to see the toilet in use. I realized that it was my misconception that I needed separate land for the toilet. I think area does not matter; you just need a bigger heart and will to construct the toilet.”
Microfinance for Biogas and Ecosan Technologies

ENPHO created a basket fund, in partnership with the municipality, to provide microfinance services for biogas and ECOSAN sanitation technologies at a very low interest rate of 5 percent. ENPHO injected NRs. 300,000 into the fund and the municipality contributed 20 percent of the total amount – NRs. 75,000.

If a household is interested in constructing a biogas system, they will receive technical assistance, access to low-interest funds, and NRs. 13,000 subsidy through the AEPC’s energy program. As of yet, 20 households have applied for the loan and have built biogas units on their own. The same service applies for households interested in Ecosan toilets, excluding the Alternative Energy Promotion Centre (AEPC) subsidy.

Households can also apply for loans for sulav toilets, but have not done so yet. Some Tole Development Committees and Mothers’ Groups also offer micro-financing options for toilet construction through cooperatives, at varied interest rates (i.e. 16 percent). These do not set a uniform limit on the amount of money they lend out (on average NRs. 16,000).

Dry Ecosan Technology - Profile

Twenty-six-year old Mrs. Sobha Dhungana in Ward 1 is the first and only person in Birendranagar municipality to own a Dry ECOSAN toilet, setting an example for everyone. While others in her community opted for biogas after attending a training organized by ENPHO on biogas and ECOSAN toilets, she decided to try out the dry Ecosan technology. For taking the risk, and serving as a model in the village, she received two toilet pans, a corrugated tin sheet, five bags of cement and technical assistance from ENPHO, adding...
an additional NRs 14,000 of her own funds to purchase soil, sand, stones and bricks. The collected urine is stored for two to three days and applied on soil at a ratio of one-part urine to three parts water. Human waste and ash are deposited in a separate pit through a larger hole in the pan. There are two pans in her toilet. When one pit fills up, she seals it to leave time for the material to degrade and uses the second pan. Eventually she can use the degraded material as compost within a month’s period. Water used for anal washing goes through a separate drainage network that feeds into a soil bed where Mrs. Dhungana has planted tomatoes. Whether this poses a health risk is worth investigating at Surkhet.

She has applied urine on potatoes, spinach and garlic, all of which she says taste better. “Plants grown using urine looks different compared with other plants”, she said. Many people have visited to see her toilet as per her observation and she shared, “Two of the visitors have shown interest on investing in an Ecosan toilet.”

**If you commit, anything is possible**

Ms. Lila Gandharva, resident of Nawajagaran Tole at BNM-12 lives with her two sons after her husband passed away. She attended one of the awareness programs related to sanitation. But she did not pay much attention since she did not have enough money to spend on toilet construction. Finally due to the pressure from the relatives and MWASHCC, she worked in the day and constructed permanent toilet in the morning and at night. In order to respect her commitment, the MWASHCC decided to choose her to be the first woman to receive the sanitation card during the ODF declaration ceremony.
If done, what is not possible

Mrs. Kamala Bayalkoti, resident of Sukumbasi area-2, Birendranagar lives in a temporary settlement with her two children. Her husband, who went to work abroad, has been missing for 2 years. Due to her economic condition, she used to think that it was impossible for her to construct the toilet though she was a member of the WWASHCC. With the suggestion from her friends, she started saving money and constructed base of the permanent toilet with only NRs 3500. For the superstructure, she took loan. She said, “Earlier I used to be embarrassed to face the committee members. But now I have my own toilet and I find it very easy to use.”
Interview with business person: Installation of Bio-Sand Filter

Background

**Name:** Dinesh Pun Magar (owner of Hotel Purano Machhapuchhre)  **Age:** 29
**VDC:** Chhinchu  **Tole:** Bazaar Tole  **Ward no.:** 7

**Problem Being Addressed**
Hotel required large amount of filtered water which could not be fulfilled by other standard filters.

**The Approach Taken**
Mr. Dinesh Pun Magar said, “I have bought Bio-sand filter after hearing about its advantages from ENPHO staff. Now-a-days I used to distribute water which is purified by Bio-sand filter (BSF) to all guests who visit my hotel. This has helped to prevent transmission of water related diseases.” He added, “I think Bio-sand filter is the most effective method for purification of water in large scale within short time period. All the guests cannot afford mineral water. They just drink the tap water. We also have had lots of complaint from the guests that they get affected with diarrhea and they blame us for the quality of food we provide. So, as per the suggestion from the ENPHO staff, we thought of installing bio-sand filter and testing its effectiveness and found that the complaint has totally stopped since its use.”
Interview with BSF Entrepreneur Mr. Mahendra Pandey

Background
Name: Mahendra Pandey  Age: 30
VDC: Maintada    Tole: Jahare Bazaar  Ward no.: 3

Problem Being Addressed
• Lack of awareness about water purification technique
• Majority of people consuming river water for drinking purpose
• People frequently suffering from water-borne diseases
• Filters easily not accessible

The Approach Taken
Local Entrepreneurship on Bio-sand Filter

Problems Experience
Majority of people did not know about water purification methods, especially about Bio-sand filter and its benefit.

Conclusion
Mr. Mahendra Pandey said, “Different schools and hotels are adopting Bio-sand filters and they are satisfied with this approach. I have also installed one in my own home. This is effective and
easy method of water purification. If we are able to promote it then this could be the most effective purification method in our community.”

Mr. Pandey added, “The market is satisfactory but it requires more advertisement. The demand is increasing very slowly and it is more focused on project areas. Those people who have heard about the filters visit my shop to know about the rates. Though it benefits human health, everybody cannot afford it due to its cost.” He, however, commits on continuing the business in order to promote the product within the district.
With the initiation of Su-Swastha project, people gradually started to become aware about the techniques of water purification and started buying WASH products. In order to make people easily accessible towards the WASH products in one roof, project initiated 6 WASH-Marts at Surkhet district among which 2 were at Chhinchu bazaar, 1 at Maintada VDC, 1 at Mehelkuna, 1 at Sahare and 1 at Kaprichaur VDC. Among them Mr. Basanta Bhattarai, owner of Suyog Traders at Chhinchu VDC, shared his experience on the business.

Mr. Bhattarai said, “I have been selling the sanitation products for more than a decade. When ENPHO approached with the WASH-Mart concept, I thought this could be easily achieved since I just have to include water purification and hygiene products in my shop. I thought this would be even better to increase my business since ENPHO will be sending messages to purchase the products from my shop. Since it was a benefit for me, I signed a mutual agreement with ENPHO on WASH-Mart promotion. I have started with minimal products on water and hygiene in order to test the selling rate. But I am thinking of expanding this business in future.”
He added, “There are still many places in Surkhet who are totally unaware about water purification products. Such people should be provided with enough information through wider advertisement. If they are not aware about the products and where to purchase, we could be on loss. Only establishing few WASH-Marts is not enough. People should be made aware about the WASH products and their benefits. Above all the products should be economically viable as well as socially acceptable.”
साबुन पानीले हात धुने बानी

कितापु शरिर भीत्र पस्ने माध्यम:

व्यक्तिगत सरसफाइमध्ये साबुनपानीले हातधुने कार्यलाई संवेजनाको महत्त्वपूर्ण क्रियाकलापको रूपमा लिइन्छ।

साबुन पानीले हात धुनैपर्ने जोखिमपूर्ण र आवश्यकता

- अगाडिका तीन आवश्यकता
  - खाना खानु अघि।
  - बच्चालाई खाना खुवाउनु अघि।
  - खाना पश्चात वा पकाउनु अघि।

- पश्चादिका तीन आवश्यकता
  - बिसा धोइ सकेपछि।
  - बच्चाको बिसा धोइ दिएपछि।
  - फोहर छोएपछि।

के सोपाईलाई याहाँ छ?
बच्चाको दिसामा कितापुहरू भन बढी हुनु र ववस्तरा दिसा जति नै हानिकारक हुनु।

"सु-स्वस्थ" परियोजना SU-SWASTHA
(SCHOOL-LED SAFE WATER, SANITATION AND HYGIENE)
IMPROVEMENT IN MID-WESTERN AREAS OF NEPAL

USAID र eawag aquatic research र ENPHO
Creating Eco Societies
पानी शुद्धिकरण गर्ने घरेलु विधिहरू

उपायजने
- जिवाणु नद गर्ने पानीलाई कक्षितमा एक भुको उपायुपलब्ध।
- धमिलो पानीलाई विषाएर छानिपछि मात्र पानी उपायुपलब्ध।
- उपायको पानीलाई पुनः प्रवृक्त हुन निर्देश छोपिरालुपछि।

क्लोरिनेशन
- क्लोरिनेशनको लागि बजारमा पीयूष, बाटर गार्ड जस्ता क्लोरिनको भूल पाइँछ।
- एक लिटर पानीमा तीन थोपा पीयूषको भूल राखुनु पछि।
- १० लिटर पानीमा बिकोरो तल्लो धको मा ७५ लिटर पानीमा बिकोरो माफिलो थानसम्म बाटर गार्ड राखेको धभन्न छ।
- क्लोरिन हालेको अधा घण्टा पछि मात्र प्रयोग गर्नुहोस्।

फिल्टर
- क्याप्णल फिल्टर: यस फिल्टरले धमिलोपाना र केही मात्रमा फिल्टरण हटाउछ।
- कोलाइडल सिल्महरू फिल्टर: यस फिल्टरको क्याप्णलमा चाँदी लेख गरिएको हुन जस्तै शुभ्र जिवाणुलाई नद गर्छ।
- बायोग्लाइड फिल्टर: यसले पानीमा भएका जीवाणु, धमिलो पण, आइरन र गन्ध हटाउँछ।
- कजनान आर्मीनिक फिल्टर: यसले पानीमा भएको आर्मीनिकको साथै धमिलोपाना, शुभ्र जीवाणु र आइरन समेट हटाउँछ।

सोडियस
- यसको लागि सेंटो, सफा, पारदशक प्लास्टिकको बोतलमा पानी भरेको धाममा राख्नुहोस्।
- बोतलको व्यास १५ से मिनेटापछि ठूलो हुनुहुन्छ।
- पारिसिद्धि धाम भए निम्नर धाम नलको बो पूरा बादल लगेको ठूलो निम्नर धाममा राख्नुहोस्।

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