

Scheme for Health and Hygiene Promotion Programme

1. Title of the Programme

Community Health and Hygiene Awareness Programme

Theme: *Promoting Healthy Living through Hygiene and Preventive Care*

2. Background and Rationale

Health and hygiene are essential for preventing diseases and promoting well-being. Many communities face health challenges due to lack of awareness, poor sanitation, and limited access to hygiene facilities. Health and hygiene programmes educate people about preventive practices, improving overall health and quality of life.

3. Objectives

- To promote awareness about personal and community hygiene
 - To prevent communicable and lifestyle diseases
 - To encourage healthy habits among children and adults
 - To improve sanitation and cleanliness
 - To promote preventive healthcare practices
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4. Target Group

- School students
 - Youth and adults
 - Women and caregivers
 - Community members
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5. Programme Duration and Location

- Duration: Ongoing programme
 - Frequency: Monthly or quarterly activities
 - Location: Schools, villages, community centers, and health centers
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6. Key Components of the Programme

A. Personal Hygiene Education

- Handwashing awareness
- Dental hygiene education
- Personal cleanliness practices

B. Community Hygiene Promotion

- Clean environment campaigns
- Waste management awareness
- Safe drinking water practices

C. Health Awareness and Screening

- Health check-up camps
- Disease prevention education
- Nutrition awareness

D. School Health Activities

- Hygiene education sessions
- Clean school campaigns
- Student health clubs

E. Sanitation Promotion

- Proper toilet use awareness
- Sanitation facility promotion
- Cleanliness drives

7. Programme Activities Schedule

Activity	Frequency
Health awareness sessions	Monthly
Hygiene education in schools	Monthly
Health camps	Quarterly
Cleanliness drives	Quarterly
Community meetings	Quarterly

8. Implementation Plan

Phase	Activity	Timeline
Phase 1	Community needs assessment	Month 1
Phase 2	Programme planning	Month 1
Phase 3	Awareness and training	Month 2 onwards
Phase 4	Health camps and activities	Ongoing
Phase 5	Monitoring and evaluation	Continuous

9. Roles and Responsibilities

Programme Coordinator

- Overall programme management

Health Workers

- Conduct health education and check-ups

Volunteers

- Support awareness campaigns

School Teachers

- Promote hygiene education

Community Leaders

- Mobilize community participation
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10. Resources Required

- Educational materials and posters
 - Hygiene kits (soap, toothbrush, etc.)
 - Medical supplies
 - Training materials
 - Health professionals
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11. Budget

Item	Estimated Cost (₹)
Awareness materials	1,000
Health camps	1,000
Hygiene kits	1,000
Training	1,000
Miscellaneous	1,000
Total	5,000

12. Monitoring and Evaluation

- Attendance records
 - Health check-up reports
 - Community feedback
 - Observation of hygiene practices
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13. Expected Outcomes

- Improved hygiene practices
 - Reduced disease incidence
 - Increased health awareness
 - Cleaner community environment
 - Improved overall well-being
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14. Sustainability Plan

- Community participation
 - School health clubs
 - Volunteer engagement
 - Linkage with government programmes like Swachh Bharat Mission
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15. Conclusion

Health and hygiene programmes promote preventive healthcare, reduce diseases, and improve the quality of life. These initiatives help build healthier individuals and stronger communities.