





















Global Hand Washing Day 2023

Theme: "Clean Hands are within Reach"

Venue: NCBI Auditorium, PCRWR HQs, Islamabad, Pakistan

(October 17, 2023)

BACKGROUND

Global hand washing day, a global advocacy day dedicated to increasing awareness and understanding about the importance of hand washing with soap as an effective and affordable way to prevent diseases and save lives. The prospect of global hand washing day is to encourage people to wash their hands with soap at critical times. The day acts as a reminder about hand washing and how it can help us avoid getting sick and spreading germs.

Hand washing is very important because it's one of the easiest, simplest and least costly ways that we can protect ourselves and others from diseases. Though it's such a simple thing to do, lots of people forget to wash their hands. In fact, studies have even shown that more than one in 10 people in the UK don't clean their hands after going to the bathroom. The Constitution of Pakistan secures several basic fundamental rights of citizens. The Article 9 of the Constitution states, "No person shall be deprived of life or liberty, save in accordance with the law." Legal experts say that the article guarantees the right to life, including basic amenities such as water, food, healthcare, and education. This suggests that every Pakistani has the right to get uninterrupted access to basic amenities, including water, sanitation, and hygiene. As per fundamental rights, water and sanitation services must be accessible to everyone within, or in the immediate vicinity, of households, workplaces and health, educational and public institutions. Investments on hand hygiene are among the most costeffective investments that can be made with public and private resources, for the sectors of sanitation and health.

Hand washing with soap is one of the most effective ways communities, healthcare workers, patients, people in workplaces and schoolchildren can protect themselves and their loved ones from infections and diseases. This year's Global Hand washing Day theme - Clean Hands are within Reach – urges governments, donors, businesses, institutions, researchers and advocates to collaborate to create and implement sustainable hand hygiene strategies that will ensure everyone has this vital defense.

Changing people's hygiene habits for good is only possible if we all unite; from researchers to politicians, donors to governments, activists to businesses, institutions to individuals, we all have a part to play. We need fully costed and funded hygiene strategies, and effective interventions – based on evidence – that can be scaled up to reach everyone, everywhere. An evidence-based, comprehensive and unified approach empowers people to absorb hygiene into their daily lives, protecting families, lessening the burden on already overwhelmed healthcare services and helping to prevent disease outbreaks and pandemics. With this ambition, the global hand washing day is celebrated every year on October 15. This day is an opportunity to design, test, and replicate creative ways to encourage people to wash their hands with soap at critical times. With this aim, Pakistan Council of Research in Water Resources (PCRWR) in collaboration with UNICEF Pakistan and WASH Stakeholders celebrated global hand washing day setting following key objectives:

Sensitize stakeholders and communities to prioritize hygiene policies emphasizing hand washing.

Create mass awareness on link between infectious diseases and hand washing and demonstrate the hand hygiene.

To achieve these objectives, following three activities are planned:

Date: Octo	ber 17, 2023
Activity 1	Activity-2
Awareness sessions on Hand	Panel discussion
washing	
Hand Washing Activities in Schools for the	Panel Discussion
improvement of hand hygiene	"Hand hygiene improvement strategies in
(to be organized by PCRWR Regional/District	schools, healthcare and public places"
Offices in local schools with the collaboration of	
District Administration)	
(Display banners, leaflets, soft soap gifts)	
Time: 9:30 am to 1:00 pm	Time: 10 am to 12:30 pm
Venue: PCRWR Regional/District Offices	Venue: NCBI Auditorium PCRWR Head office,
and associated primary/secondary schools	H-8/1 Islamabad

Partners: PCRWR, UNICEF, WaterAid Pakistan, International Rescue Committee,

WHO, UNOPS, Muslim Aid, Qatar Charity, Save the Children, and GIZ Pakistan.

INTRODUCTION



Global Handwashing Day is an annual global advocacy day dedicated to promoting and advocating for the importance of handwashing with soap as a simple, cost-effective, and essential practice for preventing diseases, particularly in underprivileged and developing communities. The day is celebrated on October 15th each year and serves as a platform for raising awareness and encouraging behavioral change with regards to hand hygiene. The primary objectives of Global Handwashing Day are as follows: Handwashing Day is a focal point for increasing awareness about the benefits of proper handwashing. The aim is to ensure that people, especially children and vulnerable communities, understand the crucial role that hand hygiene plays in preventing diseases and saving lives.

The day encourages individuals to adopt and maintain the practice of regular handwashing with soap. It emphasizes the need to wash hands at critical times, such as before eating, after using the toilet, and when hands are visibly dirty. Global Handwashing Day brings together various stakeholders, including government agencies, non-governmental organizations, schools, communities, and the private sector, to work collaboratively in raising awareness and promoting proper handwashing practices. The day serves as a platform for advocating for improved access to clean water,

sanitation, and hygiene (WASH) facilities, especially in underserved areas where such basic amenities are lacking. It is also an opportunity to celebrate successful handwashing initiatives and campaigns from around the world. Various organizations and communities share their experiences and best practices.

The celebration of Global Handwashing Day involves a wide range of activities, including educational programs, handwashing demonstrations, art and essay competitions, distribution of soap and hand sanitizers, community events, policy advocacy, and media campaigns. The day is particularly important for reducing the spread of diseases, such as diarrhea, respiratory infections, and the prevention of pandemics like COVID-19, as it underscores the importance of a simple yet highly effective preventive measure. Global Handwashing Day is a crucial component of the broader efforts to achieve Sustainable Development Goal 6, which aims to ensure access to clean water and sanitation for all. It reinforces the idea that access to clean water and proper sanitation should be complemented by good hygiene practices, with handwashing being a fundamental aspect of this equation. This day serves as a reminder of the significance of maintaining clean hands for a healthier, more resilient, and sustainable future for all.

"CLEAN HANDS ARE WITHIN REACH."

(Theme 2023)

Building on the momentum from previous years, Global Handwashing Day 2023 demonstrates the impact of coordinated action among governments, the private sector, and community champions to accelerate hand hygiene progress. On October 17, 2023, a remarkable event was organized at the Pakistan Council of Research in Water Resources (PCRWR) in Islamabad to celebrate Global Handwashing Day.

This event was a collective endeavor of PCRWR, UNICEF, various sector partners, government entities, teachers, and students from project sites of UNICEF. The event was an avenue to raise awareness about the significance of proper hand hygiene and brought together representatives from various walks of life. The occasion served as a platform to raise awareness about the importance of hand hygiene and its long-term effects on the health and living standards of children and community. The PCRWR in collaboration with its key partners celebrated the same event of Global Hand washing day, 2023 in the schools adopted under "Clean Green Pakistan project", in the 23 districts of Punjab, KPK, Sindh, AJK and Quetta. Global Hand Washing Day is a global advocacy day dedicated to raising awareness about the significance of hand washing with soap as an effective and affordable means to prevent diseases and save lives.

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MODERATOR'S OPENING REMARKS

The event was moderated by Mr. Omar Khalid, a renowned journalist and TV anchor, who set the tone for the day by emphasizing the importance of handwashing at critical times and the need to celebrate such events that unite individuals from diverse backgrounds.

Welcoming Address by Dr. Muhammad Ashraf:

Dr. Muhammad Ashraf former chairman welcomed all the distinguished guests and delivered an inspiring overview of this year's theme, "Clean Hands are Within Reach." The theme is centered around the goal of achieving 100% coverage of hand hygiene facilities across key settings, including homes, workplaces, healthcare facilities, and public spaces. In his remarks, Mr. Ashraf emphasized the imperative for collective efforts at all levels to achieve universal hand hygiene.

Dr. Lubna Javed from the International Rescue Committee (IRC) said that simple act of maintaining clean hands is an indispensable weapon in our ongoing battle against infectious diseases. The COVID-19 pandemic was a stark reminder of how easily infectious diseases can spread and how vital hand hygiene is in our collective defense. So, what exactly is hand hygiene, and why is it so crucial? She further added that Hand hygiene is the practice of cleaning and



disinfecting our hands to reduce the number of harmful microorganisms present. It involves washing our hands with soap and water or using alcohol-based hand sanitizers.

Monitoring and Evaluation of Hand Hygiene Interventions by Mr. Arif Jabbar Khan (WaterAid Pakistan). Mr. Arif said that Hand hygiene is a fundamental and cost-effective practice that plays a pivotal role in preventing the spread of infectious diseases, reducing healthcare-associated infections, and ultimately, saving lives. It is essential to not only promote hand hygiene but also to ensure that these interventions are effective through rigorous monitoring and evaluation.

In the world we live in, where infectious diseases can spread rapidly and have far-reaching consequences, it is imperative that we take a proactive approach to prevent their transmission. Hand hygiene is the simplest yet most effective way to combat this challenge. To make hand hygiene interventions impactful, we must go beyond raising awareness and implementing policies. We must monitor and evaluate our efforts systematically to gauge their effectiveness and make informed decisions for improvement. Mr. Jabar's presentation provided valuable insights into the effectiveness of various programs and interventions.

Mr. Kamran Naeem stated the vital importance of hand hygiene, especially in the context of Pakistan, and provide a practical demonstration of proper handwashing techniques.

Hand hygiene is a fundamental practice that can significantly reduce the spread of infectious diseases and save lives. In a country like Pakistan, where access to healthcare resources can be limited, and many people live in densely populated areas, the importance of proper hand hygiene cannot be overstated. It's a simple yet powerful tool for preventing illness and promoting public health.





Mr. Kamran Naeem, the WASH-CED Specialist at UNICEF, shared insights into the current state of hand hygiene in Pakistan. He also conducted a practical demonstration of proper handwashing techniques, emphasizing the use of soap and sanitizers to eliminate germs and maintain good health. Global Handwashing Day is being celebrated once-a-year to make a big liking in support of handwashing with soap, but the importance of hand hygiene promotion should not end just celebrating it on one day rather it should be continuous and regular workout. The advocate for handwashing with soap can continue their effort every day, we can make significant progress in moving toward the goal of increasing hand hygiene practices and changing behaviors.

Ms. Susuana Lardies Zabala, the Senior Program Manager at UNOPS Pakistan, presented the key determinants for change in promoting hand hygiene. Her expertise shed light on the behavioral and social aspects associated with this crucial issue, she further added that Changing hand hygiene habits often involves a shift in behavior. Focus on promoting the desired behavior through positive reinforcement, role modeling, and peer support. Address cultural and social norms that may influence hand hygiene practices. Cultural beliefs and peer pressure can have a significant impact on whether individuals practice good hand hygiene. Effective communication strategies are vital in promoting change. Messages about the importance of hand hygiene should be clear, simple, and consistent. Addressing these determinants for change will increase the likelihood of successful adoption of proper hand hygiene practices and contribute to a healthier and safer environment.

After the informative sessions, a tea break allowed participants from different organizations to network and engage in discussions, further strengthening collaborative efforts.



PANEL DISCUSSION

he event continued with a panel discussion featuring representatives from the health department, academia, and UNICEF. They engaged in a detailed conversation about the topic, sharing valuable insights and experiences. The outcomes of panel discussion were "Improving handwashing in the education sector in Pakistan is essential to reduce the high number of child deaths due to diarrhea and promote good hygiene practices. To address this issue, several policy-level measures and strategies can be implemented: The government should prioritize the provision of adequate and functional handwashing facilities in schools. This includes access to clean water, soap, and drying materials. Schools should be regularly inspected to ensure that these facilities are well-maintained. Launch national or provincial behavior change campaigns to promote handwashing, targeting both students and their families. These campaigns can include mass media, community engagement, and awareness programs. Collaboration and information sharing among provinces, as well as with relevant national authorities and organizations, can help streamline efforts and share best practices for improving hygiene in the education sector in Pakistan.

Dr. Farah Sabih representative of WHO shared her views regarding importance of hand washing in work places she said that Hand



hygiene in the workplace and other public settings is essential for preventing and eradicating the chances of cross infections. Cross infections occur when pathogens, such as bacteria and viruses, are transmitted from one person to another. Proper hand hygiene is a fundamental component of infection control and can significantly reduce the risk of cross infections.

After panel discussion there was a quiz competition activity with students from different schools of UNICEF project area. Students gave practical demonstration of hand washing.

In conclusion Mr. Hashim Khan from GIZ shared his views about event that we should continue celebrating this kind of events where we can see representatives of different organizations, government, health and education departments as well as I feel pleasure seeing students from different schools to be part of this platform. Because they can play a significant role in promoting hand washing in schools and their communities by empowering them with knowledge, providing the necessary resources, and creating a culture of hygiene, we can harness their potential as change agents to improve public health and reduce the spread of infectious diseases.

Dr. Baseer Achakzai, the Director-General of the Ministry of Health, delivered the speech. He commended the efforts of PCRWR, UNICEF, and sector partners for organizing an event that successfully brought together individuals from different age groups to promote hand hygiene.

Dr. Hifza Rasheed DG Water Quality PCRWR extended heartfelt thanks to all the participants, speakers, and partners for their active participation in the event and their commitment to the cause of hand hygiene.





SHIELDS DISTRIBUTION

The event concluded with the distribution of shields and tokens of appreciation among the speakers and panelists for their valuable contributions., the Global Handwashing Day celebration at PCRWR, Islamabad, in 2023 was a resounding success. It brought together experts, stakeholders, and advocates from various sectors to emphasize the critical importance of hand hygiene. The event not only educated the participants but also fostered collaboration and commitment to promoting good hand hygiene practices for the betterment of public health in Pakistan.



Annex I: Agenda for the Event of Panel Discussion

Moderator: Dr Omar Khalid Butt

Time/Hrs	Program	Who
Inaugural Sessi	ion	
9:30 – 10:00	Registration of participants	Ms Foqia Faisal, PCRWR Ms Maryam Laiba, PCRWR
10:00-10:05	Recitation from Holy Quran	Mr Athar Ibrahim, PCRWR
10:05-10:15	Welcome Address	Dr Muhammad Ashraf, Former Chairman PCRWR
10:15-10:25	Promotion of hand washing in Pakistan to combat infections	Ms Lubna Javed, Deputy Director Programme, International Rescue Committee, Pakistan
10:25-10:35	Monitoring and Evaluation of Hand Hygiene Interventions	Mr Arif Jabbar Khan, Country Director WaterAid Pakistan
10:35-10:45	Hand Washing in Pakistan	Mr. Kamran Naeem, WASH-CED specialist UNICEF
10:45-10:55	Key Determinants for the Change	Ms. Susuana Lardies Zabala Senior Program Manager, WASH UNOPS Pakistan
10:55-11:00	Working Tea/Coffee	
11:00 - 12:10	Panel discussion: Storyboard Session Moderator will open the session and share some background information on Challenges of WASH sector in relation to improving hand washing in specific contexts. Afterwards, each speaker will be given 3-5 minutes to share their thoughts on the theme. This will be followed by questions from Session Moderator around (but not limited to):	Panelists: Tanwir Ahmed, Deputy Director General Operations/Policy, Federal Education & Professional Training Dr.Rabail Javed, Deputy Director (Ministry of Health, Islamabad)

Time/Hrs	Program	Who
	i. Around 53,000 Pakistani children under five die annually from diarrhea due to poor Hygiene and sanitation. Handwashing at school level plays very instrumental considering the power of children as change agents. What policy level measures are implemented for improving hand washing in Education sector? Moreover, how hand washing can be transformed	Dr Farah Sabih, World Health Organization, Pakistan Ms Saima Nazeer, Deputy Director, Ministry of Climate Change Dr. M. Ayub Rose Bill & Melinda Gates Foundation (BMGF)/RAYN Group Islamabad
	into a mandatory norm within Education sector in Pakistan? ii. Provinces have their own policies and strategies for improving hygiene. What provinces have achieved so far and planned for future in accordance with the costed plan for improving hygiene? ii. Lack of access to hand washing facilities results in the spread of hospital acquired infections. Can you elaborate the policy measures for healthcare facilities of public sector to promote a culture of best hygiene practices?	

Time/Hrs	Program	Who
	 iv. How hand hygiene in the workplace and other public settings can help to eradicate the chances of cross infections? v. Antibiotic resistance is a growing concern. How Handwashing can help to reduce AMR risk? 	
12:10-12:20	Hand washing in Schools considering the power of children as change agents	Mr. Hashim Khan, Country Coordinator GIZ, Pakistan
12:20-12:30	Remarks by the Chief Guest	Dr Baseer Achakzai, Director General (Ministry of Health, Islamabad)
12:30-12:35	Vote of Thanks	Dr Hifza Rasheed, DG (WQ)
12:40-1:30	Lunch and group photo	

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66.	Dr Taury Jan	VÓ WONGER	C	tjengna@gman	1

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84.	Amir Shehzad.	PCRWR.		V	

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LIST OF PARTICIPANTS						
Name & Designation	Department	Cell No.	Email	Sign		
Sibghat ullah Gurlshi ASO	PCRWR					
Intiaz Ali- A.D.	PCRWR	0333-7907640	WERC YWO Yahr- CM			
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