

ROLE OF NON GOVERNMENT ORGANIZATIONS (NGOs) IN SANITATION AND HEALTH

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Abstract:

Sanitation and health are closely related. Adequate sanitation, together with good hygiene and safe water, are fundamental to good health and to social and economic development whereas, poor sanitation is linked to transmission of diarrhoeal diseases. In 2020, 54% of the global population (4.2 billion people) used a safely managed sanitation service. NGOs are not a new phenomenon in India. NGOs have taken a more active role in the development of the social sector, including education, health care, and so on. Recently in India, non-governmental organizations (NGOs) started to get involved in improving waste management services. NGOs can play an important role in the development, implementation, and reform of public health service. NGOs are playing an important role in the overall tribal development process. This is due to the various policies adopted by the Government of India. In India, there are many Non Governmental Organizations (NGOs) which plays important role in sanitation and health management. Research evidences have shown that NGOs have done positive impact on improving the sanitation and health status in many part of India. In this context, the place of these NGOs in the improvement process of sanitation and health needs a detailed scientific study.

keywords : Sanitation, health, NGO, tribal development

Introduction:

Sanitation :

Sanitation refers to public health conditions related to clean drinking water and adequate treatment and disposal of human excreta and sewage. Sanitation is about more than just toilets. Two billion people still do not have basic sanitation services, while 673 million people practice “open defecation”.

Health : According to WHO, health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.

Relation between sanitation and health:

Sanitation and health are closely related. Poor hygiene, inadequate quantities and quality of drinking water and lack of sanitation facilities cause millions of the world's poorest people to die from preventable diseases each year. Adequate sanitation, together with good hygiene and safe water, are *fundamental to good health* and to social and economic development. Poor sanitation is linked to transmission of diarrhoeal diseases such as cholera and dysentery, as well as typhoid, intestinal worm infections and polio.

Key facts:

In 2020, 54% of the global population (4.2 billion people) used a safely managed sanitation service. Over 1.7 billion people still do not have basic sanitation services, such as private toilets or latrines. Of these, 494 million still defecate in the open, for example in street gutters, behind bushes or into open bodies of water. In 2020, 45% of the household wastewater generated globally was discharged without safe treatment. At least 10% of the world’s population is thought to consume food irrigated by wastewater. Poor sanitation reduces human well-being, social and economic development due to impacts such as anxiety, risk of sexual assault, and lost opportunities for education and work. Poor sanitation is linked to transmission of diarrhoeal diseases such as cholera and dysentery, as well as typhoid, intestinal worm infections and polio. It exacerbates stunting and contributes to the spread of antimicrobial resistance.

Overview:

Some 829 000 people in low- and middle-income countries die as a result of inadequate water, sanitation, and hygiene each year, representing 60% of total diarrhoeal deaths. Poor sanitation is believed to be the main cause in some 432 000 of these deaths and is a major factor in several neglected tropical diseases,

including intestinal worms, schistosomiasis, and trachoma. Poor sanitation also contributes to malnutrition.

In 2020, 54% of the global population (4.2 billion people) used a safely managed sanitation service; 34% (2.6 billion people) used private sanitation facilities connected to sewers from which wastewater was treated; 20% (1.6 billion people) used toilets or latrines where excreta were safely disposed of in situ; and 78% of the world's population (6.1 billion people) used at least a basic sanitation service. Diarrhoea remains a major killer but is largely preventable. Better water, sanitation, and hygiene could prevent the deaths of 297 000 children aged under 5 years each year. Open defecation perpetuates a vicious cycle of disease and poverty. The countries where open defecation is most widespread have the highest number of deaths of children aged under the 5 years as well as the highest levels of malnutrition and poverty, and big disparities of wealth.

Healthy practices for sanitation:

1. Keeping the hands clean by frequent handwashing
2. Learning about key times to wash hands
3. Preventing open defecation
4. Taking regular shower
5. Maintaining oral hygiene
6. Clearing ears and nose
7. Proper handling of drinking water
8. Maintaining home sanitation
9. Preparing and serve the food in hygienic condition
10. Maintaining hygiene of nails
11. maintaining hygiene of foets
12. Cleanliness of face
13. Hair and Scalp Hygiene
14. Wearing fresh and warm clothes
15. Menstrual Hygiene
16. Covering mouth while coughing and sneezing.

Benefits of improved sanitation:

- Good sanitation helps to reduce the spread of intestinal worms, schistosomiasis and trachoma, which are neglected tropical diseases that cause suffering for millions.

- Also helps to reduce the severity and impact of malnutrition.
- Having better sanitation helps to promote dignity and boosting safety, particularly among women and adolescent girls.
- Improved sanitation helps to promote school attendance: girls' school attendance is particularly boosted by the provision of separate sanitary facilities.
- With the help of good sanitation it is able to reducing the spread of antimicrobial resistance.
- Good sanitation helps for potential recovery of water, renewable energy and nutrients from faecal waste.
- Improved sanitation has potential to mitigate water scarcity through safe use of wastewater for irrigation especially in areas most affected by climate change.

Methodology:

1. Selected a topic based on the current need for improved sanitation and health and role of NGO in it.
2. Collected the data from research articles from different journals
3. Analysed the collected data and drawn the conclusion based on the referred research articles.

What is Non Governmental Organizations (NGOs)

NGOs are a non profit organizations that operates independently of any government, typically one whose prpose is to adress a social or political issue.

Role of Non-Government Organizations Promoting Sanitation and Health

NGOs are not a new phenomenon in India. Voluntary effort has always been an important part of Indian culture and social tradition the need for organizing people into accredited associations and their involvement and participation in rural development has now been fully recognized. Despite significant changes in approaches and strategies to the cause of rural development, the government has not been able to achieve minimum desirable targets in the field of education, nutrition, health, drinking waters and employment (Bhaker 2014).

NGO plays an important role in the development process in third-world nations like India. The role of the agency (NGO) in empowering the community to develop sustainable practises is also explored. (Kumar and Sharma 2022)

The government's encouragement of nongovernmental organisations (NGOs) has led to a surge in progress on a variety of fronts, including efforts to reduce poverty, protect children's rights, combat prejudice against members of minority groups, empower women, end child labour, improve living conditions in rural areas, provide clean drinking water, and address other pressing environmental and social concerns. (Sharma et.at 2022)

Over the past two decades, NGOs have taken a more active role in the development of the social sector, including education, health care, and so on. Programs to eradicate Leprosy, tuberculosis, malaria, and improve water and sanitation infrastructure, all implemented by non-governmental organisations, have also been very successful) Kumar and Sharma 2022. Since the role of NGOs in management of sanitation and health is an urgent need to document the implemented work comprehensively in an urban setting in a developing country such as India. Recently in India, non-governmental organizations (NGOs) and other civil society organizations have increasingly started to get involved in improving waste management services. The NGO program promoted much needed awareness and education, municipal solid waste management, encouraged source separation, enhanced door-to-door collection, utilized wastes as raw materials and generated more job opportunities. (Rajamanikam et al. 2014).

Today majority of Indian indigenous (Tribes) people are facing various communicable and non communicable diseases. It was found that positive correlation between the health status of tribal people and their socio-economic development. Many reputed nongovernmental organization (NGOs) have been working towards health issues of the indigenous people for quite some time now (Nanjunda and

Dinesha 2011). NGOs can play an important role in the development, implementation, and reform of public health service. To be effective, NGOs must recognize the critical role of law in protecting the health of the public and in the public health system's emergency preparedness. They will work with federal, state, and local leaders to advance the goals that public health laws were enacted to achieve (Bharati and Mamtaz, 2003)

NGOs also have technical and human resource expertise, which they can utilize to help translate highly complex scientific concepts into public health action steps that regulators, legislators, and members of the public can readily understand (Bharati and Mamtaz, 2003). As India strives towards becoming a more egalitarian society, health of marginal section of the society has become a significant issue and health education become serious factor in reaching its goal. Some noted NGOs have developed the concept of 'Health Modernity' to be implemented in the tribal areas (Shah, 2010; Ratna, 2009).

NGOs are playing an important role in the overall tribal development process. This is due to the various policies adopted by the Government of India. Many NGOs have grown in size and capabilities conducting research and training's and developing effective and innovative programmes in the fields of education, micro-financing, and income generation activities etc. These have made an important contribution in the effort to eradicate various socio-economic problems up to certain extent, because all these are all closely intertwined with the vital health behaviour of the tribes. Unless NGOs make significant improvement in promoting scientific and culturally suitable approaches to improve health seeking behavior of tribes, their best efforts may not prove sufficient for ending various health problems being faced by the tribals today. The role of NGOs in sensitizing tribal people and make them demand their entitlements for health rights is very significant. Research evidences have shown that NGOs have done positive impact on tribal's health

status in many part of India. (Nanjunda and Dinesha 2011).

Some of the Non Governmental Organizations (NGOs) in India plays important role in sanitation and health management

1. Doctors For You

Doctors for You (DFY) was founded in 2007 by doctors, medical students and like-minded people with a vision of “health for all”. Currently, DFY is working on various projects in 17 different states across India involving healthcare professionals, disaster management practitioners, social workers, etc. It reaches out to segments affected by extreme poverty, disasters, neglect and years of injustice. Their major focus is to address the healthcare and nutritional needs of the affected population. They also work to improve sexual and reproductive health, maternal, infant and child health in emergencies and have vast experience working in disaster-prone areas. DFY has received several awards like the SAARC Award (2010), The British Medical Journal Group Award (2009), Golden Ruby Award (2015) and recognition from state governments for their outstanding contribution to the humanitarian field.

2. Rural Health Care Foundation

Rural Health Care Foundation (RHCF) has been working for healthcare since 2009 and provides high quality and affordable primary medical care to low-income and underprivileged groups in West Bengal. Their aim is to make healthcare accessible to the poorest and the most deprived sections. RHCF has 17 centres operating across the state which include 12 centres in remote rural areas. Their goal is to continue improving the health and lives of the underserved who face social and financial challenges. Their healthcare centres provide patients with affordable medical consultations along with a week’s supply of free medication. To date, over 23 lakh patients have been treated at the RHCF centres.

3. Swasth Foundation

Established in 2009 with the vision of ‘Health and Joy for All’, Swasth is on a mission to build a sustainable and accountable health

ecosystem. The organisation’s network of primary healthcare centres provides affordable services to reduce out-of-pocket expenditure by over 50% for those in need. The centres are focused on enhancing the state of the physical, social, mental and emotional well-being of people. This is done through interventions like courses, classes, workshops and one-on-one interactions. The programmes are designed based on integrating various modalities of well-being like yoga, Ayurveda, nutrition, counselling, coaching, etc.

4. Foundation for Mother and Child Health

This is a grassroots organisation that ensures healthcare and nutrition intervention for women and children in vulnerable communities of Mumbai. Their programmes encourage preventive health, balanced nutrition and child development practices in underprivileged settlements. To this effect, they have adopted a holistic approach to embrace, educating and empowering mothers and children in their social environment. The FMCH Training Center in Mumbai was launched with the objective of developing a cadre of professionals across Maharashtra and eventually the entire country. Urban Nutrition Initiative and Project Poshan are nutrition-specific interventions where FMCH works closely with the families and large groups to promote good health, hygiene, and nutrition practices. Their programmes impact over 930 pregnant and lactating mothers annually.

5. CanKids KidsCan

Founded in 2004 under the Indian Cancer Society, CanKids KidsCan is the only national NGO working across the entire spectrum of childhood cancer care in India. Through their signature program YANA (You are Not Alone), CanKids provides holistic support to a child with cancer from the moment of detection, through diagnosis, treatment, and after. CanKids works in partnership with 113 cancer centres in 62 cities and 27 states of India. In addition, they also run 10 Home Away from Homes (HAH), 2 CanShala, and a Palliative Care Centre – a first of its kind in India.

6. Swasthya Swaraj

With healthcare and education as their areas of focus, this nonprofit is working towards making good health a reality for the poorest and the underserved. It has set up model community health programmes in tribal areas like Thuamul Rampur Block of Kalahandi district in Odisha, where families are destitute and their children grossly undernourished. The tribals living here are too familiar with deprivation, sicknesses, and deaths – many unreported and from preventable causes. Swasthya Swaraj's Comprehensive Community Health Programme is active in 76 villages and adopts a unique community empowering model to expand its reach. Its overall efforts are towards creating a just and equitable society, free from the shackles of ill health, illiteracy, and poverty.

7. Doctors For Seva Arogya Foundation (Aarogya Seva)

Aarogya Seva is an international, humanitarian volunteer organisation dedicated to providing quality healthcare services to various segments of society through micro-volunteering. The NGO provides a platform for all sectors of the healthcare industry – including pharmaceutical companies, hospitals, private practitioners, and healthcare service providers of all specialities – to serve patients in marginalised communities. Aarogya Seva has reached over 100,000 beneficiaries so far and hopes to touch one million lives in the next two years with its army of 25,000 volunteers.

8. Movement for Alternatives and Youth Awareness (MAYA)

Started in 1991, MAYA is a Karnataka-based non-profit working to create an equitable society that systematically addresses issues around livelihood, education and health. Through its health programme, MAYA has created a healthcare delivery system for preventive and promotive health. Health workers are trained and enabled with the technology to screen, monitor and advise vulnerable groups for health conditions like blood pressure, blood sugar and anaemia at affordable rates at their doorstep. Currently, there are 100+ health workers operating in three

districts covering a population of about 3,00,000.

9. SEARCH (Society for Education, Action and Research in Community Health)

This 34-year-old works in the vulnerable, semi-tribal and deprived district of Gadchiroli in the easternmost corner of Maharashtra. Its vision is to achieve 'Aarogya Swaraj' (healthy life) empowering individuals and groups to take charge of their own health and help them achieve freedom from disease and dependence. SEARCH has done pioneering work in maternal and newborn health, tribal health, women's health, reduction of alcohol and tobacco consumption, and non-communicable diseases. These programmes have won accolades internationally including WHO Public Health Champion, TIME Global Health Heroes, MacArthur Foundation Award for Most Effective Institutions and National Award for Women's Development.

10. Charutar Arogya Mandal

The Mandal provides comprehensive healthcare at an affordable cost to rural communities in the Anand and Kheda districts of Gujarat. What started with a general hospital with 136 beds is now an institution that includes a medical college recognised by the Medical Council of India, a 720-bed hospital, an institute for post-graduate studies, a school of nursing, a college of physiotherapy, an institute of medical technology and a cardiac care and cancer centre.

Conclusion:

Sanitation refers to public health conditions related to clean drinking water and adequate treatment and disposal of human excreta and sewage whereas, health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Sanitation and health are closely related. Adequate sanitation, together with good hygiene and safe water, are *fundamental to good health* and to social and economic development whereas, poor sanitation is linked to transmission of diarrhoeal diseases. In 2020, 54% of the global population (4.2 billion people) used a safely managed sanitation service. Over 1.7 billion people still do not

have basic sanitation services, such as private toilets or latrines. Good sanitation helps to reduce the spread of disease causing agents, spread of antimicrobial resistance and severity and impact of malnutrition. Improved sanitation helps to promote school attendance, dignity and boosting safety, particularly among women and adolescent girls as well as helps for potential recovery of water, renewable energy and nutrients from faecal waste. Improved sanitation has potential to mitigate water scarcity through safe use of wastewater for irrigation.

NGOs are a non profit organizations that operates independently of any government, typically one whose prpose is to adress a social or political issue. NGOs are not a new phenomenon in India. NGO plays an important role in the development process in third-world nations like India, over past two decades; NGOs have taken a more active role in the development of the social sector, including education, health care, and so on. Since the role of NGOs in management of sanitation and health is an urgent need to document the implemented work comprehensively in an urban setting in a developing country such as India. Recently in India, non-governmental organizations (NGOs) and other civil society organizations have increasingly started to get involved in improving waste management services. The NGO program promoted much needed awareness and education, municipal solid waste management, encouraged source separation, enhanced door-to-door collection, utilized wastes as raw materials and generated more job opportunities.

NGOs can play an important role in the development, implementation, and reform of public health service. NGOs also have technical and human resource expertise, which they can utilize to help translate highly complex scientific concepts into public health action steps that regulators, legislators, and members of the public can readily understand. NGOs are playing an important role in the overall tribal development process. This is due to the various

policies adopted by the Government of India. In India, there are many Non Governmental Organizations (NGOs) which plays important role in sanitation and health management. Research evidences have shown that NGOs have done positive impact on improving the sanitation and health status in many part of India. In this context, the place of these NGOs in the improvement process of sanitation and health needs a detailed scientific study.

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