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TITLE OF RESEARCH: Impact of Sanitation Practices on Selected Health Indicators among Children: A Case study of Uttar Pradesh

Sanitation plays a fundamental role in ensuring public health, dignity, and environmental sustainability, particularly in developing regions like India where disparities in access remain significant. It encompasses safe disposal of human waste, access to clean water, and hygienic practices, all of which are essential in preventing disease and improving quality of life. In the context of child health, inadequate sanitation is closely associated with malnutrition, especially through repeated infections such as diarrhea and intestinal disorders that inhibit nutrient absorption. The key indicators of child health namely stunting, wasting, and underweight reflect both chronic and acute nutritional deficiencies and are strongly influenced by sanitation conditions. Uttar Pradesh presents a unique paradox where improvements in sanitation rankings coexist with persistently high levels of child malnutrition, making it a critical case for examining this.

Existing literature establishes a strong connection between sanitation and health outcomes, yet research in the Indian context remains limited and largely focused on infrastructure rather than behavioral dimensions. Factors such as awareness, perceptions, and socio-cultural beliefs continue to influence sanitation practices, often sustaining behaviors like open defecation despite the availability of facilities. This study addresses these gaps through a micro-level analysis, combining primary data from selected districts of Uttar Pradesh with secondary sources such as NFHS and global health reports. The findings indicate that access to sanitation is positively associated with parental income, education, and urban residence, while disparities persist across social and demographic groups. Awareness initiatives like the Swachh Bharat Mission significantly contribute to improved practices, yet deeply rooted perceptions and infrastructural challenges remain barriers. The analysis further reveals that improved sanitation access and awareness are linked to reduced probabilities of stunting, wasting, and underweight among children.