



SCAFFOLDING STUDENTS SERIES

**ROLE OF PERSONAL
HYGIENE IN STUDENT'S LIFE**

Pre- Session Activity

What do all these activities represent?



.....Give one word!

Learning Outcomes

At the end of the session, students will be able to understand

- What is personal hygiene
- Need of personal hygiene
- Personal hygiene in daily life
- Food hygiene



WATCH
THE video!

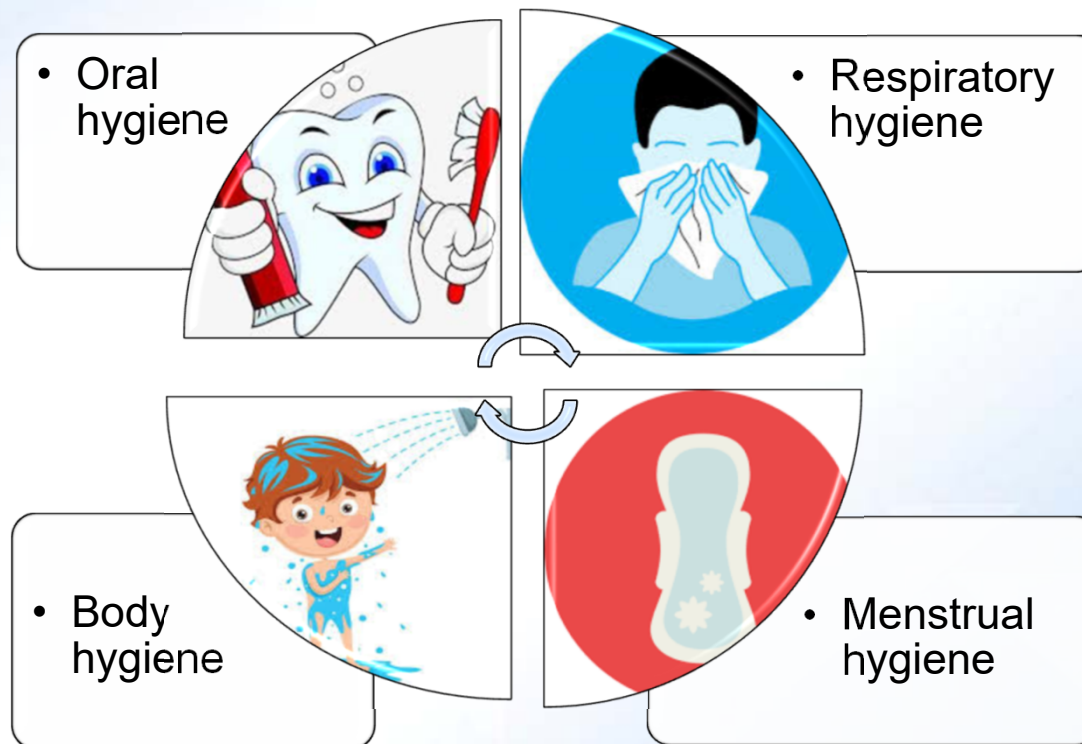


<https://www.youtube.com/watch?v=jQ2e0KH5Wrl>

- What do we mean by personal hygiene?
- What is the need of personal hygiene?

What is Hygiene/Personal Hygiene?

'Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.' Personal hygiene involves the following:



Some Basic Personal Hygiene Practices



Hand Hygiene

Please Watch
The Video



[https://www.youtube.com/watch?v=lisgnbMfKvl
&feature=youtu.be](https://www.youtube.com/watch?v=lisgnbMfKvl&feature=youtu.be)

HYGIENE HABITS

1. HAND WASH

- **Why** do we wash hands regularly?



- **How** should we wash our hands?
- **When** should we?



<https://www.youtube.com/watch?v=lisgnbMfKvI&feature=youtu.be>

Remember, handwash is the most important personal hygiene practice!!!

2. ORAL HYGIENE

- **Why** do we brush our teeth?
- **How** should we brush our teeth?
- **When** should we?



3. NAIL HYGIENE

- **Why** do we trim nails regularly?
- **How** should we cut the nails?
- **When** should we?



WASHING HABITS

4. Bath

- **Why** do we bath regularly?
- **How** should we bath?
- **When** should we?



5. Eye, Nose, Ear and Hair



QUIZ TIME

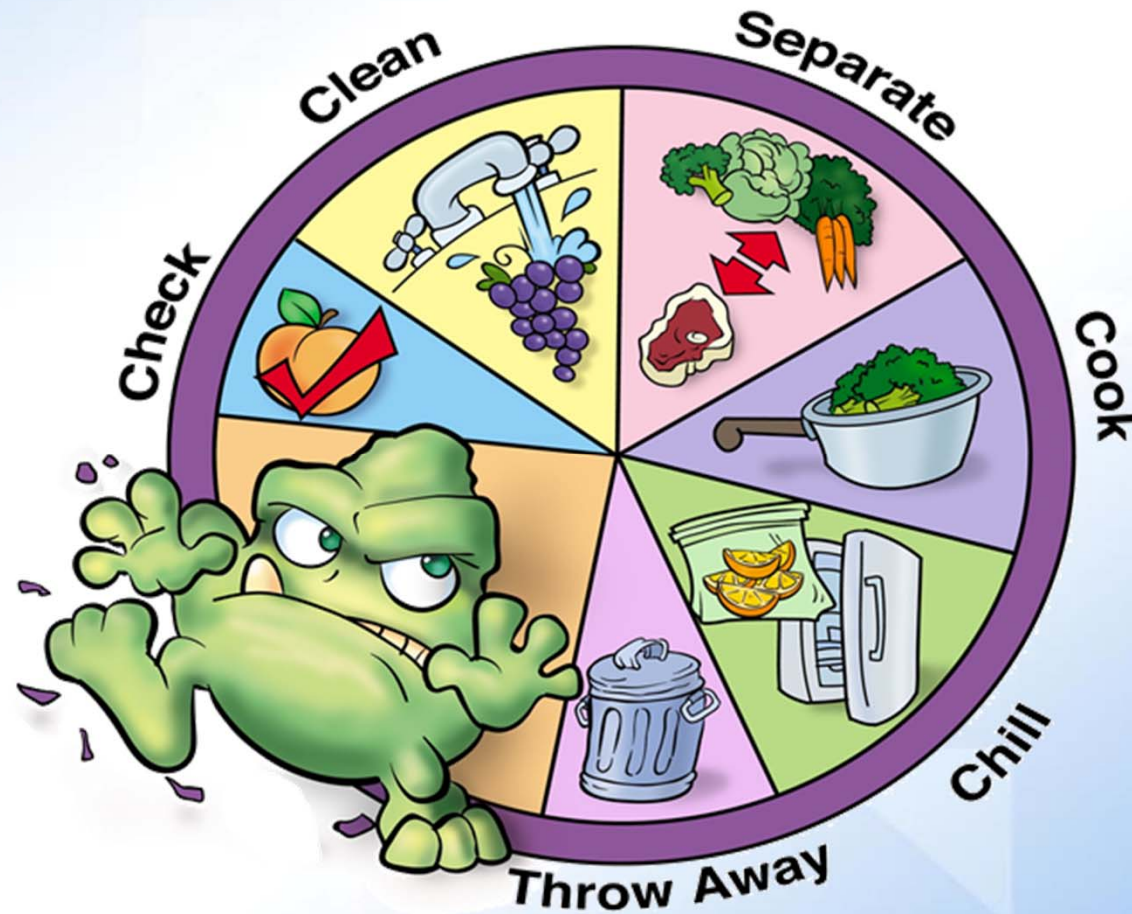
1. I have learnt some new things related to

- Hand washing
- Brushing teeth
- Bathing
- Nail trimming
- Eye care

Food Hygiene

Though food hygiene is not a direct form of personal hygiene it is equally important as what we eat goes directly into our body.

We need to be very careful about what we consume as our food!!!



Five Keys to Safer food

1. Keep clean
2. Separate raw and cooked food
3. Cook thoroughly
4. Keep food at safe temperatures
5. Use safe water and raw materials

Practices to follow Food Hygiene

- Eat vital food
- Eat after washing hands with soap.
- Eat nutritiously: all food groups, especially fresh fruits and veggies
- Eat slowly



More on personal hygiene practices

Healthy Habits	Personal Cleanliness	Maintenance of Good Health
Washing habits	Bathing regularly Wash your hands frequently	Keeps germs and infections at bay
Brushing your teeth	Brush your teeth twice a day Floss after meals	Keeps your teeth and gums healthy
Trimming your nails	Regularly trim your finger and toe nails	Keeps infections at bay
Sleeping habits	Sleep sound and for 8-10 hours a day	Maintains body health
Eating habits	Eat healthy Do not eat uncovered food	Makes the body strong Prevents infections

Maintaining Personal Hygiene in Daily Life

- Always hold a handkerchief in front of nose and mouth while sneezing and coughing
- Take regular body and hair baths to avoid body odour
- Wear clean clothes and wash them regularly
- Use soap to wash your body and clothes to kill bacteria
- Keep the eyes and ears clean to get rid of infection.
- Sleep sound at night
- Keep your home neat and clean

Maintaining personal hygiene in daily life(Contd.)

Keep your house and its surroundings pure and clean. This hygiene practice will keep you healthy and benefit your worldly life.



If there is anything else to add please use the chat board.

Surrounding Hygiene

- 1. School Hygiene** – In classroom, washroom, entrance, midday meals and drinking water areas
- 2. Home Hygiene** – Placing footwear at the designated place, drying towel in sunlight and air, covering food with lid, etc.
- 3. Village Hygiene** – Campaigns such as Swacchha Bharat and **clean and green** activities



TASKSHEET – My Own Personal Hygiene Chart!

Personal hygiene practices that I follow!

Habits→ Day↓	Brushing teeth	Bathing	Handwash (no. of times a day)	Using a hanky while sneezing/coughing (Always/sometimes/rarely)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Reflect on yourself! take time to introspect!

Time for
Interaction
and Feedback



Remember, cleanliness
is next to Godliness!
...By Mahatma Gandhiji

*Practice personal hygiene
regularly to live healthy!*