



SCAFFOLDING STUDENTS SERIES

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

Pre- Session Activity

Gather the students in a circle with enough space between them. Ask one or two children to put a small amount of chalk powder in their hand and then shake hands with the student sitting next to him/her. Let them observe what happened when they shake hands with another student.

Does chalk gets applied on the hand of the other student?

- a) Yes b) No

- *What will happen if germs are there in the place of chalk powder? (Note: Do ask the students to wash their hands with soap and water after the activity.)*

Ask students to discuss in pairs and share with the class. Hold a 2-minute discussion with the students about personal hygiene

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
- Benefits of personal hygiene

What is Hygiene?

According to the World Health Organisation, *'Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.'*

The word hygiene is derived from the Greek word *'HYGIEIA'* meaning *Goddess of health, cleanliness and sanitation!*



Hygiene is thus, any practice or activity that we do to keep things healthy and clean.

WATCH THE
video!

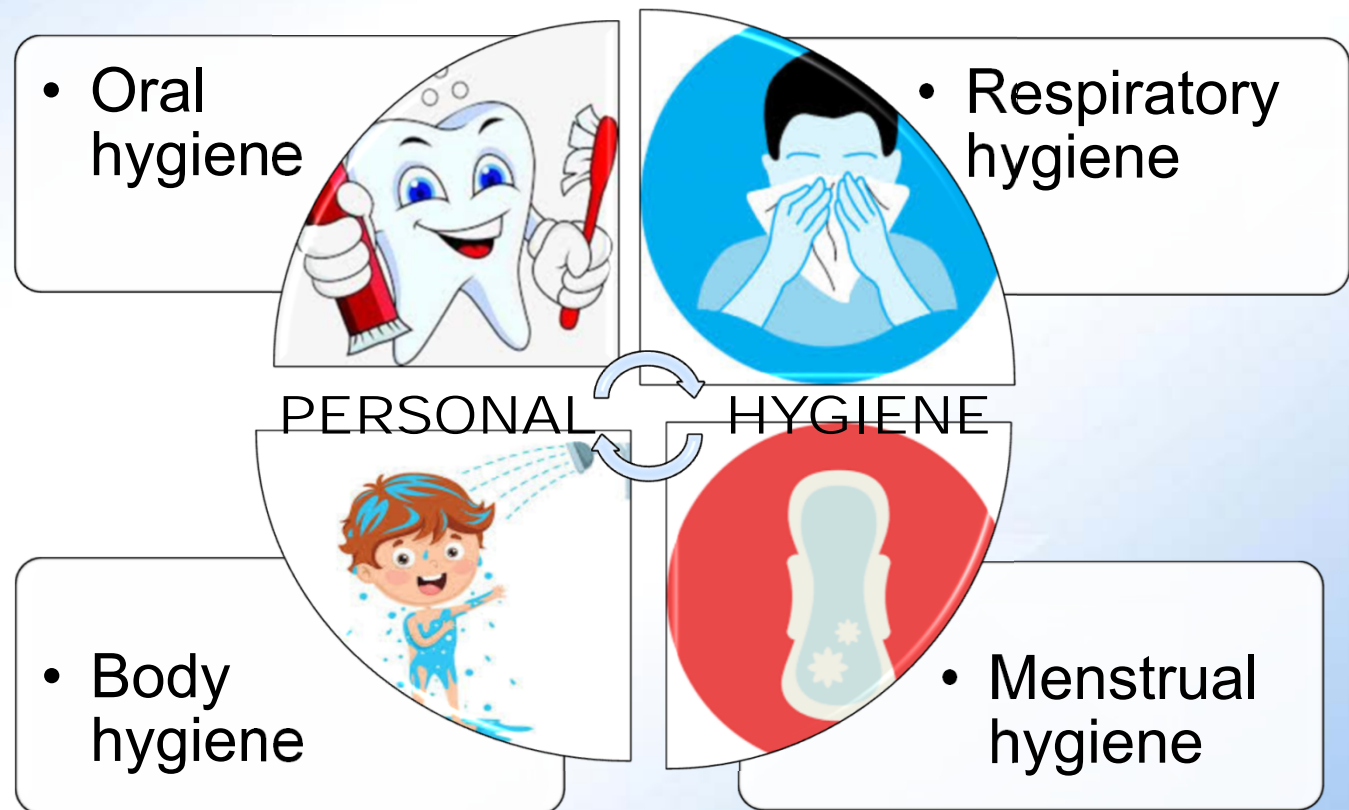


<https://www.youtube.com/watch?v=jQ2e0KH5WrI>

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

What is Personal Hygiene?

In simple words, personal hygiene refers to cleanliness of the body



Reflection: Personal Hygiene

Which of the following is a body hygiene practice?

- a. Brushing teeth at night
- b. Wear proper clothes after washing
- c. Eating covered food
- d. Covering mouth with a handkerchief while coughing

WHY PERSONAL HYGIENE?

More on Pre session activity - What happens if we do not maintain proper hygiene?

It may result in:

- Poor health
- Bacterial and viral diseases
- Low confidence

Can you suggest more?



Source of Diseases due to Unhygienic Conditions

Bacterial

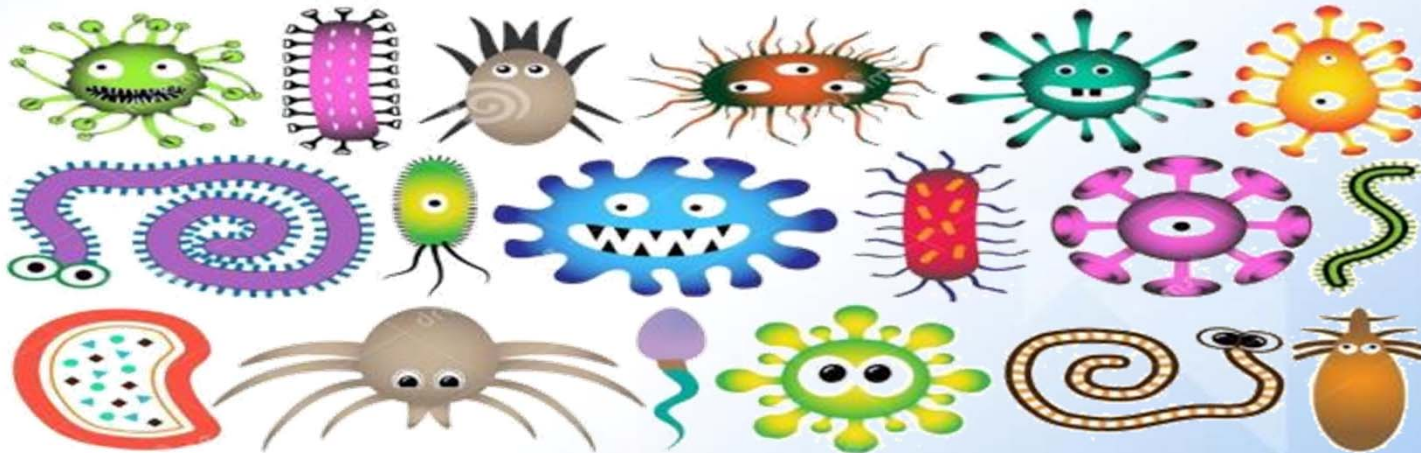
Food poisoning
Diarrhea
Pneumonia
Skin infections

Viral

Colds and flu
COVID

Parasitic

Scabies infection
Head lice infection
Roundworm infection



Reflection: Need of Personal Hygiene

Tick the reasons that you deem fit for following personal hygiene.

- (a) Enjoyment and satisfaction
- (b) Better health and social relation
- (c) Mountain expedition
- (d) Indulging in a fight
- (e) Increase self esteem
- (f) To avoid body odour and bad breath
- (g) Being free from emotional disorders, viz., depression
- (h) Looking dull and unattractive

Personal Hygiene in Daily Life



Personal Hygiene in Daily Life(Contd.)



Personal Hygiene in Daily Life(Contd.)



Hand Hygiene

Watch

this enriching video by UNICEF on *how to wash hands properly*



<https://www.youtube.com/watch?v=yAa24V7sXJM>

Remember:-

HANDWASH IS THE MOST IMPORTANT PERSONAL HYGIENE practice!!!

Personal Hygiene in Daily Life(Contd.)

NAIL HYGIENE: Trimming your nails regularly

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



Personal Hygiene in Daily Life(Contd.)

*Caring for
our eye,
nose, ear
and hair*

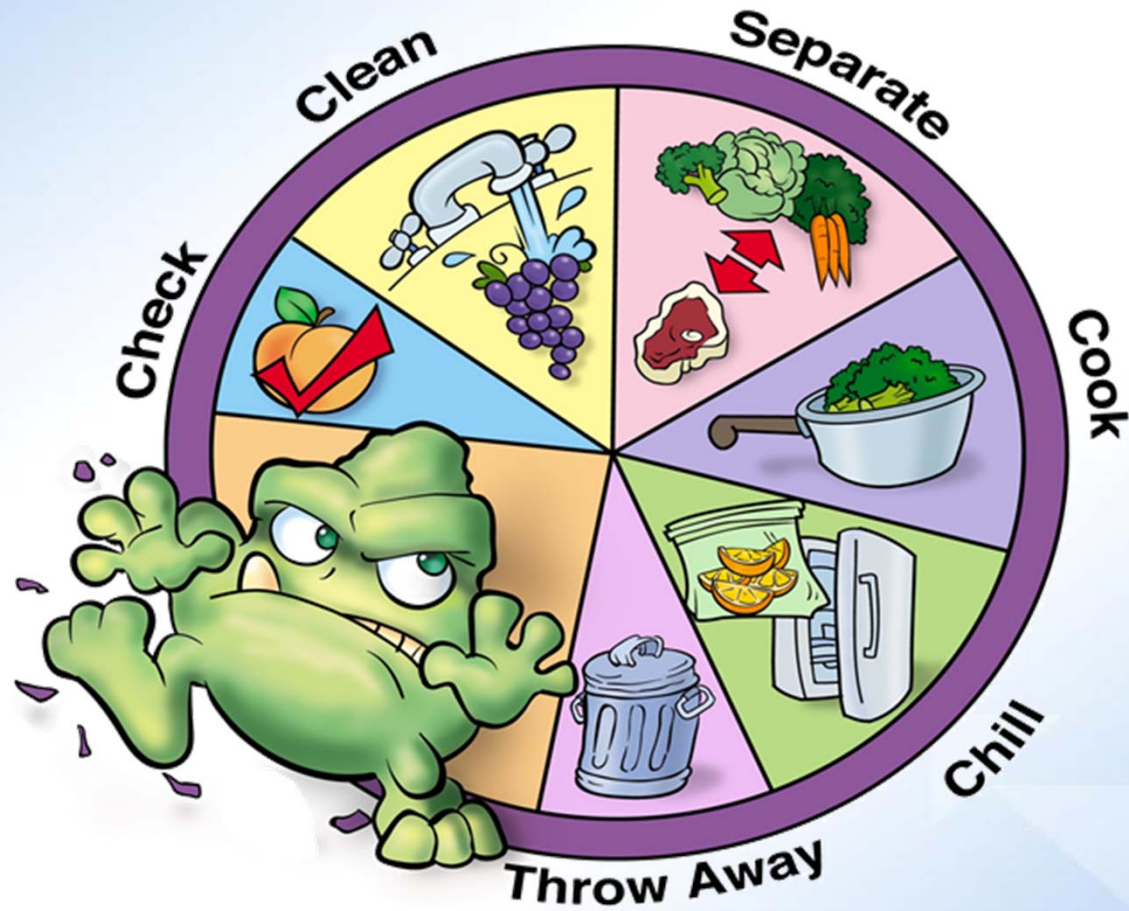


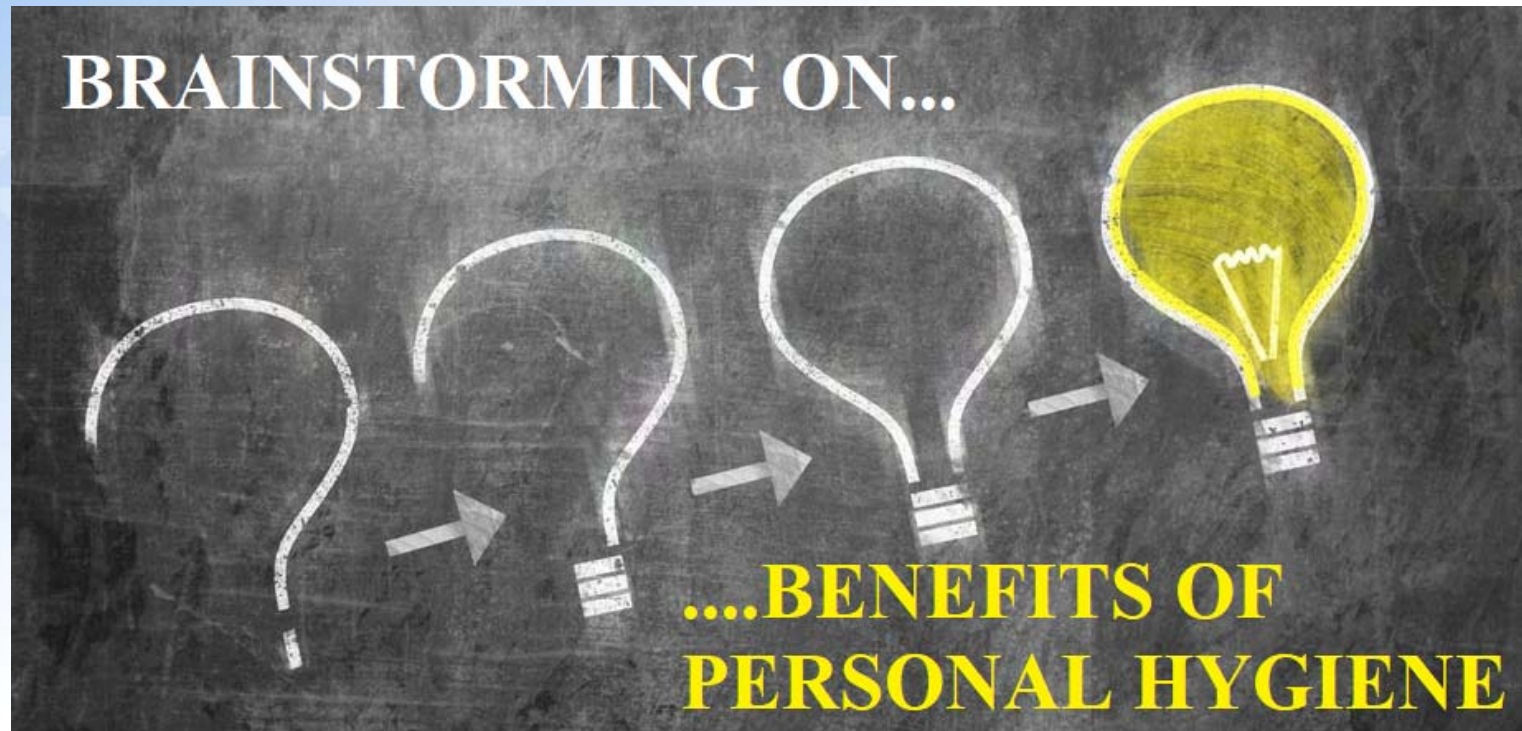
REFLECTION

1. **Personal Hygiene is important for:**
 - (a) Enjoyment and satisfaction
 - (b) Better health and social relation
 - (c) Increase self esteem
 - (d) All of these

2. **Personal hygiene is directly related to our body and mental health.**
 - (a) I agree
 - (b) I disagree

Food Hygiene





***What are the benefits of personal hygiene?
Mention a few.***

सही आदतें अपनाएं, बीमारियों से बचें



शौच के लिए शौचालय का ही इस्तेमाल करें। खुले में न जाएं।



शौच जाने से पहले दण्डन अवश्य पढ़ना लें।



शौच के बाद हाथ साबुन से अच्छी तरह धो लें।



बच्चों के मल-मूत्र में कीटाणु होते हैं। इसका निपटारा सही तरीके से गड्ढे / शौचालय में करें।



बच्चों के मल-मूत्र के निपटारा के बाद हाथ साबुन से अच्छी तरह धो लें।



अपने घर और उसके आस-पास सफाई रखें। कूड़ा कूड़ेदान में ही डालें।



bharti



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ग्रामीण विकास
मंत्रालय



ग्रामीण विकास

Maintaining Personal Hygiene in Our Surroundings

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 share.**

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



Activity 2

Which of these fights frequently happen at your home with your parents or with your siblings?

1. Not leaving the footwear at the designated place
2. Drying the wet towel on the bed
3. Not covering the food with lids
4. Any other

Reflection Activity: A Short Quiz

1. This practice brings bad odour from mouth:
 - (a) Brushing teeth twice a day
 - (b) Rinsing teeth after every meal
 - (c) Brushing teeth with toothpaste
 - (d) Brushing teeth with charcoal powder/wet soil
2. In summers and rainy season food should not be left in the room for more than:
 - (a) A few minutes
 - (b) A few hours (approx. 3-4 hours)
 - (c) A day (approx. 12-14 hours)
3. Personal hygiene is directly related to success in our life.
 - (a) I agree
 - (b) I disagree

Your 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



Take care of your body!
It's the only place you
have to live in.....

*Practice personal hygiene
regularly to live healthy!*