

AWARENESS ON 'PERSONAL HYGIENE'



DATE: 6TH JUNE, 2023

TIME: 9:30-10:30 AM

VENUE: COMMUNITY HALL OF PAHAMMARDOLOI VILLAGE

NUMBER OF PARTICIPANTS:09

INTRODUCTION:

On June 6th, 2023, the MSW 2nd semester students conducted an awareness programme on personal hygiene for students of Roman Catholic Lower Primary School (RCLP) in Pahammardoloi Village. A total of eight students participated in this programme.

OBJECTIVES OF THE PROGRAM:

- Educate students on the importance of healthy personal hygiene practices.
- To instill good hygiene practices as early as possible in order to enhance the development and growth of the child.

DESCRIPTION OF THE PROGRAM:

Upon arrival at the school, the student social workers were welcomed by the headmistress. The student social workers were introduced to the students of RCLP School by Miss D. Nongkoun. In order to build rapport with the students and to get to know each other, the student social workers did some fun activities before the program began. Students were asked to introduce themselves and their favorite hobbies by the student social workers. The majority of them enjoyed playing field games and dancing. During the icebreaking session, the student social workers also taught them the action song "head shoulder knees and toes". A primary objective of this session was to make the children feel comfortable and to enhance their creative language, vocabulary, and motor skills. To encourage the children and to provide a fun environment, the student social workers clapped and cheered for them. Furthermore, the student social workers asked the children if they knew any songs they could teach them. They sang a khasi song while the student social workers danced to it and they had a good laugh and enjoyed themselves.



A number of charts were displayed to the children by the student social workers. The charts were designed by the student social workers to inform the children about personal hygiene. In their presentation, the student social workers emphasized the importance of maintaining personal hygiene in order to prevent the entry of harmful germs into the body. A person's personal hygiene consists of a wide variety of daily activities such as bathing, brushing their teeth, and washing their hands. In the classroom or at home, one comes into contact with dirt and dust that carry germs that may cause infection. As a result, they can be transferred to hands and find their way into the body, causing a variety of diseases and infections. By practicing good hygiene habits, the student social workers explained to the children that this could be prevented. In order to remain healthy and free from illness and disease, one must maintain good personal habits. The student social workers explained that unhealthy eating habits may cause vomiting, diarrhoea, and stomach pain, so it is very important to maintain and practice healthy eating habits. It



is also necessary to wash one's hands thoroughly before handling food, especially after using the washroom. Children were advised to always wash their hands with soap and clean water by the student social workers. Also, the student social workers stressed the importance of nail care, as mud and dirt can accumulate under the nails and spread infections. The student social workers instructed the children never to put dirty hands in their mouths, bite their nails, or wipe their faces or eyes with filthy hands. Personal hygiene includes taking care of one's body in the most important way. In order to stay healthy and presentable, you must keep all parts of your body clean. Taking care of your feet, your hair, and your pubic area is an essential part of maintaining good body hygiene. The lack of proper hair care can lead to problems such as lice, dandruff, and other scalp infections in children. To keep one's hair free of dirt and grease, the student social workers recommended washing it at least twice a week. It is recommended that the children wash their hair with soap and rinse their hair thoroughly with water after washing. They are also encouraged to keep their shoes and socks clean and dry. As part of body care, the student social workers explained that one should wash their innerwear every day in order to avoid infections and unpleasant odors in the private areas.



In addition, the student social workers taught the children proper coughing etiquette. Covering one's mouth with a handkerchief is recommended when coughing around other people, especially when coughing in public. As a result, germs are prevented from spreading. In addition to other aspects of hygiene, oral hygiene is equally important. Having an unclean mouth can lead to bad breath and the development of cavities. The student social workers instructed the children to brush their teeth twice daily, making sure to clean even the corners of their mouths thoroughly.

As well as practicing personal hygiene, the children were also taught to practice other important habits at home, such as wearing clean clothes, keeping the surroundings clean, and putting bowls and plates in the washing area following basic toilet standards (flushing the toilet after use).




CONCLUSION

As a conclusion to the program, the student social workers performed the action song that had been practised previously. Upon completion of the program, they thanked the headmistress and provided the school with the charts for future use.

It is imperative that children maintain a clean environment in order to remain healthy and to feel good about themselves. By maintaining good personal hygiene, they will be able to boost their self-esteem and confidence. To avoid harmful germs and to prevent becoming ill, it is important to maintain a clean environment. A healthy lifestyle is essential to a child's growth and development.


List of participants

 St. Edmund's College
"Facta Non Verba"

Rural Camp 2023
Pahammardoloi Village

Name of the Programme: Personal Hygiene
Date: 6th, June, 2023
Venue: Pahammardoloi Village, Community Hall

List of Participants

Sl. No.	Name	Gender	Occupation/Class	Signature
1.	Doris Nongkham	F	Teacher	
2.	Deisichin Syngkli	F	Student	
3.	Philarubha Syngkli	F	"	
4.	Tyngshain Narlang	M	"	
5.	Roning Narlang	M	"	
6.	Rishan Narlang	M	"	
7.	Arkin Narlang	M	"	
8.	Rickycharl Syngkli	M	"	
9.	Alaistar Syngkli	M	"	