



Glimpse of the Workshop

- Awareness about the importance of personal hygiene.
- Encourage the participants to take responsibility of their health and cleanliness in a friendly environment to remain mentally, physically and socially healthy.
- To teach the attendees how to take care of hands, body, teeth, feet, and clothes' hygiene in day to day life.

To make the workshop more illustrative and visual multimedia was used to deliver a power point presentation on personal hygiene. A short quiz was also conducted on personal hygiene. The questions in pre-session quiz were very simple, for example, what is the meaning of hygiene, why is it important, how long one should brush their teeth?

During the session the facilitator explained the importance of personal hygiene, then taught how to have a better personal hygiene and then provide the correct answers for the entire pre-session quiz. An activity on proper hand washing was also conducted during the session where the participants were taught to wash hands while using all the six steps of proper hand washing. The students were also informed about the proper techniques of brushing of teeth and maintaining hygiene of sensory organs. The students were quite intrigued and enthusiastic about the various aspects of basic health and hygiene that they learnt. The workshop concluded on a positive note that students should inculcate healthy habits in their lifestyle.