



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University | Electronics City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Report on "Health and Hygiene Programme": 2019-2020

Name of the Activity: Health and Hygiene

Date: 15th July, 2019

Venue: Auditorium

Conducted by: Dr. Manjunath

Attended by: Commerce Students

Organized: Department of Commerce

A short awareness session on the personal hygiene was conducted in St. Francis de Sales College on 15th July, 2019. This session aimed at demonstrating the importance of maintaining good personal hygiene and illustrate the importance of comprehensive cleaning to maintain a good health and a better personality in a certain society. Personal hygiene is important for many reasons, for instance, to have a better personality, a good health, for social reasons and for psychological issues. Good hygiene perpetuates a nice image of an individual in a society. Emphasizing on good personal hygiene can reduce a risk of many social, mental, and health problems. The good personal hygiene is as simple as hand washing which can reduce the plethora of illnesses, infections, and disorders. In a social situation a clean and tidy appearance can boost one's confidence and reflects a positive image of that individual to others.

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It is more frequently noticed that a clean and tidy person usually gets more attention in a public platform and people usually tends to trust him/her more. Unhygienic people are mostly avoided by others and most of the times the stress level of unhygienic people is high as compare to hygienic people. So to keep ourselves socially, mentally, and physically healthy it is important to be dirt free and should maintain a hygienic life style.

Objectives

Following are the objectives of the session, "Health and Hygiene"

- Awareness among all about the importance of personal hygiene.
- Demonstrate the social importance of personal hygiene to maintain a hygienic life style.
- Encourage the participants to take responsibility of their health and cleanness in a friendly environment to remain mentally, physically and socially healthy.
- Teach the attendees how to take care of hand, body, tooth, foot, and cloth's hygiene in day to day life in the presence and the absence of certain facilities.

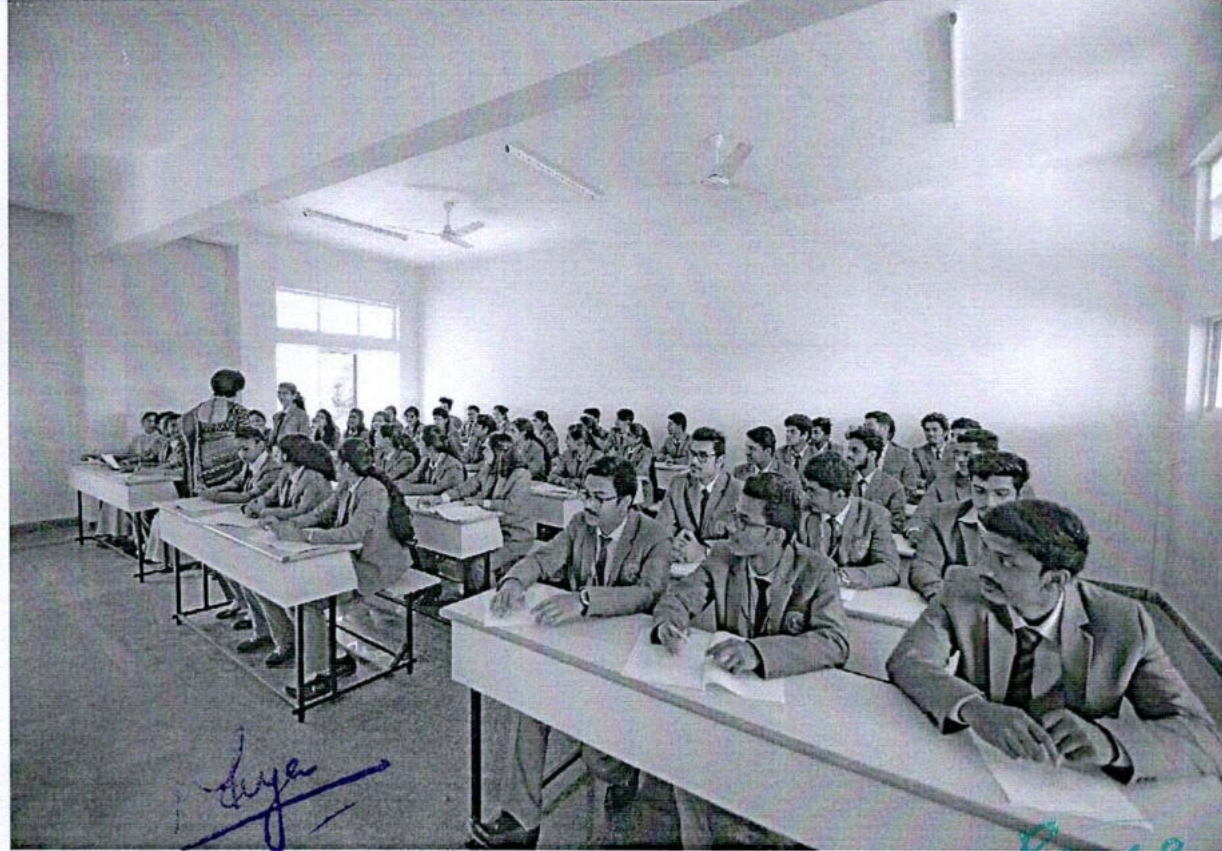
Methodology

To make the session more illustrative and visual a multimedia was used to deliver a power point presentation on personal hygiene. Different pictures were used to make the presentation more vital and appealing. Before the presentation on personal hygiene a short quiz was taken about the basic information on personal hygiene. The questions in per-session quiz were very simple, for example, 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 per-session quiz. A short activity on proper hand washing was also conducted during the session where the participants were asked to wash their hands while using all the six steps of proper hand washing acknowledged by the physicians. The workshop was ended with answering to the questions.

Outcome

- Participants were excited to make use of the acquired knowledge from the session about personal hygiene in their daily life to maintain a better social, mental, and physical health.
- Participants were happy to share the basic information about personal hygiene to young ones back at their home and in their neighborhood to maintain a healthy society in their communities.
- This session help the attendees to enhance good habits and make them a better person in a certain society.
- This session was also helpful to teach the participants many ways to get rid of infectious illnesses and contiguous disorders while maintaining a hygienic life style.



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