

A program on 'Hand washing' at Rowmari Dihingia L.P. School, on Sept'19 (2019)



A program on 'Hand washing' was carried out among the students of Rowmari Dihingia L.P. School, by Swachh Bharat Mission (SBM) Key Resource Centre (KRC), Dibrugarh University (DU) on Sept'19 (2019). The SBM team members Meghalee Chetia and Gauranga Bora , organized the program among the students by leading them to take part in practical sessions before demonstrating before them the pros and cons of hand washing as a fundamental element of hygiene. Both the SBM team members explained to the students in attendance of School Principal , Junali Hazarika and the teachers , in what way many harmful bacteria and water borne diseases could be prevented by proper hand washing with liquid hand wash or soap , whichever available , before and after every meal as well as after defecation. They further added that simply washing our hands isn't the right way of hand washing as it may lead to various physical ailments thus to prevent the occurrence of any such sickness especially among minors like them (the students) , Meghalee and Gauranga updated them that hand washing needs a few basic steps to be followed each and every day of our life.

After the educative session, both the SBM team members demonstrated before the students the steps involved in proper hand washing and later on the said students practically exhibited what

was shown to them. Active participation of each student was witnessed in the process. The program undertaken was welcomed by the School Principal and teachers as they felt students shall learn a lot from this session and hope they would inculcate the proper Hand washing routine in their respective home and school activity routine.