

HAND WASHING & MENSTRUAL HYGIENE AWARENESS PROGRAM AT SHANTIPARA HIGH SCHOOL ON 17TH MAY 2019

With the purpose to cater to the students of urban areas of Dibrugarh town, in strengthening the core of sustainable development of education and practices on sanitation and hygiene, an awareness program on Hand washing and Menstrual Hygiene for girl students was organized by Swachh Bharat Mission (SBM) Dibrugarh University (DU) team at Shantipara High School, on May'17, 2019.

SBM DU Team member, Ujjaini Sharma in presence of the School Headmistress and teachers, conducted a theory cum practical based awareness program on the basic steps and importance of hand washing. During the session, the SBM team member interacted with the students on how hand washing is an integral part of our day to day life that helps in maintaining a healthy life. Furthermore, the basic steps in hand washing, that is, the process of getting cleaner hands before and after eating food and after using the toilet was explained to the students. Soon after, practically the students demonstrated the hand washing steps with water and hand liquid soap in presence of SBM team member and teachers.

In continuance of the scheduled program, an awareness assembly with the girl students of Shantipara High school was held, wherein the SBM DU team member, Ujjaini Sharma discussed at length why the month of May is observed as Menstrual Hygiene Month (MHM) and in what context the necessity of maintaining hygiene conditions during menstruation period is pertinent for every girl to be in good physical shape. The girl students while attending the discussion, with an open approach were inquisitive in knowing more. Furthermore such sessions with visual demonstration through documentaries, short and animation films were asked for by the teachers.

Notably, the interactive session with the students was quite prolific and the teachers were thankful to DU SBM team to come up with such an informative session on menstrual hygiene.







The above are the pictures of practical demonstration of Hand washing program

Below are images of the Menstrual Hygiene Awareness session:









**SBM Team member Ujjaini Sharma with the Teachers and Students of Shantipara High School
after the menstrual hygiene educative program.**