

Notes

## Health Hygiene



The Awareness programme was conducted by Women Empowerment Cell on Health and Hygiene regarding the food intake. Good Hygiene means avoiding illness and spending less on health care. It can also secure a family social status and helps maintain confidence. Keeping our body helps to prevent illness and infection from bacteria or viruses. Simple act of washing our hands regularly in an effective way to keep germs from spreading. The importance of good personal hygiene is necessary. Keeping a good standard of hygiene helps to prevent the development

- 1) Cleanliness is essential for healthy body mind and soul
- 2) jaundice, cholera, Ringworm, Scabies etc are few diseases caused due to eating of contaminated food and living under Unhygienic Conditions
- 3) Washing hands before having food or after coming from outside are the best habit to save us from many diseases
- 4) We should also keep our water bodies and other natural resources neat and clean
- 5) Keeping your mouth clean and your face free from disease form the basis of oral hygiene. A Healthy mouth will also keep away from series of gum diseases and Cavities. Bathing daily keeps your body protected from germs.

On the same day awareness program was conducted on menstruation only to the girls. Menstruation is an inevitable part of most women's lives. The average woman would observe menstruation every month of her life for approximately 35 years. Thus over this period the average woman would go through more or less 2000 sanitary pads. So Hygienic menstrual practices include the use of sanitary pads during menstrual flow. Sadly the women and adolescent girls are unable to have access to these essential products that will help maintain their menstrual health either because they are too expensive or they are low quality. It is not an easy