

## **“Personal Health and Hygiene” sessions at APS Jammu Cantt**

A four-day “Personal Health and Hygiene” session was organized by Ms Niharika Sharma, paramedic at Army Public School Jammu Cantt for the students of Primary wing from 25<sup>th</sup> November to 29<sup>th</sup> November 2024. The session aimed to raise awareness about the importance of personal hygiene in preventing illnesses and promoting general well-being. The session was designed in an interactive, engaging and informative way to ensure that young participants grasp the concepts effectively.

The session was divided into different sections, each focusing on key aspects of personal hygiene.

Day 1- A special session on menstruation was conducted for Class 5 students on 25<sup>th</sup> November to promote awareness about the subject and its significance in human biology. The main aim of the session was to help young students to understand the changes their bodies undergo during puberty and to provide clear and age-appropriate information about menstruation.

Day 2- Session for classes I and II, aimed to cover key hygiene practices, including handwashing, brushing teeth, bathing, nail care, and proper etiquette related to coughing and sneezing.

Day 3- On the third day, the nails and hair of the whole primary class students were checked. Students were also advised not to bite their nails to avoid spreading germs.

Day 4- On 29<sup>th</sup> November 2024, the last session was conducted for the students of class III on the theme ‘NUTRITION’. The facilitator discussed the five main food groups: fruits, vegetables, grains, proteins, and dairy products. A fun and interactive activity was followed, where students sorted different foods into the correct food groups, reinforcing the concept of a balanced diet.

The personal health and hygiene session was successful, meeting its objectives of educating primary school students about the importance of good hygiene practices. The paramedic left the students with a lasting impression, empowering them with knowledge that will benefit their health and well-being for years to come.

