

Event: Life Skills - Session on Personal Health and Hygiene

Date: 29/08/2025

Time/ Duration: 1 Hour (9:00 AM TO 10:00 AM)

Venue: Chanakya Auditorium, NHG

Participants: Grades 1 to 4

Objectives

1. To create awareness among young children about the importance of personal health and hygiene.
2. To teach age-appropriate practices for maintaining cleanliness and preventing illnesses.
3. To instil lifelong healthy habits that contribute to physical well-being and confidence.
4. To encourage students to take responsibility for their own hygiene in daily life.

Workshop Details

As a part of the Life Skills curriculum, a workshop on Personal Health and Hygiene was conducted for students of Grades 1 to 4. The session was led by a parent volunteer, Dr. Chaitra Gowda (MBBS, DGO, DNB), a renowned Obstetrician and Gynaecologist.

Dr. Chaitra interacted warmly with the children, using simple explanations and practical tips to stress the importance of keeping oneself clean and healthy. She highlighted essential habits such as proper handwashing, dental care, bathing, wearing clean clothes, sleeping patterns, and eating healthy food. To make the session engaging, she practically demonstrated handwashing techniques, which the children eagerly practiced.

In addition to hygiene, Dr. Chaitra also introduced the students to the concept of mindfulness meditation, guiding them through a short practice that helped them experience calmness and focus. This unique element of the workshop encouraged students to care not just for their bodies but also for their minds.

The session was well-received, with students enthusiastically participating, sharing their own practices, and trying out the activities. Teachers observed that the workshop effectively reinforced values of self-care, responsibility, and overall well-being.

The initiative proved to be both informative and impactful, laying a strong foundation for lifelong healthy and mindful living.

