

Personal Hygiene

Personal Hygiene is defined as the science and practice of maintaining good health.

Simple word

Personal hygiene is taking care of one's own body. Four main aspects of personal hygiene are-

1. Cleanliness
2. Physical exercise
3. Rest and sleep
4. Healthy habits

Cleanliness of hand and skin is the most essential part of our daily life

- ▶ On starting our day we use many things while handling them we touch the object like furniture, coin, chair, table, pen, paper etc.
 - ▶ Every object that we touch or pick may carry germs which are transferred over other parts of our body and thus it can also transfers into body through food.
 - ▶ We can maintain personal hygiene by following some measures that help us to attain disease free life.
1. Practicing of daily handwash with soap before food is very important.

- a. Many of people ignore proper hand wash using toilet or washroom.
 - b. Practice of handwash with soap after use of toilet is very important.
2. The ears are one of the important organ in our body we should be cleaned properly and regularly
- ▶ The wax that is formed in ear should clean with soft swab do not put any sharp object into the ear which damages the ear drum, instead use a wet washed cloth rap around your finger to gently clean the inside of your ear and always remember to clean behind the ear as well.
3. Eye care is also much important as part of hygiene. Cleaning of eyes regularly with water two or three times a day prevent from infection.
- ▶ Trachoma and conjunctivitis are two common diseases caused by dust and contamination.
 - ▶ Never share towels with others even within the family and also never share kajal used by others which also leads to infection.

4. Proper and particular cleaning and drying of various clefts and fold of skin like arms, legs and toes.

5. Frequent washing and regular combing of hair gives not only healthy hair but also free from parasites like head lice.

6. Brushing teeth twice daily keeps teeth free from germs and infections.

- ▶ Make a habit of brushing twice early in morning and before to bed at night is good for our teeth.
- ▶ Practice of mouth wash after every meal and specially after eating sweets also good for teeth and gums.

7. Always while sneezing or coughing hold a handkerchief in front of nose or mouth.

8. A systematic physical exercises is necessary for every age group like children, adolescents, young and older people.

- ▶ Physical exercise improves blood circulation and tighten our skin and muscles.

9. Every organ in our body needs rest , organ obtain rest when we sleep, every age group requires adequate and sound sleep on average of 6 to 8 hours per day.

10. Every one should make a habit to going to bed regularly waking up regularly and taking food at regular intervals and time.

11. Going to bed at late hour, going to bed immediate after dinner are not good for health.

12. Usage of tobacco should be avoided which is injurious to health and leads to cancer.

13. Consuming of alcoholic beverage is also injurious to health.

14. On the other side cleanliness of wards and cells is also very important

15. Wards should be well ventilated for fresh air and sunlight

16. Proper ventilation with sunlight kills the germs

17. Thus we should care everything in our daily life with proper hygiene can ensure a healthy life

18. Did you know?

The taste bud on your tongue can also absorb food and accumulate bacteria and can be used cause for bad breath

19. To make sure you are cleaning it correctly, use of soft toothbrush or the tongue scrapper on the back of the tooth brush to gently scrap away at the surface and clean off any build up.

- ▶ The belly button is one of the most overlooked parts of our body when it comes to personal hygiene, but did you know? That research shows there can be up to 60 types of bacteria hiding out there
- ▶ To clean it, use a tip of soaked in little soap and water and gently wipe over your belly button; to get rid of all the dirt, then you can go over it with a wet wash cloth

THANK YOU

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a modern, layered effect. The rest of the background is plain white.