

Global Hand washing Day 2025

Health Education Programme

Theme: "Be a Hand washing Hero"

Date: 15th October 2025

Venue: Gandhi Nagar Matriculation Higher Secondary School, Tiruvannamalai

Organized by: Department of Community Medicine, Arunai Medical College and Hospital

Guidance: Dr. A. Balaji, Professor & Head of the Department

A Health Education Programme was conducted on the occasion of *Global Hand washing Day 2025* at Gandhi Nagar Matriculation Higher Secondary School, under the guidance of Dr. A. Balaji, Professor & Head of the Department.

A total of **350 students from 10th, 11th, and 12th standards** actively participated in the programme.

Topics Covered and Explanation by Dr. Sakthipriyan S

Importance of Handwashing

Dr. Sakthipriyan S explained that hand washing is one of the simplest and most effective ways to prevent the spread of infections. He emphasized that germs on hands can easily transfer to the mouth, eyes, or food, causing illnesses such as diarrhea, respiratory infections, and skin problems. He stressed that regular hand washing protects both the individual and the community, and that this small habit has a big impact on overall health and well-being.

Common Health Issues Due to Poor Hygiene

Dr. Sakthipriyan discussed health problems caused by poor hand hygiene, including gastrointestinal infections, common cold, flu, and skin diseases. He highlighted how neglecting hand washing can lead to frequent illness, absenteeism from school, and reduced academic performance.

Demonstration of Proper Hand washing Techniques

Dr. Sakthipriyan explained the correct hand washing procedure, covering:

- Wetting hands thoroughly with water
- Applying soap and rubbing all surfaces of hands and fingers
- Rinsing hands under running water
- Drying hands with a clean towel or air drying

Students were encouraged to practice the technique themselves, ensuring that all areas of the hands, including nails and between fingers, are cleaned properly.



Interactive Session

An interactive session followed, where students asked questions about hygiene habits at home and school. Dr. Sakthipriyan provided practical tips for incorporating hand washing into daily routines, emphasizing its importance before meals, after using the restroom, and after outdoor activities. He also discussed maintaining cleanliness in classrooms, canteens, and public areas, and encouraged students to promote good hygiene among peers.



Conclusion

The programme successfully raised awareness about the importance of hand hygiene among students. Special appreciation goes to Mr.S.P.Vinothraj (MSW) for coordinating the students and ensuring smooth execution of the programme. The initiative reinforced good hygiene habits and highlighted the role of preventive health education in schools, promoting a healthier and safer environment for all students.

Global Hand washing Day 2025

Health Awareness cum Demonstration Programme

Date: 15th October 2025

Venue: Keelnathur Municipality School

Organized by: Department of Community Medicine, Arunai Medical College and Hospital

Guidance: Dr. A. Balaji, Professor & Head of the Department

A **Health Awareness cum Demonstration Programme** was conducted on the occasion of *Global Handwashing Day 2025* at **Keelnathur Municipality School**, under the guidance of **Dr. A. Balaji**, Professor & Head of the Department.

A total of **65 students** actively attended the session.

Topics Covered by Dr. Janarthanan Dhayanithi (Senior Resident)

Importance of Handwashing

Dr. Janarthanan Dhayanithi explained that handwashing is a fundamental and highly effective way to prevent the spread of harmful germs. He emphasized that germs on hands can easily enter the body through the mouth, nose, and eyes, causing diarrhea, respiratory infections, and other contagious diseases.



Common Health Issues Due to Poor Hand Hygiene

Dr. Janarthanan discussed various health problems caused by inadequate hand hygiene, including gastrointestinal infections, cold, flu, and skin infections. He highlighted that poor hand hygiene can lead to frequent absenteeism and impact academic performance. Students were made aware of the importance of developing hygiene habits early, for both personal health and the well-being of their peers and family members.

Demonstration of Handwashing Procedure

The proper handwashing technique was **demonstrated step by step**, showing:

- Wetting hands thoroughly with water
- Applying soap and rubbing all areas of the hands and fingers
- Rinsing hands under running water
- Drying hands with a clean towel or air drying

Students were encouraged to **practice along with the demonstration**, making the session interactive and ensuring they learned the **correct technique to remove germs effectively**.



Interactive Session

Dr. Janarthanan provided practical guidance on how to integrate handwashing into everyday routines before meals, after using the restroom, and after outdoor activities. He also emphasized maintaining cleanliness in classrooms, washrooms, and canteen areas to prevent the spread of infections in the school community.



Conclusion

The programme successfully raised awareness about hand hygiene and preventive health measures among the students. Special appreciation is given to Mr. Mahalingam (HI) for coordinating the students and managing the smooth conduct of the session. The initiative reinforced good hygiene practices and highlighted the importance of preventive health education in schools, helping students adopt healthy habits for life.