

**A M SHAIKH HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL
BELGAUM**

DEPARTMENT OF PAEDIATRICS

An awareness lecture was organised at Vanita Vidyayala English Medium School Club road Belagavi under the guidance of Dr Nahida M Mulla.

Dr Jenisca highlighted on importance of Health and hygiene.

Here are some key aspects of health and hygiene awareness:

Personal Hygiene

1. Handwashing: Washing hands regularly with soap and water.
2. Bathing: Bathing or showering regularly to maintain personal cleanliness.
3. Oral hygiene: Brushing teeth regularly.
4. Hair care: Keeping hair clean and well-groomed.

Environmental Hygiene

1. Cleanliness: Keeping living and working spaces clean and tidy.
2. Waste management: Disposing of waste properly.

Importance of Health and Hygiene Awareness

1. Prevents illnesses: Good health and hygiene practices can prevent the spread of illnesses.
2. Promotes well-being: Maintaining good health and hygiene can promote overall well-being.
3. Boosts confidence: Good health and hygiene practices can boost self-confidence and self-esteem.
4. Supports academic and professional success: Good health and hygiene practices can support academic and professional success.

The students were explained & motivated to follow all the above points.

All the students were examined by the team of doctors. Dr. Jenisca, Dr Ashwini, Dr Aishwarya, Dr Arnold were the PG scholars who attended the camp along with interns Dr Ayan, Dr. Mozim, Dr. Suman, Dr. Spoorthi, Dr Simran, Dr Arshiya & Dr Panchakshri.

