

# SELF-MANAGEMENT SKILLS

Class IX , Ch-2 Self- Management Skills: I( IT  
#402)

Session 5: Personal Hygiene

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# Learning Outcome of this Session

## After completing this session, you will be able to

- list the benefits of maintaining personal hygiene.
- list the habits you need to avoid to maintain a good hygiene.
- demonstrate the techniques to wash your hands effectively.

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# Personal Hygiene

Personal hygiene is important because, it helps us

- stay healthy.
- create a good image of ourselves.
- avoid feeling ashamed in public due to our bad breadth, body odour, etc.

## Three steps to personal hygiene



### CARE

- Keep your hair free of dandruff
- Rub oil/cream to take care of your skin
- Brush your teeth daily
- Change your toothbrush as soon as it deshapes
- Cut your nails every week

### WASH

- Wash your hands frequently
- Take bath every day
- Wash your clothes regularly
- Wash your hair at least every second day
- Wash your feet often

### AVOID

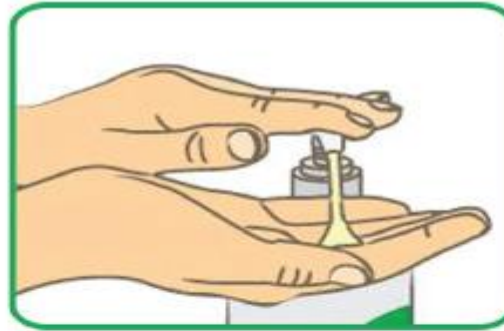
- Blow your nose/cough into a handkerchief to avoid spreading germs
- Keep your feet dry and change your socks every day

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# Essential steps of hand washing



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Right palm over left dorsum and vice versa



Palm to palm with fingers interlaced



Back of fingers to opposing palms with fingers interlocked

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# Essential steps of hand washing



Rotational rubbing of left thumb clasped in right palm and vice versa



Rub inner surface of palms



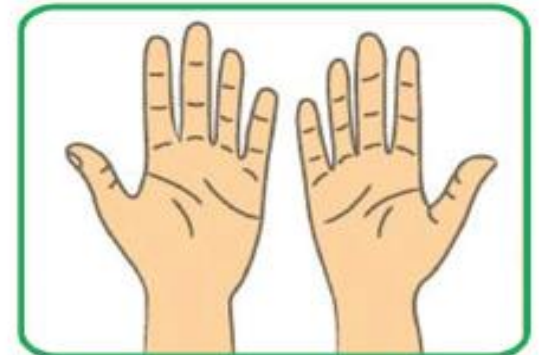
Rub inner surface using the thumb



Rinse hands thoroughly with water



Use towel to dry



Your hands are now clean.

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# A Quick Recap Of This Session

**SELF-MANAGEMENT SKILLS SESSION 5**

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Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Right palm over left dorsum and vice versa



Palm to palm with fingers interlaced



Back of fingers to opposing palms with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and vice versa



Rub inner surface of palms



Rub inner surface using the thumb



Rinse hands thoroughly



Use towel to dry



Your hands are

### Three steps to personal hygiene



#### CARE

- Keep your hair free of dandruff
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#### WASH

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#### AVOID

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# Home Assignment

## A. Multiple choice questions

Read the questions carefully and circle the letter (a), (b), (c) or (d) that best answers the question.

1. Do you think people living in hill stations can skip taking a bath for many days?
  - a) No, irrespective of the climate, one should take a bath regularly.
  - b) Yes, not taking bath for many days is acceptable for people staying in cold climate.
  - c) Yes, if they wipe themselves with a wet cloth, then it is fine.
  - d) None of the above
2. Radha wants to grow her hair and she applies a lot of hair oil. She does not wash her hair for days and sometimes it smells bad too. What would be your suggestion to her?
  - a) She can leave the oil in her hair, after all it helps her hair to grow.
  - b) She can leave it on at night and wash her hair every day before leaving home.
  - c) She should not apply the oil at all.
  - d) She can apply the oil and pour a little water on her hair before leaving home to reduce the smell.

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# Home Assignment

## **B. Short answer question**

1. List three things you will do for personal grooming in each of CARE, WASH and AVOID to keep clean.

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# THANKING YOU

# ODM EDUCATIONAL GROUP