


8.9.2021
(Wednesday)



Celebrating
Swachhata
Pakhwada

Handwash Day

Nirmala Convent School, Siliguri

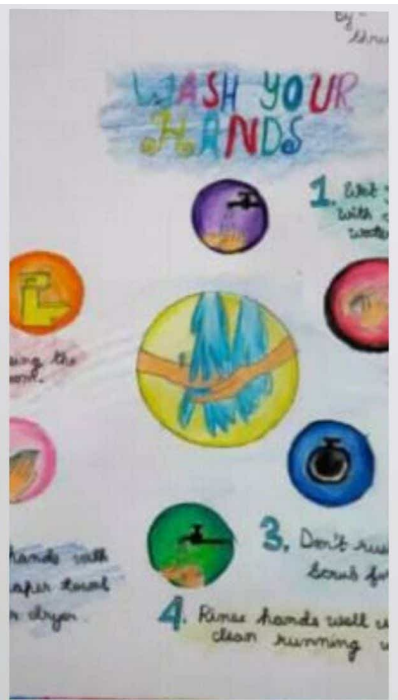
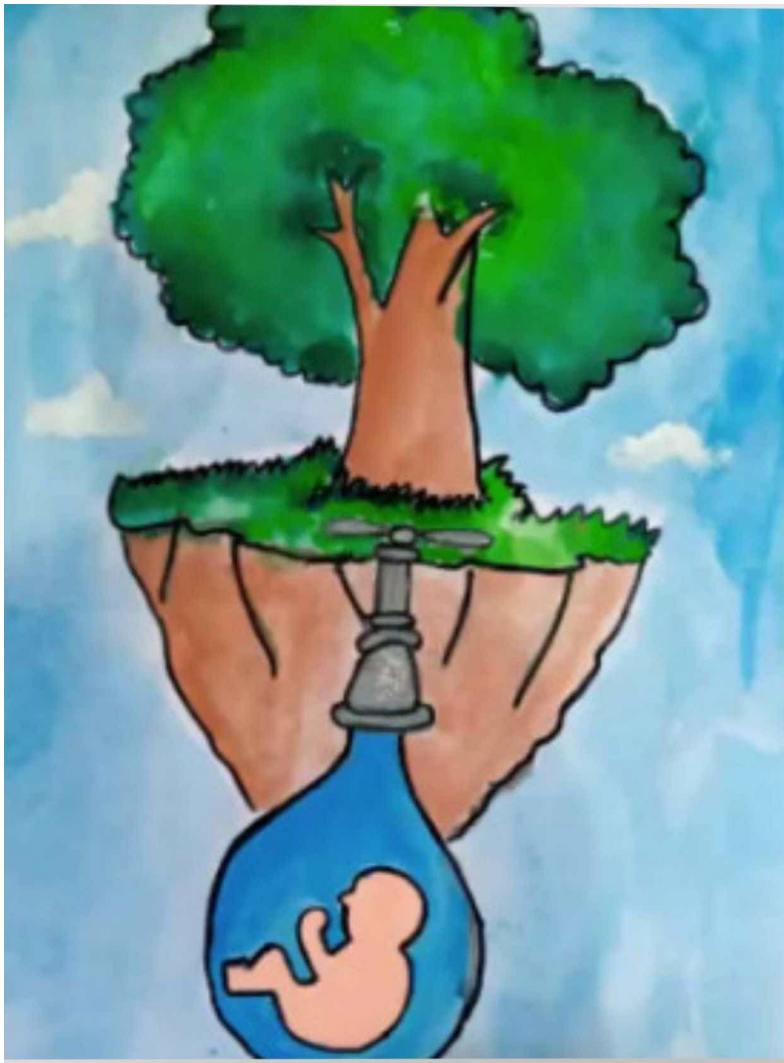


SWACHHATA PAKHWADA-2021 NIRMALA CONVENT SCHOOL, SILIGURI HANDWASH DAY (08/09/21)

Following topics were talked about...

1. Brief Introduction on Swachhata Pakhwada initiative.
2. PowerPoint and dance presentation about handwash techniques.
3. Speech on importance of water conservation.
4. Oral Hygiene.
5. Beautiful Song Presentation on Earth's biodiversity.





How your oral health affects your overall health —

- Infections can enter the blood-stream through the mouth.
- Can affect our heart!

ORAL HYGIENE

WHEN GOOD TEETH GOES BAD!

WHAT TO DO IN:

1. **TOOTHACHE**
 - Rinse with warm salt.
 - Apply a cold compress to reduce any swelling.
2. **LOOSE OR SHEDDING OUT TEETH**
 - Pick up the tooth by the crown.
 - Hold it between your cheek and gum.

→ Call the DENTIST IMMEDIATELY.

DO NOT WAIT TILL UNBEARABLE!

NOW, I AM FIT!

IF YOU WANT A BETTER SMILE

1. Brush your teeth.
2. Floss.
3. Rinse your mouth.
4. Visit dentist regularly.

Let's Go!

Every Drop Of Water Counts... No Water No Life

SAVE WATER... TR

Don't stop rushing your water

leaking

Take Shorter Showers - use a timer.

Recording

Why is it important to wash your hands?

It's a message worth repeating — hand washing is by far the best way to getting sick and prevent the spread of germs . If people don't wash their spread through different ways:

- People frequently touch their eyes, nose, and mouth without even realizing that germs can get into the body through the eyes, nose and mouth and make
- Germs from unwashed hands can get into foods and drinks while people prep consume them. Germs can multiply in some types of foods or drinks, under conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like hand or toys, and then transferred to another person's hands.
- Removing germs through handwashing therefore helps prevent diarrhoea and may even help prevent skin and eye infections.

Teaching people about handwashing helps them and their communities healthy. Handwashing education in the community helps in :

- reducing diarrheal illness in people with weakened immune systems by 58%
- respiratory illnesses, like colds, in the general population by 16-21%
- absenteeism due to gastrointestinal illness in schoolchildren by 29-57%
- the number of people who get sick with diarrhoea by 23-40%

