9 & 10 september, 2021
Thusday & Friday

Celebrating

Swachhata Pakhwada

Personal hygiene day

Nirmala Convent School, Siliguri

SWACHHATA PAKHWADA-2021

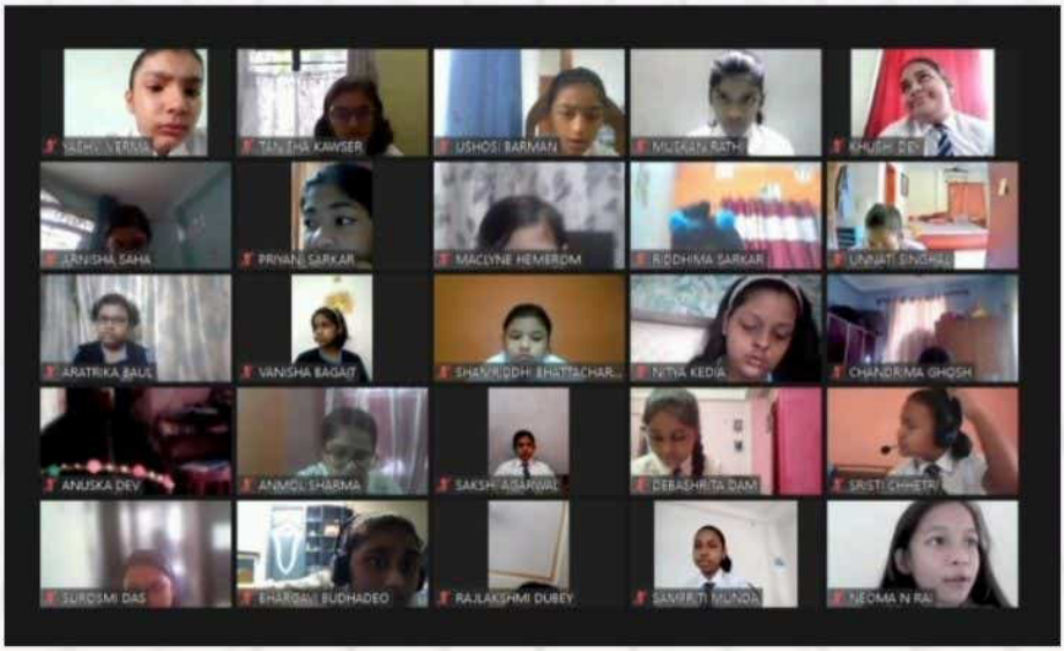
NIRMALA CONVENT SCHOOL, SILIGURI

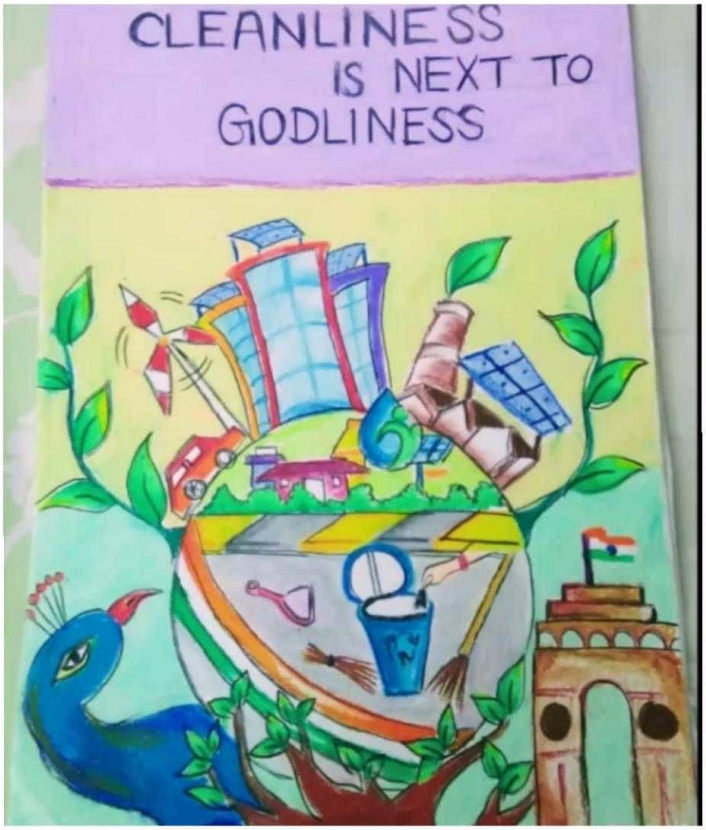
PERSONAL HYGIENE DAY

9/09/21 and 10/09/21

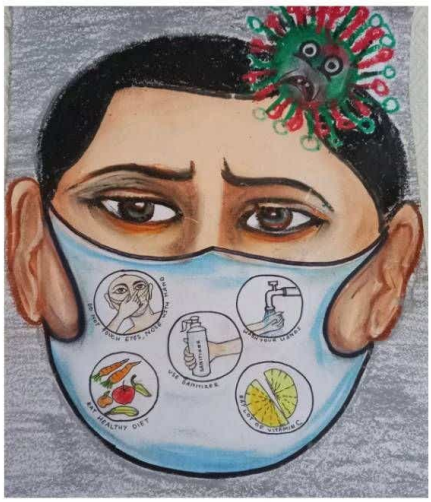
Personal hygiene day,the 9th and the 10th day of Swacchata Pakhwada 2021 was well organised in Nirmala Convent School,Siliguri.

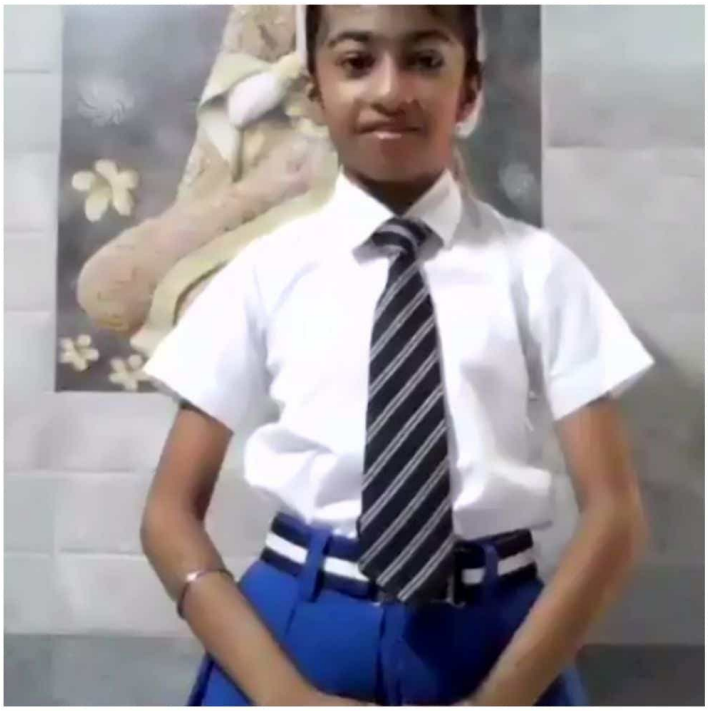
Informations about importance and benefits of personal and Oral Hygiene,simple habits of personal cleanliness,Covid protocols were discussed and presented through speeches,dances,poem recitations,songs, video presentation,quiz session etc.

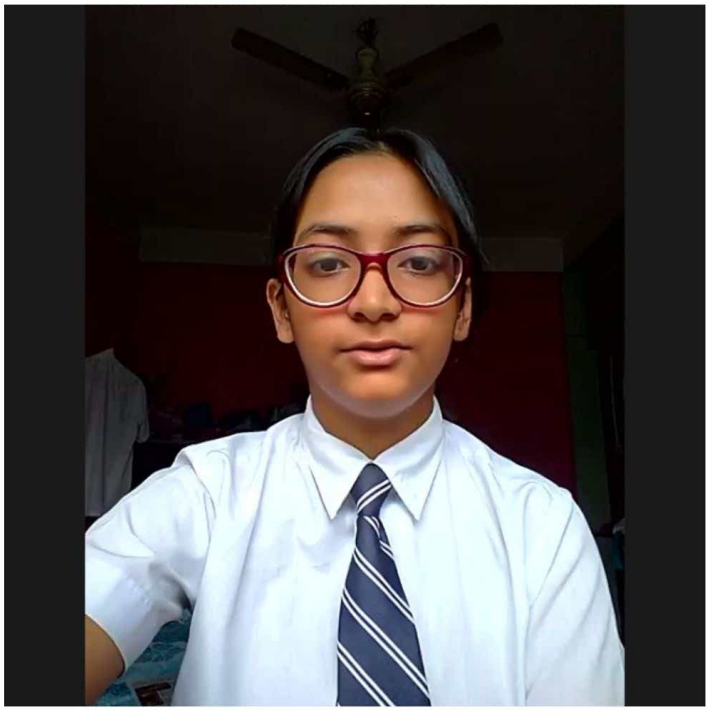


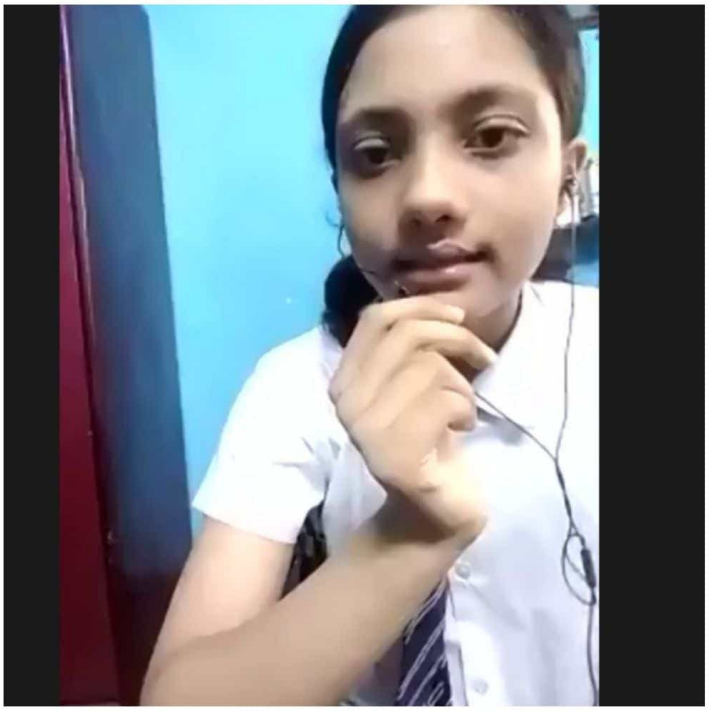

CLEANLINESS
IS NEXT TO
GODLINESS

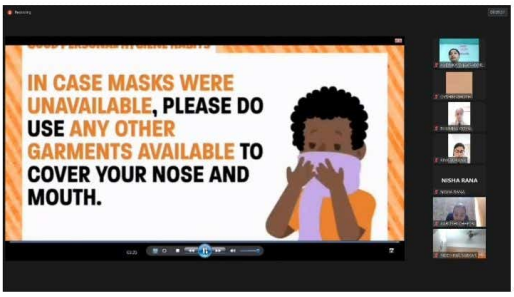
PERSONAL HYGIENE DURING
COVID-19
6 FEET
PERSONAL
HYGIENE
DURING
COVID-19
Greet with Namaste
Maintain Social distance
Eat healthy food
Stay hydrated
Avoid raw meat
Use tissue paper &
hand sanitizer
Wash hands frequently
with clean water &
soap
Wear
Mask
Name - Riddhima Sarkar
class - VI, Sec - A
Roll - 37
School - Nirmala Convent School

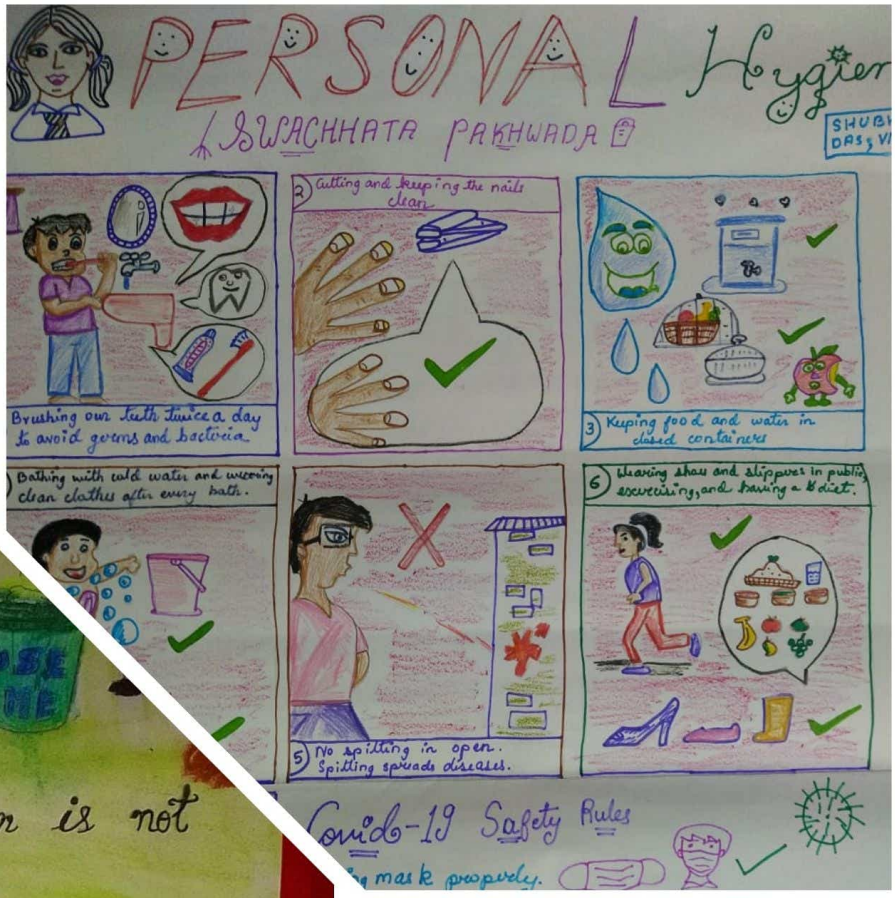


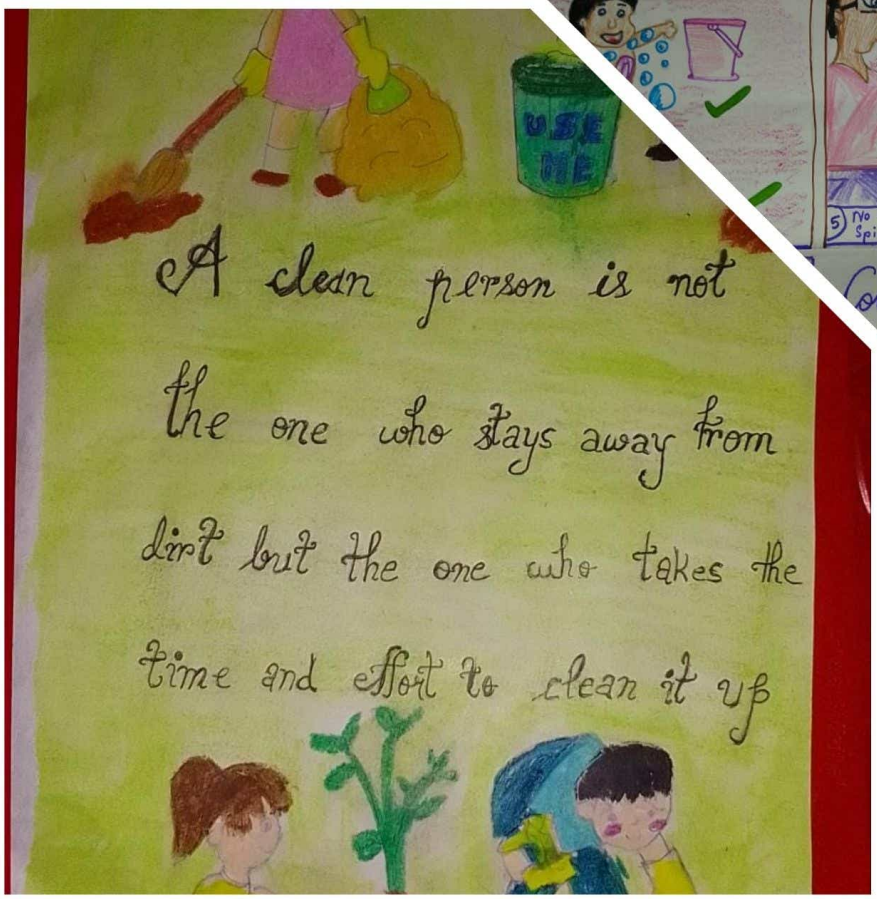




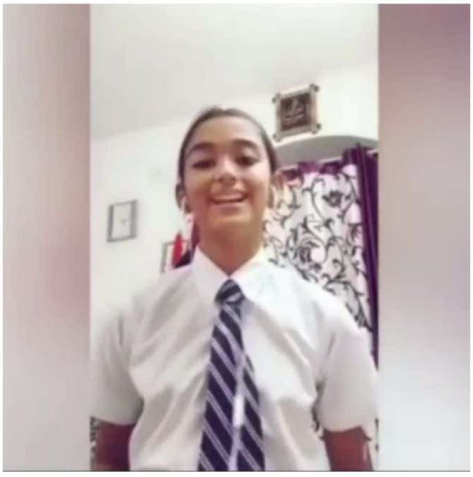


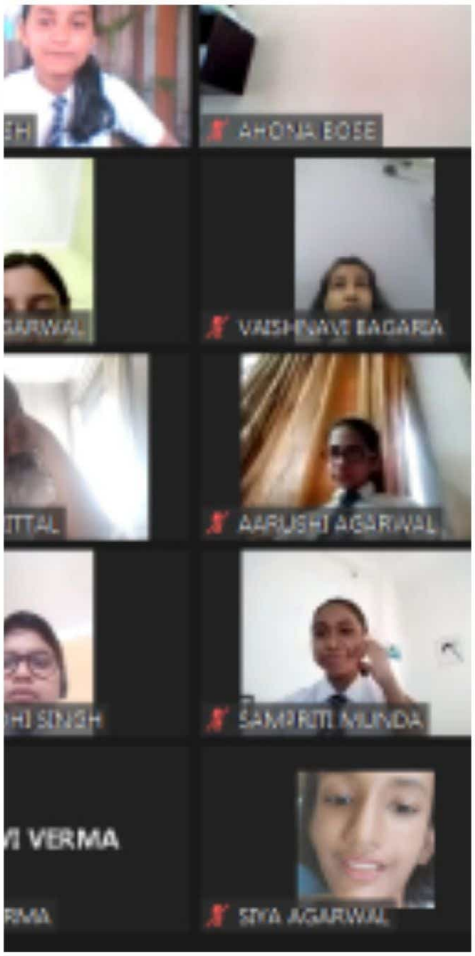

IN CASE MASKS WERE UNAVAILABLE, PLEASE DO USE ANY OTHER GARMENTS AVAILABLE TO COVER YOUR NOSE AND MOUTH.
NISHA RANA

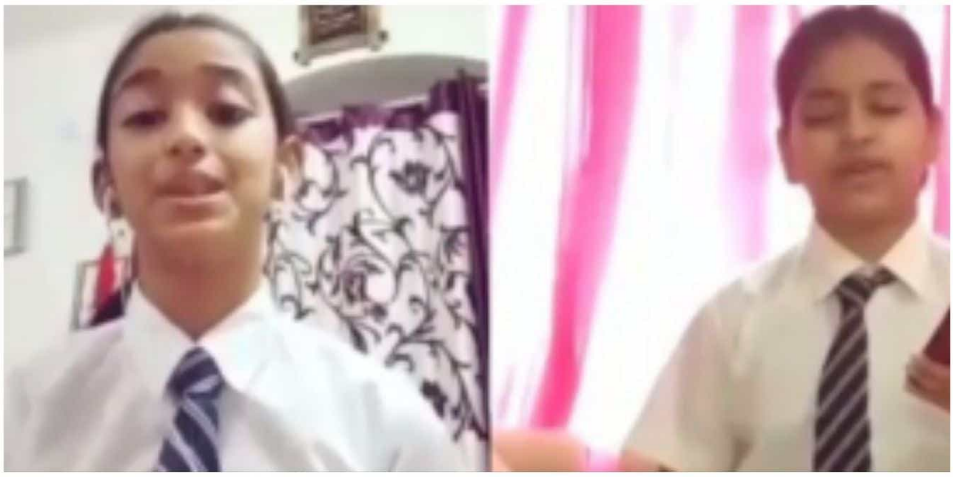

PERSONAL Hygien
SWACHHATA PAKHWADA
Brushing our teeth twice a day to avoid germs and bacteria
2) Cutting and keeping the nails clean
3) Keeping food and water in closed containers
4) Bathing with cold water and wearing clean clothes after every bath.
5) No spitting in open. Spitting spreads diseases.
6) Wearing shoes and slippers in public, excercising, and having a diet.
Covid-19 Safety Rules

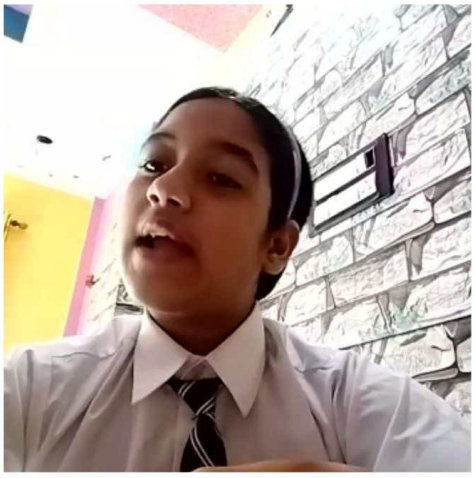

USE ME
A clean person is not the one who stays away from dirt but the one who takes the time and effort to clean it up

QUESTION 1
THE CONVERSION OF ORGANIC WASTE INTO A SUBSTANCE THAT HELPS US GROW CROPS AND MAKES SOIL HEALTHIER IS KNOWN AS WHAT?




AHONA BOSE
VAISHNAVI BAGARIA
AARUSHI AGARWAL
SAMRITI MUNDA
SIYA AGARWAL





Recording
Talking