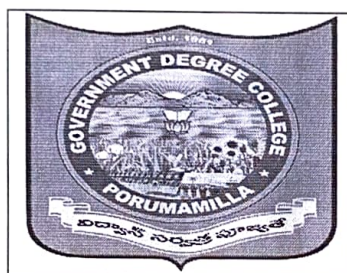


**Govt. Degree College,  
Porumamilla, Kadapa District**

**Department of Chemistry**



**BEST PRACTICE**

**on**

**Schooling Programme**

PERMISISON LETTER

Porumamilla  
Dated:27.11.2023

To  
The Principal  
Government Degree College,  
Porumamilla.Kadapa District


Respected Sir,

Sub: Request for to conduct schooling programme at M.P.P.School,  
Kondugaripalli, Porumamilla Mandal, Kadapa District-  
Regarding.

This is to inform you that the Department of chemistry the planning to conduct a schooling programme at M.P.P.School, Kondugaripalli adopted village of our college schedule on 27.11.2024 at 3.00 PM. We plan to highlight the important of the Hand washing, person hygiene, general science topics, Good Handwriting to the school child's. we humbly request you sir, to grant permission per conducting the above mentioned programme and date. We also request you to spare some of your valuable time in gracing the occasion

M. V. Subodha  
PRINCIPAL  
Govt. Degree College  
PORUMAMILLA, Kadapa (D.T.)



  
(S. PRAKASH RAO)  
INCHARGE DEPT OF CHEMISTRY

# Department of Chemistry

## Brief Report on Schooling Programme

Handwashing hygiene is extremely important for school children to prevent the spread of germs and illnesses. Here are some key points and guidelines for promoting handwashing hygiene for schoolchildren:

### Why Handwashing is Important

- **Prevents Illness:** Handwashing is one of the most effective ways to prevent the spread of germs that can cause illnesses like colds, flu, stomach bugs, and more serious diseases.
- **Promotes Health:** Healthy children are more likely to attend school regularly, participate in activities, and learn effectively.
- **Reduces Absenteeism:** Proper hand hygiene reduces the number of sick days and prevents outbreaks in schools.

### When to Wash Hands

Children should wash their hands at the following times:

1. **Before Eating:** To avoid consuming harmful bacteria or viruses that could be on their hands.
2. **After Using the Toilet:** To remove germs from the hands after touching surfaces in the restroom.
3. **After Sneezing or Coughing:** To prevent the spread of respiratory germs.
4. **After Playing:** Especially after outdoor activities or playing with shared toys or equipment.
5. **After Touching Shared Items:** Such as desks, door handles, and other objects used by multiple people.
6. **Before Touching the Face:** To avoid transferring germs to the eyes, nose, and mouth.

### How to Wash Hands Properly

Teach children the **5 key steps of handwashing:**

1. **Wet Hands** with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** the soap by rubbing hands together, making sure to scrub the backs of hands, between the fingers, and under the nails.
3. **Scrub for at least 20 seconds**, which is about the time it takes to sing the "Happy Birthday" song twice.
4. **Rinse** hands well under clean, running water.
5. **Dry** hands using a clean towel or air dryer.

## Tips for Encouraging Children to Wash Hands

- **Make It Fun:** Use songs, games, or handwashing challenges to keep children engaged. For example, singing a fun song like "Twinkle Twinkle Little Star" can help them remember how long to wash.
- **Role Model:** Teachers and parents should set an example by washing their own hands regularly.
- **Post Visual Reminders:** Put up posters or signs in bathrooms and classrooms that show the steps of handwashing, as visual aids can help children remember.
- **Use a Timer:** Use a timer or set a song that lasts about 20 seconds to help children understand how long to wash their hands.
- **Provide Access to Supplies:** Make sure children have access to soap, water, and clean towels. Schools should provide alcohol-based hand sanitizers if washing with soap and water is not possible.

## Importance of Hand Sanitizer

In situations where soap and water are not available, alcohol-based hand sanitizers (with at least 60% alcohol) can be a good alternative. However, it's important to note that hand sanitizers are less effective if hands are visibly dirty or greasy.

## Educating Children About Germs

- **Germs Are Invisible:** Teach children that germs are everywhere and can be transferred through touch. Explaining the importance of hygiene helps them understand why washing their hands matters.
- **Simple Explanation:** Use easy-to-understand language: "Washing your hands helps get rid of the germs that can make you sick."

## Role of Schools in Promoting Hygiene

Schools play an important role in setting up an environment where hand hygiene is prioritized. Here are a few things schools can do:

- **Regular Hygiene Lessons:** Teach children about handwashing during health classes or assemblies.
- **Routine Reminders:** Regularly remind children of the importance of washing their hands, especially before meals and after bathroom use.
- **Encourage Peer Support:** Older students can be role models for younger children, showing them the correct way to wash their hands.

## Key Messages for Children

- "Wash your hands to stay healthy!"
- "Clean hands, happy hearts!"
- "Soap and water, make germs disappear!"

By fostering good handwashing habits, schools can create a healthier environment for all students and help prevent the spread of infections.

SCHOOLING PROGRAMME







Handwritten text in Arabic script along the top edge of the whiteboard.

Table with Arabic characters and numbers, possibly a phonetic or counting chart.

Alphabet chart showing uppercase and lowercase letters: A B C D E F G H I, J K L M N O P Q R, S T U V W X Y Z.

Large grid of numbers, likely a multiplication or addition table.

Another chart or table on the right side of the whiteboard.



# CERTIFICATE

This is to certify that the staff and students of the Department of Chemistry, Govt. Degree College, Porumamilla, Kadapa District conducted a schooling programme on 29.11.2023 in our School. The students of Govt. Degree College, Porumamilla explained on handwash, hygiene and writing skills, General Science to the our students.

*Handwritten signature*  
29/11/2023

**Head Teacher  
M.P. Primary School  
Kondugur, (M)  
Porumamilla (M) Kadapa (Dt)**