

### Role of Teacher in creating awareness about Health and Hygiene among students

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**Abstract:** The important factors for cultivation of health are: environment conducive for healthful living, balanced diet, adequate physical activity and rest as per individual needs. Further it requires promotive, preventive, therapeutic and welfare services, suitable occupation with job satisfaction and proper use of leisure and wholesome mental attitude to life. The present study elucidates an immediate need to create awareness about the environmental sanitation and personal hygiene through some integrated tribal-rural sanitation programme dealing with their personal hygiene, waste water disposal, solid waste management and domestic sanitati for exit of smoke in any of their houses. It is necessary that people should be made aware of harmful impact of smoke accumulation on health of an individual and should be persuaded for making such provision in their houses.

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#### Introduction

Healthy habits play a key role in every person's life starting from early childhood and throughout life. The formation of such habits often begins in the family, but educational institutions also have a significant impact on this process. In school conditions, teachers play an important role in educating and maintaining a healthy lifestyle among students. Teachers not only teach children the basic academic disciplines but also serve as role models, setting standards of behavior and lifestyle. Their influence is especially noticeable during primary and secondary education when children are most susceptible to external influences. Promoting a healthy lifestyle, including proper nutrition, regular physical exercise, and giving up bad habits, is one of the key tasks of modern education. Various studies have demonstrated the effectiveness of educational interventions in promoting health among students [1, 2]. In physical education, biology, and even extracurricular activities, teachers can introduce knowledge about the importance of health and how to maintain it. They teach children the basics of hygiene, the principles of rational nutrition and the need for physical activity. Teachers can also hold talks and lectures about the dangers of smoking, alcohol and drugs, thereby forming a negative attitude towards these harmful habits among students. The translation of epic works is a complex and multifaceted task that requires a deep understanding of both the original language and the target language. Teachers who teach students translation skills play an important role in developing these skills. Epic texts often contain rich metaphors, archaisms and cultural references, which makes their translation especially difficult. The main task of a teacher in this context is to teach students methods and approaches that will help them cope with these difficulties. First of all, it

concerns the skills of text analysis, determining the key elements that need to be conveyed in translation. Teachers teach students various techniques, including contextual translation, adaptation of cultural realities and preservation of stylistic features of the original. In addition, an important aspect is to develop students' sense of responsibility towards the original and the audience. The translator should strive for maximum accuracy and adequacy of the translation in order to preserve the author's intention and convey to the reader all the richness and depth of the original text. Teachers can organize seminars and practical classes where students have the opportunity to discuss and analyze various approaches to the translation of epic works. Although at first glance the topics of forming healthy habits and translating skills of the epic genre seem unrelated, there is an important aspect that unites them. Both processes require a systematic approach, dedication and continuous improvement. Educators play a crucial role in shaping these qualities in their students, whether through instilling healthy habits or developing professional skills. Thus, teachers act not only as transmitters of knowledge, but also as mentors who help their wards develop comprehensively. In this context, their contribution to the formation of a healthy lifestyle and professional skills cannot be overestimated. In the modern educational environment aimed at the comprehensive development of personality, the role of teachers is becoming especially significant and diverse.

Perfect health is an important requisite for an individual or a family Health is wealth. Optimum health is the highest level of health attainable by an individual. Positive health means striving for preservations and improvements of health. Negative health means scientific efforts for prevention and cure of diseases. The important

factors for cultivation of health are: environment conducive for healthful living, balanced diet, adequate physical activity and rest as per individual needs. Promotive, preventive, therapeutic and welfare services, suitable occupation with job satisfaction, and proper use of leisure and wholesome mental attitude to life. World health organization (WHO) defined health in its broader sense in 1946 as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” According to the World health organization (WHO) the main determinants of health include the social and economic environment, the physical environment, and the person’s individual characteristics and behaviors. Health promotion is an important objective of the developing countries. Health can be determined by per capita income, nutrition, housing, sanitation, safe drinking water, social infrastructure, health and medical care services provided by government, geographic climate, employment status, and poverty. Health can be preserved by maintaining hygiene. According to Mosby’s Dental Dictionary: hygiene is the science of health and its preservation school is an important channel to promote healthy lifestyles not only to students but also to their families and communities school hygiene or school hygiene education is a healthcare science, a form of the wider school health education. School hygiene is a study of school environment

#### Understanding Basic Hygiene

Basic hygiene includes everyday practices that help prevent disease transmission and promote good health. Key practices include:

- **Handwashing:** Teaching children to wash their hands with soap before meals and after using the toilet can significantly reduce the risk of diarrhea diseases, a leading cause of malnutrition.
- **Clean Water Access:** Educating children on drinking clean, safe water.
- **Oral Hygiene:** Encouraging brushing teeth twice daily to prevent infections that may affect overall health.
- **Food Hygiene:** Promoting washing fruits, vegetables, and utensils to prevent contamination.

Teaching children these essential hygiene habits early makes them more likely to adopt them as lifelong practices, promoting overall health and helping to prevent malnutrition.

#### Why Underprivileged Children Are Most at Risk?

Children from underprivileged backgrounds face unique challenges that make them more vulnerable to poor hygiene and malnutrition. Some factors include:

- **Lack of Resources:** Limited access to clean water, soap, and hygiene products.

- **Inadequate Awareness:** Parents and guardians in marginalised communities may lack knowledge about the importance of personal hygiene, unknowingly putting children at risk.
- **Crowded Living Conditions:** Overcrowded homes and schools can facilitate the spread of infections.
- **Limited Healthcare Access:** Preventive healthcare, including vaccinations and check-ups, is often unavailable.

Nearly half of all deaths in children under 5 in India are caused by preventable conditions, many of which are associated with malnutrition and poor hygiene practices (Source: UNICEF /WHO/ World Bank Joint Child Malnutrition Estimates, 2023 edition).

#### Why Hygiene Education Matters?

Hygiene education for children equips them with the knowledge and skills to lead healthier lives. Here’s why it’s crucial:

- **Prevention of Diseases:** Educating children on hygiene reduces the risk of infections, which can drain essential nutrients and exacerbate malnutrition.
- **Empowerment Through Knowledge:** Children who understand hygiene principles can influence their families and communities.
- **Improved School Attendance:** Healthy children are less likely to miss school, leading to better educational outcomes.

#### Impact on Health and Well-Being

Hygiene education encourages:

- **Physical Health:** Lower incidences of waterborne and foodborne illnesses.
- **Mental Well-Being:** Reduced stress and stigma associated with poor hygiene.
- **Community Health:** A ripple effect, where healthier children contribute to healthier families and communities.

#### Breaking the Cycle of Poverty

Malnutrition and poverty are closely intertwined. Poor hygiene exacerbates malnutrition, affecting cognitive development, school performance, and future earning potential.

Communities can break this cycle and empower the next generation to rise above poverty by teaching children the importance of hygiene.

#### Educating Girls About Menstrual Hygiene

Menstrual hygiene is critical to hygiene education, especially for adolescent girls. Awareness initiatives must address the following:

- **Understanding Menstruation:** Dispelling myths and misconceptions.
- **Proper Menstrual Hygiene Practices:** Teaching clean, safe menstrual products and regular changing.

- **Access to Facilities:** Highlighting the need for clean, private toilets in schools.

CRY India's campaigns emphasise that menstrual hygiene education improves health and encourages girls to stay in school during their periods. This is vital for their education and overall development. Many schoolgirls face challenges related to menstrual hygiene management, and as a result, up to 20% miss school during their periods, with one in ten eventually dropping out (Source: National Library of Science, 2022).

#### How to Effectively Implement Hygiene Education?

Hygiene education should be well-planned and inclusive to make the most difference. Here's how it can be effectively implemented:

- **Community Involvement:** Engaging parents, teachers, and local leaders to support hygiene initiatives helps create a stronger, united approach and ensures the message reaches more people. This collective effort promotes long-term positive changes in hygiene habits within the community.
- **Culturally Sensitive Messaging:** Tailoring education to respect local beliefs and practices is crucial to effectively implementing hygiene education. When the message aligns with the community's cultural context, it resonates better, making it more likely to be accepted and applied. Understanding these cultural nuances ensures that education is relevant, increasing its impact and encouraging long-term change.
- **Use of Technology:** Incorporating digital tools like videos and interactive apps to make learning engaging can reach a wider audience, especially in remote areas. These tools can make learning fun and accessible, ensuring that important hygiene messages are retained and acted upon.

#### Community-Based Approaches

Community-driven initiatives are essential for promoting hygiene education. These include:

- **Workshops and Campaigns:** Hosting awareness sessions in schools and community centres.
- **Peer Educators:** Training older children to teach younger peers about hygiene.
- **Local Champions:** Encouraging influential community members to advocate for hygiene practices.

#### Interactive Learning Techniques

Children learn best when they are actively engaged. Effective techniques include:

- **Storytelling:** Using relatable stories to teach hygiene concepts.
- **Games and Activities:** Incorporating fun, educational games that reinforce hygiene practices.
- **Visual Aids:** Posters, illustrations, and videos to simplify complex ideas.

#### Sustainable Practices

To ensure lasting change, hygiene education should focus on sustainable practices such as:

- **Reusable Products:** Promoting eco-friendly items like cloth bags and menstrual cups.
- **Environmental Awareness:** Teaching children to manage waste responsibly.
- **Habit Formation:** Encouraging consistent hygiene practices through daily routines.

#### Role of Teachers in Ensuring Good Hygiene in the Classroom

Teachers play a crucial role in ensuring good hygiene in the classroom. By promoting and practicing good hygiene habits, teachers can create a healthy and safe learning environment for their students. Here are some ways teachers can contribute to maintaining good hygiene:

1. **Teaching and Modeling Good Hygiene Practices:** Teachers should educate students about the importance of good hygiene practices, such as handwashing, covering the mouth when coughing or sneezing, and proper disposal of tissues. They should demonstrate these practices themselves and encourage students to follow suit.
2. **Providing Necessary Facilities:** Teachers should ensure that the classroom is equipped with essential facilities for maintaining hygiene, such as handwashing stations with soap and water or hand sanitizers. They should also ensure that there are enough tissues, waste bins, and cleaning supplies available.
3. **Establishing Hygiene Routines:** Teachers can establish daily routines that incorporate hygiene practices. For example, they can allocate time for handwashing before meals or after using the restroom. By making hygiene a regular part of the classroom routine, students are more likely to develop good habits.
4. **Monitoring and Reinforcing Hygiene Practices:** Teachers should monitor students' hygiene practices and provide gentle reminders when necessary. They can praise and reinforce students who consistently practice good hygiene and provide guidance to those who need assistance.
5. **Maintaining Cleanliness:** Teachers should ensure that the classroom is clean and tidy. Regular cleaning of surfaces, desks, and shared materials can help prevent the spread of germs. Teachers can involve students in cleaning activities, teaching

them the importance of cleanliness and responsibility.

6. **Promoting Personal Hygiene:** Teachers can educate students about personal hygiene, including the importance of bathing regularly, wearing clean clothes, and maintaining oral hygiene. They can also encourage students to bring their own water bottles and avoid sharing personal items to minimize the risk of spreading germs.
7. **Creating Awareness:** Teachers can organize educational activities, discussions, or presentations on hygiene-related topics. This can help raise awareness among students about the importance of good hygiene and its impact on their health and well-being.

#### Teacher Promoting health education

This paper highlights the prevalence of malnutrition and poor personal hygiene and related morbidities among school children. Malnutrition is a problem in spite of the existence of various nutritional welfare schemes. Thus, considering the poor nutritional status and personal hygiene and related morbidities an intervention focusing health education efforts based on local epidemiology and behavioral practices is needed. The present study elucidates an immediate need to make them aware about the environmental sanitation and personal hygiene through some integrated tribal-rural sanitation programme dealing with their personal hygiene, waste water disposal, solid waste management and domestic sanitation for exit of smoke in any of their houses, it is necessary that they should be made aware of harmful impact of smoke accumulation on health of an individual, and therefore should be persuaded for making such provision in their houses, there by bringing awareness in this regard. As it is observed during the study that most of them go to the open fields for the defecation purpose, after which they generally do not wash their hands, the concerted efforts in this direction, such as the development of simple low cost designs of water sealed latrines in such areas, are needs of this hour. Thus the bottom line of the present study comprises of the suggestion that the health education must be imparted to them regarding personal hygiene and cleaning habits, viz. washing hands after defecation, regular or alternate (rather than occasional) application of oil in their hairs, regular habit of taking bath, etc., so that they can understand about benefits of cleanliness, environmental sanitation and personal hygiene, and thus improve their overall health status.

#### Conclusion

Hygiene education is a powerful tool in combating child malnutrition, as it helps prevent infections that can contribute to poor health. However, addressing malnutrition requires a holistic approach that includes access to proper nutrition, healthcare, and education. By instilling good hygiene practices

from an early age, children can lead healthier lives and contribute to stronger communities. To make hygiene education truly impactful, collaborative efforts involving schools, families, and policymakers are essential.

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