

# Health and Hygiene and Developing its Awareness Through Co-Operative Learning in School Students

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**ABSTRACT** - Health is the sound state of body and mind. It is important for an active, successful and happy life. To be healthy, right food habits, hygiene habits, sleep and rest, yoga or exercise are necessary. A person incorporating these four in his daily life remains healthy. Right food includes nutritional and at least nearly balanced food which are readily available from Indian local food materials. Right combination of food taken is also necessary for proper digestion and absorption. Basic hygienic habits like washing, personal hygiene, home and everyday hygiene habits and general cleanliness are other important factors. Proper sleep and exercise or yoga acts as a catalyst in enhancing healthy condition. Many projects and campaigns have been taken by government and private agencies. Schools may be a very effective agent of permanent kind. Co-operative method of learning can be a very beneficial in this process of inculcating health and hygiene habits in children. Here different dimensions of health and hygiene are discussed in groups after which presentation is given. A 'to do list' is prepared by each group which was followed for next seven days and self and peer evaluated. A remarkable rise of following the habits was observed. It can be concluded that continuous practice of such activities in schools can provide effective results in building healthy India.

**KEY WORDS**- *Hygiene, Personal hygiene, Health, Culinary hygiene, Co-operative learning, Diet.*

## I. INTRODUCTION

"It is health that is real wealth and not pieces of gold and silver." - Mahatma Gandhi. Health refers to a state of sound mind and physically fit body free from any disorder, sickness. In other words, health refers to psychological well-being of a person. It is rightly said that health is the most valuable thing in the world. A healthy body inhabits a healthy, sound mind. A healthy person with sound mind can earn wealth and lead a happy life but an unhealthy person with all wealth, intelligence and merit can not put them in use and reap their benefits. Basic requirements for good health can be categorized broadly into-

1. Proper food, 2. Proper food combination 3. Hygiene habits 4. Proper sleep, 5. Exercise or yoga.

## II. PROPER FOOD

In India there is a great variation in climate and food products that no one diet plan can suit everyone. Even then, according to the region various local food resources which suit the local people can be collected and a proper diet can be planned. There is no need to go for costly supplements

and food products. Daily consumption of mineral and vitamin rich locally available green leafy vegetables like cabbage, spinach, moringa leaves and other 'bhajis', yogurt along with Indian staple food can provide a proper diet.

Moringa leaves are very rich in vitamin A, C, E, K, Calcium protein, amino acids. Its leaf extract has high antioxidant activity and free radical scavenging capacity. Thus it keeps the cells of different organs healthy and functioning at their best. And it is available throughout India and in all seasons. Yogurt, pulses, Indian spices like garlic, onion, chilies which are usually used in Indian food preparation are very nutritious as well as are capable of maintaining healthy metabolic condition in the body.

## III. PROPER FOOD COMBINATION

Proper food combinations and proper timing of taking food should also be taken into account. It is because many food combinations lead to slow metabolic activity, poor digestion and absorption in the body. Thus lead to poor health condition. Certain avoidable combinations are- fruits should not be taken after meal, yogurt with fruits, banana is incompatible with milk etc.

## WATER

Nearly 70% of our body consists of water. Pure and sufficient amount of water intake is must for proper metabolism. Many of the ailments are automatically cured by the body cells if sufficient water is available.

It is not at all completely difficult task treat healthy. The key is to balance the diet more less whenever possible.

## IV. HYGIENE HABITS

The word hygiene comes from the latinisation of Greek word 'hugienetechné' meaning "art of health" which later included in English and gradually became its part.

According to WHO, "Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases."

Hygiene is a concept closely related to cleanliness. Hygiene are the practices that prevent spread of disease-causing organisms through leaning as one of the inputs whereas cleaning process is removing dirt, wastes or other unwanted things by using detergents. Using chlorine or other disinfectants while cleaning also kills the disease-causing microbes. Thus hygiene is the aim which is achieved through cleaning.

In India hygiene and cleaning practice are as old as her culture. Washing feet and hands whenever anyone comes from outside has been given a special place in our ancient culture. Taking bath, wearing clean clothes during any religious function was a common practice. Any religious function or 'pooja' includes 'sudhikaran' which can be considered synonymous to sterilization. Use of tulsi leaves (basil), turmeric, belpatra (Aegle leaves), are unavoidable constituents of daily 'pooja' which have anti bacterial and antiviral and immunity building properties.

In modern times, hygiene habits have become an urgent need due to increased pollution in all spheres. Out of several hygienic practices, some of the necessary hygienic practices which should be taken care in normal life may be-

- 1.Home and everyday hygiene
- 2.personal hygiene and grooming
- 3.Hands hygiene
4. Culinary (food) hygiene.

## V. HOME AND EVERYDAY HYGIENE

Home hygiene pertains to the hygiene practices that prevent or minimize the spread of disease at home and other everyday settings ,for example public transport, workplace , common places at home , kitchen, bathrooms , washing clothes with disinfectants and detergent ,etc. These practices play an important role in preventing spread of

infectious diseases by breaking the chain of infection transmission.

## PERSONAL HYGIENE

Personal hygiene involves those practices performed by an individual to care one's bodily health and well being, through cleanliness. Some common steps are-

- Have a bath daily. Dust particles stick to our body when we play or sweat. These dust particles attract disease causing germs. Bathing daily keeps these germs away.
- Wash your hands before and after every meal. When we play, the germs present in soil and mud get transferred to our hands and can enter our body causing illnesses.
- Take care of our teeth, brush twice a day and floss regularly to remove food particles that are trapped or stuck between our teeth and are hard to remove.
- Trim your nails regularly.
- Keep hair clean and lice free.
- Take good care of your eyes and ears. Avoid reading in bad light and wash your eyes with cold water regularly.
- Keep our surroundings clean always. Throw garbage in dustbins, do not collect water in drums and buckets as water is the breeding ground for mosquitoes which can cause diseases.

## HAND HYGIENE

Germs on hands can easily enter the body through mouth ,nose, eyes or ears .So washing hands with soap before handling food, eat or drink, when sneeze, handling garbage ,after cleaning work etc can reduce the transmission of microbes and check the spread of disease. Other than these hands must be washed from time to time in a day.

## CULINARY HYGIENE

Culinary hygiene refers to the practices specifying safe ways to handle ,cook, store ,serve and eat food to prevent food-poisoning, food contamination and transmission of diseases to other food, human and animals.

Many projects and campaigns regarding health and hygiene were launched to achieve the goal of healthy and disease free India. For example, 'Swachh aadat, Swachh Bharat', Swachh Divas, Mass Media Campaign-Playing Billion, Swachhata Doot etc.

Such type of hygiene campaign covers all communities and areas but it is usually observed that intensity of such campaigns fades with time and so is the case with the people ,many of whom gradually compensate with the learned hygiene habits. If such hygiene awareness activities are carried out with follow up in schools in a structured way, it may produce a continuous and better result which

can counter the fading- out effect of these national awareness campaigns.

Co-operative learning method can be an effective way for such school activities.

## VI. COOPERATIVE LEARNING

Cooperative learning is a teaching strategy where small terms of students with differing abilities, work together using a variety of learning activities to improve their understanding of a subject. Students use and develop a variety of personal skills (i.e. communication, listening) to accomplish a shared, learning goal set by the teacher facilitation of five basic elements of cooperative learning.

Several definitions of cooperative learning have been formulated. The one most widely used in higher education is probably that of David and Roger Johnson from the University of Minnesota. According to the Johnson & Johnson model, cooperative learning is instruction that involves students working in teams to accomplish a common goal, under conditions that include the elements - Positive interdependence, Individual accountability, Face-to-face promotive interaction, Appropriate use of collaborative skills, Group processing.

### HEALTH AND HYGIENE HABIT DRILL IN SHOOOL THROUGH CO-OPERATIVE LEARNING

#### Session-1

Traits	Stage3( Perfectly follows)	stage 2( started following)	stage3(does not take interest)
1.Nutritional food intake and avoidance of junk food	day-1,2,3.....	day-1,2,3.....	day-1,2,3.....
2.Washing hands with all steps	day-1,2,3.....	day-1,2,3.....	day-1,2,3.....
3Personal grooming	day-1,2,3.....	day-1,2,3.....	day-1,2,3.....
4.Use of handkerchief	day-1,2,3.....	day-1,2,3.....	day-1,2,3.....
5.Doing exercise daily	day-1,2,3.....	day-1,2,3.....	day-1,2,3.....

Table-1

#### OBSERVATION-

It was observed that 09 students showed remarkable progress and reached stage 03 within thee days. 15 students showed normal progress and reached stage 3 by seventh day.07 students reached to stage 2.

## VIII. CONCLUSION

Health is the most important fact for a healthy life and hygiene habits are way to it. More and more schemes and campaigns should be launched. For Inculcating health and hygiene habits in children, cooperative learning method can be very helpful and interesting to the students. Such activities should be organized in schools from time to time for all classes with varied dimensions of health and hygiene.

30 students of class five were selected and divided into five groups with six members in each-groupA,B,C,D,E.

Method followed - Group discussion and presentation.

Each group was given sub topic related to health and hygiene to discuss and prepare a ‘To do list’ related to the topic. Each group discussed on their topic, noted down the points ,prepared a to do list and gave presentation .Out of those 6 to do lists, a final ‘To Do list’ was prepared-

- 1.Nutritional food intake and avoidance of junk food
- 2.Washing hands with all steps
- 3Personal grooming
- 4.Use of handkerchief
- 5.Doing exercise daily

**Session-2-** This was a follow up and evaluator phase of 7 days.Each student was provided with a rubric as the sample given which was evaluated by the peer everyday. At the end of observation period progress of each student was determined and feedback given.

## VII. SAMPLE RUBRIC

Name of the student-

Name of the Peer evaluator-

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