

	10 min	Students will be able to explain sources of stress.	<p>health reasons, psychological or simply as a way of life. Essentially keeping a good standard of hygiene helps to prevent the development and spread of infections, illnesses and bad odours.</p> <p><u>Personal Reasons</u></p> <p>Many people, women in particular, are very conscious of their hygiene needs and practices. This can be a result of being taught of the importance from an early age, from being picked-on at school for head lice or similar, or as a way of making themselves more attractive to the opposite sex.</p> <p>Self-esteem, confidence and motivation can all be altered by our body image, often reflected on our ability to care for ourselves and keep good hygiene practices. A bright white smile with clean and healthy teeth can endear people to us, whereas brown, unhealthy teeth can cause embarrassment and can alter our sense of well-being. Healthy hair, skin and nails are signs of a good well-balanced diet and can give us confidence in everyday life.</p> <p><u>Social Reasons</u></p> <p>Most people hate to be talked about, especially in a negative manner. By ensuring that our body is clean and well presented, we are more assured of projecting a positive body image that reflects our personalities. Children should be taught the</p>	<p>O N</p> <p>L E C T U R E</p> <p>C U M</p> <p>D I S C U S S I O</p>	<p>P O W E R P O I N T</p>	
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	10 min	Students will be able to explain effects of stress or response to stress.	<p>importance of hygiene and how to achieve good hygiene very early to keep themselves and others healthy and to reduce the risk of being bullied at school.</p> <p><u>Health Reasons</u></p> <p>If a person is due to go into hospital, sometimes that person becomes very aware of his/her hygiene. The thought of being vulnerable and exposed to strangers can cause the person to become very strict on their hygiene needs. If you have cut yourself, the wound should be cleaned and dressed suitably; this can help reduced the risk of infection and pain. Conditions such as head lice, athlete’s foot, etc. should be treated immediately to prevent further infections and spread to others. Hand washing cannot be emphasized enough as this simple action can prevent a plethora of illnesses and disorders developing. Many people ‘forget’ to wash their hands after using the toilet or before handling foods; this deed can cause a great deal of illness and even death.</p> <p><u>Psychological Issues</u></p> <p>By being well presented, clean and tidy, people can feel more confident, especially in social situations. Many job interviews and such like are highly dependent of hygiene as many decisions are made by first impressions within the first few</p>	<p>N L E C T U R E C U M D I S C U S S I O N</p>	<p>P O W E R P O I N T</p>	
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	20 mins	Students will be able to discuss the stress management	<p>minutes of meeting; these decisions are often made in the sub conscious.</p> <p>Our chances of succeeding either in work or social settings, or even with the opposite sex can be altered by our maintenance of hygiene.</p> <p>SUMMARY</p> <p>Maintaining hygiene practices helps to reduce the risks of ill health, but equally important affects how we and others perceive ourselves and can influence our levels of confidence and self-esteem which can affect many aspects of our lives.</p> <p>CONCLUSION</p> <p>Today we have learned regarding personal hygiene and how personal hygiene affects our daily life and why it is important for our health.</p>	<p>L E C T U R E</p> <p>C U M</p> <p>D I S C U S S I O</p>	<p>P O W E R P O I N T</p>	
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REFERENCES

Vocational Skills HOME HEALTH AIDE Textbook for Class 9th NCERT Page No- 80 to 83

LESSON PLAN

ON

“Personal Hygiene and Grooming routines”

IDENTIFICATION DATA

Name of Teacher –

Subject-PATIENT CARE ASSISTANT

Unit-HOME HEALTH AIDE – Unit 4-Personal Hygiene and first Aid – **Session 1: Demonstrate Good Hygiene Practice**

Topic – Personal hygiene and grooming routines

Group- Class 9th Level -1

Date –

Time –

Duration – 60 minutes

Teaching- Learning Method – Lecture cum Discussion

A.V. Aids – PowerPoint slides/Books/Notes

Language – English

Venue – Classroom

GENERAL OBJECTIVE

At the end of the class, students will be equipped with the knowledge regarding personal hygiene and its management and will be able to imply it in clinical setting.

SPECIFIC OBJECTIVES: - At the end of the teaching, student will be able to-

- Personal Hygiene
- Grooming routines
- Importance of personal hygiene