

Unnat Bharat Abhiyan under NSS (February 17, 2020)

An awareness program on "hand hygiene" organized by Don Bosco Institute of Management (A constituent unit of Assam Don Bosco University) under Unnat Bharat Abhiyan National Service Scheme (NSS) on February 17, 2020.

It is a well-known fact that hand washing is the first basic step towards achieving any millennium goals for development. It saves lives. Stopping infections is in our hands. Hence, with the goal of imparting the knowledge of the most effective way of getting one's hand cleaned, 12 student volunteers from the Don Bosco Institute of Management, under the supervision of their mentor, Hrishikesh Debnath set out to visit 2 different schools on **17th February, 2020** in the vicinity of Joypur, Kharghuli to spread awareness regarding hand hygiene and how important it is to keep one's hands clean.

For the 1st session, the volunteers visited the Padma Tiny Tots Nursery School at around 10 o'clock in the morning. There, they first visited the Principal of the school and after receiving a heads up to start off with the day's work, the volunteers set up the banner and amenities that would be required to demonstrate the task. This session was led by a 1st year student volunteer, Preetisha Rynjah, while Brinita Das and Navareane Syiemlieh (also 1st year student volunteers) took the lead to demonstrate the same. They showcased the 8 steps of washing hands in the best manner possible and the volunteers made sure to demonstrate more than twice so that the Nursery students remember the steps better. Some of the students were even invited in front of the class voluntarily to demonstrate what was just taught to them and they were successful in replicating the same. Once the demonstration was over, Preetisha Rynjah, along with Kaushik Barman, a 2nd year student volunteer, went on to explain the need of washing hands properly and how it adds to good health. The students were asked to spread awareness about hand hygiene among their family members as well. The session lasted for about an hour and the volunteers received a positive response. They cared to hand over 2 liquid handwash bottles, a bucket, a mug and some tissue papers before leaving. On their way back, the volunteers also encountered the father of one of the students from the school and were appreciated by him for their efforts.

The second session was conducted in the Lalsingh Academy which had Classes 6 to 10. Here, the student volunteers and their mentor were guided by a staff of the school to its auditorium and after setting up the amenities, and receiving the permission of the Principal of the school, the session began at around 1:30 p.m. This session was led by Brinita Das, and Albany K. Joseph and Elizabeth Tudu (two 2nd year student volunteers) took the lead to demonstrate the same. This session was similar to the previous session where some of the students of the school were invited up front to demonstrate what they had learnt and were made aware of the importance of hand hygiene and here, too, it was seen that the task was a success. It was later seen that the students were demonstrating the 8 steps of effective hand washing to their Principal. Just like the first destination, the volunteers asked the students to spread awareness about hand hygiene among their family members as well as other people, as much as they can and handed over 2 liquid handwash bottles, a bucket, a mug and some tissue papers before departing from the school.

The basic purpose of this drive is to make people aware that clean hands are safe hands. The experience was an enriching one for both the volunteers as well for the students of both the schools and it is hoped that these 8 steps will be followed by everyone to reap the benefits of good health.









