

## PROVIDING HYGIENE EDUCATION AND TEACHING PRINCIPLES OF HYGIENE TO STUDENTS IN SCHOOLS

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**Abstract:** Hygiene schooling performs a necessary function in merchandising general well-being and decreasing the hazard of ailments amongst students. By educating concepts of hygiene, faculties can instill precise habits that replicate in each private and communal health. This article delves into the significance of presenting hygiene training to students, highlighting the advantages it brings and outlining a number techniques that faculties can employ.

**Keywords:** principles, methods, aspects, protection, oral and hnd hygiene, management

**Introduction:** Hygiene is a integral element of retaining right fitness and stopping the unfold of diseases. It refers to the practices that people and communities undertake to maintain themselves and their environment easy and free from hazardous bacteria, viruses, and different pathogens.

Personal hygiene includes movements that humans take to preserve their our bodies easy and healthy. Regularly washing arms with cleaning soap and water is one of the most vital hygiene practices. It helps to take away germs that might also have been picked up from touching surfaces or interacting with others. Maintaining suited oral hygiene, such as brushing enamel and flossing, is additionally imperative for dental health. Another indispensable component of non-public hygiene is preserving the physique clean.

Daily bathing or showering helps to do away with dirt, sweat, and lifeless pores and skin cells, retaining the pores and skin healthful and stopping disagreeable odors. Wearing smooth garments and altering undergarments often is additionally essential for preserving non-public hygiene. Hygiene extends past private practices and consists of preserving the dwelling surroundings easy as well. Regular cleansing of residing spaces, such as properties or offices, helps to remove dust, dirt, and different allergens that can make a contribution to respiratory problems and allergies.

Disinfecting in many instances touched surfaces, such as doorknobs, mild switches, and countertops, can assist forestall the unfold of germs. In addition to non-public and environmental hygiene, training properly meals hygiene is quintessential to stop foodborne illnesses. This includes desirable storage, handling, and coaching of meals to make sure it stays protected and free from micro organism or contaminants.

Washing fruits and veggies utterly earlier than consumption is additionally advocated to dispose of any workable pesticides or bacteria. Maintaining right hygiene is now not solely vital for character fitness however additionally performs a considerable position in public health.

Observing true hygiene practices can assist forestall the transmission of infectious illnesses in communities, specially at some stage in outbreaks or pandemics. Regular handwashing, the usage of hand sanitizers when necessary, and practising respiratory hygiene, such as overlaying the mouth and nostril whilst coughing or sneezing, are necessary in stopping the unfold of illnesses.

Hygiene training performs a necessary function in merchandising a wholesome life-style and stopping the unfold of illnesses amongst students. By instructing concepts of hygiene in schools, we can empower college students to take duty for their personal well-being and create a advantageous have an effect on on the average community. Here are some key factors to think about when presenting hygiene training to students:

**Hand hygiene:** Teach college students the significance of handwashing to stop the transmission of germs. Show them appropriate handwashing techniques, along with the usage of cleaning soap and water for at least 20 seconds, protecting all surfaces of the hands, and drying them thoroughly.

**Respiratory hygiene:** Educate college students on proper respiratory hygiene practices, such as overlaying their mouth and nostril with a tissue or their elbow when coughing or sneezing. Teach them to dispose of tissues true and to wash their fingers afterward.

**Personal hygiene:** Encourage college students to take care of their private hygiene by way of instructing them about every day routines, such as bathing or showering, brushing their teeth, and sporting smooth clothes. Emphasize the significance of preserving non-public cleanliness to forestall the unfold of infections.

**Food hygiene:** Educate college students about protected handling, storage, and education of meals to forestall foodborne illnesses. Teach them about applicable meals storage temperatures, keeping off cross-contamination, and the significance of ingesting a balanced eating regimen for exact health.

**Environmental hygiene:** Raise cognizance about the significance of a easy and protected environment. Teach college students about retaining cleanliness in classrooms, toilets, and surrounding areas. Emphasize the suitable disposal of waste and the advantages of recycling to shield the environment.

**Mental fitness and hygiene:** Include discussions on intellectual fitness and hygiene to promote ordinary well-being. Teach college students about stress management, the significance of sleep, and retaining a healthful work-life balance. Encourage open conversations about feelings and intellectual fitness problems to limit stigma and supply imperative support.

**Role modeling and practice:** Engage college students in hands-on activities, such as demonstrating appropriate handwashing techniques, organizing cleanliness drives, or developing posters or displays about hygiene. Encourage them to exercise what they examine and set a advantageous instance for others.

**Continuous reinforcement:** Regularly make stronger the significance of hygiene via reminders, posters, and discussions. Conduct periodic assessments to consider students' appreciation and tackle any expertise gaps. Encourage college students to come to be hygiene ambassadors and unfold focus inside their households and communities. By imparting hygiene training and instructing standards of hygiene to college students in schools, we can equip them with integral existence abilities that will make contributions to their universal well-being and the fitness of the wider society.

Teaching ideas of hygiene to college students in faculties is fundamental for their ordinary fitness and well-being. It helps them enhance excellent habits that can defend them from a range of ailments and promotes a smooth and secure environment. Here are some nice approaches to instruct hygiene standards to students:

**Start with the basics:** Begin by way of introducing college students to the significance of cleanliness and its have an effect on on their health. Explain why working towards correct hygiene is essential in stopping the unfold of germs, bacteria, and diseases.

**Demonstrate applicable handwashing:** Proper handwashing is one of the essential ideas of hygiene. Teach college students the right handwashing technique, together with the use of soap, rubbing palms thoroughly, and washing for at least 20 seconds. Encourage them to wash their fingers earlier than and after meals, after the usage of the restroom, and after enjoying outdoors.

**Teach suitable respiratory hygiene:** Educate college students about correct respiratory hygiene practices such as masking their mouth and nostril with a tissue or their elbow when coughing or sneezing. Emphasize the significance of disposing of used tissues appropriate and washing arms straight away afterward.

**Promote private grooming:** Teach college students about the significance of private grooming, which includes bathing regularly, maintaining hair clean, and sporting easy clothes. Explain how these practices make contributions to their standard cleanliness and well-being.

**Teach easy surroundings habits:** Educate college students on the magnitude of preserving a smooth environment. Teach them to dispose of waste excellent in unique bins, recycle when possible, and maintain their school room and college premises easy and tidy. Encourage them to take part in cleansing activities, such as choosing up litter or organizing cleansing drives.

**Use visible aids and interactive activities:** Utilize visible aids, such as posters or videos, to make stronger the standards of hygiene. Conduct interactive things to do or demonstrations to actively interact college students in mastering about hygiene practices. Role-playing things to do can be especially wonderful in supporting college students apprehend and exercise top hygiene habits.

**Encourage rewards and wonderful reinforcement:** Recognize and reward college students who constantly exercise excellent hygiene habits. Positive reinforcement in the structure of praise, certificates, or small incentives can inspire college students to proceed training true hygiene.

**Involve mother and father and the community:** Collaborate with mother and father and the neighborhood to strengthen hygiene practices at domestic and in the community. Send everyday updates to parents, prepare workshops, and contain nearby fitness professionals to similarly instruct college students and their households about hygiene principles.

**Conclusion:** Providing hygiene training and instructing concepts of hygiene to college students in faculties is quintessential for their normal well-being. By incorporating hygiene into the curriculum, making use of visible aids and technology, involving mother and father and caregivers, organising hygiene golf equipment or committees, and modeling proper hygiene habits, colleges can create a superb influence on the fitness and lives of their students. Through these efforts, we can foster a technology that values and prioritizes hygiene, main to more healthy folks and communities.

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