
Clean Hands are Cool Hands: An Awareness Session on Handwashing

Pune, Maharashtra | 23rd September, 2025



On 23rd September, 2025, a special awareness session on the *Importance of Handwashing* was conducted during the morning mass assembly for the students of Grades IV and V. The interactive session was led by the school nurse, Ms. Kalyani Jadhav, who highlighted how proper hand hygiene is one of the simplest yet most effective ways to prevent the spread of illnesses.

The nurse explained that our hands come into contact with countless germs every day — from touching books, desks, doorknobs, and even while playing. If not washed properly, these germs can easily enter our bodies when we eat food or touch our faces, leading to common infections such as cold, flu, diarrhoea, and other communicable diseases.



Students were introduced to the “critical times” for handwashing, such as before and after meals, after using the toilet, after playing outdoors, and after coughing or sneezing.

To make the session more practical, the nurse also demonstrated the proper seven steps of handwashing: rubbing palms, back of hands, between fingers, under nails, around thumbs, fingertips, and rinsing well with water. The students enthusiastically followed the steps along with the demonstration, ensuring they understood the correct method.

The session concluded with the reminder that “*Clean hands are safe hands*” — a simple habit that protects not only the individual but the whole community.