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## Healthy Teachers, Healthier Classrooms: Starting the New Year with a Health and Hygiene Session

Pune, Maharashtra | 2<sup>nd</sup> January, 2025



On 2<sup>nd</sup> January, 2025, the school organised a Health and Hygiene Session for its preprimary and primary teachers, led by the school nurse, Ms. Sujata Bhalerao. The session aimed to reinforce the importance of personal hygiene and healthy lifestyle practices, especially in the context of early childhood education.

Ms. Bhalerao spoke at length about the significance of maintaining good hygiene as a preventive measure against common illnesses. She explained simple yet effective hygiene practices that teachers can follow in their daily routines and, more importantly, model for young learners. Emphasis was laid on hand hygiene, personal cleanliness, and maintaining a clean classroom environment as foundational habits that contribute to overall well-being.

The session also addressed the role of diet in maintaining good health. Ms. Bhalerao highlighted the adverse effects of frequent consumption of fast food and encouraged the inclusion of balanced, nutritious meals in daily diets. She stressed that teachers play a pivotal role in influencing children's food choices by guiding them towards healthier alternatives and reinforcing positive eating habits within the school setting.



A key focus of the session was the importance of instilling hygiene habits in students from an early age. Ms. Bhalerao underlined that early intervention and consistent reinforcement can help children internalise these practices, turning them into lifelong habits. Teachers were encouraged to integrate hygiene-related instructions seamlessly into daily classroom activities, making learning both practical and engaging.

The session was informative and reflective, equipping teachers with practical insights to promote health and hygiene effectively among young students. It served as a timely reminder that a healthy school environment begins with informed educators who lead by example.