



Hygiene Workshop

DATE:

12th December, 2014

VENUE:

Minami Nagasaki Elementary School

PARTICIPANTS:

2nd year Leading Program students, Dr. Mai Kumagami, 2nd grade pupils of Minami Nagasaki Elementary school, their teachers and parents.



The 2nd year Leading Programme students organized a Hygiene workshop which was held at Minami Nagasaki Elementary school on 12th December 2014. The workshop, part of the communication skills class, aimed at training 2nd grade pupils, 7-8 year olds on proper hand washing as a way of preventing many communicable diseases such as influenza and common cold which are prevalent in the winter season.

The importance of hand washing was conveyed through a skit which emphasized on hand washing before eating, after visiting the toilet, playing with pet, blowing nose, and touching garbage. Demonstrations on how to effectively wash one's hands were done according to the guidelines of Center for Disease Control and Prevention, by first applying soap, then washing the palms, nails, thumb roots, back of the palm, between fingers and lastly the wrist for at least 20 seconds. With the help of hand washing gel checker and a UV machine, the pupils were able to see whether they have efficiently washed their hands or not. The pupils had good time interacting with foreign students which culminated by presentations using pictorial aids, on various cultural aspects of Kenya, Myanmar, Thailand, Uganda, and Vietnam.

The pupils were very active, showed great interest in the activities of the day, and were able to wash their hands well by the end of the workshop. The event which was covered by NHK media was interesting for the 2nd grade Leading Programme students to interact with the local community as well as popularize the Programme. It is our hope that the pupils will always practice proper hand washing, and teach the same to their families and friends which will help in reduction of acquisition of many communicable diseases.

