

**PERSONAL HYGIENE AND SANITARY PRACTICE OF  
SCHOOL CHILDREN**

**By:**

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ITAHARI,SUNSARI**

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## **RECOMMENDATION LETTER**

The thesis is entitle "Personal Hygiene and Sanitary Practice of school children" submitted by Radha Dulal in partial fulfillment of requirement for the master's degree in health education under my supervision. Therefore, it is recommended for viva voice

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## **DECLARATION**

I hereby declare that this thesis has not been submitted for candidature for another degree.

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## ABSTRACT

The study entitled "Personal Hygiene Sanitary Practice of school children" was conducted in Sundardulari Municipality of Morang. The main objectives of the study were to find out the condition of personal hygiene identify the sanitary practice and the impact the lack of personal hygiene and sanitary of school children. All together 300 students between 1-10 class only one government school.

This study was based on descriptive research design for the purpose of the study only the primary data's. Were used 300 students. Were selected from the simple random sampling techniques and researcher collected the data from interview and analyzed descriptively. At last finding and conclusion has been drawn. On the recommended and suggested also included in points. This thesis is structure in five parts. Those are introduction of the study reviews the related literature of the relevant work methodology of the study, analysis and interpretation of data, summary, finding, conclusion and recommendations.

According to the study results, 63 percent cut their nails only once a week. Among them, all students brushed their teeth by the tooth brush and tooth paste and powder but only 50 percent students brushed once a day 8 percent students cleaned their eyes during the time of their face wash. Around 60 percent students washed their hair only occasionally and 68.3 percent students combed their hair daily. All of the students had bathing practice, but 15 percent students bathed only once a week. Similarly, all the students washed their clothes by the people of their parents. All of them were aware of washing their hands before and after taking eating and after using toilet too. From the study, it was found that the students were not completely aware of personal hygiene. From the study, it was found that the effect of poor personal hygiene 56.7 percent students said diarrhoea. Similarly 63.3 percent students said the person habit of people involve was the cause of personal hygiene and sanitary likewise 76.7 percent students were visit health post when they had problem of poor personal hygiene.

The status of personal hygiene and sanitary practice of school children of Sajjal Higher Secondary School was not found excellent. They had no ideas about importance of personal hygiene and sanitation practice; it may be due to their age factors and insufficient guidance by the school. To avoid this miserable condition, the government should strongly include regular program on personal hygiene and sanitation in the curriculum and school should apply the curriculum properly. Government should strongly focus on the subject matter of personal hygiene and sanitary in the school curriculum. School health teacher should facilitate with the special health training and be refreshed time to time Regular health checkup program for the students should be conducted by the school collaboration with the health post of hospital.

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## **ABBREVIATIONS**

<b>FRESH</b>	:	Focusing Resources of Effective school health
<b>HPPE</b>	:	Health Physical and population Education
<b>NSF</b>	:	National Sanitary Foundation
<b>SHP</b>	:	School Health Program.
<b>TU</b>	:	Tribhuvan University.
<b>UNICEF</b>	:	United Nations Children Fund
<b>USA</b>	:	United States of America
<b>WHO</b>	:	World Health Organization.