



GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: SCHOOL BRANCH  
OLD SECRETARIAT: DELHI-110054

No. F.DE.23 (386)/Sch.Br./2019/ 468

Dated: 25/07/2019

**CIRCULAR**

**Sub:- Personal Hygiene and Food Habits.**

The human body if not maintained hygienically can provide places for disease-causing germs and parasites to grow and multiply. These places include the skin and in and around the openings to the body. It is less likely that germs and parasites will get inside the body if people have good personal hygiene habits.

**Good personal hygiene habits include:-**

- Washing the body daily. If possible, everybody should have a shower or a bath every day. However, there may be times when this is not possible, for example, when people are out camping or there is a shortage of water.
- If this happens, a swim or a wash all over the body with a wet sponge or cloth will do.
- Brushing the teeth after each meal is the best way of making sure that gum disease and tooth decay are avoided. It is very important to clean teeth after breakfast and immediately before going to bed.
- Washing the hair with soap or shampoo, at least, once a week.
- Washing hands with soap after going to the toilet.
- Washing hands with soap before preparing and/or eating food. During normal daily activities - such as working, shaking hands, counting or handling currency notes, touching switches and taps, playing etc - disease causing germs may get onto the hands and under the nails. If the germs are not washed off before preparing or eating food, they may get onto the body.
- Wearing clean clothes. Dirty clothes should be washed with laundry soap before wearing them again.
- Hanging clothes in the sun to dry. The sun's rays will kill some disease-causing germs and parasites.
- Turning away from other people and covering the nose and mouth with a handkerchief / tissue paper / hand when coughing or sneezing. If this is not done, tiny droplets of liquid containing germs from the nose or mouth will be spread in the air and other people can breathe in them, or the droplets can get onto food.
- Keep food and drinking water covered.
- Do not consume any food exposed open in air.
- Consume fresh fruits and vegetable after thorough washing.
- Trim the nails & hair periodically.

All Heads of Govt., Govt. Aided & Unaided Recognized Schools under DoE are hereby directed to generate awareness among the children about the good Hygienic practices and food habits as per above mentioned guidelines. Further, special talks may also be organized in the Assembly to sensitize the students about the personal hygiene and food habits.

This issues with approval of the Competent Authority.

*[Handwritten signature]*  
25/7/19

DDE (SCHOOL)

**All Heads of Govt., Govt. Aided & Unaided Recognized Schools under DOE through DEL-E.**

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Copy to:-

1. PS to Secretary (Education).
2. PA to Director (Education).
3. All RDEs/DDEs (District/Zone) to ensure compliance.
4. SO (IT) to please paste it on the website.
5. Guard file.

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25/7/19

OSD (SCHOOL)