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Personal Hygiene



In this lesson we will learn about

Importance of personal cleanliness viz. hand washing, cleaning teeth, nail cutting, daily bath, clean clothes, footwear, hair-care.

Cleanliness and health

Cleanliness is next to Godliness. Many illnesses spread due to lack of cleanliness. Illnesses like diarrhea, dysentery, cholera, worms, typhoid, skin infections, louse infestations and dental problems etc are examples