

REPORT ON DEWORMING DAY

“Deworming for a Healthy and Strong Generation”

Institution: Arunai Medical College & Hospital

organized by: Department of Community Medicine

Venue: Sempadai Middle School

Participants: 156 students from Standards I–VIII

Date: 28.08.2026

Under the guidance of **Dr. A. Balaji, Professor and Head, Department of Community Medicine**, and **Dr. Janarthanan D, Assistant Professor** a health education programme was organised at **Sempadai Middle School** in observance of **National Deworming Day**.

Objectives

- To create awareness among school children about **intestinal worm infestation and soil-transmitted helminthic infections**.
- To explain the **common symptoms and adverse health effects of worm infestation**.
- To educate students about the importance of **regular deworming and appropriate use of deworming medication**.
- To demonstrate the **correct steps of hand washing**.
- To promote good personal hygiene, food hygiene and sanitation practices.
- To explain how contaminated **soil, food, water and hands** can contribute to transmission of intestinal worms.
- To encourage students to adopt healthy hygiene practices at school and at home.



Role Play

- ❖ A role play was performed by the Community Medicine CRMI team to make the health education session more interesting and understandable for school children.
- ❖ The role play focused on everyday situations related to **poor hygiene, unsafe food practices and worm infestation**. Through simple and practical situations, the students were made aware of how poor sanitation and unhygienic habits can facilitate the transmission of intestinal worms.

The Major themes highlighted through the role play were:

- **“Clean Hands, Healthy Children” – importance of hand hygiene**
- **Food hygiene and safe food practices**
- Avoiding contaminated food and water
- Importance of using toilets and maintaining sanitation
- **Adverse health effects of soil-transmitted helminthes infections**
- Importance of regular deworming
- Personal hygiene practices for prevention of worm infestation

The role play helped the students understand that **prevention of worm infestation is not limited to taking a deworming tablet, but also requires good hygiene, sanitation, safe food and clean surroundings.**



Demonstration of Hand washing

A practical demonstration of **proper hand washing technique** was conducted by the CRMIs.

The students were taught the important occasions for hand washing, particularly:

- Before eating or handling food
- Before feeding young children
- After using the toilet
- After cleaning a child who has defecated
- After playing outdoors or coming into contact with soil
- Whenever hands are visibly dirty

The **step-by-step hand washing technique** was demonstrated using soap and clean running water. The students were encouraged to carefully observe each step.

Following the demonstration, selected students were asked to **repeat and demonstrate the hand washing steps themselves**. The CRMIs observed their technique and provided corrections wherever required. This interactive activity helped reinforce the correct hand washing procedure among the children.



Interactive Health Education

The programme was conducted in an interactive manner. Students were encouraged to answer questions related to worms, hygiene, sanitation and hand washing. Simple examples from their daily lives were used to explain the importance of maintaining personal and environmental hygiene.



Conclusion

The students gained awareness about **soil-transmitted helminth infections, their health effects, prevention through deworming, hand hygiene, food sanitation, safe water, toilet use and environmental cleanliness**. The opportunity for students to demonstrate the hand washing technique themselves helped reinforce the importance of practising proper hand hygiene in their daily lives. The programme successfully promoted the message that **regular deworming together with good hygiene, sanitation and healthy practices is essential for the growth, development and well-being of school children**.