

**TILAK MAHARASHTRA VIDYAPEETH,  
INSTITUTE OF NURSING EDUCATION AND RESEARCH, PUNE**

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**NAME OF THE EVENT-** Skill Station On 'GLOBAL HANDWASHING DAY'

**ORGANIZER:** Tilak Maharashtra Vidyapeeth Nursing Department

**TIME AND DATE –** 17/10/2022      Time –12-1 Pm.

**SPEAKER:**Mr. VaibhavKamble and Ms.Radha Shinde

**PARTICIPANTS :**First Year B.Sc. Nursing Students

**VENUE:**Noble Hospital

**TOPIC ADDRESSED :**

- Introduction to Global Handwashing Day.
- Definition of handwashing
- Importance of handwashing
- 7 steps of handwashing
- Benefits of handwashing

**THEME OF GLOBAL HANDWASHING DAY - 2022**

This year's theme is 'Unite for Universal Hand Hygiene'. October 15 is marked as Global Handwashing Day, with the aim of increasing awareness and understanding about the importance of hand washing with soap as an effective and affordable way to prevent diseases and save lives. Global Handwashing Day, celebrated each year on October 15, highlights the importance of handwashing with soap and water, especially during key times throughout the day.

**AIMS:**

The stated aims of Global Handwashing Day are to: Foster and support a general culture of handwashing with soap in all societies. Shine a spotlight on the state of handwashing in each country. Raise awareness about the benefits of handwashing with soap.

### Key Times to Wash Hands

- Before, during, and after preparing food.
- Before and after eating food.
- Before and after caring for someone at home who is sick with vomiting or diarrhea.
- Before and after treating a cut or wound.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.

### 7 STEPS OF HANDWASHING:

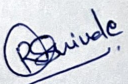
1. Wet your hands with water.
2. Apply enough soap to cover your hands.
3. Rub your hands together.
4. Use 1 hand to rub the back of the other hand and clean in between the fingers. ...
5. Rub your hands together and clean in between your fingers.
6. Rub the back of your fingers against your palms.
7. Rub your thumb using your other hand.

Under the guidance of Dr. Madhuri Shelke ( PrincipalTMV,INER,Pune) have conducted the seminar on Handwashing Day .The goal of conducting the programme was to create the awareness and to improve hygienic methods among patients and students.

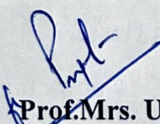
The session was very interactive along with discussion regarding handwashing.

The students have presented posters for poster presentation.

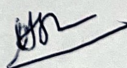
At the end of the session , the effectiveness of the seminar was assessed through the question and answers and the redemonstration of handwashing procedure.

  
Ms. Radha Shinde

Clinical Instructor

  
Prof. Mrs. Urmila Chaudhari

Programme Co-ordinator

  
Prof. Dr. Madhuri Shelke  
Principal  
Institute of Nursing  
Education & Research  
Tilak Maharashtra Vidyapeeth Trust  
Gultekdi, Pune - 411 037.

# 7 STEPS TO HANDWASHING



1 Rub palms together



2 Rub the back of both hands



3 Interlace fingers and rub hands together



4 Interlock fingers and rub the back of fingers of both hands



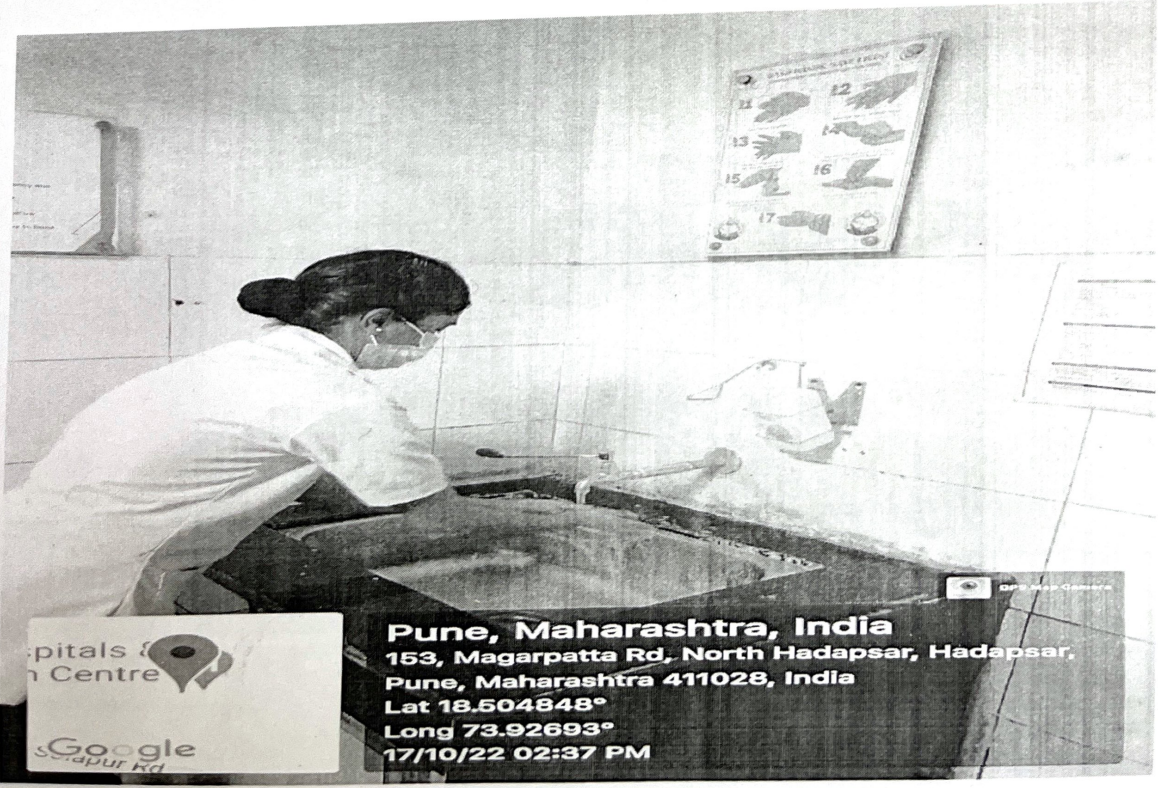
5 Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands



6 Rub fingertips on palm for both hands



7 Rub both wrists in a rotating manner



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