**TRANSLATION FOR ENGLISH SUB-TITLES**

**Benefits of Hand Washing with Soap**

* Village Bhandaripasi
* Binata Mohanta Bhandaripasi
* Kuni Patra mini Anganwadi worker Bhandaripasi
* Binata bhauja, have you finished your household work?
* Yes finished.
* Please come inside.
* Please be seated.
* It seems you have finished your household work.
* Yes I have finished and now I have come to visit you.
* Good, we will talk.
* Let me feed the baby.
* Binata bhauja, are you going to feed the baby without washing your hands properly?
* Proper hand washing with soap is important as it minimizes the risk of infection spread through food and water like diarrhoea, worms, and skin disease.
* Therefore we should wash our hands properly with soap.
* Question: *How should you wash your hands?*
* Answer: *Use* soap and rinse *with clean and running water*

*(Do not dip your hands in the water container)*

* When should I wash my hands?
* Critical times when hand washing with soap should be done are: after household chores, after handling animal waste, after cleaning feces of the child, after defecation, before preparing food, before eating and before feeding the baby.
* ***Question:*** *When are the most important times to wash hands?*
* *Answer: Before preparing food*
* *Before eating*
* *Before feeding baby*

* How and where do we wash hands?
* Near the kitchen, we can keep a bucket of water, mug and soap. Keeping all these things in one place will make washing hands easier.
* Why should we keep all things together?
* While going for hand washing, soap, water and mug can be kept together in the hand washing place, so that it becomes easier to wash hands. If we don’t keep them together, we will not able to follow the process properly and may not wash our hands correctly.
* How do we wash hands properly with soap?
* Come, I will demonstrate how to wash hands with soap.
* Here we can wash our hands.
* We need a bucket of water, mug and a soap.
* Pour water on your hands.
* Apply soap, rub your hands to form a good lather.
* Properly scrub the palm, wrist, finger corners and nails.
* Now rinse your hands with water.
* After washing you can dry your hands using a clean towel or the best way is to dry your hands by shaking in air.
* What will happen if we dry our hands in a towel?
* If it is a clean towel then it is ok, but if it is dirty towel then there is no value of washing hands a:s they will again get dirty.
* Things to remember while washing hands:
* Use clean water
* Produce a rich lather with soap
* Scrub palm, wrist, nails and finger corners
* Dry in air
* It’s not only important for caregivers to wash their hands. Babies crawl and put hands in their mouth. So, it is very important to wash their hands frequently.
* Let’s wash the hands of the baby.
* Let’s apply soap on your hands.
* Good girl.
* Show me your hands and nails.
* Binata bhauja, now the hands of the baby are clean, so now the risk of infections spread is minimized.
* ***Question: Why*** *is it important to wash hands with soap?*
* *Answer: To minimize the risk of infections*
* Today I have learned about washing hands with soap.
* I thank you for sharing the good practices and devoting time. From where have you learned all this?
* I have learned this in a two day training programme organized by Digital Green and VARRAT in Erendei. In the training programme, I learned a lot of things. Many of the things were demonstrated in a practical way.
* Later on, I will share more health and nutrition related things with you.
* Thanks, and good bye.