

# Basics of Personal Hygiene

Unit Code: BWS/N9021

Version: 1.0

NSQF Level: 2

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## Description

Good hygiene practices play a crucial role in preventing the spread of infections and promoting good health. This NOS is about understanding the importance of personal hygiene and effectively implementing its practices.

## Scope

The scope covers the following :

- Overview of Personal Hygiene
- Personal Hygiene Good Practices
- Clothing, personal belongings and environment hygiene

## Elements and Performance Criteria

### *Overview of Personal Hygiene*

To be competent, the user/individual on the job must be able to:

- PC1.** provide a concise and accurate definition of personal hygiene
- PC2.** understand its broader scope for individuals and communities
- PC3.** list the primary components of personal hygiene
- PC4.** develop understanding of the significance of good personal hygiene for internal and external well being
- PC5.** discuss practical relevance of the concept of personal hygiene to everyday life
- PC6.** utilize the knowledge necessary to improve the general hygiene routine
- PC7.** explain how to maintain personal hygiene and contribute actively to the community
- PC8.** understand that poor hygiene practices can cause discomfort and infections
- PC9.** identify personal hygiene good practices and the need to improve or maintain them

### *Personal Hygiene Good Practices*

To be competent, the user/individual on the job must be able to:

- PC10.** provide a list of various components of good hygiene practice
- PC11.** demonstrate understanding of specific hygiene practices associated with each component
- PC12.** comprehend good practices in bathing/showering and effectively manage body odor
- PC13.** establish practices and develop ability to utilize handrub, handwash technique and hand care regime
- PC14.** practice good hair care regime for clean, well-kept and healthy hair
- PC15.** demonstrate a solid understanding of dental care and hygiene
- PC16.** establish tips to keep feet and nails hygiene in check and provide better care
- PC17.** describe excellent toilet hygiene techniques to prevent spread of infections
- PC18.** practice coughing & sneezing etiquettes
- PC19.** demonstrate effective management of common scalp and skin conditions such as acne, dandruff, itchy scalp and lice infestation
- PC20.** identify personal hygiene practices to prevent common infections including viruses and bacteria, and reduce the risk of cross contamination in the environment

### *Clothing, Personal Belongings and Environment Hygiene*

To be competent, the user/individual on the job must be able to:

- PC21.** understand the Importance of clean and hygienic living environments
- PC22.** explain cleaning and disinfection techniques for home and personal belongings
- PC23.** describe laundering, sorting, washing, drying, and folding techniques for clothing
- PC24.** provide tips to keep personal spaces (bed/wardrobe/bathroom/living room) clean and organized
- PC25.** explain waste and recycling materials disposal methods

### Knowledge and Understanding (KU)

The individual on the job needs to know and understand:

- KU1.** basic structure and functioning of the community to educate
- KU2.** importance of personal hygiene and wellbeing in the community
- KU3.** essential hygiene or personal care regimen
- KU4.** relevant protocols, good practices, standards and procedures related to personal hygiene
- KU5.** common hand, nail, foot, bathing, skin, oral/dental hygiene practices
- KU6.** standard handwashing technique and hand care
- KU7.** common bacterial & fungal infections
- KU8.** problems related with not following good hygiene practices
- KU9.** basics of cleaning and organization of personal spaces
- KU10.** common hygiene products - soaps/body wash/handwash, detergents, sanitizer, disinfectants utilized in households
- KU11.** waste categories and disposal provisions and methods
- KU12.** common clothing types and fabric care

### Generic Skills (GS)

User/individual on the job needs to know how to:

- GS1.** read and write effectively
- GS2.** communicate efficiently with the people to maintain the comfort and welfare
- GS3.** keep the learners informed of the techniques and procedures
- GS4.** create and maintain a positive learning environment
- GS5.** use effective listening skills
- GS6.** be polite and courteous with all learners at all times
- GS7.** be clear and loud while instructing
- GS8.** avoid using jargon, slang or acronyms when communicating

## Assessment Criteria

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Overview of Personal Hygiene</i>	<b>50</b>	<b>50</b>	-	-
<b>PC1.</b> provide a concise and accurate definition of personal hygiene	-	-	-	-
<b>PC2.</b> understand its broader scope for individuals and communities	-	-	-	-
<b>PC3.</b> list the primary components of personal hygiene	-	-	-	-
<b>PC4.</b> develop understanding of the significance of good personal hygiene for internal and external well being	-	-	-	-
<b>PC5.</b> discuss practical relevance of the concept of personal hygiene to everyday life	-	-	-	-
<b>PC6.</b> utilize the knowledge necessary to improve the general hygiene routine	-	-	-	-
<b>PC7.</b> explain how to maintain personal hygiene and contribute actively to the community	-	-	-	-
<b>PC8.</b> understand that poor hygiene practices can cause discomfort and infections	-	-	-	-
<b>PC9.</b> identify personal hygiene good practices and the need to improve or maintain them	-	-	-	-
<i>Personal Hygiene Good Practices</i>	-	-	-	-
<b>PC10.</b> provide a list of various components of good hygiene practice	-	-	-	-
<b>PC11.</b> demonstrate understanding of specific hygiene practices associated with each component	-	-	-	-
<b>PC12.</b> comprehend good practices in bathing/showering and effectively manage body odor	-	-	-	-
<b>PC13.</b> establish practices and develop ability to utilize handrub, handwash technique and hand care regime	-	-	-	-
<b>PC14.</b> practice good hair care regime for clean, well-kept and healthy hair	-	-	-	-

<b>Assessment Criteria for Outcomes</b>	<b>Theory Marks</b>	<b>Practical Marks</b>	<b>Project Marks</b>	<b>Viva Marks</b>
<b>PC15.</b> demonstrate a solid understanding of dental care and hygiene	-	-	-	-
<b>PC16.</b> establish tips to keep feet and nails hygiene in check and provide better care	-	-	-	-
<b>PC17.</b> describe excellent toilet hygiene techniques to prevent spread of infections	-	-	-	-
<b>PC18.</b> practice coughing & sneezing etiquettes	-	-	-	-
<b>PC19.</b> demonstrate effective management of common scalp and skin conditions such as acne, dandruff, itchy scalp and lice infestation	-	-	-	-
<b>PC20.</b> identify personal hygiene practices to prevent common infections including viruses and bacteria, and reduce the risk of cross contamination in the environment	-	-	-	-
<i>Clothing, Personal Belongings and Environment Hygiene</i>	-	-	-	-
<b>PC21.</b> understand the Importance of clean and hygienic living environments	-	-	-	-
<b>PC22.</b> explain cleaning and disinfection techniques for home and personal belongings	-	-	-	-
<b>PC23.</b> describe laundering, sorting, washing, drying, and folding techniques for clothing	-	-	-	-
<b>PC24.</b> provide tips to keep personal spaces (bed/wardrobe/bathroom/living room) clean and organized	-	-	-	-
<b>PC25.</b> explain waste and recycling materials disposal methods	-	-	-	-
<b>NOS Total</b>	<b>50</b>	<b>50</b>	-	-

## National Occupational Standards (NOS) Parameters

<b>NOS Code</b>	BWS/N9021
<b>NOS Name</b>	Basics of Personal Hygiene
<b>Sector</b>	Beauty & Wellness
<b>Sub-Sector</b>	
<b>Occupation</b>	Generic
<b>NSQF Level</b>	2
<b>Credits</b>	1.25
<b>Minimum Educational Qualification &amp; Experience</b>	Ability to read and write
<b>Version</b>	1.0
<b>Next Review Date</b>	NA
<b>CCN Category</b>	2