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Wash your hands of poor grades in school

ednekar • MUMBAI

ng basic hygiene can your child's grades. test study by the Indian al Academy has shown ificant correlation be- hygiene and attendance oring good marks while ool. At least 69% of chil- scoring less than 80% ; were regularly absent hool. rely slogging for hours ot fetch good marks, the

survey found. Various factors such as washing hands, bathing regularly, eating properly, adequate physical activity and sleep contribute to the process and improve a child's grades as well as cognitive development. The academy carried out the study, Child Health Intelligence and Performance (CHIP), on students (from Std V to VIII), parents and paediatricians in Delhi, Mumbai, Chennai and Kolkata. Figures from the study show only 19% of students scoring less

SUCCESS RECIPE

Merely slogging for hours does not fetch good marks

Washing hands, bathing regularly, eating properly, adequate physical activity and sleep improve a child's grades

than 80% marks and 68% of students scoring above 80% followed basic hygiene. Of the students scoring less than 80% marks, only 18% ate properly,

53% bathed regularly and 3 washed their hands regularly. Experts say when hygiene standards are poor, a child fa sick and is subsequently abse from school. "Most children nore the importance of perso al hygiene," Dr Sanjeev Bag senior paediatrician, CEO & dea Radiant Life Care, New Del said. "They should at least fo low basic hygiene habits li bathing regularly and washi hands before/after eating foo

● Turn to

Wash your hands of...

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Those children who do not have these healthy habits fare poorly in studies and are often absent from school. Mostly they would suffer from various infections that lead to mal-absorption of nutrients, which affects growth." Bagai is also a member of the academy. The study found that 39% of students scoring less than 80% marks slept less than seven hours a day and 64% ate canteen food more than thrice a week. In contrast, 15% students scoring more than 80% slept less than seven hours a day. "It is important to teach