

# **A Research Paper on Health and Hygiene Awareness**

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**Abstract:** *Health and hygiene are crucial for maintaining overall well-being, especially for students who spend long hours interacting with peers in shared environments. Poor hygiene practices continue to contribute to the spread of various communicable diseases. This review-based study summarizes existing research on the awareness and importance of hygiene among students. The findings show that although many students understand basic hygienic practices, regular and consistent implementation is still limited. Factors such as school support, parental influence, availability of facilities, and digital learning tools significantly shape students' hygiene behaviours. The study concludes that continuous reinforcement and proper facilities are essential to improve hygiene habits and reduce disease transmission in educational settings.*

**Keywords:** Health, Hygiene, Students, Awareness, Sanitisation, Public Health

