

NIOS lesson adaptation project

by  **Embrace** Volunteers

(A community initiative of Harchan Foundation Trust)

CHAPTER -7

HEALTH

This project is aimed at supporting children with different needs. Information provided is adapted to the best of knowledge by the volunteers. For complete information please refer to the NIOS resources in <https://www.nios.ac.in/online-course-material/secondary-courses.aspx>.

HEALTH



Keywords and meanings

KEYWORD	MEANING
Health	The state of being well and free from illness
Hygiene	keeping yourself and things around you clean, in order to prevent disease .
Balanced diet	Food containing all nutrients
Bio degradable	that can be taken back into the earth naturally
Non biodegradable	That cannot be broken down or taken back into the earth naturally
Immunity	The ability to prevent diseases

K - What does the child KNOW	W - What does the child WANT to know	L - What has the child LEARNT
	Health-Factors affecting good health ,signs of good health	
	Community Health-Activities & Programs	
	Immunization -Types of immunity and schedule	

DEFINITION

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

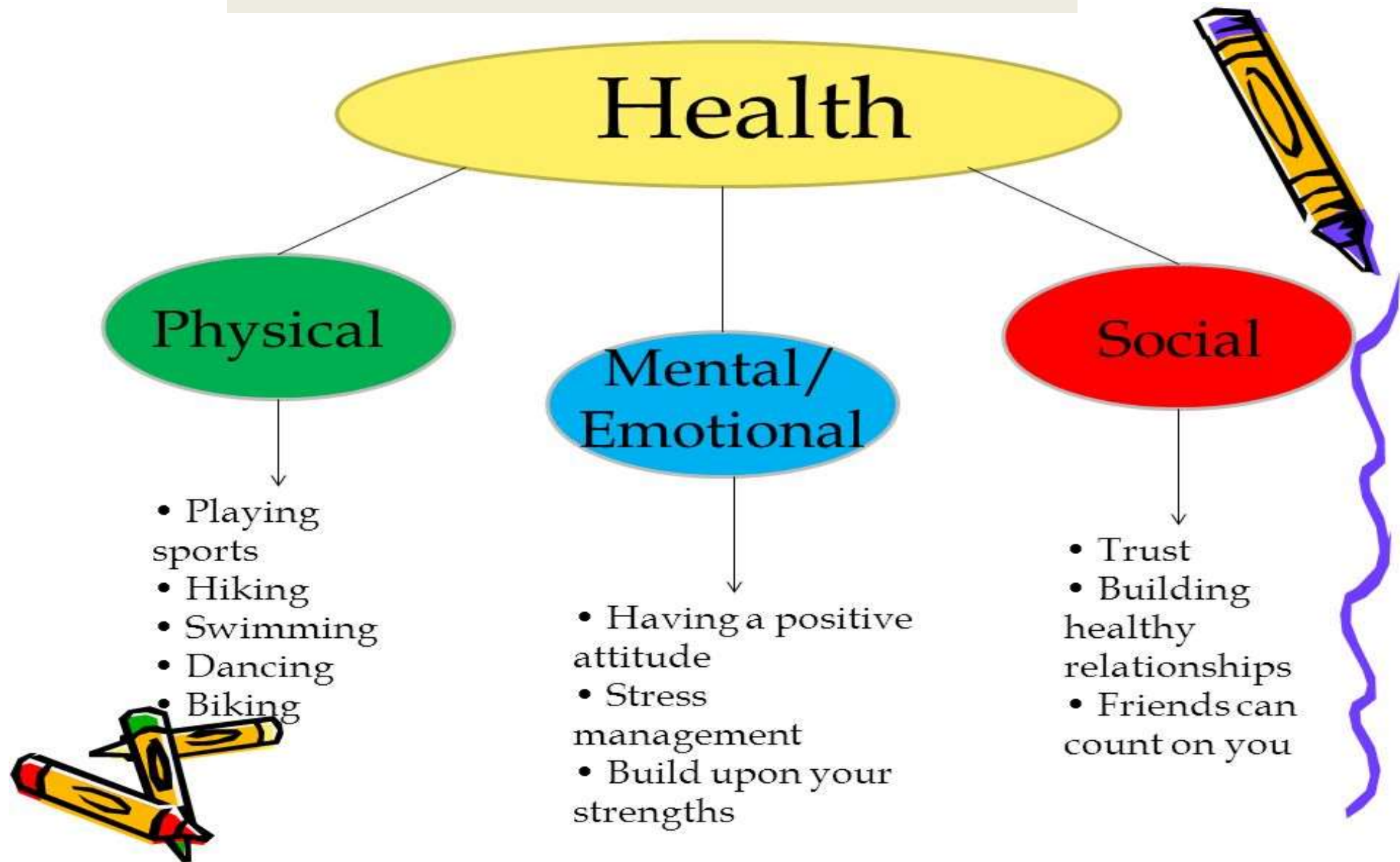


Personal Health

Health Triangle



How you can stay healthy



Signs of good physical health

- You are energetic and alert .
- Having normal height and weight according to the age.
- Having bright and shiny eyes.
- Have clean and clear skin.
- Have normally growing hair normal color and texture.
- Have odour less breath .
- Have good appetite and sound sleep .

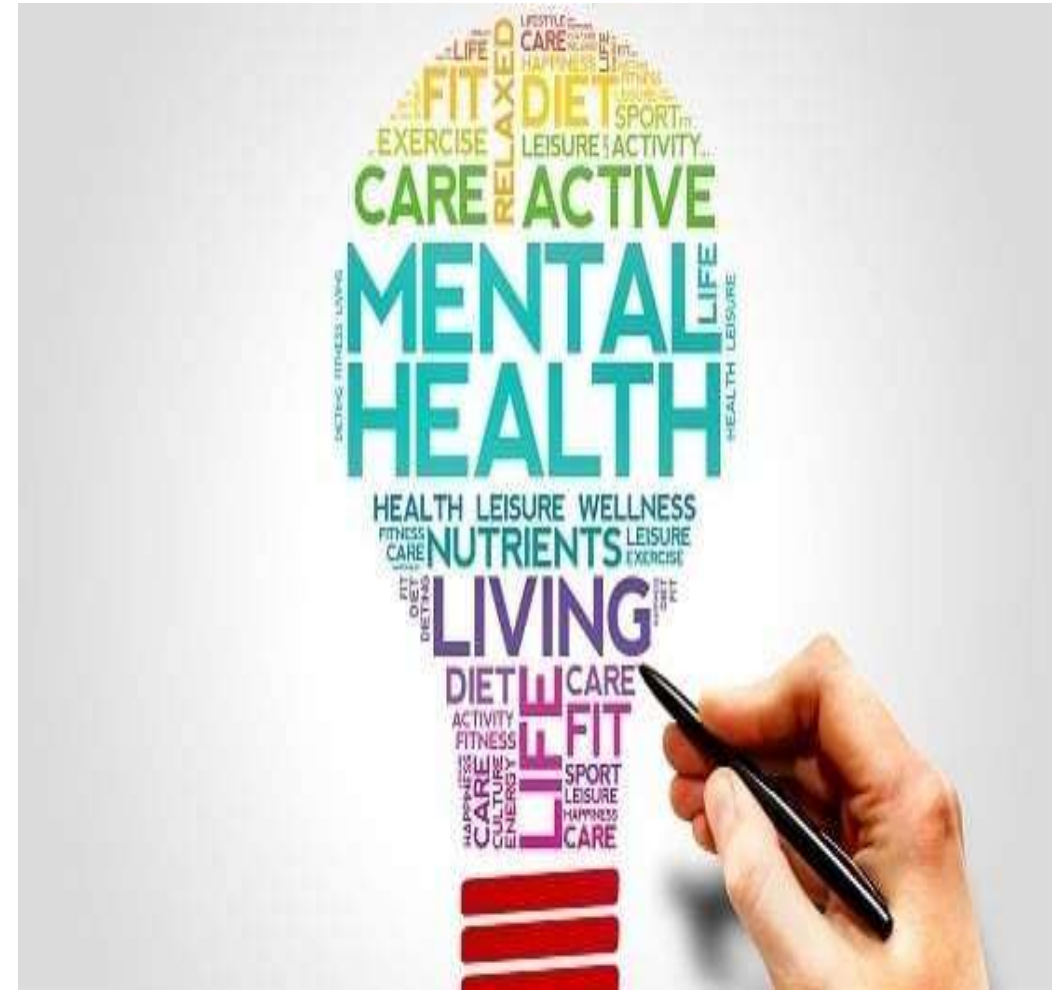
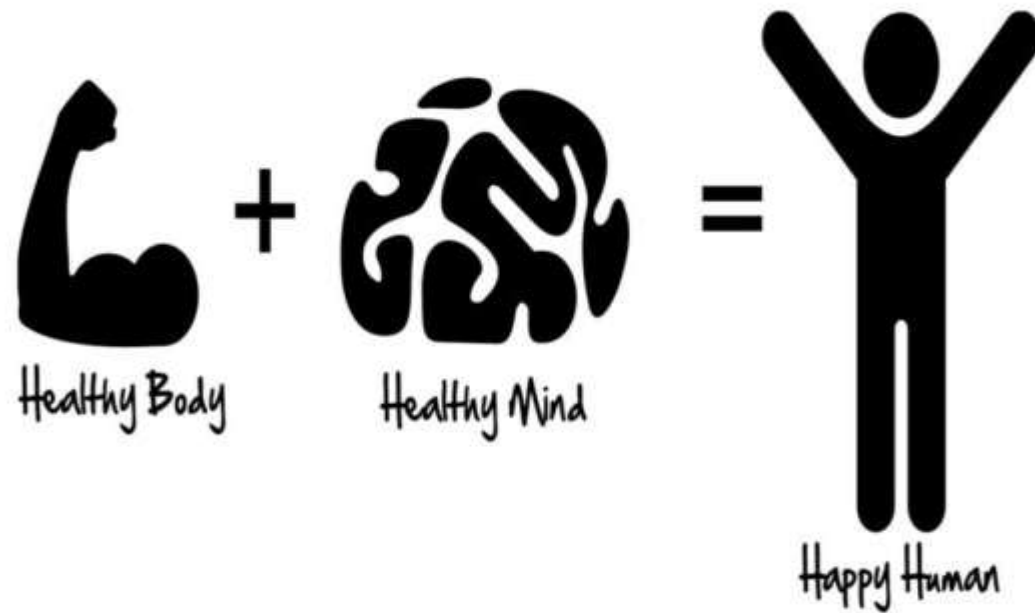
Signs of good mental health

- ✓Control over you emotions.
- ✓Balanced feelings, desires, ambitions and ideas.
- ✓Ability to accept realities of life and face them.
- ✓Confidence in your abilities.
- ✓Ability to cope up with day to day stress of life.
- ✓Helpful attitude towards others.
- ✓Ability to seek help when needed

Signs of good social health

- ☐ Have positive attitude towards life.
- ☐ Get along well with others.
- ☐ Have a pleasant personality .
- ☐ Fulfil responsibilities and duties towards others.
- ☐ Have healthy interpersonal relationships .
- ☐ Able to accept disagreement positively.

Signs of good health



1) BALANCED DIET

Maintaining correct proportions of nutrients. (Carbohydrates, fats, proteins, vitamins, etc.)

2) PERSONAL HYGIENE

Brush your teeth, cut nails, wear clean clothes, regular exercise

3) DOMESTIC HYGIENE

Dusting and mopping the house, Disposal of garbage and other waste into dustbins.

FACTORS AFFECTING PERSONAL HEALTH

4) FOOD HYGIENE

Washed fruits and vegetables, clean water and cooked food

5) EXERCISE

Walking, Outdoor games and sports

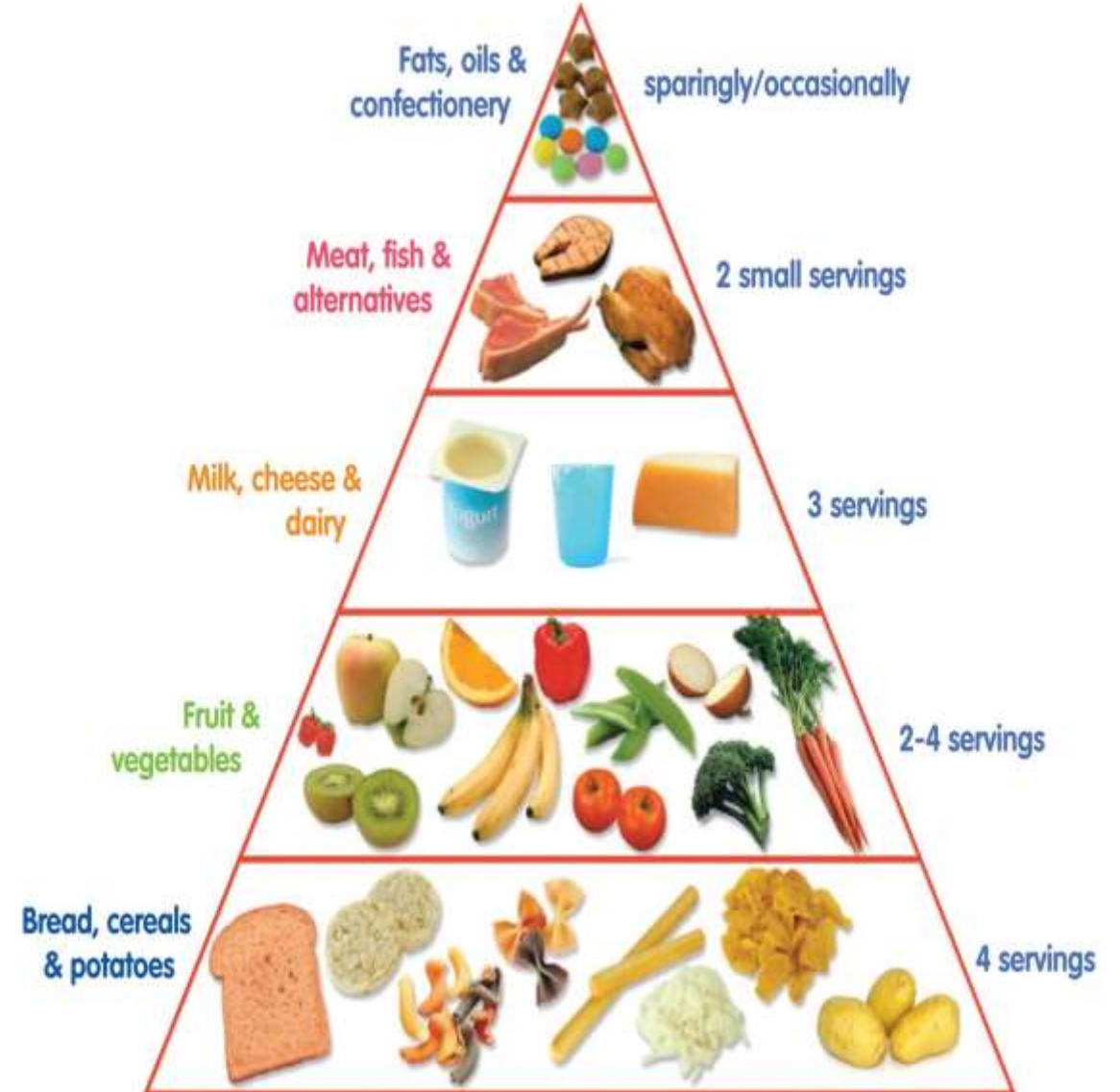
6) REST

Regular sleep and relaxation.

7) AVOID SMOKING ALCOHOL AND DRUGS

Balanced diet

- Maintaining correct proportions of nutrients. (Carbohydrates, fats, proteins, vitamins, etc.)
- The energy requirement of teenage boy is 2400 to 2600 calories.
- The energy requirement of teenage girl is 2050 calories



Personal hygiene

✓ Brush your teeth.



✓ Take bath daily and wear clean clothes.



✓ Eat nutritious food.

✓ Have regular eating habits.

✓ Regular exercise



Personal hygiene

- ✓ Regular toilet habits.
- ✓ Washing hands before eating.
- ✓ Washing hair, cleaning eyes , ears and nails.



Domestic Hygiene

- Dusting and mopping of house.
- Disposal of garbage and waste material in a proper bin



Food hygiene

- ✓ Wash fruits and vegetables.
- ✓ Clean water should be used for cooking drinking and wash utensils.
- ✓ Food should be prepared in clean kitchen with clean manner.
- ✓ Use high temperature while cooking to kill germs.
- ✓ Cooked food should be covered and stored in cool and dry place.
- ✓ Milk should be placed in refrigerator and should be boiled before using.



Exercise has good effect on health

○Walking.



○Jogging.



○Yoga



○Outdoor games and sports.



✓ **Regular sleep and relaxation.**
-helps mind and body to become fresh

✓ **Avoid smoking alcohol and
drugs**



Community Health

Community health

It is practice of preventing disease and promoting health of a population through the organized efforts of society, public and private organizations, communities and individuals.



It focuses on preventing disease rather than treatment.



Activities and programmes to maintain good health

- To maintain cleanliness of the villages, towns and cities to avoid multiplying of disease causing agents.

Methods to keep clean

- Garbage disposal.
 - Supply of clean drinking water.
 - Waste collection from localities thereby checking the spread of disease causing vectors.
-
- Ensure standards in food stores, meat and milk outlets are strictly followed.
 - Organize outreach services for health promotion and prevention of diseases
 - Immunization program

Activities and programmes to maintain good health

- Awareness program on malaria, AIDS, polio, leprosy and hepatitis B.
 - Organize mid day meal program to provide adequate nourishment for growing children .
 - Undertake various health program like eradication of TB and Malaria. National immunization program and pulse polio program.
- Set up hospital and dispensaries to provide medical facilities to general public.

Community Health includes environmental cleanliness. We can contribute by using proper bins for disposing waste.

Garbage bins

BIODEGRADABLE	NON BIO DEGRADABLE
Can be broken down	Cannot be broken down
Originates from plants and animals and broken down by other living organisms.	Originates from non living things.
E.g. – Green waste, Food waste, Human waste, Sewage	E.g. – Plastic, e- waste.

Immunization

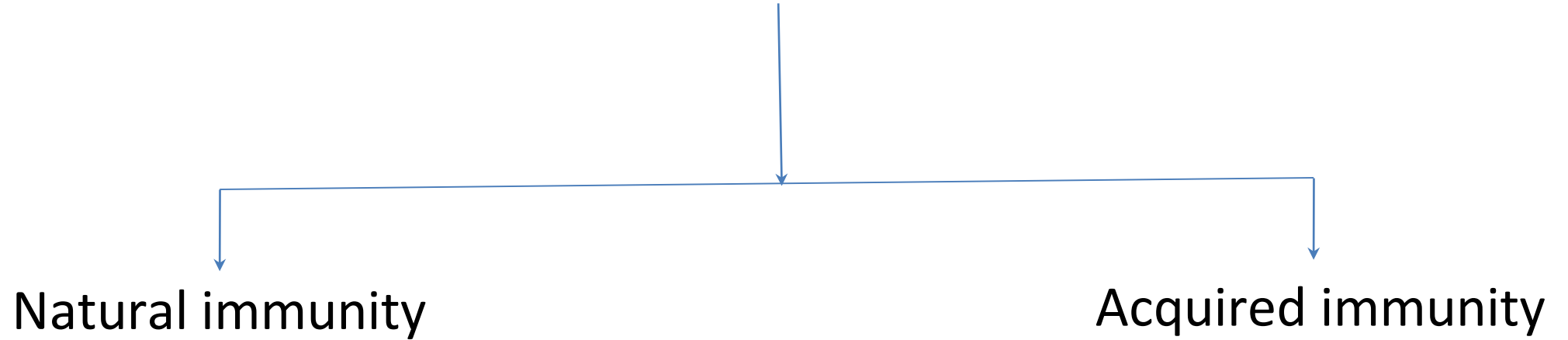
IMMUNITY

Ability of body to protect itself against the foreign agents including the disease causing organism is called immunity.



Types of immunity

Immunity



Difference between natural and acquired immunity

NATURAL IMMUNITY	ACQUIRED IMMUNITY
1) Present from the birth	1) It develops during lifetime of an individual.
2) Provides protection against the entry of any foreign agent into our body.	2) Antibodies are produced against the antigens.
3) E.g.- Skin, Mucus membrane, Hydrochloric Acid in the stomach, Phagocytes in blood	3) E..g.- Vaccines, Through exposure to antigen. (from any previous infection)

Current National Immunization Schedule

Age	Vaccine
At Birth	BCG, HB1
2 Month	OPV1, DTP-HB1
4 Month	OPV2, DTP-HB2
6 Month	OPV3, DTP-HB3
9 Month	Measles ---- > MMR1*
18 Month	OPV4, DTP4, JE1, JE2#
2½ Year	JE3
4 Year	OPV5, DTP5
7 Year (School gr.1)	MMR2
12 Year (School gr.6)	dT
Pregnant woman	dT3 (depend on immunization history)



* Started in 2010 ; # = 1 month apart from JE1

List of Volunteers

Embrace-NIOS lesson adaptation project

(A community initiative of Harchan Foundation Trust)

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"volunteers don't necessarily have the time, they just have the **HEART**."

~ elizabeth andrew

Thank You
Volunteers.

IMAG SOURCE

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[HTTPS://3.BP.BLOGSPOT.COM/-](https://3.bp.blogspot.com/-)

[HTTPS://WWW.HAIKUDECK.COM/](https://www.haikudeck.com/)

[HTTPS://SLIDEPLAYER.COM/](https://slideplayer.com/)

[THEWORLDBOOK.ORG](http://theworldbook.org)

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