

HEALTH

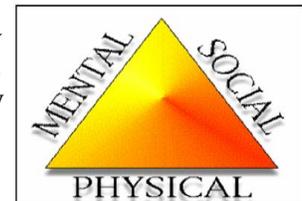
L.No	Title of Lesson	SKILLS	Activity
7	Health	Self Awareness and Empathy, Interpersonal Relationship and Effective, Communication, Critical Thinking and Creative Thinking, Problem Solving and Decision Making, Coping with Stress and Coping with Emotion	Health trends at personal and community level

Summary

A healthy person is energetic, alert, has control over emotions and possesses a positive attitude towards life. According to the World Health Organization, **health** is 'state of complete physical, mental and social wellbeing and not merely the absence of disease'.

Following are some of the signs of good health:

- **Physical health:** energetic, alert, good appetite and sound sleep
- **Mental health:** control over emotions, confident, stress free
- **Social health:** positive attitude, pleasant personality, get along with others



Health triangle showing three dimension of health

Balanced diet and **personal hygiene** are very important factors affecting personal health. Intake of a balanced diet containing carbohydrates, proteins, fats, vitamins, minerals and fibre in the right amount and proportion keeps an individual healthy. Hygiene deals with various practices and principles that help in maintaining good health.

Community health is the practice of preventing diseases and promoting health of a population through the organised efforts of the society, public and private organisations, communities and individuals. To maintain good community health various programmes and activities should be followed—proper garbage disposal, supply of clean drinking water; ensuring standards of the food stores, providing medical facilities etc.

The ability of the body to protect itself against disease-causing organisms is called **immunity**. A person develops immunity during their lifetime. At times readymade antibodies are also injected into the body. Immunity is of two types—**Natural immunity** (by birth) and **Acquired immunity** (through exposure and through vaccinations).

Principal Points

To enjoy good health one must adopt the following:

- Sleep on time to relax mind, body and to repair body tissues
- Have a regular walk and exercise programme
- Ensure complete immunization for optimal protection against diseases
- Have a positive attitude towards life
- Positively accept any disagreements in life and try to improve
- Keep your surroundings clean and free from disease-causing agents such as mosquitoes and flies
- Avoid alcohol, smoking and drugs
- Maintain good relationships with family members, friends and community

Build Your Understanding

An individual with strong will power, determination and positive attitude can adopt good and healthy habits. Habits may be difficult to change but not impossible.

What's Important to Know?

To remain healthy in life an individual should be physically, mentally and socially well.

A **physically** healthy person will have:

- normal weight and height
- clean and clear skin
- bright and shiny eyes
- odourless breath
- good appetite
- sound sleep

A **mentally** healthy person will have:

- control over emotions, balanced feelings, desires and ambitions
- ability to accept the realities of life and face them
- confidence in their own abilities
- helpful attitude towards others
- ability to seek help when needed

A **socially** healthy person will:

- have a pleasant personality
- fulfil responsibilities and duties towards others
- have healthy interpersonal relationships
- have the ability to get along well with others

How to keep your environment clean?

- Keep your house well swept and clean everyday
- Keep your house whitewashed and fumigated at regular intervals
- Keep your neighbourhood clean by managing proper garbage disposal
- Clean stagnant water and drains properly so that breeding sites for mosquitoes and flies are eliminated

Did You Know?

The Government of India has devised various health programmes which are implemented at community level such as:

- National Malaria Eradication programme (1953): This programme aims to reduce the incidence of malaria by spraying DDT in colonies and communities.
- Tuberculosis (T.B.) Eradication programme (1962): This programme provides free of cost, quality anti-bacterial medicines.
- National Pulse polio programme (1995): This project deals with ways to fight polio. Special campaigns are launched for children below five years of age.

Extend Your Horizon

Do a survey of your surroundings to determine the level at which community health and hygiene are being implemented.

Evaluate Yourself

1. Your maid generally leaves cooked food open, where flies fly all around the food to be consumed. Tell her about the importance of food hygiene and what should she do to keep food like fruits, vegetables and milk safe.
2. Anjalika needs to know the immunization schedule for her new born sister. List down the vaccines that the baby should get till five years of age.

Maximize your marks

- Learn the immunization schedule
- Learn the principles of food hygiene
- Follow common practices to remain healthy