NAME: B.MEGHANA

CLASS: AIML

TASK:HEALTH HYGIENE AND WELL BEING

TASK:

1.human relation ships make us strong as well as weak parallely.the human relation ships need right understanding, right feeling,to go ahead .if there is a human relation ship with these two factors its fine but if we ignore these in a relation ship , it may make a person mentally unstable, disturbs the mental harmony in the body and mind as well . it effects our mental well being as a person and personality as well .

Human relation ships need right understanding , right feeling ,good communication with each other

the summary of the statement is health is not only about physical well being but also mental well being

2. biologically and psychologically laziness effects the health and hygiene. biologically it may cause obesity and various heart diseases and psychologically it makes a person in active and reluctant to do the task. The laziness can be overcame by regular excersises , yoga, meditation,etc,. there were many programs in the like fit india ,etc which had a great impact on the people about fitness and health .