

Lesson -1

Health

Generally, a body free from disease is considered healthy. This concept is not completely right. According to World Health Organisation (W.H.O) the word 'Health' is not limited to human body only. This is equally related to a man's mind, society and emotions. According to World Health Organisation "Health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity." All organs of a healthy person work properly. Hence, he adjusts himself according to every kind of atmosphere. This kind of person is physically fit, active, free from disease and mentally sharp. A healthy person can cope with his physical, mental, social, emotional, profession related issues and maintain balance.

KINDS OF HEALTH

Health is considered of four types :-

1. Physical Health
2. Mental Health
3. Social Health
4. Emotional Health

1. **Physical Health :** Physical health means that all organs of a healthy person work properly. His body remains healthy, active and ready to do different physical activities. Body structure of a healthy person is beautiful to look at, stout and muscular. All the functions of a healthy person's body e.g. breathing system, digestive system or blood circulation etc. work properly.
2. **Mental Health :** Mental health means that a person takes right and timely decision with his mind. He always keeps his confidence up. A mentally healthy person adapts himself according to the circumstances.
3. **Social Health :** Social health describes the relationship of a person with his society. Man is a social animal who has to go hand in hand with his family and society to fulfil his daily needs. A sociable person gets respect in the society. Man is incomplete without society. 'One who can live without society is, either an angel or a beast.'
4. **Emotional Health :** Different emotions arise in our mind in different situations e.g. anger, envy, fear and happiness etc. These emotions require a great balance in our life, only then we can do our work appropriately.

SCIENCE OF PERSONAL HEALTH

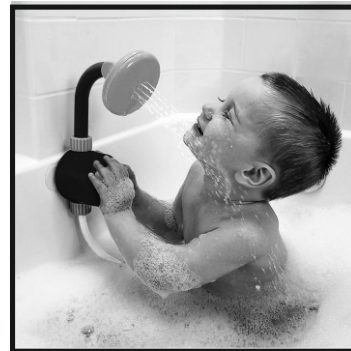
The science which teaches us how to maintain our personal health is called 'the science of personal health.' We know that mode of our living and eating has deep relationship with our health. Health of body and mind is very important for a man. Only a healthy body has a healthy

mind. A healthy person does every work quite easily. On the contrary, if a person's body suffers from any disease, his mind is not ready to do any work.

We should take care of the cleanliness of our body to make it healthy. Bath twice a day and dry out the body thoroughly with a clean towel. We should look after every part of our body. The basic information regarding this is as following:

1. Cleanliness of the skin :

The skin covers all of our body parts and protects them. It is helpful in maintaining our body temperature. It beautifies our body. If we neglect the cleanliness of our skin, then skin pores will be blocked with dust particles, due to which unwanted and harmful elements do not exit our body and many kinds of skin diseases develop.



Cleanliness of the skin

2. Cleanliness of the hair :

Long hair add charm to one's beauty. Balanced diet contributes a lot to make the hair beautiful and strong. Hair should be combed daily with a clean comb. They should be washed time after time. They should be dried properly after washing. Hair should be nourished well to make them strong. Lice do not develop if the hair is kept clean.



Cleanliness of the hair

Remember, we should not use other's comb. If the hair are not looked after well, they start getting damaged and fall. We should consult the doctor if our hair start falling.

3. Cleanliness of the eyes : Eyes are more sensitive part of the body. We cannot enjoy scenic beauty of nature without eyes. There is a saying in Punjabi-

*"Akhaan gayian, jahan gaya
Dand gaye taan swad gaya."*

It means that if we lose our eyes, the whole world turns dark and if we lose our teeth, we cannot taste anything.

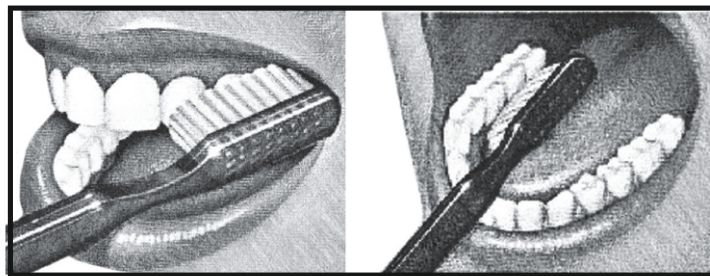
Therefore, care of eyes is very necessary. Wash your eyes 2-3 times daily with cold water. Eyes should be protected from dazzling light. Sun glasses should be used while going out in the sun. Do not put burden on your eyes for a longer period. The light should fall on the object, and not into your eyes while reading, watching T.V or looking at an object.



4. Cleanliness of Ears : Cleanliness of ears is equally important as of the other organs. The ear drums of our ears are very delicate. We should not insert any sharp thing inside the ear, as it can tear the ear, drum.

Do not listen music on mobile while putting head-phone into your ears. Too much use of mobile phone has bad effect on hearing power. Consult your doctor if you feel heaviness, boil and pustule in your ear.

5. **Cleanliness of the Nose :** We breathe through nose and mouth, but breathing through nose is useful. Breathing through nose makes the inhaled air pure and in accordance with the body temperature when it enters the body. Nose works as a filter . The short hair in the opening of the nose like a filter hold the dust particles and germs in them. If any tiny particle does not get stuck in these short hair of the nose, it sticks to the inner side of the nose. In this way the nose purifies the air that goes to our lungs. We should clean our nose also while bathing. This results in protecting our body from many diseases.



Teeth

6. **Cleanliness of the Teeth :** Teeth help us in chewing the food. Chewed food is good for digestion. We should daily brush our teeth in the morning. Always gargle properly after eating anything, so that no food particle should be left stuck in the teeth. Food trapped in teeth develops decay and foul smell. We should also brush our teeth for their cleaning before going to bed. If we do not take care of cleanliness of the teeth, diseases related to teeth will develop. A disease in teeth can further develop other diseases in the body. Teeth start becoming hollow inside which results in the weakening of the teeth.



Nails

7. **Cleanliness of the Nails :** Cleanliness of the nails of hand and feet is also very important like other parts of the body. Dirt gets stuck in long grown nails as a result it enters our body while eating. That is why we should wash our hands and feet properly. Nails should be pared once or twice in a week.

Knowing the importance of the cleanliness of all the body parts, we should have the knowledge of science of personal health from our early childhood.

IMPORTANT PRECAUTIONS FOR HEALTH CARING

1. **Knowledge of Health Education :** Children should have complete knowledge about their body. They should have knowledge about important organs of the body and their functioning.

2. **Food Habits :**

- a. Children should eat pure and balanced diet. It should contain all the necessary elements like Proteins, Carbo-hydrates, Oily substance, Minerals and Water.
- b. Wash your hands properly before your meals.
- c. Do not drink excessive hot or cold water.

- d. Do not eat food while watching T.V. or working on computer.
- e. Do not eat food while lying down, but it should be eaten while sitting straight.
- f. Children should mostly eat home made food. Fast food like pizza and burger is harmful for health.
- g. Always cover the food to keep it safe from flies and dirt.
- h. Fruits should always be washed properly before eating.

3. Medical Check - up :

- a. Children should get their medical check up done time after time. Vaccination is also very necessary.
- b. Do not ignore any kind of injury. Its treatment is necessary.

4. Nature :

- a. Children should always remain happy.
- b. Good nature is also required for health.
- c. Irritating nature has bad effect on health.

5 Habits :

Children should adopt good habits to maintain their good health, for example -

To wake up, eat, read, play and rest on time.

- a. Somebody has rightly said in Punjabi "*vele da kamm,kuvele diyan takkran*"

It means that work done on time is righteous, but

work done untimely, is useless and one has to struggle afterwards.

- b. To keep your surroundings clean.
- c. To take care of light's direction while reading. Dim light has bad effect on eyes.
- d. To have proper furniture for sitting and sleeping.

6 Exercise, Games and Yoga

- a. It is necessary to do exercise and yoga daily to keep our body stout.
- b. Exercise or yoga should be done empty stomach.
- c. Open environment is required for doing exercise and yoga.
- d. Children should participate maximum in games. It is good to warm up the body before playing every game.

EXERCISE

- 1. How many kinds are there of health?
- 2. What kind of food should children eat?
- 3. Which things should we take care of to remain healthy?
- 4. Which things should we take care of while eating?
- 5. Write a short note on the followings : -
 - a) Cleanliness of the skin b) Cleanliness of the hair
 - c) Cleanliness of the eyes d) Cleanliness of the ears

- e) Cleanliness of the nose f) Cleanliness of the teeth
 - g) Cleanliness of the nails
6. Write about five healthy habits to maintain good health.

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