

Acknowledgements

This Comic book on health and well-being represents a collaborative effort, made possible thanks to the support and advice received from many individuals and organizations.

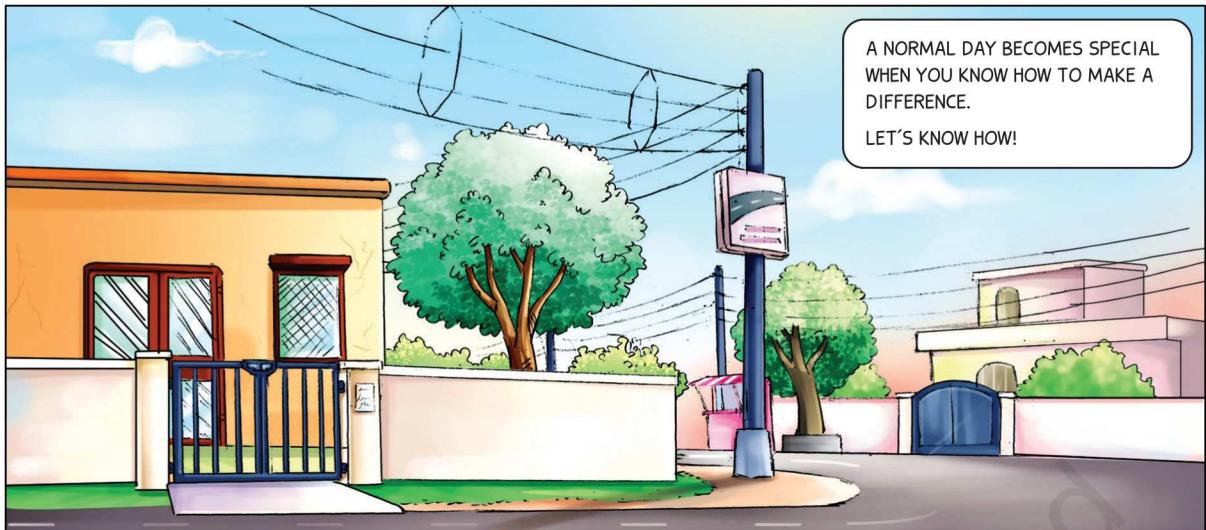
It was produced following recommendations by the National Council of Educational Research and Training (NCERT) under the leadership of Prof. Dinesh Prasad Saklani, Director and Prof. Amarendra Behera, Joint Director, Central Institute of Educational Technology (CIET).

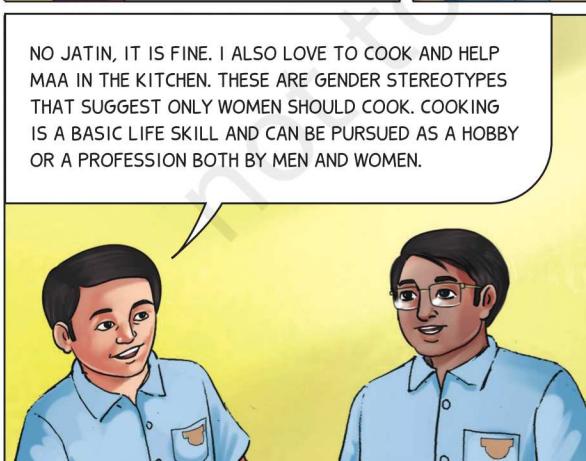
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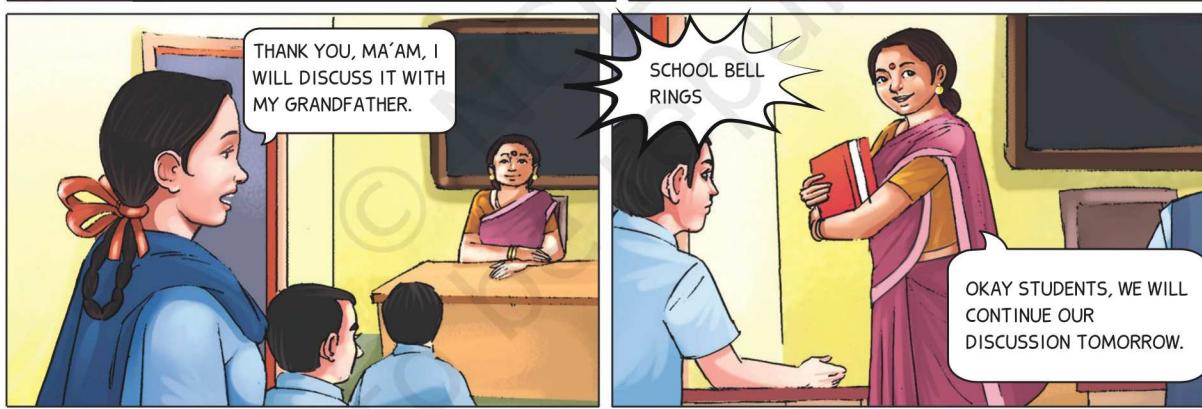
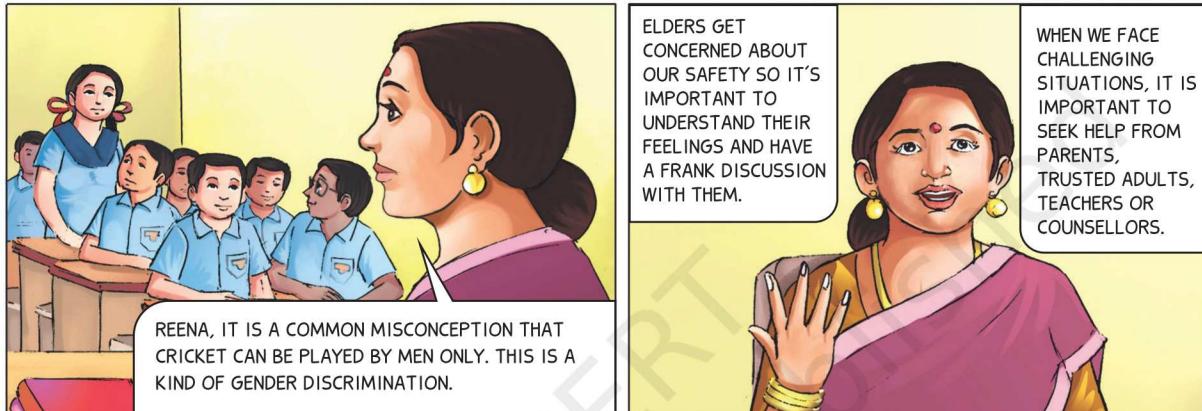
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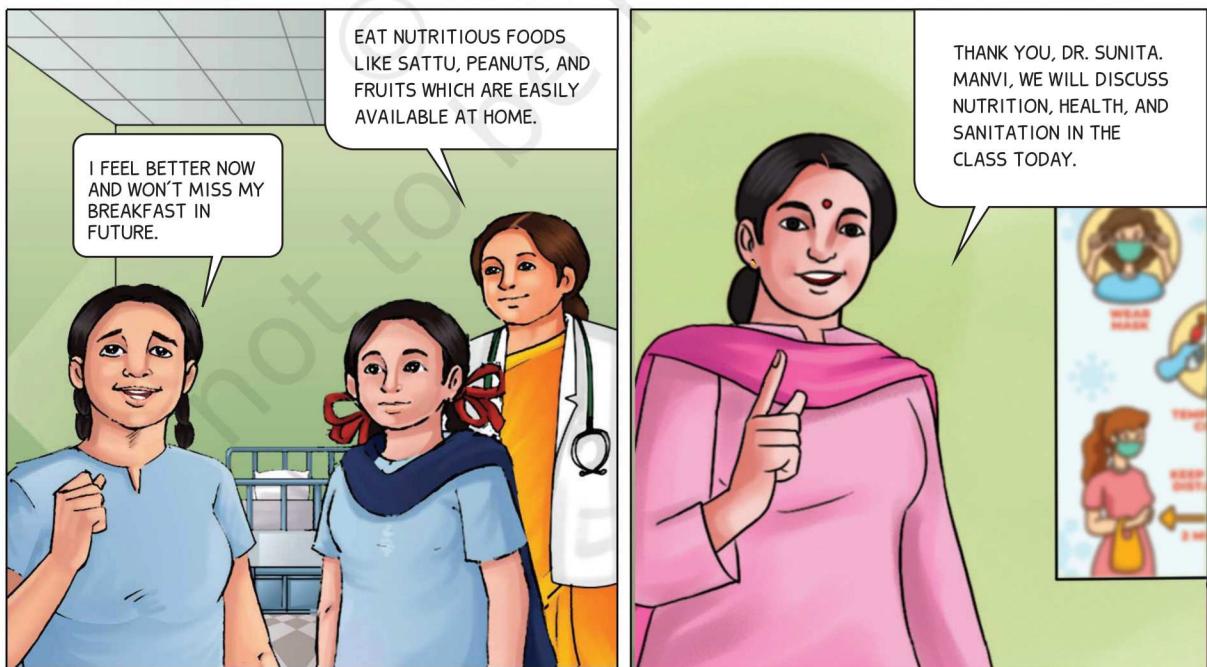
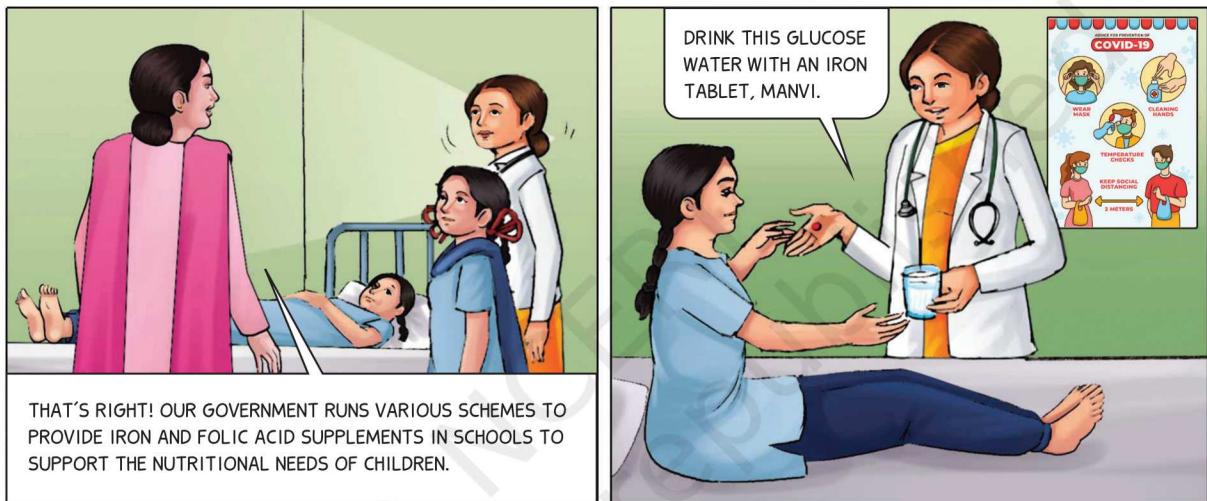
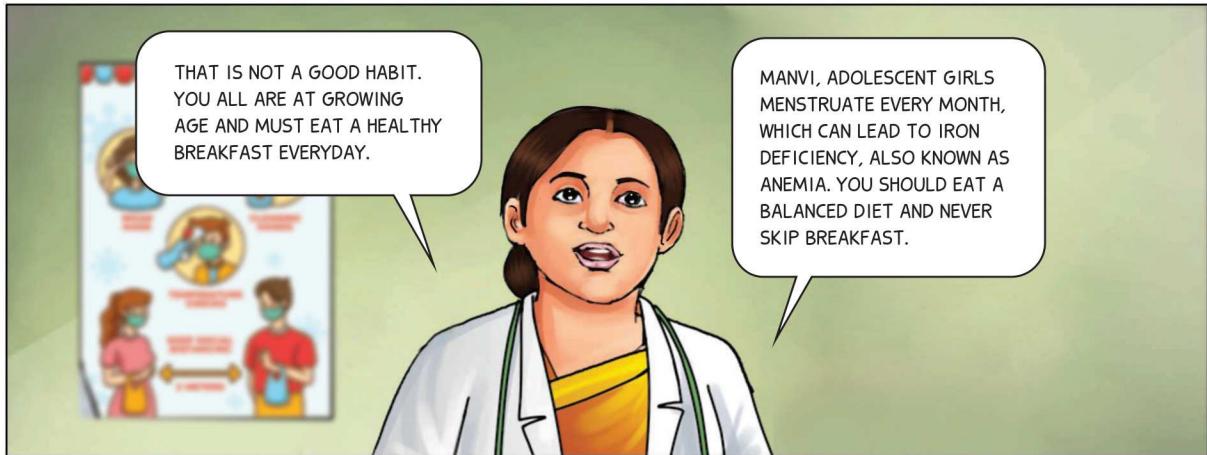
This comic book is conceptualised, designed and illustrated by Clay Brains.

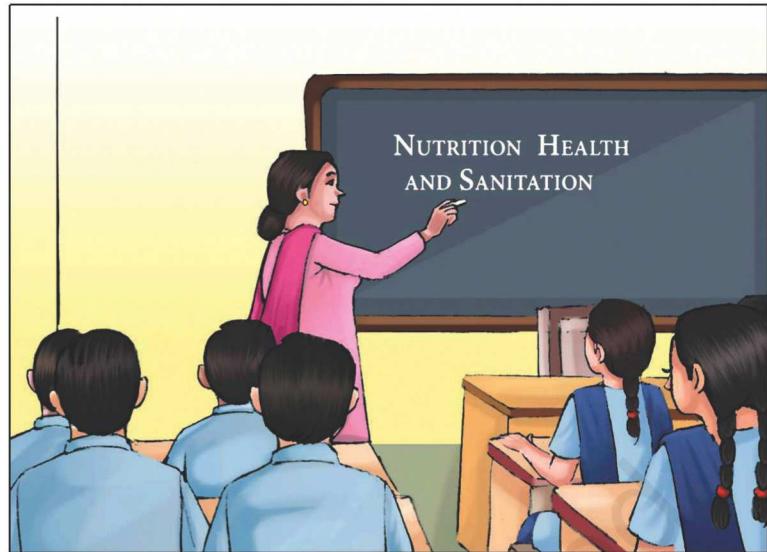


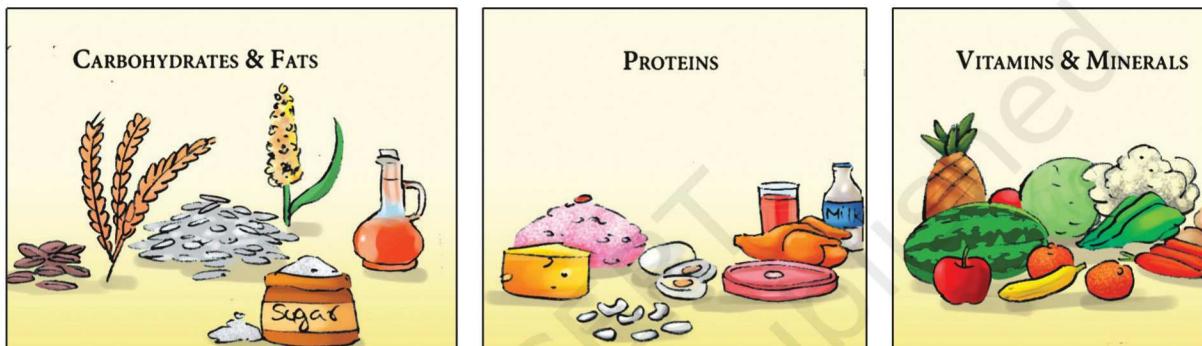
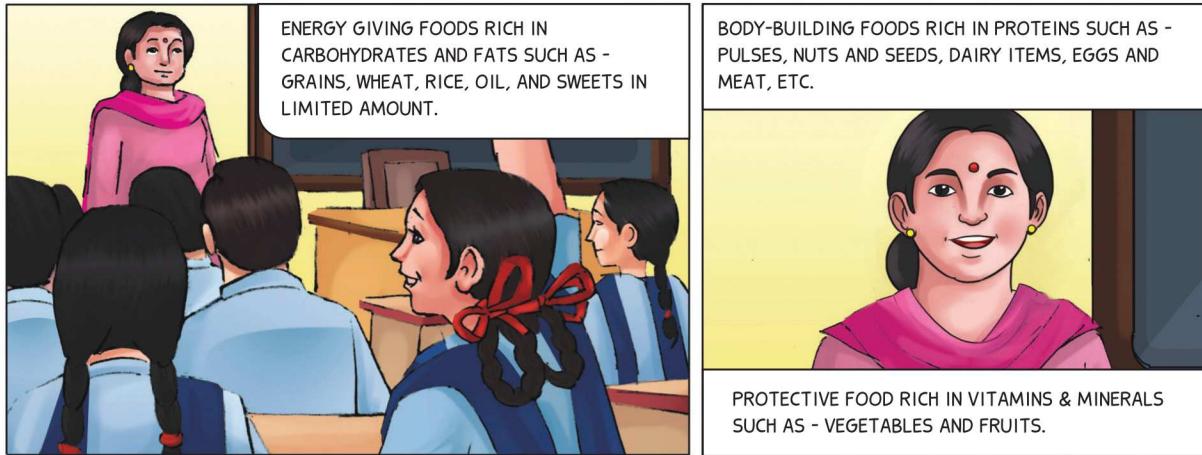




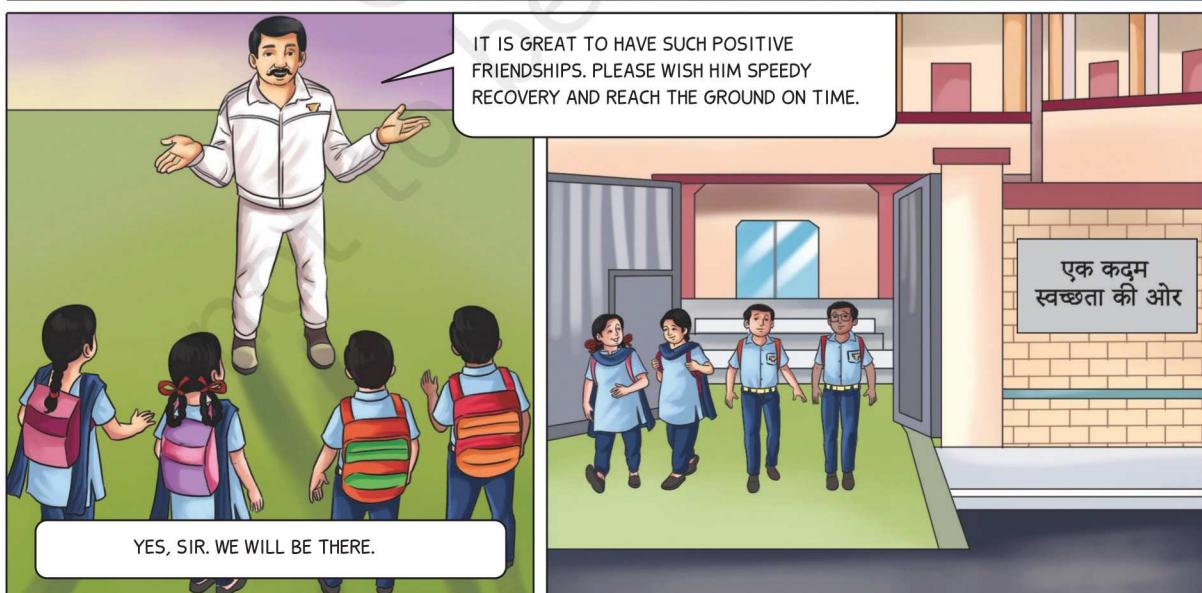






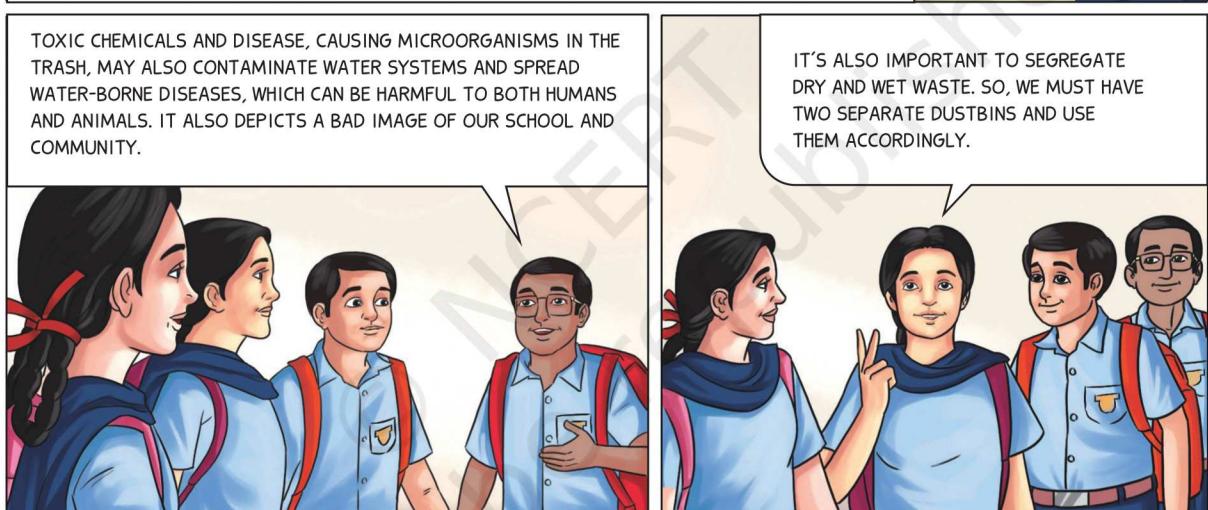








LOOK AT THIS TRASH PILED UP THERE! IF THE TRASH COLLECTS WATER, IT WILL BE A BREEDING GROUND FOR MOSQUITOES THAT CAN SPREAD MALARIA, DENGUE AND OTHER HEALTH PROBLEMS. LITTERING IS UN-LAWFUL AND OUR GOVERNMENT IS SPENDING MILLIONS OF RUPEES IN CLEANING UP...SO IT IS OUR DUTY TO KEEP OUR SURROUNDINGS CLEAN.



TOXIC CHEMICALS AND DISEASE, CAUSING MICROORGANISMS IN THE TRASH, MAY ALSO CONTAMINATE WATER SYSTEMS AND SPREAD WATER-BORNE DISEASES, WHICH CAN BE HARMFUL TO BOTH HUMANS AND ANIMALS. IT ALSO DEPICTS A BAD IMAGE OF OUR SCHOOL AND COMMUNITY.

IT'S ALSO IMPORTANT TO SEGREGATE DRY AND WET WASTE. SO, WE MUST HAVE TWO SEPARATE DUSTBINS AND USE THEM ACCORDINGLY.



LET US SPEAK TO PRINCIPAL MA'AM AND ARRANGE FOR DUSTBINS TO BE PLACED HERE.

THAT IS A GOOD IDEA, JATIN. WE WILL SPEAK TO PRINCIPAL MA'AM TOMORROW.

WHAT ARE YOU READING JATIN?

IT IS A PAMPHLET ABOUT SOME PROTEIN POWDER, WHICH HELPS IN BUILDING MUSCLES. I AM PLANNING TO BUY IT SINCE I NEED TO WORK ON MYSELF BEFORE OUR ANNUAL SPORTS DAY.

JATIN, SUCH ADVERTISEMENTS ARE MISLEADING AND MAKE FALSE PROMISES. AND WE MUST BE CAREFUL.

MY FRIEND ONCE GOT CHEATED INTO BUYING A BEAUTY CREAM THAT PROMISED TO MAKE HER FAIR IN A FEW WEEKS. WE SHOULDN'T FALL FOR SUCH SCHEMES, WHAT MATTERS IS OUR INNER BEAUTY AND STRENGTH.



IF YOU WANT TO WORK ON YOUR MUSCLES, YOU MUST EAT HEALTHY AND SEEK ADVICE FROM OUR COACH SIR.

YES, COACH SIR CAN SUGGEST PROPER EXERCISES AND DIET PLANS TO HELP YOU.



THANK YOU FRIENDS. I WILL SPEAK TO COACH SIR ABOUT THIS. NOW, SHALL WE GO MEET RAGHAV?

YES, LET'S GO.

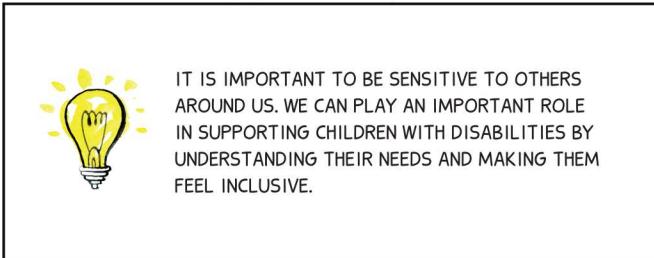
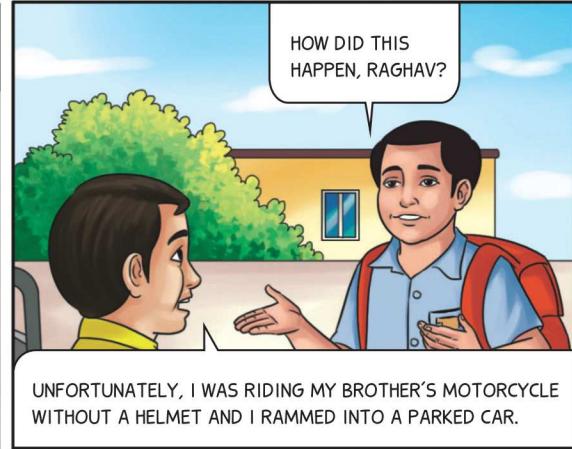
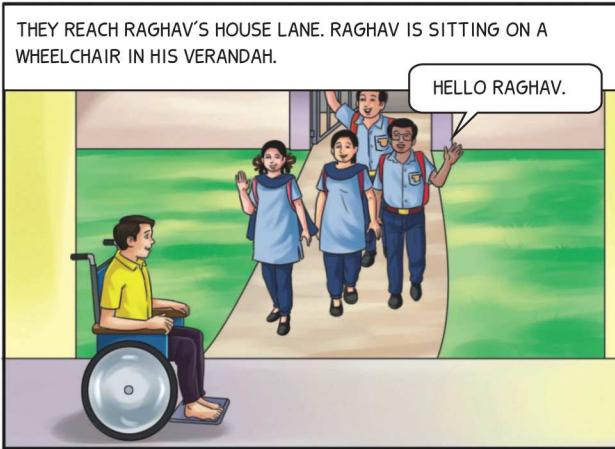


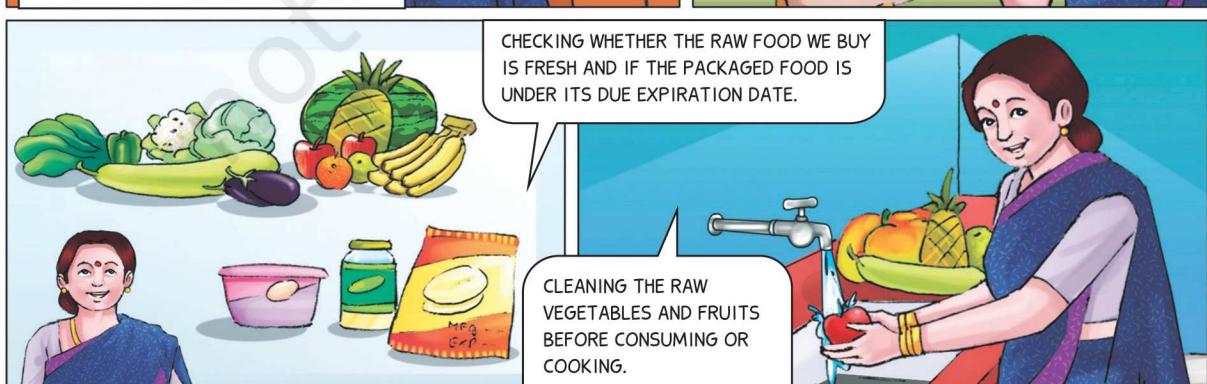
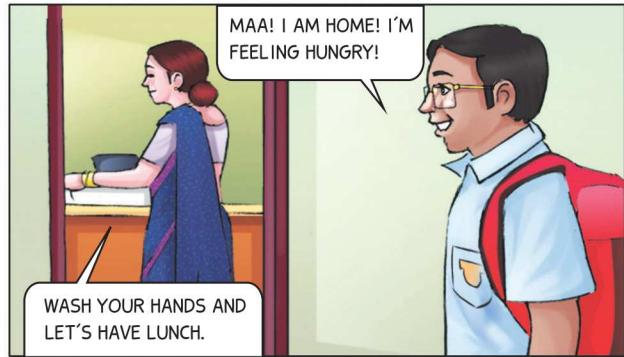
OUR BEAUTY IS BASED ON HOW WE LOOK AT OURSELVES AS WELL AS THE VALUES WE POSSESS. BEAUTY AND IDEAL BODY IS A SOCIETAL-CONSTRUCT FALSE IMAGE. WE ARE BEAUTIFUL IN OUR OWN WAYS AND MUST NEVER FALL INTO FALSE PROMISES OF MISLEADING ADS.

EACH INDIVIDUAL HAS VALUES BASED ON FACTORS, SUCH AS FAMILY, PEERS, CULTURE, RACE, SOCIAL BACKGROUND, GENDER, RELIGION.

BUT WHAT MATTERS MOST ARE THE PERSONAL QUALITIES WE CHOOSE TO EMBODY TO GUIDE OUR ACTIONS; THE SORT OF PERSON WE WANT TO BE; THE MANNER IN WHICH WE TREAT OURSELVES AND OTHERS, AND OUR INTERACTION WITH THE WORLD AROUND US.







COVERING THE FOOD AND DRINKING WATER TO PREVENT DUST AND GERMS.



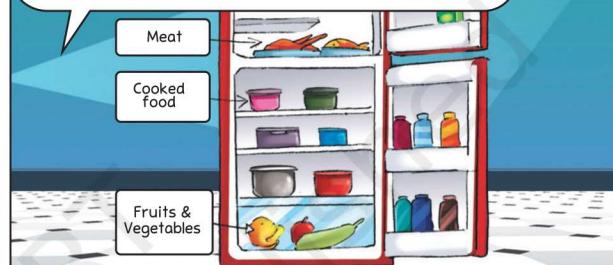
AVOID CROSS-CONTAMINATION BY KEEPING THE RAW FOOD AND COOKED FOOD APART.



COOK FOOD THOROUGHLY AND ENSURE TO KEEP IT FRESH.



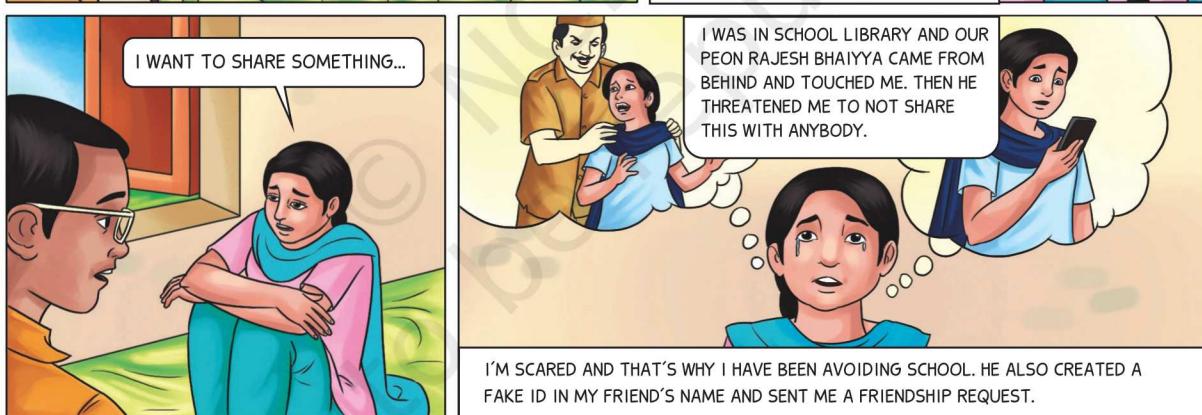
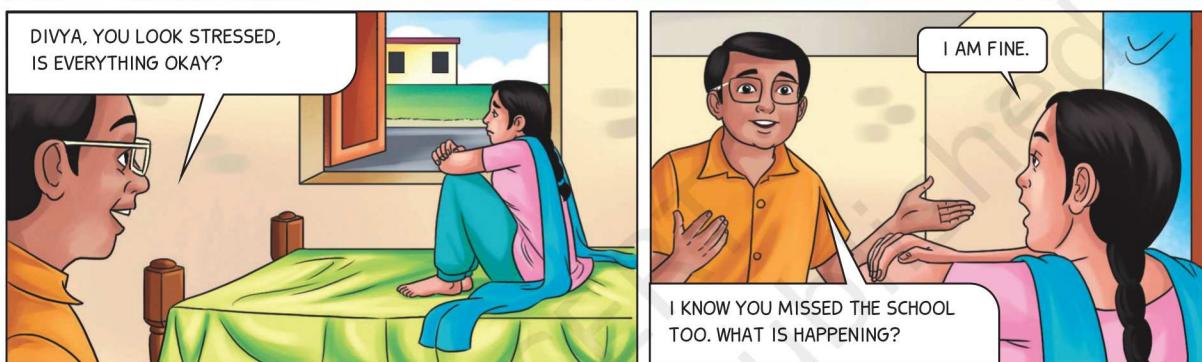
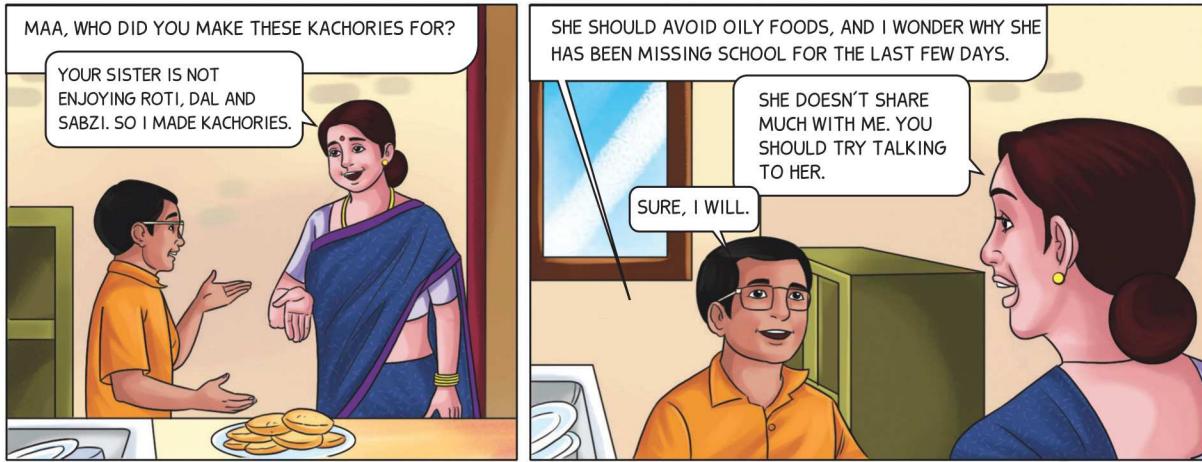
COOL AND CHILL THE RAW AND COOKED FOOD IN THE REFRIGERATOR SAFELY AND SEPARATELY.

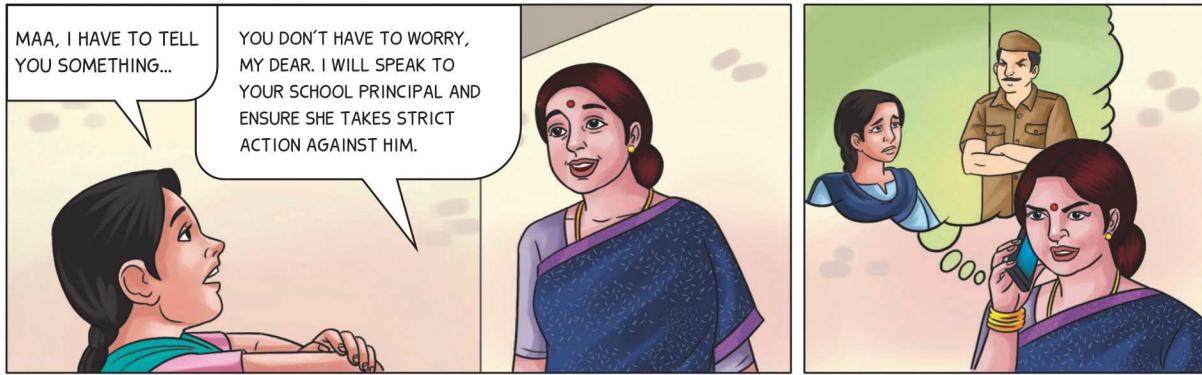


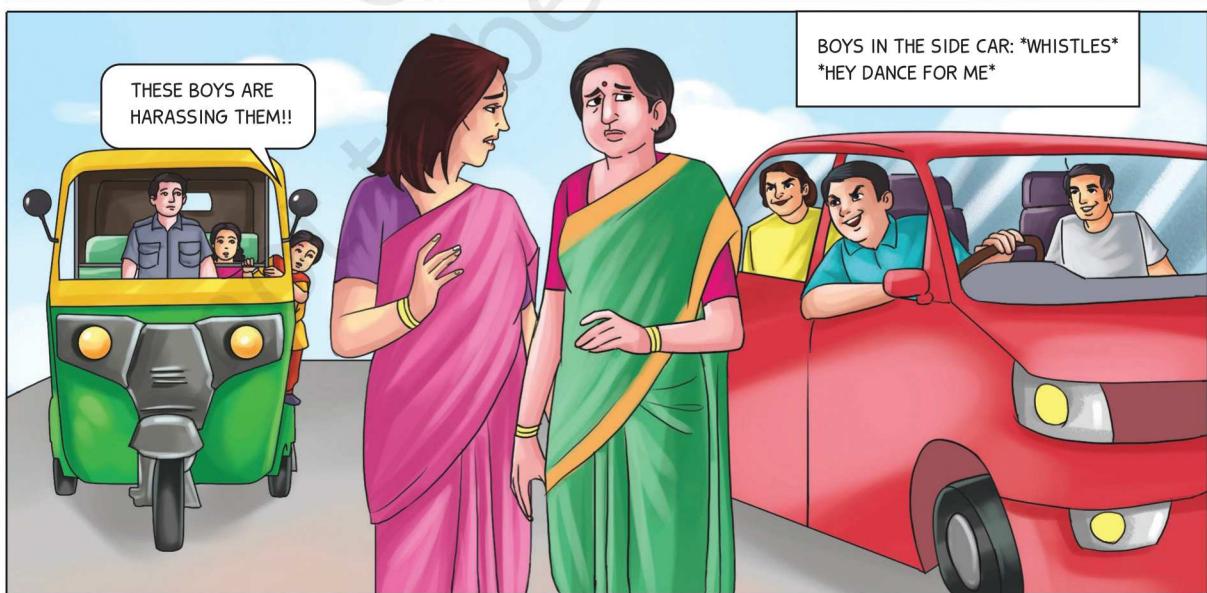
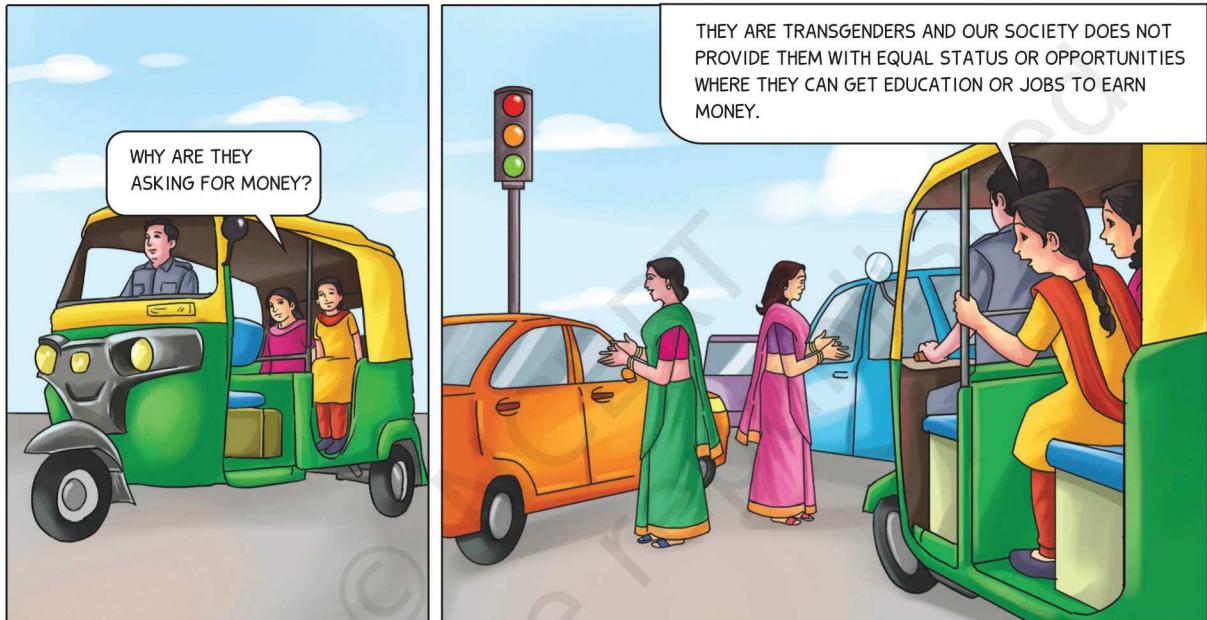
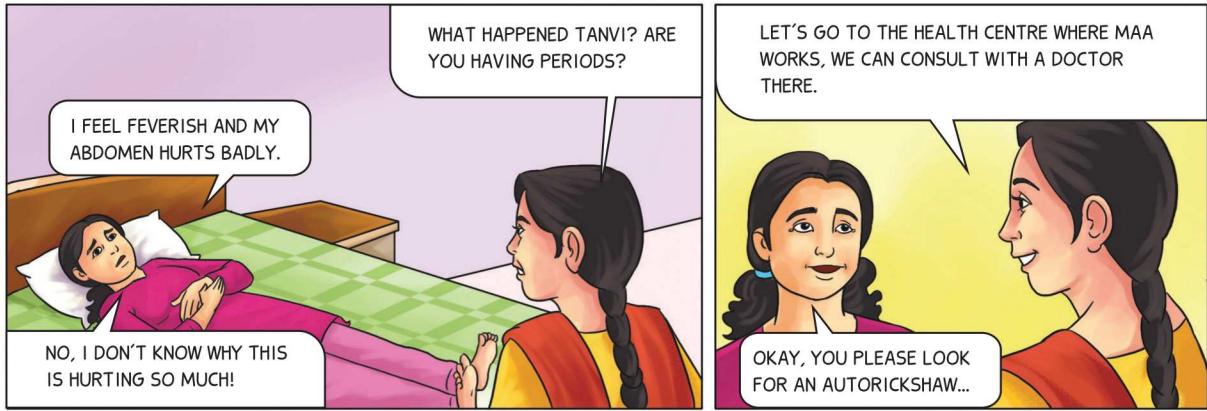
CONSUME THE FOOD IN CLEAN VESSELS, PLATES, AND SPOONS.

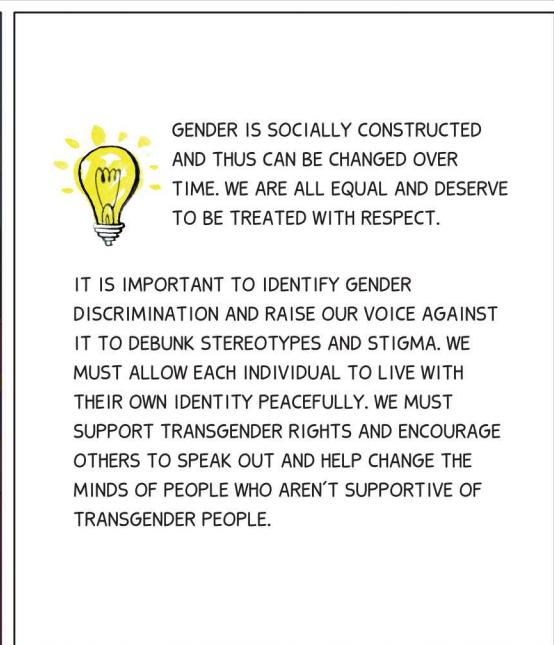
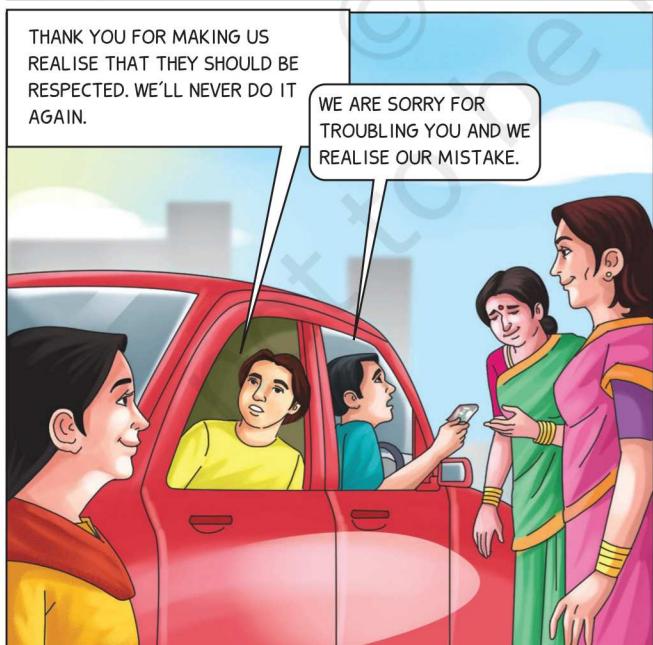
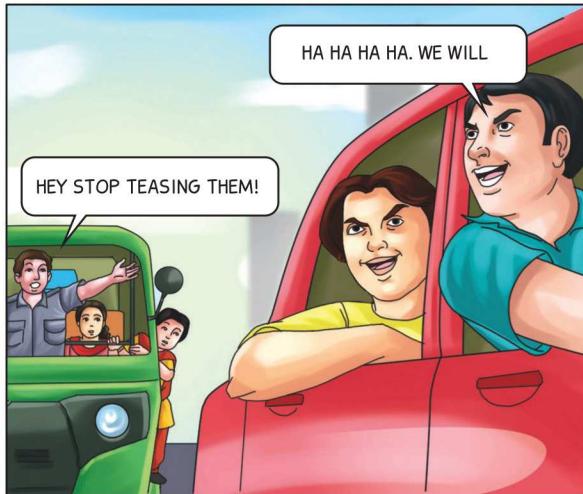


NUTRITIONAL NEEDS ARE HIGHER DURING ADOLESCENCE AS THIS IS A PHASE OF RAPID GROWTH AND DEVELOPMENT. HEALTHY EATING HABITS AND MAINTAINING FOOD HYGIENE ARE ESSENTIAL FOR MAINTAINING GOOD HEALTH. FOR EXAMPLE, EATING WHOLE GRAINS, SPROUTS, DRINKING LOCAL DRINKS (INSTEAD OF PACKAGED DRINKS), MODERATING JUNK FOOD AND COOKING IN IRON UTENSILS ENHANCES THE IRON CONTENT OF THE DIET.









HELLO DOCTOR, WE ARE CHARU JI'S DAUGHTERS WHO IS AN ASHA WORKER OVER HERE... MY SISTER HAS STOMACH PAIN AND FEVER. I REQUEST YOU TO CHECK HER.



THIS LOOKS LIKE REPRODUCTIVE TRACT INFECTION (RTI), WHICH COULD BE BECAUSE OF POOR HYGIENE, DIRTY SANITARY NAPKINS, OR PRESENCE OF ABNORMAL BACTERIA.

WE HAVE LEARNED ABOUT HYGIENE AND RTIs IN SCHOOL. KINDLY ADVISE US ON WHAT NEEDS TO BE DONE?

I CAN GIVE YOU MEDICINES FOR NOW BUT YOU HAVE TO MAINTAIN PROPER HYGIENE AND USE DISPOSABLE SANITARY NAPKINS.

OKAY, THANK YOU, DOCTOR.



WHEN WE WERE ENTERING THE CLINIC, WE HEARD SOME PEOPLE TALK ABOUT HIV. WHAT IS HIV AND HOW IS IT TRANSMITTED?



HIV IS HUMAN IMMUNODEFICIENCY VIRUS, WHICH AFFECTS THE IMMUNE SYSTEM OF THE BODY. AIDS IS ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS), A CHRONIC, POTENTIALLY LIFE-THREATENING CONDITION CAUSED BY THE HIV.

HIV CAN BE TRANSMITTED THROUGH FOUR WAYS:

- UNSAFE PHYSICAL RELATIONS
- SHARING OR REUSING NEEDLES AND SYRINGES
- TRANSFUSION OF HIV INFECTED BLOOD AND BODY PRODUCTS
- TRANSMISSION OF HIV FROM INFECTED MOTHER TO UNBORN CHILD.

AN HIV-POSITIVE MOTHER CAN TRANSMIT HIV TO HER BABY ANY TIME DURING PREGNANCY, CHILDBIRTH, OR BREASTFEEDING. HOWEVER, THERE ARE A COMBINATION OF MEDICINES CALLED ANTIRETROVIRAL THERAPY OR ART, WHICH CAN PREVENT TRANSMISSION OF HIV FROM AN INFECTED MOTHER TO HER BABY.

BUT HOW DOES SOMEONE KNOW IF THEY ARE HIV POSITIVE? IS IT CURABLE?

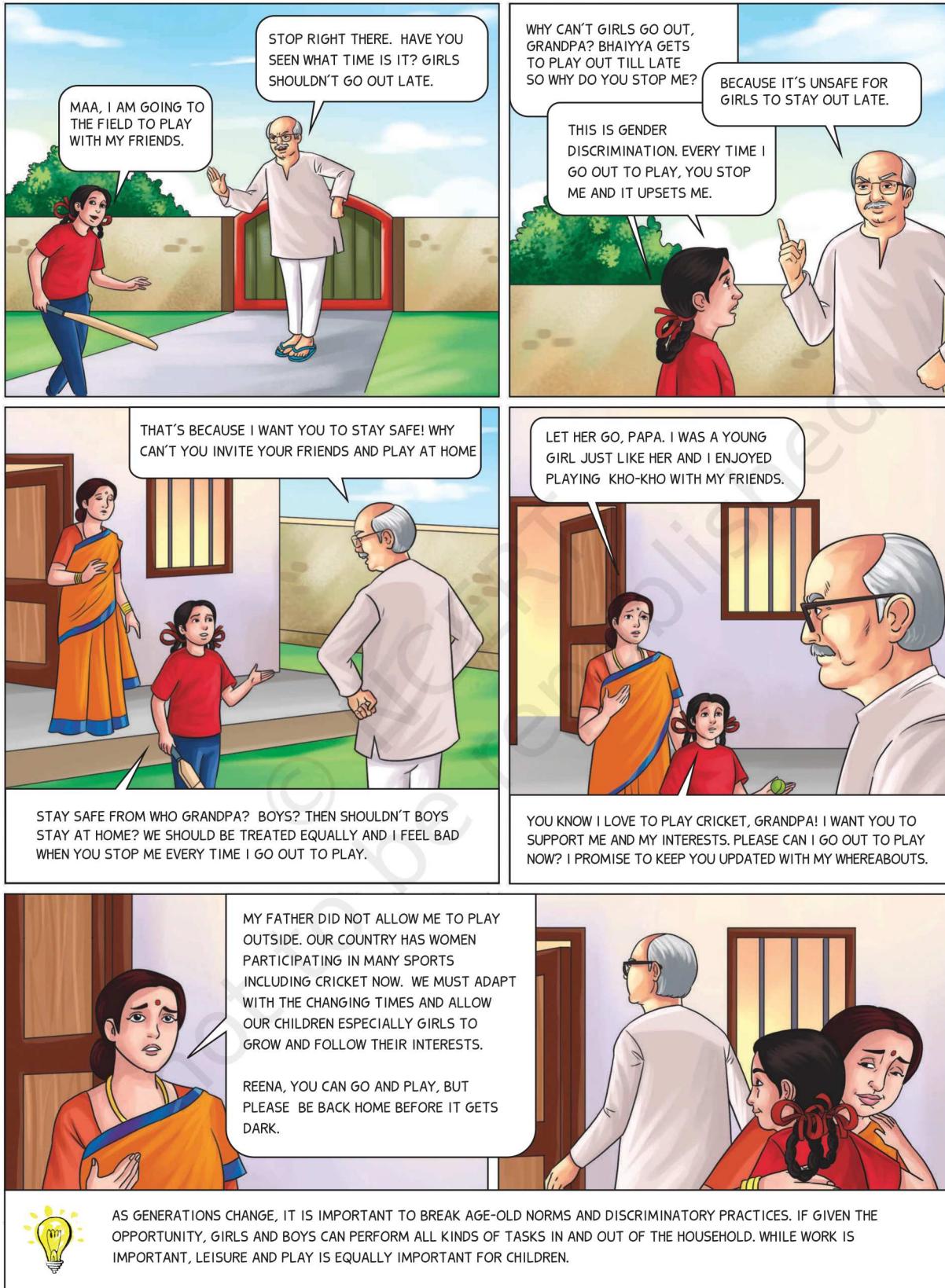
HIV TEST IS AVAILABLE FREE OF COST IN ALL GOVERNMENT HOSPITALS. IT IS NOT CURABLE BUT WITH TREATMENT AND CARE, HIV POSITIVE PEOPLE LIVE PRODUCTIVE AND HEALTHY LIVES LIKE EACH ONE OF US.

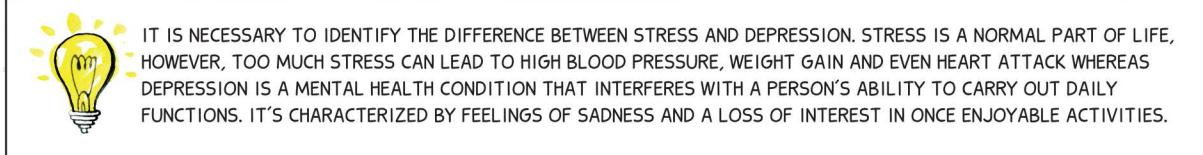
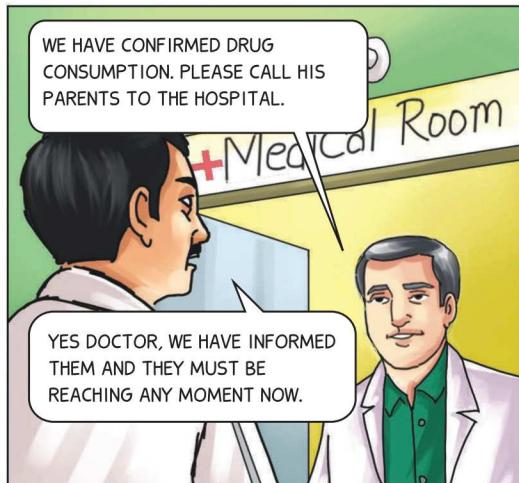
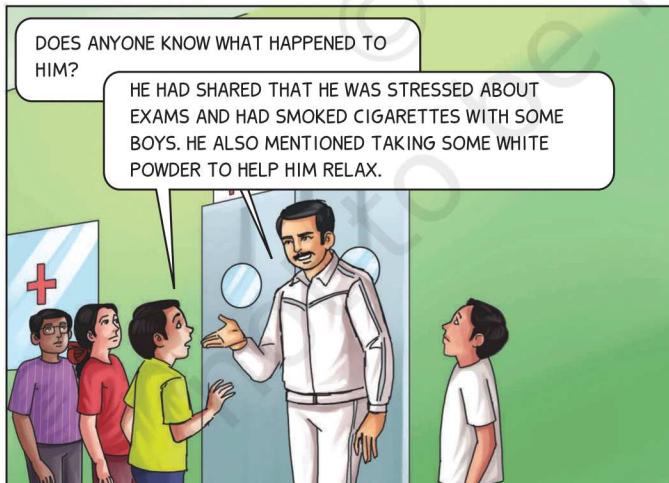
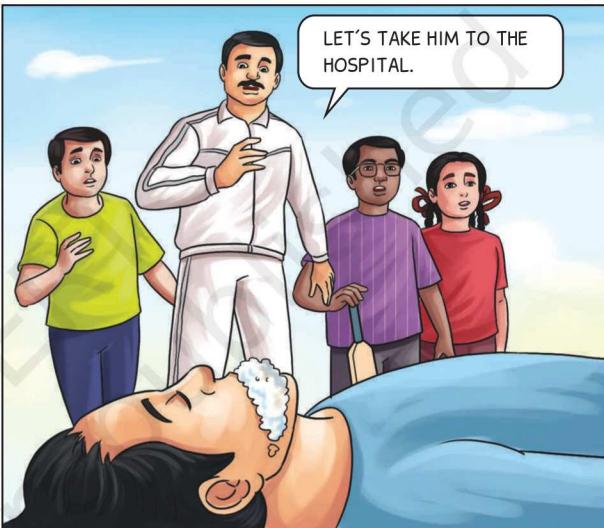
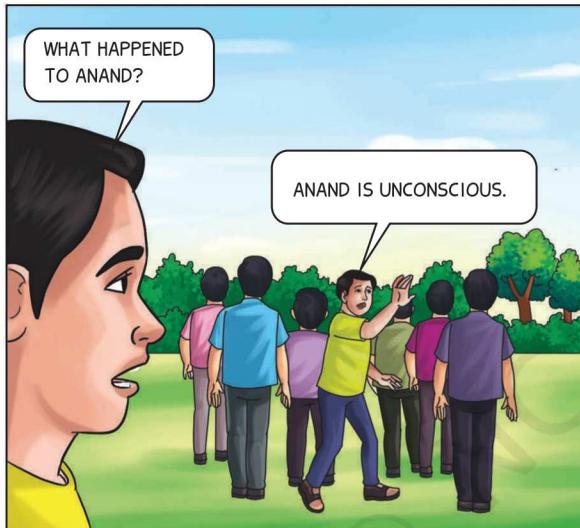
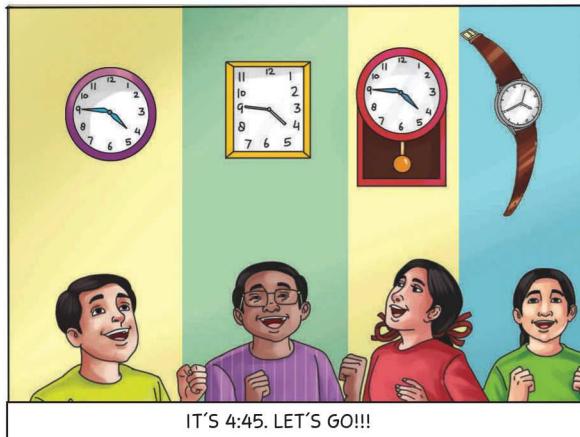
HEY MANVI! CAN WE GO TOGETHER FOR PRACTICE?

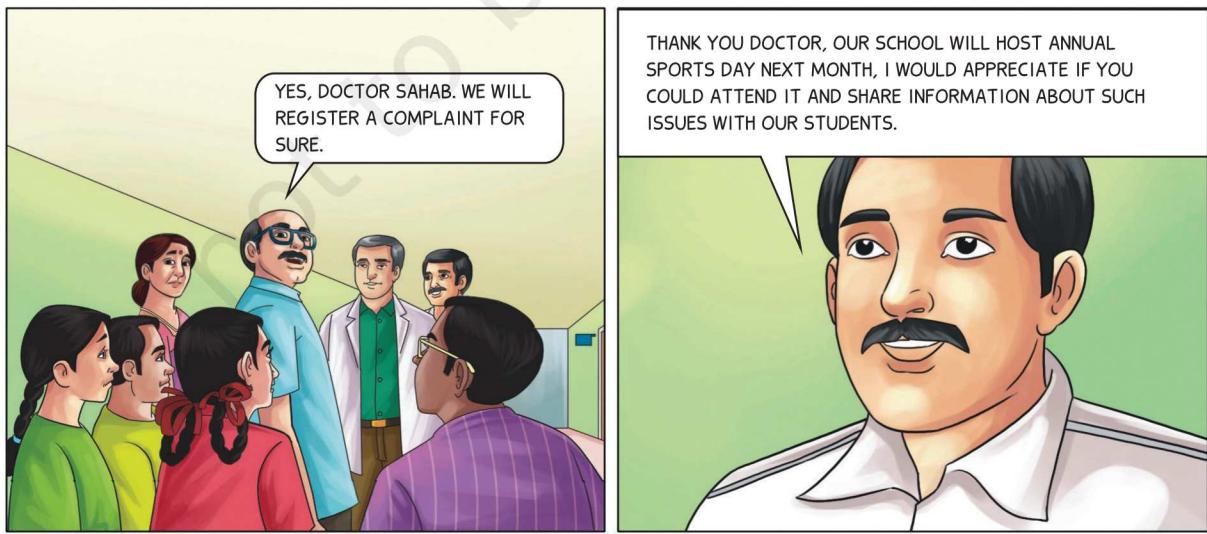
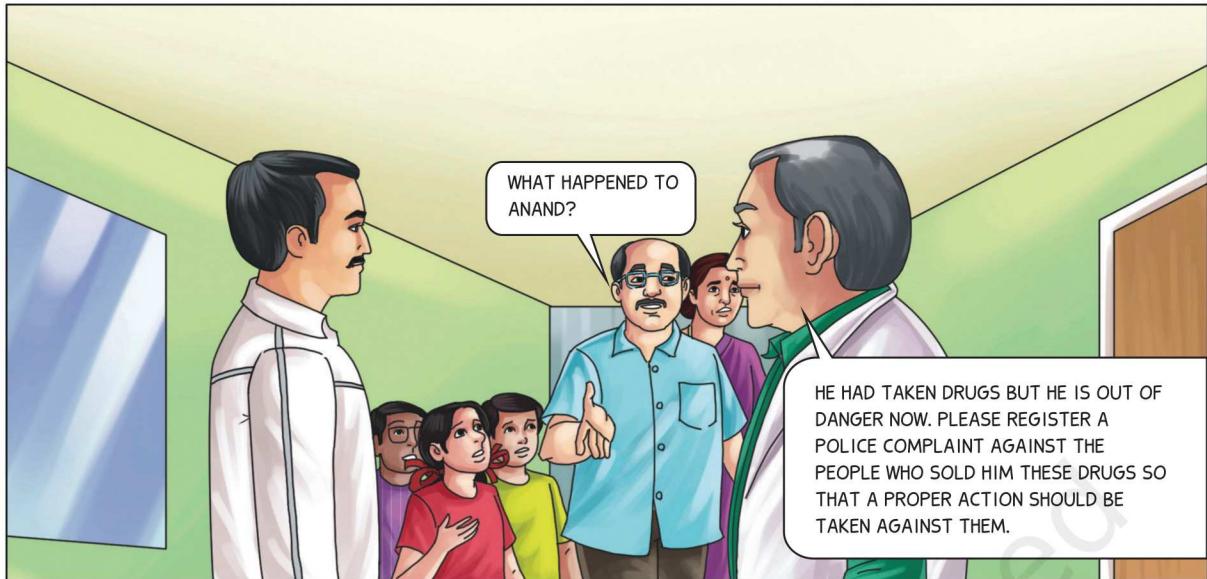
NO REENA, I AM OUT FOR SOME WORK, WON'T BE ABLE TO REACH ON TIME.

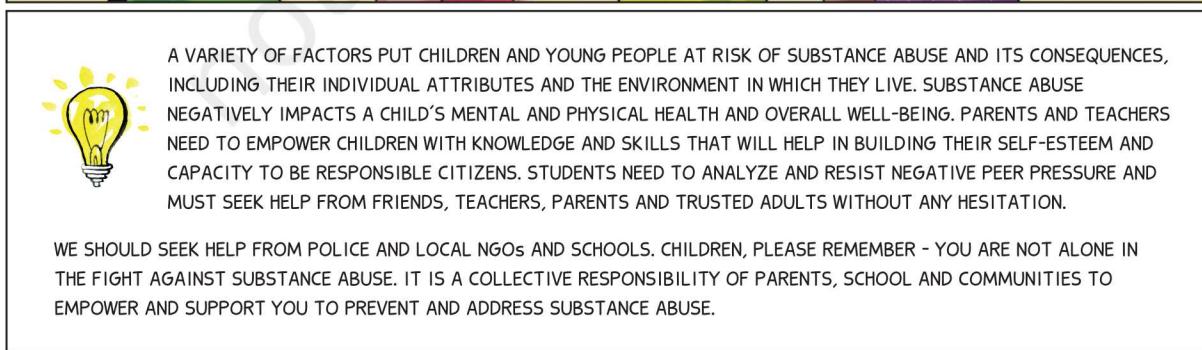
OKAY MANVI,
SEE YOU LATER.

MAINTAINING PERSONAL HYGIENE IS ESSENTIAL IN PREVENTING A REPRODUCTIVE TRACT INFECTION. IT IS NECESSARY TO EDUCATE YOURSELF AND OTHERS AROUND YOU ON WAYS TO AVOID HIV OR AIDS AND THEIR TRANSMISSION. PLEASE REMEMBER THAT SENSITIZATION IS THE BEST PRECAUTION.









1 MONTH LATER

