



NRI INSTITUTE OF TECHNOLOGY COMMUNITY SERVICE PROJECT

UNDER THE GUIDENCE OF
Mr.T. RATNA KUMAR

HEALTH AND HYGIENE

submitted by:

K.S.L. Pavani- 20KP1A4415
T. Vishnu Vardhan- 20KP1A4456
Ch. Sravani- 20KP1A4406
N. Phanidhar- 20KP1A4431

Importance Of Health And Hygiene



INTRODUCTION

- Health refers to a person's physical, emotional and psychological well-being.
- Hygiene refers to good practices that prevent disease and lead to good health, especially cleanliness, proper disposal of wastewater and drinking water supply.
- It refers to all the activities that are done to improve and preserve, maintain good health



HEALTH
AND
HYGIENE

Health

- Health is a quality of life that enables you to live a longer life. The World Health Organization (WHO) defines health as "a condition of complete physical, mental, spiritual, and communal well-being, rather than only the absence of illness."
- A person is not regarded as healthy if he is free of sickness or in good bodily shape but is stressed, tense, angry, greedy, or in any other way.
- Health is a positive state of being in which all components of the body and mind are in proper balance and harmony with one another. As a result, all of the body's organs are in good working order.



- Food- Brown rice is more nutrient-dense than white rice. Because of this, brown rice may help reduce blood sugar levels and aid in weight management efforts. However, white rice is good for those with certain digestive issues who cannot digest fiber-rich foods well.

Brown vs White Rice

Which one is better?



BROWN RICE

127 cal, 1g fat, 26g carb,
2g fiber, 3g protein

- ✓ Whole Grain
- ✓ Natural Phytochemicals
- ✓ Possible Health Benefits
- ✓ Fits Into a Healthy Diet



WHITE RICE

147 cal, 0.5g fat, 33g carb,
0g fiber, 3g protein

- ✓ Minimally Processed
- ✓ Fortified with Key Nutrients
- ✓ Better for Muscle Gain
- ✓ Fits Into a Healthy Diet

@trifecta

Fitness-Walking, lifting weights, doing chores – it's all good. Regardless of what you do, regular exercise and physical activity is the path to health and well-being. Exercise burns fat, builds muscle, lowers cholesterol, eases stress and anxiety, lets us sleep restfully



Medical check up- People have to take a monthly checkup or 6 months to know our body conditions like dental, eye, CBC, LPT, CHT, etc and have take precautions if there are any mild changes in our reports

MEDICAL CHECKUP



OPHTHALMIST



MRI MACHINE



GEN. DOCTOR



DENTIST



CARDIOLOGIST



HEMATOLOGIST



SURGEON



UROLOGIST



GASTROENTEROLOGIST

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HYGIENE

- According to the World Health Organization (WHO), “Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.
- Maintenance of hygiene can be at the community level (social hygiene) or personal level (personal hygiene).
- .
- Improper, unkempt and untidy surroundings and inappropriate ways of waste disposal in public places results in the unhealthy surrounding
- Such practices can cause an alarming growth of rodents, pathogens and other microbes, which can make us unwell.



- Cleanliness
- Cleanliness is one of the most important elements of good health. Thus, it is an important hygiene habit to keep yourself and your surroundings neat and clean. Whenever there is dirt, there are germs that thrive in it. Also, the dirt is light in air and thus it moves around in the air. So, a dirty man is often the one that is attacked easily with various diseases.



NAILS

Fingernails may harbour dirt and germs, contributing to the spread of bacteria. It is easier for dirt and germs to collect under longer nails, so keeping them short can help reduce the risk of spreading infections.



DENTAL

Dental hygiene involves more than just having white teeth. A good dental hygiene routine can help prevent issues such as gum disease and cavities. It can also prevent bad breath.

PROCEDURE

- We gathered information of people in our localities
- By consulting our locality volunteer
- We started survey regarding health and hygiene.
- We interacted with people to know about their health conditions
- We gathered their responses towards our questions



QUESTIONS WE ASKED

- Are you go for any regular medical check ups [eye ,dental ... etc]
- If you have children less than 5 years[dose he/she vaccinated with polio drops]?
- Are there any diabetic patients in your family?
- Which type of medical treatment your family prefers ?
[ayurvedic/English medicine]
- Does your family follow yoga / physical fitness regularly?
- Does your water containers are opened or closed ?

- Which type of food your family prefers?
 - [brown rice/white rice]
- Does your family follow yoga / physical fitness regularly?
 - [walking/ exercise/]
- Does your water containers are opened or closed ?
- Does your family members use masks and sanitizers while going out ?
- Does the GMC workers will come regularly to clean the garbage ?



There response are

- Most of the People are taking the white rice
- Most of the People are going to walk regularly
- Most of the People are not going for any regular medical checkups.
- Only a few are taking the dairy products
- Some are taking the malts which gives energy
- Only a few are following hygienic measures.
- Most of the people are growing plants in their houses



Some of the health and hygienic tips which we have suggested to people

- Do yoga / walking regularly
- It's good to take a glass of hot water in the early morning
- Maintain your surroundings in neat and clean
- People have to take the food which improves their immunity levels .
- People can use moisturisers and sun screen lotions for a healthy skin



- Covering your mouth and nose with a tissue when sneezing or coughing
- Store foods appropriately both before and after cooking
- Make a good sleep environment
- People should limit alcohol and caffeine if they are habituated.
- Clean surfaces regularly
- Maintain your personal hygiene

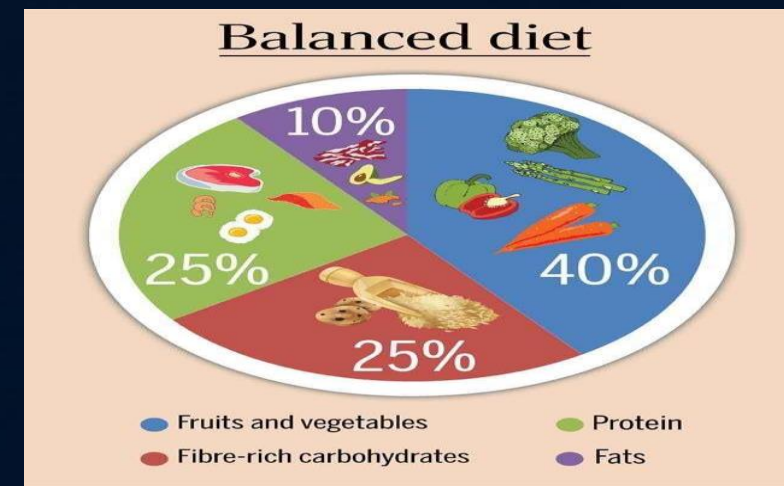


Factors we should follow for healthy life

Balanced Diet

Personal Hygiene

Regular Exercise



CONCLUSION

As our team started this, Community service. We thought it was easy to do and there will be no problems we are going to phase.

But we were wrong it was not easy to do community service, but we didn't quit. By doing this community service we have learned how to be patience and how to talk/interact with the people

As the day 1 we started, the way of challenges is different from the other day. Each day has different challenges and out comes

The people we contacted while doing this service have been patience and gave the answers what we have questioned them with a polite manner, and they suggested us few questions too. The way of interaction with us very good from people, our team have learned so much from community/society

Even not only in service, but daily me and my team will try our level best to help people and share knowledge to them

At last We got to know about how people health conditions exists and how they are aware about all the these topics of health and hygienic.



THANK YOU