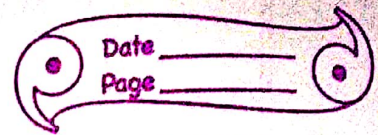


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Class: 8 Grallica



[Project Work of HPE]

Prepare a project work on topic "Personal Health" and include the following informations.

1. Information

2. Ways to maintain personal health.

3. Importance of regular health checkup.

→ Personal health is the ability to take charge of your health by making continuous decisions to be healthy. It is the presence of good mental and physical well-being with the positive capacity to enjoy the moment and look forward to the future. ~~The~~ People's food, exercise, rest, dress, environment and personal habits influence their health. Unhealthy food, unhygienic fashions and cosmetics can harm your health.

But we can be healthy by using some tips. Like, we should take baths with fresh

and clean water regularly. We should take care of our organs like eyes, nose, ears, teeth, skin, hands and sexual organs. We should wash our hands and feet with soap and water after using the restroom, playing in dirty place ~~be~~ and before eating food. We should have a balance diet regularly.

❑ Junk foods, sugary foods and sour foods should be cut-off from our diet. We should do regular health checkup.

To make our body healthy and to be safe from different kinds of diseases and infirmities, we should consult a doctor for regular checkups. It provides us knowledge and guidance about physical, emotional and sexual behaviour. It also helps people avoid bad habits. It helps to protect ~~the~~ depression, early marriage, etc.