

Personal Health

4. Give very short answers to the following questions:

a. Define health according to WHO.

→ Health is a state of complete physical, mental & social well-being of an individual & not merely the absence of disease or infirmity.

b. What is the benefit of balanced diet?

→ ~~We~~ ~~with~~ ~~Ban~~ Balanced diet makes us healthy and hygienic.

c. What is the social aspect of human health?

→ The social aspect of human health is social equality, harmony, etc.

d. What are the mental aspects of health?

→ The mental aspects of health are emotional, psychological & social well-being.

e. Write down the benefits of regular physical check-up.

→ The benefits of regular health checkup is it makes us healthy, it makes us safe from diseases.

5. Answer the following questions:

a) What is personal health.

→ Personal health is the ability to take charge of your health by making conscious decisions to be healthy.

b. What are the ways of making people healthy?

→ The ways of making people healthy are:

- Taking bath regularly.
- Taking care of eyes, nose, ears, etc.
- We should have balanced diet regularly.
- Drinking water must be purified.

c) What are the techniques of personal cleanliness?

- By washing the body often.
- By washing hair with shampoo once a week
- Cleaning teeth twice a day.

d) Describe the ways of regular physical checkup.

- We should check our sense organs regularly.
- Functions of vital organs should be identified.
- Height, weight, ^{condition} etc of children should be kept regularly.

e) What are the benefits of regular physical checkup? Describe with examples.

- The benefits of regular health checkup are:
 - We can be safe from diseases.
 - We can ~~more~~ be ~~more~~ healthy.

For e.g.: If Kumar has suffered from ~~for~~ a disease but he does not know he will not be healthy. But if he does health checkup regularly, then he will know which disease is it and he will fight against it.

Contd.

Personal health.

5. 8) What is WHO?

→ WHO (World Health Organization) is a specialized agency of UN responsible for international public health.

g) What should you do to stay healthy?
→ We should eat balanced diet, bath regularly & do regular health checkup for being healthy.

h) When is periodic health examination done?

→ Periodic health examination is done ~~when~~ yearly or half-yearly.

i) Should sense organs be checked regularly? Why?

→ ...because ~~without~~ if there is any of the sense organs then, we could not survive long.