

SER No	CONTENT
	<p style="text-align: center;"><u>LESSON PLAN</u></p> <p style="text-align: center;"><u>LESSON PLAN : H 3</u></p> <p style="text-align: center;"><u>PHYSICAL AND MENTAL HEALTH</u></p> <p>Period - One Type - Lec Code - H 3 Year - III (SD/SW)</p> <p><u>Training Aids</u> 1. Computer Slides, Pointer, Charts, Black Board and Chalk.</p> <p><u>Time Plan</u> 2. (a) Introduction - 03 Min (b) Physical Health - 15 Min (c) Mental Health - 20 Min (d) Conclusion - 02 Min</p> <p><u>INTRODUCTION</u> 3. Earlier doctors defined health simply as ‘an absence of disease or illness’. However, after the formation of World Health Organization (WHO) in 1948, health is defined as ‘a complete state of physical, mental and social well being’ and not merely the absence of disease or infirmity’. The mind and body are single system.</p> <p><u>AIM</u> 4. To teach the NCC Cadets about the importance of Physical and Mental Health.</p> <p><u>PREVIEW</u> 5. The class will be conducted in the following parts:- (a) Part I - Physical Health. (b) Part II - Mental Health. .</p> <p>(a) <u>PART I : PHYSICAL HEALTH</u> 6. Physical health is the absence of disease and infirmity and it is assessed by taking health state measurements of the body. 7. Elements of Good Health. Good health is an essential condition for a purposeful existence. The main elements good health are:- (a) Absence of disease. (b) Ability to work hard with efficiency and enthusiasm. (c) Ability to endure stress and strain.</p>

- (d) Cheerfulness.
- (e) Courage.
- (f) Freedom from anxiety.
- (g) Self control and self confidence.
- (h) Sense of well being.
- (j) Wholesome mental attitude.

(b) **PART II : MENTAL HEALTH**

8. Importance of Mental Health. Mental health refers to the successful performance of mental functions, resulting in productive activities, fulfilling relationship with other people, ability to adopt to change and cope up with adversities. It is of paramount importance, to lay due emphasis on the development of mental health of children. Any disregard to this may lead to mental disorder and conflicts, which ultimately may bring frustration, misery and unhappiness. Parents and teachers play a major role in providing an environment in which children develop healthy mental attitude.

9. Characteristics of a Healthy Mind. These are:-

- (a) Normal appetite.
- (b) Calmness.
- (c) Cheerful outlook.
- (d) Good temper.
- (e) Socially acceptable habits.
- (f) Well regulated instincts.
- (g) Normal physical vitality.
- (h) Receptivity to new ideas.
- (j) Sex consciousness.

10. Mental Disorders. Following are some of the indicators of mental disorders:-

- (a) Undue anxiety.
- (b) Embarrassment in presence of others.
- (c) Lack of courage.
- (d) Undeveloped habits and will.
- (e) Low intelligence.
- (f) Depressed and pessimistic outlook.
- (g) Moodiness.
- (h) Bad temper.
- (j) Full of prejudice.

11. Measures to Improve Mental Health. Following measures will help in improving mental health:-

- (a) Favorable and stress free home and school environment.
- (b) Regular medical examination.
- (c) Provision of educational and vocational guidance / counseling.
- (d) Provision of co-curricular activities.

CONCLUSION

12. Health is very important aspect for all living beings. Human have a tendency to get into bad life styles due to facilities available to them which results in their poor health .The subject of health must be understood by all of us to remain in good health.