

UNDERSTANDING

Human Body & Health: Physiology, Hygiene, Drugs, and Disease

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Presented by - Your name

Course :

Roll no :

Team :

more details :



Presentation Overview



Human Anatomy & Physiology

Explore the structure and function of the human body.



Hygiene

Learn about practices that maintain health and prevent illness.



Drugs

Understand different types of drugs, their uses, and dangers.



Diseases

Identify common diseases, their causes, prevention, and treatment.



Health Organizations

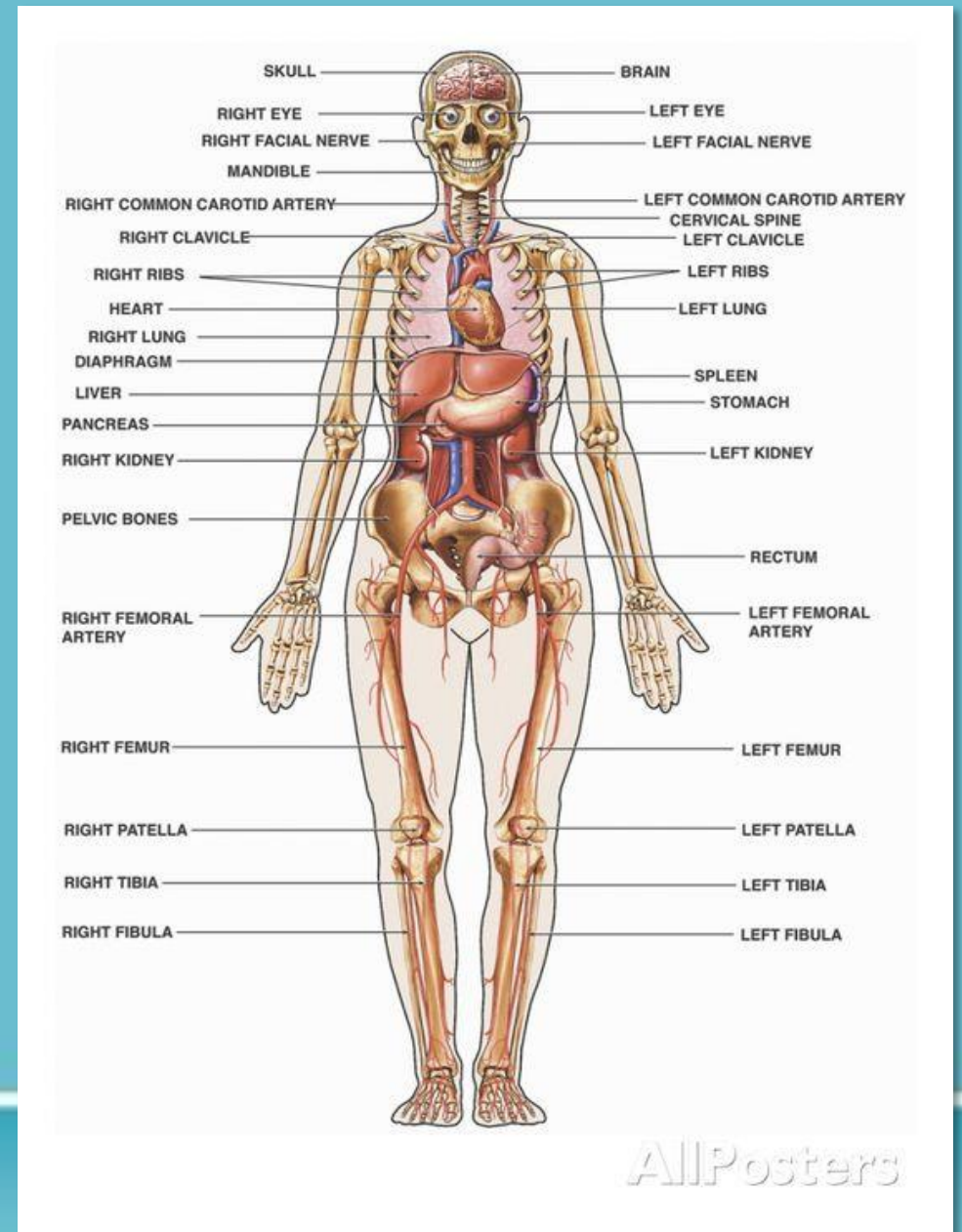
Discover key organizations promoting global health.

HUMAN ANATOMY

Definition: The study of the structure of the human body and its parts. It explores how various components are organised and interconnected.

Major Systems:

- *Skeletal: Provides support and protection.*
- *Muscular: Enables movement and maintains posture.*
- *Nervous: Controls and coordinates bodily functions.*
- *Circulatory: Transports blood, nutrients, and waste.*
- *Respiratory: Facilitates gas exchange.*
- *Digestive: Breaks down food for energy.*



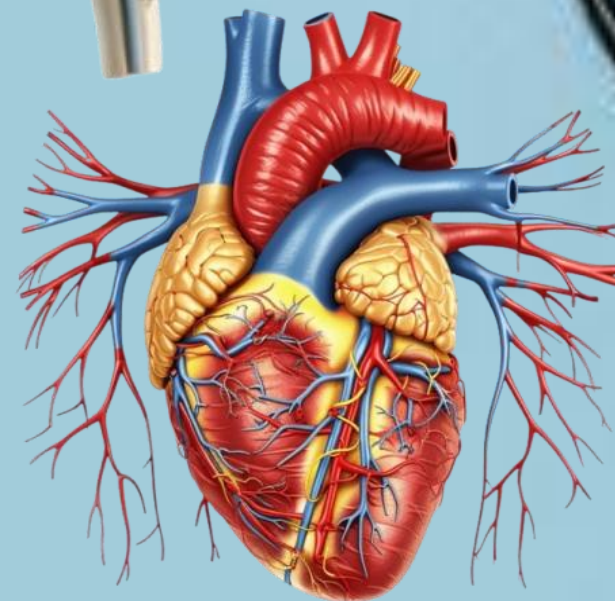
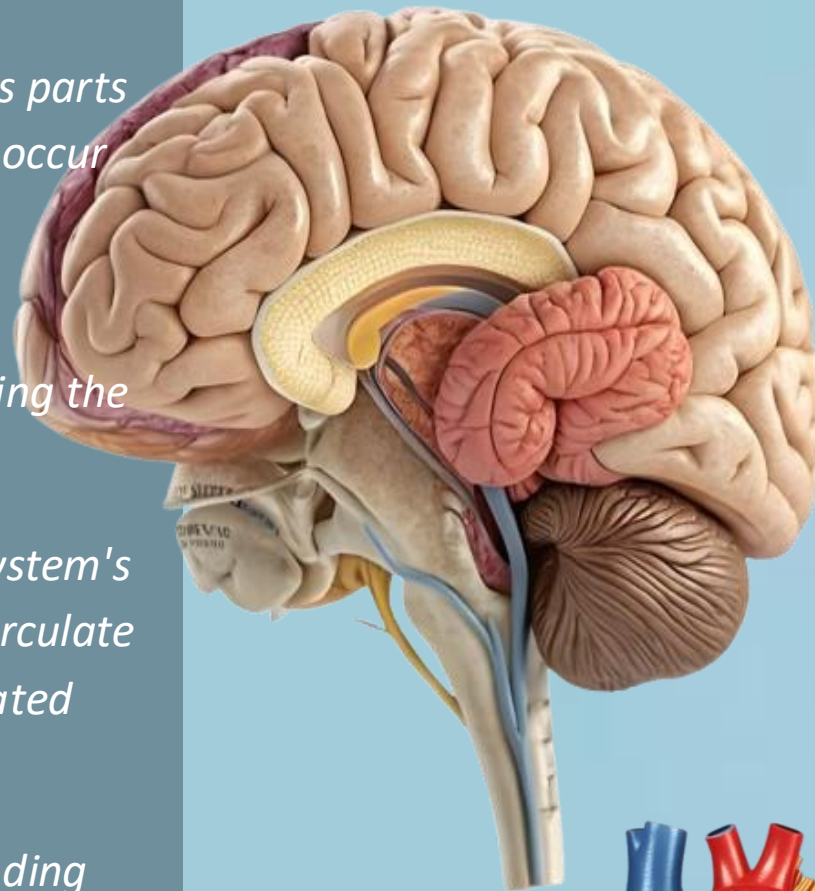
Human Physiology

Definition: *The scientific study of how the human body and its parts function. It explains the physical and chemical processes that occur within the body to keep it alive.*

How Body Systems Work Together: *Physiology examines the dynamic interactions between different organ systems, ensuring the body operates as a cohesive unit.*

Example: How the Heart Pumps Blood: *The cardiovascular system's physiology details the rhythmic contractions of the heart to circulate oxygenated blood throughout the body and return deoxygenated blood to the lungs.*

Importance: Homeostasis: *Physiology is crucial for understanding homeostasis, the body's ability to maintain stable internal conditions despite external changes. This balance is vital for survival.*



IMPORTANCE OF HYGIENE



Definition

Practices and conditions that help maintain health and prevent the spread of disease.



Types

- *Personal Hygiene (e.g., handwashing, bathing)*
- *Environmental Hygiene (e.g., clean water, sanitation)*



Benefits

- *Reduces spread of infectious diseases.*
- *Promotes physical and mental well-being.*
- *Enhances overall quality of life.*

UNDERSTANDING DRUGS

→ **Definition:** *Substances that alter the body's function, used for diagnosing, treating, or preventing diseases.*

→ **Categories:**

- **Prescription Drugs:** *Require a doctor's authorisation (e.g., antibiotics, insulin).*
- **Over-the-Counter (OTC):** *Available without a prescription (e.g., pain relievers, antacids).*
- **Recreational/Illegal Drugs:** *Used for non-medical purposes, often with severe health and legal consequences (e.g., cannabis, cocaine).*

→  **Drug Abuse: Dangers & Consequences**

Misuse of drugs can lead to addiction, overdose, long-term health problems, and even death. It's crucial to use drugs only as prescribed or directed.

DISEASES

Types:

- **Infectious Diseases:** Caused by pathogens like bacteria, viruses, fungi, or parasites (e.g., Malaria, COVID-19).
- **Non-Communicable Diseases (NCDs):** Not spread from person to person; often chronic and result from a combination of genetic, physiological, environmental, and lifestyle factors (e.g., Diabetes, Cancer).

Causes:

- Bacteria and viruses
- Genetic predispositions
- Unhealthy lifestyle choices (diet, lack of exercise, smoking)
- Environmental factors (pollution, toxins)

Prevention & Treatment:

- Vaccines and immunisation
- Medication and therapies
- Adopting healthy living habits
- Regular medical check-ups



MAJOR HEALTH ORGANIZATIONS

These organisations play a pivotal role in shaping global health policies, responding to crises, and improving health outcomes worldwide.



WHO (World Health Organization)

Global leadership in health, pandemic response, and setting health guidelines.



CDC (Centers for Disease Control and Prevention)

Focuses on protecting public health and safety through disease control and prevention.



UNICEF

Works for the rights and well-being of every child globally.



Red Cross

Provides humanitarian aid and emergency relief worldwide.



Doctors Without Borders

Delivers medical humanitarian aid to people in crisis.



Importance of Health Awareness

Prevention is Key

Education helps prevent disease by promoting healthy habits and informed choices.

Fosters Healthy Communities

Awareness builds collective responsibility, leading to healthier communities.

Reduces Healthcare Costs

Proactive health management can significantly lower medical expenses.

Encourages Early Diagnosis & Treatment

Awareness leads to prompt action, improving treatment outcomes.

QUESTIONS :

- Q1. What is the largest organ in the human body?
- Q2. Which system controls body movements and responses?
- Q3. Which organ is responsible for filtering blood and producing urine?
- Q4. Why is handwashing important?
- Q5. What is a vaccine?
- Q6. What causes malaria?
- Q7. What is the difference between communicable and non-communicable diseases?
- Q8. What virus causes AIDS?
- Q9. What does WHO stand for?
- Q10. Where is the headquarters of the WHO?



THANK-YOU

