My Science, Health and Physical Education	3 rd	84	Basic Hygiene	should be collected in a box or pit. Compost can be made from decomposable/degradable wastes. Compost manure (organic manure) is best for vegetable garden and agriculture. Non-decomposable/non-degradable wastes must be collected separately. If we do proper/good management of garbages/wastes, house, neighbor and community will be clean. When defecation is done in toilet, house and community will be clean. If toilets are dirty then the house and community's environment will be polluted. After using toilet, it should be cleaned with water. To clean toilets, long brush with a long nylon handle can be used. Area around drinking water source and tap water must be kept clean. Things like soap, or shampoos cover, straw, ash, coal should not be thrown around tap. Dirt which comes out while bathing and washing clothes if not cleaned, taps gets dirty and polluted. Health Message "Let's clean around our house and school. Let's always throw garbage in pits and keep our environment clean."
My Science,	3 rd	88-89	Basic Hygiene	Safe Foods
Health and Physical Education				To be healthy, we must eat safe foods. We must eat food at right time. Overeating leads to indigestion. While eating, do not hurry, and eat slowly. Always eat clean and fresh foods. By eating dirty, unripened and rotten foods, we get diseases. Therefore, foods must be protected from flies, cockroaches, mice, dirt etc. For safe food, • Green vegetables must be cooked after proper cleaning/washing. • Fruits must be cleaned with water properly before eating. • Before and after eating, hands and feet must be cleaned properly. • Utensils used for food storage must be clean. • Milk should be properly boiled before drinking. • Foods must be properly covered with lids.
My Science, Health and Physical Education	3 rd	92	Tuberculosis	When a TB patient sneezes, TB is transmitted.
My Science, Health and	3 rd	96	Tuberculosis	To prevent TB, BCG vaccine must be taken and it's taken once only.

Physical	a travija sta	r dig to	3.000 B. O. O. O.	w. baro
Education	y Marie and	septemble of	ABSV DEGREESE	au (9,890):
My Science,	3 rd	108-1	Substance	Smoking
Health and		09	Abuse	
Physical		Saliti Bash	हुताम्बर्गः सं ००	Use of tobacco or tobacco related substances are called smoking. Use
Education		2.34 144	production is the contract of	of cigarette, beedi, wet chewing tobacco, dry chewing tobacco and
				other related substances known as smoking.
in the solid time of		as researched	tratistic targal \$1,270	Smoking is injurious to health.
(55) 341 W. 343 W. 1949 C		14640-1544	alegat but sayat 40	
autos di Marko		gallo Batansi	. President & action	Tobacco contains a chemical substance called nicotine. Although its
ere*		undi dina	mpunia da c	effects are not seen immediately, it gradually affects lungs and throat.
				There is a possibility of getting lung or throat cancer due to smoking. It
ense enek bledd		5735195	eacana e gaesto e	also brings heart problems. Even if we see elder people smoking, we
on has Medal I	n ya sahii	- Ared	en dale di inje	should not imitate such behavior. Smoking not only affects smokers but
proderwal or or year		in than i	sharon u sheri i sver	also those who are around them. Smokers have foul breathing smell,
		tweet 1	Ether Sputtables 6	lips, tongue and skin become black, and also cough, Asthma, chest pain
				and later on, they suffer from heart problems. If anybody in your
				family smokes, you should help them stop this behavior. If your parents
Section and state		er is the	y general Marine Commission	smoke, you must not imitate them. You should tell them about the
		10 Th	Parado valorio e	negative health effects of smoking. If any of your friends smokes, you
				should advise them not to smoke. If they don't quit smoking then you
				should inform your teachers or their parents. Also, you should raise
				awareness programs in your community telling them that smoking is
unite by ce ker		s whe	2.12 GW 2006. G	injurious to both health and wealth.
My Science,	4 th	92	Basic Hygiene	Our Body State Day
Health and		to be even	lata, rakulu awas	
Physical		anadii sa.	abrahan ing our sal	We must always use toilet for defecation. After defecation, we must
Education		ia na	o javien profesion	clean anus properly with soap water.
My Science,	4 th	93	Health	"Let's make habit of defecating in toilet. Let's be aware of personal
Health and			Message	hygiene."
Physical		8 - 1-	estantyu :	
Education			grandes a com	
My Science,	4 th	94	Basic	Body Organ's Cleanliness
Health and		aner 15	Hygiene	(1968)
Physical				In our body, the most frequently used organs are hands and feet. For
Education		a ngriyas.	wat tol, ballive	eating and doing works, hands are used. Due to involvement at many
31.		Oceania.	agent, ad halves	works, hands get dirty. If we eat with dirty hands, dirt enters inside our
		. 3725a - 437a - 5	a ligida o di selati s	stomach along with food. From that we get many diseases. If the nails
		a Rusy C	El a general para a su	of your fingers and toes are long, dirt get accumulated on them. Finger
				and toe's nails must be cut time to time and properly washed with soap
				and water.
				esativa.b
Weller with a factor		two side yet	us parako interior (N.)	Environment
				MAN II CHIHOME

		97		Household refuses such as ash, dirty water, faeces, wastes when thrown haphazardly, environment gets polluted. Fruits' peels, ready made food's outer covers, polythene plastics etc when thrown around public fields and paths, environment gets dirty. By-products which come out after using things, dried leaves, dusts, wood, wood sticks, when thrown haphazardly make environment polluted and if environment gets polluted, we get many kinds of diseases. Clean Environment and Healthy Life When garbages/wastes are thrown haphazardly, they pollute environment. Garbage/dust which gets collected during cleaning must be collected at specific places. Garbages/wastes are of 2 types:
My Science,	4 th	100	Tuberculosis	decomposable/degradable and non-decomposable/non-degradable. Decomposable/degradable wastes like kitchen ashes, paper, etc should be stored in one place. Non- wastes like iron, metal pieces, plastics, glass pieces, bottle etc should be collected at different places. Non-decomposable/non-degradable wastes can be stored in pits and made compost. Non-decomposable wastes can be used in other works. Tuberculosis (TB) is caused by bacteria. TB is transmitted through
Health and Physical Education				coughing, sneezing, using clothes or things that have been used by TB patients. TB affects lungs, intestine, bone, skin and body's other organs. In lung TB (pulmonary TB), there will be continuous cough, chest pain, loss of appetite and blood is also seen in cough. TB patients must cover their mouth while coughing or talking. They must take medicines regularly as per doctor's advice. Newborn babies should be immunized with BCG vaccine.
My Science, Health and Physical Education	4 th	118	Injury Prevention	We must always work carefully. We must not use or touch things of which we do not have proper knowledge. Sometime due to our own carelessness and friend's naughty behaviors, accident may occur. We must not hurry while doing any work. Accidents may occur at different places in different ways. For example, while climbing up or down stairs, touching non-insulated electric wire, playing on school grounds and class rooms, crossing roads, walking on dark places if we don't take precautions accident may occur. We should not dive into river, lake, ponds unless we know how to swim. Drowning in water, fire burnt, animal bite, electric shock, frost bite etc are some examples of accidents. To prevent such accidents, one should advise his or her friends to be careful.

27.72-29.13.14**********************	a 3.	daw (10)	da a rioge est.	Company Services
My Science,	4 th	128	Substance	Smoking, Alcohol and Drugs
Health and	arrig terasy .	ana i projektijo je	Abuse	a realism af being
Physical		witän.	g Martinonizada y	Smoking
Education				
lansan japhibus Aba		Autua esti.	ing samp Kari	Use of tobacco and tobacco-related substances is called smoking.
क्षा सक्ता क्षेत्री एक । इस	e Paris	wi mo	v 3400 vv 1815 i	Beedi, cigarette, wet chewing tobacco, dried chewing tobacco, kakkad
eu distra gen		edece in	tagunasi. Oli vik kasa sulang	etc are tobacco-related substances. Tobacco contains a chemical substance called nicotine. Nicotine affects our health. Smoking means to take a slow poison. Similarly, it affects respiratory tract and lungs. Smoking results in foul breathing smell, asthma, skin problems and also waste of money.
	in an Anto-Wo	El estate	1.1 s lastitát siit.	estan cod/
usia in Systèmatics in sit			prove a la elaboration	Alcohol
			กล้องการพระ ก	habotic ed
* *	· ·		re best since outprof.	Use of substances like jaand (local form of alcohol made from
Rosenski za oba s				fermented rice; home brewed beer of rice), local wine, beer, vodka and
n saakava ka nasa s nanatsiis na nasa				rum is called alcohol. They contain a chemical substance called
			Communication y	alcohol. Alcohol drinking affects physically, mentally and socially.
The state of the s				Alcohol drinking affects liver, heart and brain and also social crimes
a trong talah da				like robbery, dacoits, loots and quarrel/disputes occur.
The second section of the second			BACKS TO STORY OF THE SAME	
				, n
yana va <mark>is leo</mark> vina a		ra marri dze	er anna e como de 1883.	- <mark>Drugs</mark> Cabasas awat ka samasilat 200 ^d i wamasi with
				Any substance that affects body's physical activities through affecting
				brain is called drugs. Marijuana, chares, cannabis, datura, opium,
				heroine etc are drugs. Use of such substances produces physical,
			r berestaeryas la	mental and social effects.
	suinau ei au		e Mandar ja koloso	
	*** **	invariante. Traffica Alf	. Al Montal of Alamana.	Children learn to smoke, drink alcohol and take drugs by imitating their friends and elders. Such substances which affect our body must not be
	. GRADON 1	91.41 5 A 1	1936 a., della Siftavac di e	used. Also advise other people also not to use drugs.
	5 th	87	Basic Hygiene	: : : : : : : : : : : : : : : : : : : :
My Science,	3	0/ 	basic Hygiene	Personal Cleanliness Charles C
Health and Physical	Zand dalah		va pagara stiffe	Any cleanliness done in order to keep body clean and healthy is called
Physical Education	Marin terms	3 - 200 - 100 3 - 100 -	von, Levan i Vita	personal cleanliness/hygiene. Due to lack of attention towards personal
Education with an	t Alarysin		er be hiller og er e	hygiene, we get many kinds of diseases. To make our health good, we
		y Mana	in on and water of	must adopt healthy habits and behaviors by ourselves. Personal
			"	cleanliness/hygiene includes cleanliness of hair, nose, mouth, teeth,
			E WESTER SINCE	eye, ear, skin, reproductive organs etc.
		_	r ják plathold lag	eye, ear, skin, reproductive organs etc.
		H3/YOU	vas viete ersekund.	
				Ways of Cleaning Body's Different Organs
			131, 1 u	

Our body is made up of organs like head, hands and feet. Nose, mouth and eyes are the organs of face. These organs remain in contact with daily environment and therefore there is higher chance of being dirty. Therefore, the organs must always be kept clean.

To keep head clean, must take regular baths. This prevents from dandruffs on hair. If we wash our hands properly with soap and water after defectaion in the morning, we can prevent many kinds of diseases.

While cleaning face, nose and eyes also must be cleaned with clean water. If eyes are not clean, later on, many kinds of eye problems occur such as conjunctivitis etc. Similarly, while cleaning nose, soft clothes soaked in clean water must be used. While cleaning eyes, clean water should be sprayed with eyes open.

We use mouth for speaking and eating purposes. Teeth help in food breakdown/ mastication. Foods we eat get stuck at the corners of teeth or in between teeth. If teeth are not brushed well, the stuck food gets rotten/decayed and results in foul breathing smell, gingivitis, toothache etc. Normally, we should brush teeth two times a day after taking lunch and dinner with soft brush moving up and down. After eating sweet things, we must immediately gargle our mouth. Use of toothpaste containing fluoride helps in making teeth strong.

To keep body clean, we must take bath. Bathing makes/keeps body parts clean. If skin is clean, we can prevent diseases which cause itching and wounds. While cleaning our body, we must also clean defecating organs. Organ used for urination (penis) is called genital org Compared to other external body organs, genital organs are soft. They excrete internal excreta/excretory materials from body. Most of the time, the organs are hidden. Therefore, from to time, these organs must be cleaned properly with soap and water.

We use hands and feet more frequently. Eating foods with dirty hands cause stomach ache, dysentery, diarrhea etc. Before or after eating, after touching dirty things, after playing, defecating, hands must be washed properly with soap and water or ash and water. While washing hands, finger nails as well as unexposed areas of fingers also must be cleaned properly.

We grow old day by day. We grow from infant, child, adolescents and finally become old. During these years, different physical and mental changes occur in us. With physical changes in body, menstruation occurs in girls. This occurs in all girls who reach puberty stage. This

phenomenon is a natural phenomenon. Therefore, girls should not hesitate or be afraid to take advice from mother or sisters. During this time, vagina should be cleaned with clean water and pads made from soft clothes should be used. During such stage, nutritious foods rich with minerals and vitamins must be taken and special attention needs to be paid to cleanliness.

Health Message

"Let's clean our body's organs daily and let's protect ourselves from diseases and help others to prevent disease."

Small Conversation

Need of Environmental Cleanliness

I will aware my family members as well as community members by telling them that we must not throw daily household refuses haphazardly. They should be collected in one container or we should dig a pit in our fields to collect them. To keep environment clean, fresh and balanced is our duty.

Solid Wastes

At home, we use different kinds of things. The things /substances that remain after using things or leftover are called wastes. Such kinds of wastes come out from rooms, house, shops, industries schools etc. Solid wastes can be divided into 2 groups:

1. Decomposable/Degradable Wastes

Decomposable wastes are also called organic wastes. Such wastes include: wilted plants and grasses, carcasses, vegetables residues/leftovers etc. similarly, paper, wood pieces, old clothes, skin, clothes, damaged carpets, mattress, jute sacs etc also fall in this category. Organic wastes disintegrate quickly ad turn into soil.

2. Non-Decomposable/Non-Degradable Wastes

They are also called inorganic wastes. These include plastics, pieces of glass, metal utensils etc. Due to the increase of such kinds of wastes, water-related problems are getting more complicated. To solve such problems, it is important to know the ways or methods of disposing such wastes.

		T	T	
		90		For doing waste management, at first organic and inorganic wastes, plastics, metals (iron, copper, glass, aluminum etc) must be kept separately. From such wastes, other things can be made and therefore must be kept.
		96		If organic wastes are thrown haphazardly, environment gets polluted. Such wastes can be fermented and made compost manure. For this, we must dig a pit a bit far from house and they must be collected there. Then, such heap/piled- up wastes must be covered with plastic in order not to let water in. Organic wastes that come out from house must be kept in that pit. They should be turned in and out from time to time. After few weeks, it turns into compost manure. Such compost makes soil fertile and also environment healthy and clean. Vegetables / cereal grown /cultivated by using such compost manure are beneficial to health.
My Science, Health and Physical Education	5 th	108	Tuberculosis	Tuberculosis (TB) is an infectious disease caused by bacteria. It affects lungs, intestine, bone, skin and body's other organs. In lung TB (pulmonary TB), there will be continuous cough for two or more than two weeks. Blood is may also be seen in sputum. TB is transmitted through air while coughing, and sneezing. Likewise, using clothes or things that have been used by TB patients without properly cleaning may also favour the disease transmission. TB patients must cover their mouth while coughing or talking. TB can be cured if drugs are taken regularly if medicines taken regularly. To prevent such disease, newborn babies must be immunized with BCG vaccine.
My Science, Health and Physical Education	5 th	112-1	HIV/AIDS	Human immunodeficiency virus (HIV) is a kind of microorganism. Once HIV enters the body, slowly, body's immune system gets weakened. Although HIV enters inside the body, a person is not said to have AIDS. It takes many years for an HIV-infected person to acquire/develop AIDS. Full form/name of AIDS is acquired immune deficiency syndrome.
				This means the condition developed due to the deficiency of body's immunity /defense mechanism. During this stage, even if a person suffers from a minor disease, it's difficult to get cured. This stage/condition is called AIDS. Although a person is HIV infected, it may take longer time to know that he /she is having the disease. To diagnose whether he /she is HIV positive or not, blood test should be done in laboratory. We must
				behave with HIV-positive persons in the same way as we do with other people. HIV-positive persons need much more love affection, kindness

110uitii und				
Health and	REMORAL E	e petro	Abuse	4.9 × 5941.1
My Science,	5 th 1 534	123	Substance	Smoking
Marin er androdin		. 0. 5	avera sabiguri san	n. p.
K1061 F 075G 30		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	gia. Mistro alle	and using sharp instruments also, we should be careful.
				Similarly, while walking on slippery road, playing with fire, swimming
			POST SERVICES	carefully. Medicines bottles should not be touched haphazardly.
agunig dangga kala		a Par	x50030 000300 0	walking on sloppy land and crossing river water, we must walk
novice of heavy			and water that the district	When we cross road, we must follow traffic lights and rules. While
र भूरे को एक पुज्य में	Bernot e	H.11 804 (1	Stable Teacher Death in	e sesset seif
ad exem 1904.		ar esper	n se kalenda, e	occurrence.
				safety measures while working, there will be less chance of accidents
			AND A	to protect from accidents is safety. If we take precaution or apply
		40. 88	a yasa kara c	with safety accident can be prevented. Alertness or precaution taken
		dig (C. J.).	性性() 100 可能是不能是此一	To protect oneself from accident is prevention and safety. If we work
		g Madrid	thrust officers	r. VIII. oneCi — El — des delses.
			oración i successory i secono	flood and landslides etc. Such things also affect human and wealth.
				natural calamities such as earth quake, fire, storms and heavy wind,
		Harris and	reserva od raka, k	occur due to human carelessness. Accident may also be caused by
Education		10712.55	ngha. Yakiyibbi	our teeth, eyes, hands and feet may be wounded. Such accidents may
Physical		1000	OAGA G STERO	accident may occur. From accident, we get wound/injury, may break
Health and	/		Prevention	when we get into bus, climb tress, cross road, due to carelessness
My Science,	5 th	114	Injury	When we play, go to school, field and work at factories/industries,
			a i ggarang dan in a	The second
		6.0 55	es la vier de lite	6. Care of the HIV-infected persons.
		, waadh .	r sa Bret ottor. o	5. Coughing or sneezing by HIV-infected person
		i gapai i	ac ware yeares c	4. Mosquito bite
		sessioneix et	armina na rayii	3. Hugging, using same comb, soap and clothes
				2. Using same toilet or eating together
		Januar Vi		1. Shaking hands with or playing together.
		9 552		with by HIV -positive persons:
		2 2 244 252		with/by HIV -positive persons:
				HIV/AIDS does not get transmitted by doing following activities
		tin ROW R	Allegae of the established to reside to constrain a contrain	5. Baby born from HIV-positive mothers
and Marketin		DELL VELV		4. Blood transfusion
		Person lar		3. Sharing needle or syringe in groups
			In 1997-0760 one schel	making tattoos that have been used by HIV-infected person.
			. ,	2. Use of needle or syringe or equipments/instruments used for
				1. Unsafe sexual intercourse with HIV-infected person.
	e Villaine	sed, with	La resile dans in	រៈជី ស្តីថានេ
	on - 1607 (31% Tol)	Padg	pogget voorie k	HIV is transmitted from one person to another by the following ways:
	5 × 114 A	L LWS	Access to the party of	we barrep in ,
	1			

	T	T	1	T
Education				substances is chased with the help of hukkas or by rolling/wrapping them inside paper or leaves. Using substances like cigarette, beedi,
				chewing tobacco, kakkad is smoking. Statistical data have shown that
				globally 1.3 billion people smoke. In the world, people use
				tobacco-related substances in two ways:
	:			totacco Totacca substances III two ways.
				Chasing smoke of tobacco: e. g: cigarette, beedi, kakkad,
				Chewing tobacco by putting on gum's side. e.g. wet chewing tobacco, zarda, pan parag etc.
				11 - 12 - 12 - 13 - 13 - 13 - 13 - 13 -
				Many researches have shown that tobacco contains about 4000 types of
				poisonous chemical substances. Among them are nicotine, tar,
				carbon-mono oxide etc. While smoking, with smoke these substances
				also enter inside body. Due to this, diseases like heart-related diseases,
				cancer, asthma, teeth problems appear. If pregnant woman smoke, it affects not only herself but also her baby.
				Smoking not only affects those who smoke but also those who are
				around them. It affects young aged children even more. Therefore, we
				must try to prevent smoking in time. Smoking should not be done
			1.	under someone's pressure, or imitating others.
				the series of th
My Science,		126-1	Substance	Alcoholism and Drugs
Health and		27	Abuse	
Physical				Alcohol and drugs are two different kinds of substance abuse. These
Education	the second			substances make our body weak. Based on culture tradition and
				religious culture, different communities use different kinds of alcohol
		v 5	.*	and drugs. Use of such substances not only affects a person's body's
				function but also their social status.
				Alcoholism
				Intake of substances like beer, wine, whisky and rum is known as
				alcoholism.
				In the beginning, people start to drink alcohol due to friend's circle
				(peer pressure), or seeing parents taking alcohol and imitating them at
				home, or during some special occasions like festivals. Later on, it will
				become habit. Use of these substances will make us physically weak.
				Mostly, they affect person's liver, heart and brain. Due to this, brain
				will not function properly.
				Drugs

Settings of grant or as a set of sections.	one have capain	Those substances which affect brain and weaken its function are called
Date of the Control of the April 1	January, and Jarge	drugs. Substances like cannabis (marijuana), bhang and datura are
La resolta resignation research god	yn as tolachsa los.	obtained and used directly from plants. The use of such substances
Security of the second	olen, ser - regillike.	brings changes in a person's behavior such as depression, staring,
167 00 1	na Mar addiseasar a na İ	creating unnecessary thinking etc. Regular use of such substances will
		result in problems like brain imbalance, insomnia etc and finally leads
in this specification	48 S (C197441 D 329)	to metal disorder and death.
place of the state	Carry Ballacia (1970) and a	Alcoholism and Programs Against Alcoholism
·	ion g	cardin, pan pan
		To stay healthy physically, socially and mentally, we must never drink
ground set for the one for the constant of the state of	ta woods so tak	alcohol. We must aware family and community about its effects. For
The Common of th	omitedas lacua.	this, public awareness programs must be implemented. In our country
and an entering the entering an entering through 135 March	State one object	there are many organizations and institutions that work such awareness
	nastasa ya ad si	raising programs. Many government and non-government
The American Control of Budges	ktou ic o guerrani.	organizations work on it.
3/4/10/388	eraciad hazar .	and set states
		Although attempts have been made to prevent alcoholism from the last
tera in cover 1990 to a contract for the contract		25-30 years, it has not been fully controlled. For their control, all of us
Comprehensive of the second section of the second		must avoid drinking alcohol and must create environment of not using
	, gradan an andari	alcohol. In our country, several places have been announced as alcohol
. 2.5. [2.6] [2.6] [2.6]	tivo Neo vite septito (1)	drinking prohibited areas. They must be brought into practice much
		more properly.
	. Birivî ê	<u>ar demons,</u>
Our Health and 6 th 32-33	Malaria	Malaria is a disease that occurs in places where the climate is very hot
Physical and Physi		and damp places (ditches). Due to its occurrence in hot/tropical climate
Education available and a second		places, and causing very high fever, this disease is called malaria
kivbed kiekware a rolla vira was so.		fever. If an anopheles mosquito bites a malaria patient and then bites a
	saa 1230ka ah tah.	healthy person, then malaria gets transmitted. This disease affects from
		child up to elderly people. Incubation period of the disease is 7-30
		days. Due to the transmission of the disease by mosquito, the disease
		gets spread at quick rate. Every year, a number of people die due to this
STREET, BOOK STREET, S	อาเลย ซฺซฺ่า ของก	disease.
		arcentae des
oh sa kiraren et bun eksegin kede	aan Edgaar ay	Mode of Transmission
re maris generatione lonor especies (repressió deservir en d	artisk sa y musis
Jesus and russ. domination specific	o asony, asony	Anopheles mosquito bites a malarial patient and the plasmodium
Linear y Balanyo Tokio ayar I ili ayon c	rica peres 10 a.C.	parasite enters inside the host's body. When that mosquito bites another
\$10 (1) (\$10 km A) (100 km M2 (A) (\$20 km)	re ce regard	person, it transmits this parasite into that person/s blood stream.
	र्वस स्ट्राट्स स	Malaria affects people of all age groups right from children to elderly
		people. Its incubation period is 7-30 days. Due the transmission of the
		disease by mosquito vector, its transmission rate is very fast. From this
		disease, lives of thousands people have been taken away.

	T	T	T	
				Symptoms
				 Sudden onset of fever, headache, joint pain and pain on hands and feet. Shaking chills Fever may reach to 104-1060 F. if fever gets very high, patient will stop trembling/shaking. Sweating and after sweating fever will decrease. Sudden rise in fever after few hours of fever decrease and again start to decrease and this cycle of fever coming and going will continue. Spleenomegaly, Hepatomegaly, anemia, death if not treated in time.
				Preventive Measures
				 Avoid stagnant water around home and the pits containing stagnant water / ditch must be covered with soil. Keep drainage, ceilings and irrigation clean at home, community and neighbors. Uproot the unnecessary weeds from surrounds. If water there is stagnant water around home, spray insecticides. Use bed nets, mosquito repellants (like mosquito coils, medicines, and mosquito lights). Use wire nets in windows and doors at home. Do blood test in time for prevention.
Our Health and	6 th	35-36	HIV/AIDS	Introduction
Physical Education	· ·	33-30	шулшэ	Our body has immunity against many diseases. This helps us in protecting from many kinds of diseases. The appearance of symptoms of many kinds of diseases due to the weakening of body's immune system is known as AIDS. In other words, AIDS is not a disease. It is a condition occurring due to the weakening of body's immunity against diseases. After HIV enters inside body, it causes AIDS. This virus destroys the body's immune system. On blood test, if the test is positive for HIV, then it's diagnosed to be infected with HIV. HIV/AIDS has been a pandemic. Its infection has been alarming and increasing very fast. AIDS can not be cured and HIV infected person die.

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This disease appeared for the first time in 1981 in USA. It was seen among 4 people for the first time. In Nepal also, the number of HIV-infected persons is increasing day by day. Researches have shown that people living with HIV/AIDS (PLWHA) are more than 30,000 in Nepal as of 2000 December. In the world, there are 30 million PLWHA of whom 20.2 million death cases have been reported.

Stages of HIV/AIDS

HIV infected persons undergo following 3 stages:

1st Stage

This stage is a window period. This stage is also called a carrier stage. During this stage, HIV-infected persons look healthy but they will be HIV positive on blood test. They can live for 10-15 years.

2nd Stage

This is the stage of HIV-infected stage. This stage is also called carrier stage. During this stage, but they will be HIV-positive on blood test.

3rd Stage

This is the stage where HIV/AIDS is fully developed or established. During this stage, patients show symptoms of many diseases and they may not live longer than 2-3 years.

Another disease which is related to HIV/AIDS is called sexually transmitted disease. It's abbreviated as STD. Syphilis and gonorrhea are two major types of STDs. This disease affects reproductive/genital organs of male and female and gets transmitted through sexual contact with infected persons. This disease can be cured with treatment. If left untreated or if infected persons practice unsafe sex, then, there will be high chances of contracting HIV/AIDS.

Mode of Transmission

HIV/AIDS viruses are present in blood and genital secretions of people living with HIV/AIDS. Sexual intercourse with infected persons or blood transfusion, organ transplantation from such infected persons leads to HIV/AIDS transmission. HIV/AIDS is also transmitted through the use of needle or syringe or skin piercing instruments that have already been used by other people without sterilizing. Also, HIV

<u> </u>	T			is transmitted from ITIV infected mother to her hely.
				is transmitted from HIV-infected mother to her baby.
				Symptoms of AIDS
				1. Weight loss by more than 10 % of body weight.
				2. Fever for more than one month
				3. Diarrhoea for more than one month
				4. If an HIV-infected person gets any disease, it won't be cured
				fast.
				Preventive Measures
				Safer sexual practice
				While blood transfusion or organ transplantation always do blood test before receiving them.
				3. Syringe/needle or skin piercing instruments that have been
				used by other people must be used only after sterilization.
				4. Better not to give birth to a baby by HIV-positive mother.
Our Health and	6 th	38-39	Injury	Prevention is also called safety. Prevention is one of the different
Physical	2		Prevention	measures to protect from different accidents. Nowadays, in urban areas,
Education				if we don't become a bit careful, road accidents, electric shock, fire
				burnt, occur. Similarly, in rural areas, cases like falling down from
				trees, sloppy areas, poisonous snake bite have been increasing day by
				day. Such accidents can be averted if we remain careful and conscious
				about them. We must be careful at home, streets, school and
				playgrounds.
				At Home
				Keep sharp objects like knives, chisels, away from children's reach.
	·			Match box or lighter must be kept in such place where
				children may not reach.
				Lights should be put on stairs if it's dark.
				Grills on windows and railings on stairs must be kept.
				Inflammable objects should not be kept near cooking stove or
				kitchen.
				After finishing your work, things should be kept in their
				original places.
				Medicine's bottle should be labeled.
				Insecticides, medicines and kerosene oil should be kept away
				from children.
			<u>L</u>	Don't keep naked wire/non- insulated wire in house.

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	On Streets
	again an agus g
	 While walking on streets walk carefully looking around right,
ast, mer एस्ट राज्य वर्षा श्री श्री अवस्थात पूर्व श्री श्री अस्ति ।	left and front sides and always keep to the left.
Encount of a must encount of the	If you walk on roads, always walk through the foot paths.
p valuences a special filtera	Always cross roads from zebra crossings.
proportion and proportion of the portion of the	• At schools also like at home, we may fall from windows,
	stairs. Therefore, while climbing up or down in stairs, we
	must not play with friends or tease them and we must go
1 101/0	
San Market	MARKER Slowly.
oranya karan	At Schools
programme material wealthing the tentor of the processing	MARIE DE L'ARTE DE L L'ARTE DE L'ARTE DE
guri, yan saun walish sesur	140 ver be restless hiside and outside class rooms.
successes and a consistent of the solution as	Do not walk on chair, table, desk and bench.
वालोक्ष्मप्रेति, एततः । व्यापार स्थापार व्यापार व्यापार व्यापार व्यापार व्यापार व्यापार व्यापार व्यापार व्यापार	• If there are pits on play grounds, they must be filled out,
politica e per la Villa de Caria en la composição e la composição de la co	while playing always be careful and follow game's rule.
	• At schools also like at home you may fall down from
thorfoles and it was a specimental a febre to the lead.	windows, stairs. Therefore, while climbing stairs, do not play
langures of the set of the best partitions and	with friends by teasing them and go slowly.
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r et a lingua, persono, que lingua, cultura assura el refundarrado	queue/line for your turn.
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ing tourne parts. process a later of entire one of the	ade a lange
	Personal Health
Physical	D. 200. 1 10. 141
Education	Personal health means to make owns body clean and healthy. To keep
	our health in good condition healthy habit and behaviors are needed.
is nationally reach that it is supplied that it is supplied that it is a supplied that it is a supplied to the supplied that is a supplied to the supplied to	We should develop such habits since childhood and this habit lasts for
	long time and helps us to keep us healthy. Personal health includes
चनकार वर्णावन् वर्णाः सामग्रीः व वस्ताः व्यविद्वर १५ ४००० छ।	things like care of face, hair, skins, nails, teeth and gums, regular intake
esar ace especiales. Simple of the end of t	of food and water, regular rest, regular exercise, regular entertainment,
. १७०७ में है हा तहाया । १ अग्रू और प्रायक्षां स	regular sleep and use of clothes.
ignative process of contract the	
Te divoka guru ineksi kitu ineger suli kun hukut ki athergor isili kansa	Care of Face
0.2	
tradical agus se maint ag et incare se cuitairet incare se mainte	Dirty person's face looks untidy and nobody likes it. From such person
.e.c.dg tu	nose nasal discharge, eye discharge and mouth appear dirty. Not only
John Mit Start (18 18 18 18 18 18 18 18 18 18 18 18 18 1	such people are disliked by many people but also will be troubled with
gen tour of terms in a firm of the fact of the continues.	skins diseases, fungal infection, ulcer, scabies etc. To prevent them care
extend	and cleanliness of face should be done. We must wash our face daily in
Legation of the second content of the	
Section 1997 Secti	the morning and at night. While washing face, portion below the ear,

neck, nose should also be cleaned. Face must be washed with clean water. After washing face, it should be wiped with soft towel. After playing game, if we wash our face dirt and dust will be removed.

Care of Hair

If hair is dirty we may face hair problem like dandruff, lice, and it will give foul odour due to which hair become itchy and it may be wounded. Due to lice bite, disease called typhus may occur. Therefore we should take care of hair. For this, following measure should be adopted.

- Always wash your hair everyday as far as possible. If not possible do it twice a week
- After washing hair, it should be wiped with clean towel.
- Combing hair from time to time also keep hair clean and tidy
- Use hair oil from time to time
- We must use only our own comb or brushes and should be cleaned everyday.
- Caps, hair clips, rubber, thread etc should be washed from time to time

Daily Intake of Food and Water

We need food to get energy, for body development and to prevent different kinds of diseases. Only by eating nutritious food will not fulfill our body's need. They must be cleaned. Like food, water is also very essential for life. Therefore, always drink safe and pure water. For this we must pay attention following things.

- Based on house, tradition and culture meal should be taken
 3/4 times a day at proper time.
- We must not stay hungry for long time and avoid excessive food intake.
- While taking meal water should not be drunk in mid time and it should be done only 1 hour after eating.
- Avoid eating very hot and very cold food.
- Before taking meals, hand should be properly washed with clean water.
- Usually we should drink 3 glasses of water 3 times a day with total 9 glass of water.

Transaction (Associated Section)	Miles Taller	Barto Selo Greso Boros	Regular Food Intake and Water Drinking
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		pi pic secul rvr3	Before taking meals, hand should be washed properly with clean water.
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			Regular rest and sleep
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Our Health and 6 th	47-48	Substance	Smoking and Drugs
Physical	ga eg a eu sa	Abuse	M.C. Williams
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E 2013 - BILLE - UB 1121 E0151	priod Masai	distinat pyanan e	nβA +
who but his site if gove o	5 2013 1 60 Ja	ar ingga awa gir s	Use of tobacco-related substances in the form of smoke is called
	200	talli (100%) and 1800.	smoking. It includes cigarette, bidi, chewing tobacco, cigar, and kakkad
in Basis in a complete said	Callet a fire	an yan dan san	etc. People smoke due to various reasons. It affects health. Therefore,
		เหลือสารสาร	smoking should be avoided.
Early Selected or the Section	t awati s	His segler of a s	
		D14.37 137	Negative Effects of Smoking
	-1 -2 -20	etalyt was a ceerii.	1. Cough, foul breathing smell
			2. Loss of interest
र १४ छ। स्टब्स्ट इंग्लिक्ट			3. Loss of appetite and body weakness
wa the bose substitute j	1		4. Body becomes weak and death may occur due to susceptibility
g as a masw dock switch			towards many diseases.
នាចិន បទនេក បានឲ្យ និង នៅនេះ ទី១			5. Labeled as a bad person in society
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			Preventive Measures
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Vaccine Management

Infant and small children are susceptible to different kinds of diseases. When they grow up to adults, during that time also they may get different kinds of diseases. To protect them from these diseases, it is necessary to give different vaccines to infants (before one yr of age). This can prevent disease like measles, polio, TB, tetanus etc. Such vaccine services are available at hospitals, health posts, clinic etc.

Drugs, Smoking and Alcohol

Another important thing that family should pay attention is to stay away from drugs or smoking or alcohol. Due to intake of such substances, its using habit goes on increasing due to which it becomes difficult to quit them. Such substances destroy health as well as wealth and social status. Money spent on alcohol or tobacco can buy one good meal. Therefore, always stay away from such things.

Nutritious Food Management

Infants and small children may acquire many kinds of diseases. To prevent such disease, it's important to immunize baby against different diseases before reaching the age of one year. This prevents a baby from getting diseases like measles, poliomyelitis, tuberculosis, and tetanus. Such services are available at hospital, health post, clinic etc.

Family Planning

Family health is greatly affected by family size. When family size is very big, that much of attention can not be given to family management. In big family, it is difficult to provide education, nutritious diet, clothes, health services, and entertainments. Therefore, couple must give attention to family planning in time.

To make family's health good, only by single person's attempt is not possible. We should not forget that everyone's good behaviors, support, and good relationship help to make family healthy.

Our Population	6 th	29	Basic Hygiene	Environnemental Pollution
and				
Environmental Education				Garbages, defecations, drainage etc. cause water pollution. Due to
Education				water pollution, water becomes dirty. Due to this, there will be a problem of safe drinking water. Unsafe water/polluted water brings
				many kinds of diseases.
				Water Pollution
				Water gets polluted due to following activities such as bathing, washing
				clothes, washing utensils near water source. Similarly, throwing dirty
				water, urine-faeces, and drainage wastes into river pollute water.
				Throwing carcasses in river makes water polluted. Different waste
		33		products that come out from industries and chemical liquids when
				thrown haphazardly in water make it dirty. Polluting/making rivers,
				lakes, ponds, and water source dirty is called water pollution. Water
				pollution affects /destroys environment. From this, many kinds of diseases get spreaded.
				diseases get spicaded.
				Negative Effects on Health
				Urbanization, disorganized housing, industries etc are increasing day
				by day. People throw wastes coming out from such places haphazardly.
				These wastes when come in contact with water cause water pollution.
				Polluted water causes different kinds of diseases like diarrhoea,
				ascariasis, scabies, typhoid etc. Every year, many people die from such kinds of diseases.
				kinds of diseases.
				75 A75
Our Population	6 th	43	Maternal and	Earnity Planning
and	U	43	Child Health	Family Planning
Environmental			J 11001111	Family planning is one of the measures of population management.
Education				With the help of family planning, people can give birth to child
				whenever they want and limit the number of children they want. It
				helps in making a small family. Small family's children can be brought
			4.76	up properly. Small family is a happy family. In a small family, mother
				and child are safe. If there are many children in a family, it is difficult
				to fulfill their needs and family faces difficulties.
				Family planning has 2 kinds of devices: temporary and permanent.
		1 -		ranning planning has 2 kinds of devices, temporary and permanent.

at Free Charles (Co.	112 March		process podpulation Process Process	to have child anymore, also permanent family planning can be done. If
			tpressanti	permanent family planning is done, you will have no more children.
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				Low Child Mortality
al in Algoriana		Norway Open	Resolve de dominate	्रव्यास्त्रम् ।
teat la gift et al 1	10.00		nggay day chair .	Low child mortality helps in population management. If the child
317		The Art of the	Mission Barotonia	mortality becomes high, a person will think that his/her baby is unsafe.
Accept Windows	Saffy in a	a, az,	e a vit po aukon	According to the census of 2002, the child mortality rate was 61/1000.
ens live extensigate acc	elega y y	-1te	form of the	This figure is regarded ad high figure. If child mortality rate is high,
प्रता कोट कारोपीकार्य ह	lawsol . A	3 5 4 3	eer aa ybu	birth rate will also be high.
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g. Rediction (1997)	20 CO	. autoritisans	न्द्र स्टूज्याती ३०	In the old age, every parent expects care from their children. If there is
			intia e	high child mortality, the question remains unanswered is about how
				many of their children will survive. Therefore, they prefer to give
				birth to many children. Due to this reason also, population is growth is
				increasing. Therefore, we must take care of these children properly.
te analogoten hatter with		l	not hvan great	Due to this, child mortality will be reduced. likewise, by giving equal
District Annie van Die Steine	and distributed		.00 905 TR 00078	importance for both son and daughter, it will help in population
Grand Marketin No. 1 -	915. u Budil		no et baros moda	management,
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Our Population	6 th 200 a	49		Pollution Control
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Our Population and Environmental				Pollution Control Garbages which come out from house, shops, hotels and industries
Our Population and Environmental				Pollution Control Garbages which come out from house, shops, hotels and industries must be collected at specific places by digging pits. This can be later used as manure.
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Our Population and Environmental Education	6 th year 13	49 / 45 /	Basic Hygiene	Pollution Control Garbages which come out from house, shops, hotels and industries must be collected at specific places by digging pits. This can be later used as manure. Use of water is high in house, hotels, and industries. The used dirty water must not be thrown haphazardly. Excess of dirty water can be collected in one pit. Also they can be drained out. It should not be mixed with drinking water source.
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