

				<p>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.</p> <p>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.</p> <p>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.</p>
My Science, Health and Physical Education	3 <sup>rd</sup>	84	Basic Hygiene	<p><b><u>Health Message</u></b></p> <p>“Let’s clean around our house and school. Let’s always throw garbage in pits and keep our environment clean.”</p>
My Science, Health and Physical Education	3 <sup>rd</sup>	88-89	Basic Hygiene	<p><b><u>Safe Foods</u></b></p> <p>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.</p> <p>For safe food,</p> <ul style="list-style-type: none"> <li>• Green vegetables must be cooked after proper cleaning/washing.</li> <li>• Fruits must be cleaned with water properly before eating.</li> <li>• Before and after eating, hands and feet must be cleaned properly.</li> <li>• Utensils used for food storage must be clean.</li> <li>• Milk should be properly boiled before drinking.</li> <li>• Foods must be properly covered with lids.</li> </ul>
My Science, Health and Physical Education	3 <sup>rd</sup>	92	Tuberculosis	<p>When a TB patient sneezes, TB is transmitted.</p>
My Science, Health and Physical Education	3 <sup>rd</sup>	96	Tuberculosis	<p>To prevent TB, BCG vaccine must be taken and it’s taken once only.</p>

Physical Education				
My Science, Health and Physical Education	3 <sup>rd</sup>	108-109	Substance Abuse	<p><b><u>Smoking</u></b></p> <p>Use of tobacco or tobacco related substances are called smoking. Use of cigarette, beedi, wet chewing tobacco, dry chewing tobacco and other related substances known as smoking.</p> <p>Smoking is injurious to health.</p> <p>Tobacco contains a chemical substance called nicotine. Although its 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 also brings heart problems. Even if we see elder people smoking, we should not imitate such behavior. Smoking not only affects smokers but also those who are around them. Smokers have foul breathing smell, 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 smoke, you must not imitate them. You should tell them about the 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 injurious to both health and wealth.</p>
My Science, Health and Physical Education	4 <sup>th</sup>	92	Basic Hygiene	<p><b><u>Our Body</u></b></p> <p>We must always use toilet for defecation. After defecation, we must clean anus properly with soap water.</p>
My Science, Health and Physical Education	4 <sup>th</sup>	93	Health Message	<p>“Let's make habit of defecating in toilet. Let's be aware of personal hygiene.”</p>
My Science, Health and Physical Education	4 <sup>th</sup>	94	Basic Hygiene	<p><b><u>Body Organ's Cleanliness</u></b></p> <p>In our body, the most frequently used organs are hands and feet. For eating and doing works, hands are used. Due to involvement at many works, hands get dirty. If we eat with dirty hands, dirt enters inside our stomach along with food. From that we get many diseases. If the nails 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.</p> <p><b><u>Environment</u></b></p>

		97		<p>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.</p> <p>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.</p> <p><b><u>Clean Environment and Healthy Life</u></b></p> <p>When garbage/wastes are thrown haphazardly, they pollute environment. Garbage/dust which gets collected during cleaning must be collected at specific places. Garbage/wastes are of 2 types: decomposable/degradable and non-decomposable/non-degradable.</p> <p>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.</p>
		100		
My Science, Health and Physical Education	4 <sup>th</sup>	111	Tuberculosis	<p>Tuberculosis (TB) is caused by bacteria. TB is transmitted through 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.</p> <p>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.</p>
My Science, Health and Physical Education	4 <sup>th</sup>	118	Injury Prevention	<p>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.</p>

My Science, Health and Physical Education	4 <sup>th</sup>	128	Substance Abuse	<p><b><u>Smoking, Alcohol and Drugs</u></b></p> <p><b><u>Smoking</u></b></p> <p>Use of tobacco and tobacco-related substances is called smoking. Beedi, cigarette, wet chewing tobacco, dried chewing tobacco, kakkad 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.</p> <p><b><u>Alcohol</u></b></p> <p>Use of substances like jaand (local form of alcohol made from fermented rice; home brewed beer of rice), local wine, beer, vodka and rum is called alcohol. They contain a chemical substance called alcohol. Alcohol drinking affects physically, mentally and socially. Alcohol drinking affects liver, heart and brain and also social crimes like robbery, dacoits, loots and quarrel/disputes occur.</p> <p><b><u>Drugs</u></b></p> <p>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, mental and social effects.</p> <p>Children learn to smoke, drink alcohol and take drugs by imitating their friends and elders. Such substances which affect our body must not be used. Also advise other people also not to use drugs.</p>
My Science, Health and Physical Education	5 <sup>th</sup>	87	Basic Hygiene	<p><b><u>Personal Cleanliness</u></b></p> <p>Any cleanliness done in order to keep body clean and healthy is called personal cleanliness/hygiene. Due to lack of attention towards personal hygiene, we get many kinds of diseases. To make our health good, we must adopt healthy habits and behaviors by ourselves. Personal cleanliness/hygiene includes cleanliness of hair, nose, mouth, teeth, eye, ear, skin, reproductive organs etc.</p> <p><b><u>Ways of Cleaning Body's Different Organs</u></b></p>

			<p>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.</p> <p>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 defecation in the morning, we can prevent many kinds of diseases.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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</p>
--	--	--	--

				<p>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.</p> <p><b><u>Health Message</u></b></p> <p>“Let’s clean our body’s organs daily and let’s protect ourselves from diseases and help others to prevent disease.”</p> <p><b><u>Small Conversation</u></b></p> <p><b><u>Need of Environmental Cleanliness</u></b></p> <p>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.</p> <p><b><u>Solid Wastes</u></b></p> <p>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:</p> <p><b><u>1. Decomposable/Degradable Wastes</u></b></p> <p>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.</p> <p><b><u>2.Non-Decomposable/Non-Degradable Wastes</u></b></p> <p>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.</p>
--	--	--	--	--

		90		<p>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.</p>
		96		<p>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.</p>
		98-99		
My Science, Health and Physical Education	5 <sup>th</sup>	108	Tuberculosis	<p>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.</p>
My Science, Health and Physical Education	5 <sup>th</sup>	112-13	HIV/AIDS	<p>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.</p> <p>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.</p> <p>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</p>

				<p>and sympathy. Such persons should not be discriminated.</p> <p>HIV is transmitted from one person to another by the following ways:</p> <ol style="list-style-type: none"> <li>1. Unsafe sexual intercourse with HIV-infected person.</li> <li>2. Use of needle or syringe or equipments/instruments used for making tattoos that have been used by HIV-infected person.</li> <li>3. Sharing needle or syringe in groups</li> <li>4. Blood transfusion</li> <li>5. Baby born from HIV-positive mothers</li> </ol> <p>HIV/AIDS does not get transmitted by doing following activities with/by HIV -positive persons:</p> <ol style="list-style-type: none"> <li>1. Shaking hands with or playing together.</li> <li>2. Using same toilet or eating together</li> <li>3. Hugging, using same comb, soap and clothes</li> <li>4. Mosquito bite</li> <li>5. Coughing or sneezing by HIV-infected person</li> <li>6. Care of the HIV-infected persons.</li> </ol>
My Science, Health and Physical Education	5 <sup>th</sup>	114	Injury Prevention	<p>When we play, go to school, field and work at factories/industries, when we get into bus, climb tress, cross road, due to carelessness accident may occur. From accident, we get wound/injury, may break our teeth, eyes, hands and feet may be wounded. Such accidents may occur due to human carelessness. Accident may also be caused by natural calamities such as earth quake, fire, storms and heavy wind, flood and landslides etc. Such things also affect human and wealth.</p> <p>To protect oneself from accident is prevention and safety. If we work with safety accident can be prevented. Alertness or precaution taken to protect from accidents is safety. If we take precaution or apply safety measures while working, there will be less chance of accidents occurrence.</p> <p>When we cross road, we must follow traffic lights and rules. While walking on sloppy land and crossing river water, we must walk carefully. Medicines bottles should not be touched haphazardly. Similarly, while walking on slippery road, playing with fire, swimming and using sharp instruments also, we should be careful.</p>
My Science, Health and Physical Education	5 <sup>th</sup>	123	Substance Abuse	<p><b><u>Smoking</u></b></p> <p>Smoking means the use of tobacco- related substances. Smoke of such</p>



Education				<p>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:</p> <p>Chasing smoke of tobacco: e. g: cigarette, beedi, kakkad,</p> <p>Chewing tobacco by putting on gum's side. e.g: wet chewing tobacco, zarda, pan parag etc.</p> <p>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.</p> <p>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 under someone's pressure, or imitating others.</p>
My Science, Health and Physical Education		126-1 27	Substance Abuse	<p><b><u>Alcoholism and Drugs</u></b></p> <p>Alcohol and drugs are two different kinds of substance abuse. These substances make our body weak. Based on culture tradition and religious culture, different communities use different kinds of alcohol and drugs. Use of such substances not only affects a person's body's function but also their social status.</p> <p><b><u>Alcoholism</u></b></p> <p>Intake of substances like beer, wine, whisky and rum is known as alcoholism.</p> <p>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.</p> <p><b><u>Drugs</u></b></p>

				<p>Those substances which affect brain and weaken its function are called drugs. Substances like cannabis (marijuana), bhang and datura are obtained and used directly from plants. The use of such substances brings changes in a person's behavior such as depression, staring, creating unnecessary thinking etc. Regular use of such substances will result in problems like brain imbalance, insomnia etc and finally leads to metal disorder and death.</p> <p><b><u>Alcoholism and Programs Against Alcoholism</u></b></p> <p>To stay healthy physically, socially and mentally, we must never drink alcohol. We must aware family and community about its effects. For this, public awareness programs must be implemented. In our country there are many organizations and institutions that work such awareness raising programs. Many government and non-government organizations work on it.</p> <p>Although attempts have been made to prevent alcoholism from the last 25-30 years, it has not been fully controlled. For their control, all of us must avoid drinking alcohol and must create environment of not using alcohol. In our country, several places have been announced as alcohol drinking prohibited areas. They must be brought into practice much more properly.</p>
<p><b>Our Health and Physical Education</b></p>	<p>6<sup>th</sup></p>	<p>32-33</p>	<p><b>Malaria</b></p>	<p>Malaria is a disease that occurs in places where the climate is very hot and damp places (ditches). Due to its occurrence in hot/tropical climate places, and causing very high fever, this disease is called malaria fever. If an anopheles mosquito bites a malaria patient and then bites a 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 disease.</p> <p><b><u>Mode of Transmission</u></b></p> <p>Anopheles mosquito bites a malarial patient and the plasmodium parasite enters inside the host's body. When that mosquito bites another person, it transmits this parasite into that person/s blood stream. 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.</p>

				<p><b><u>Symptoms</u></b></p> <ul style="list-style-type: none"> <li>• Sudden onset of fever, headache, joint pain and pain on hands and feet.</li> <li>• Shaking chills</li> <li>• Fever may reach to 104-1060 F. if fever gets very high, patient will stop trembling/shaking.</li> <li>• Sweating and after sweating fever will decrease.</li> <li>• 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.</li> <li>• Splenomegaly, Hepatomegaly, anemia, death if not treated in time.</li> </ul> <p><b><u>Preventive Measures</u></b></p> <ol style="list-style-type: none"> <li>1. Avoid stagnant water around home and the pits containing stagnant water / ditch must be covered with soil.</li> <li>2. Keep drainage, ceilings and irrigation clean at home, community and neighbors.</li> <li>3. Uproot the unnecessary weeds from surrounds.</li> <li>4. If water there is stagnant water around home, spray insecticides.</li> <li>5. Use bed nets, mosquito repellants (like mosquito coils, medicines, and mosquito lights).</li> <li>6. Use wire nets in windows and doors at home.</li> <li>7. Do blood test in time for prevention.</li> </ol>
Our Health and Physical Education	6 <sup>th</sup>	35-36	HIV/AIDS	<p><b><u>Introduction</u></b></p> <p>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.</p> <p>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.</p>

				<p>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.</p> <p><b><u>Stages of HIV/AIDS</u></b></p> <p>HIV infected persons undergo following 3 stages:</p> <p><b><u>1<sup>st</sup> Stage</u></b></p> <p>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.</p> <p><b><u>2<sup>nd</sup> Stage</u></b></p> <p>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.</p> <p><b><u>3<sup>rd</sup> Stage</u></b></p> <p>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.</p> <p>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.</p> <p><b><u>Mode of Transmission</u></b></p> <p>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</p>
--	--	--	--	--

				<p>is transmitted from HIV-infected mother to her baby.</p> <p><b><u>Symptoms of AIDS</u></b></p> <ol style="list-style-type: none"> <li>1. Weight loss by more than 10 % of body weight.</li> <li>2. Fever for more than one month</li> <li>3. Diarrhoea for more than one month</li> <li>4. If an HIV-infected person gets any disease, it won't be cured fast.</li> </ol> <p><b><u>Preventive Measures</u></b></p> <ol style="list-style-type: none"> <li>1. Safer sexual practice</li> <li>2. While blood transfusion or organ transplantation always do blood test before receiving them.</li> <li>3. Syringe/needle or skin piercing instruments that have been used by other people must be used only after sterilization.</li> <li>4. Better not to give birth to a baby by HIV-positive mother.</li> </ol>
Our Health and Physical Education	6 <sup>th</sup>	38-39	Injury Prevention	<p>Prevention is also called safety. Prevention is one of the different measures to protect from different accidents. Nowadays, in urban areas, 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.</p> <p><b><u>At Home</u></b></p> <ul style="list-style-type: none"> <li>• Keep sharp objects like knives, chisels, away from children's reach.</li> <li>• Match box or lighter must be kept in such place where children may not reach.</li> <li>• Lights should be put on stairs if it's dark.</li> <li>• Grills on windows and railings on stairs must be kept.</li> <li>• Inflammable objects should not be kept near cooking stove or kitchen.</li> <li>• After finishing your work, things should be kept in their original places.</li> <li>• Medicine's bottle should be labeled.</li> <li>• Insecticides, medicines and kerosene oil should be kept away from children.</li> <li>• Don't keep naked wire/non- insulated wire in house.</li> </ul>

				<p><b><u>On Streets</u></b></p> <ul style="list-style-type: none"> <li>• While walking on streets walk carefully looking around right, left and front sides and always keep to the left.</li> <li>• If you walk on roads, always walk through the foot paths.</li> <li>• Always cross roads from zebra crossings.</li> <li>• 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 slowly.</li> </ul> <p><b><u>At Schools</u></b></p> <ul style="list-style-type: none"> <li>• Never be restless inside and outside class rooms.</li> <li>• Do not walk on chair, table, desk and bench.</li> <li>• If there are pits on play grounds, they must be filled out, while playing always be careful and follow game's rule.</li> <li>• At schools also like at home you may fall down from windows, stairs. Therefore, while climbing stairs, do not play with friends by teasing them and go slowly.</li> <li>• Do not rush while leaving classrooms and always stand in a queue/line for your turn.</li> <li>• Don't swim unless you know how to swim well. Although you swim well, don't swim when you are tired.</li> </ul>
Our Health and Physical Education	6 <sup>th</sup>	43-46	Basic Hygiene	<p><b><u>Personal Health</u></b></p> <p>Personal health means to make owns body clean and healthy. To keep our health in good condition healthy habit and behaviors are needed. We should develop such habits since childhood and this habit lasts for long time and helps us to keep us healthy. Personal health includes things like care of face, hair, skins, nails, teeth and gums, regular intake of food and water, regular rest, regular exercise, regular entertainment, regular sleep and use of clothes.</p> <p><b><u>Care of Face</u></b></p> <p>Dirty person's face looks untidy and nobody likes it. From such person nose nasal discharge, eye discharge and mouth appear dirty. Not only such people are disliked by many people but also will be troubled with skins diseases, fungal infection, ulcer, scabies etc. To prevent them care and cleanliness of face should be done. We must wash our face daily in the morning and at night. While washing face, portion below the ear,</p>

				<p>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.</p> <p><b><u>Care of Hair</u></b></p> <p>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.</p> <ul style="list-style-type: none"> <li>• Always wash your hair everyday as far as possible. If not possible do it twice a week</li> <li>• After washing hair, it should be wiped with clean towel.</li> <li>• Combing hair from time to time also keep hair clean and tidy</li> <li>• Use hair oil from time to time</li> <li>• We must use only our own comb or brushes and should be cleaned everyday.</li> <li>• Caps, hair clips, rubber, thread etc should be washed from time to time</li> </ul> <p><b><u>Daily Intake of Food and Water</u></b></p> <p>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.</p> <ul style="list-style-type: none"> <li>• Based on house, tradition and culture meal should be taken 3/4 times a day at proper time.</li> <li>• We must not stay hungry for long time and avoid excessive food intake.</li> <li>• While taking meal water should not be drunk in mid time and it should be done only 1 hour after eating.</li> <li>• Avoid eating very hot and very cold food.</li> <li>• Before taking meals, hand should be properly washed with clean water.</li> <li>• Usually we should drink 3 glasses of water 3 times a day with total 9 glass of water.</li> </ul>
--	--	--	--	--

				<p><b><u>Regular Food Intake and Water Drinking</u></b></p> <p>Before taking meals, hand should be washed properly with clean water.</p> <p><b><u>Regular rest and sleep</u></b></p> <p><b><u>Regular exercise</u></b></p>
Our Health and Physical Education	6 <sup>th</sup>	47-48	Substance Abuse	<p><b><u>Smoking and Drugs</u></b></p> <p><b><u>Introduction</u></b></p> <p>Use of tobacco-related substances in the form of smoke is called smoking. It includes cigarette, bidi, chewing tobacco, cigar, and kakkad etc. People smoke due to various reasons. It affects health. Therefore, smoking should be avoided.</p> <p><b><u>Negative Effects of Smoking</u></b></p> <ol style="list-style-type: none"> <li>1. Cough, foul breathing smell</li> <li>2. Loss of interest</li> <li>3. Loss of appetite and body weakness</li> <li>4. Body becomes weak and death may occur due to susceptibility towards many diseases.</li> <li>5. Labeled as a bad person in society</li> </ol> <p><b><u>Preventive Measures</u></b></p> <ol style="list-style-type: none"> <li>1. Avoid friends who smoke.</li> <li>2. If any member in your family smokes, inform them about the negative health impacts of smoking and encourage them to quit smoking.</li> <li>3. Make public place a non-smoking area with the help of community.</li> <li>4. Government should ban the advertisement of tobacco-related substances through media.</li> </ol> <p><b><u>Drugs</u></b></p> <p><b><u>Negative Effects of Drugs</u></b></p>



				<ol style="list-style-type: none"> <li>1. Loss of memory power</li> <li>2. Loss of hunger , body weakness</li> <li>3. Disease susceptibility</li> <li>4. Death if taken for longer time</li> <li>5. Socially isolated</li> </ol> <p><b><u>Preventive Measures</u></b></p> <ol style="list-style-type: none"> <li>1. Public awareness about the negative effects of drugs.</li> <li>2. Aware family/community members to avoid taking drugs.</li> <li>3. Keep strict inspection on illegal drug abuse.</li> <li>4. Spend leisure time on sports and entertainment programs.</li> <li>5. Strict enforcement of drug-related laws</li> </ol>
Our Health and Physical Education	6 <sup>th</sup>	50 -52	Maternal and Child Health	<p><b><u>Family Health</u></b></p> <p><b><u>Introduction</u></b></p> <p>Like personal health, community health, environmental health, family health is an important component of health education. Personal health includes cleanliness of person’s eye, nose, ear, skin etc and environmental health includes cleanliness of house, yard, schools, rural-urban etc. Family health includes things like what should be done to make family’s health good or what factors affect family health.</p> <p>A family becomes healthy if all the family members are healthy. Even if a single person in a family gets sick, everybody feels sad. And if any one of our family members suffers from a chronic disease or mental disease or big accidents, then we all have to bear great loss.</p> <p>Within a family there may be a new born baby, pregnant woman, and elderly people. For making their health good, all family members should pay attention. To make family healthy, attention should be paid to different things. Cleanliness, immunization management, nutritious diet management, staying away from using drugs and tobacco, injury prevention, family planning etc are things related to family health. Here, we will study some important things only.</p> <p><b><u>Cleanliness</u></b></p> <p>To be a healthy family, everyone should pay attention to personal hygiene. Regular bathing, regular cleaning of nails, eyes, skin, ears prevent us from different kinds of diseases. If house, yards, toilets are dirty, many different kinds of communicable diseases occur.</p>

				<p><b><u>Vaccine Management</u></b></p> <p>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.</p> <p><b><u>Drugs, Smoking and Alcohol</u></b></p> <p>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.</p> <p><b><u>Nutritious Food Management</u></b></p> <p>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.</p> <p><b><u>Family Planning</u></b></p> <p>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.</p> <p>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.</p>
--	--	--	--	--



				<p>Temporary family planning is done only for shorter periods. One can give birth to a baby when she likes. To keep birth spacing is very good. For this, temporary devices must be used. If 2 or more than 2 children are born, permanent devices can be used. Similarly, if you don't want to have child anymore, also permanent family planning can be done. If permanent family planning is done, you will have no more children.</p> <p><b><u>Low Child Mortality</u></b></p> <p>Low child mortality helps in population management. If the child mortality becomes high, a person will think that his/her baby is unsafe. According to the census of 2002, the child mortality rate was 61/1000. This figure is regarded as high figure. If child mortality rate is high, birth rate will also be high.</p> <p>In the old age, every parent expects care from their children. If there is 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 growth is increasing. Therefore, we must take care of these children properly. Due to this, child mortality will be reduced. Likewise, by giving equal importance for both son and daughter, it will help in population management,</p>
Our Population and Environmental Education	6 <sup>th</sup>	49	Basic Hygiene	<p><b><u>Pollution Control</u></b></p> <p>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.</p> <p>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.</p> <p><b><u>Environmental Cleanliness</u></b></p> <p>Keeping an environment clean and healthy is called environmental cleanliness. Wastes collected from village, community, neighborhood etc must not be thrown haphazardly around our surroundings. Throwing wastes make environment polluted. A proper plan must be made for throwing garbages. Such wastes can be collected in a pit. This makes environment always clean and healthy. Do not defecate</p>