		50		haphazardly. For this toilets must be managed.
Our Population and Environmental Education	6 th	58-59	Sexually Transmitted Infections	Diseases that are transmitted through sexual intercourse are called sexually transmitted infections (STIs). There are many kinds of STIs. Among them, HIV/AIDS is more risky and dangerous. Here will we will study briefly about syphilis and gonorrhoea. Syphilis Syphilis is caused by Treponema Palladium bacteria. It is transmitted through sexual contact, blood transfusion and from infected mother to her fetus during pregnancy. Symptoms of the disease are as follows: • At the tip of penis or vagina, warts like painless ulcers are seen which is called chancre.
				 Such ulcers disappeared within 4-6 weeks and slowly yellowish/reddish rashes on genital organs, fever, sore throat, headache, indigestion, body weight loss, alopecia appeared. In the final stage, problems may occur in heart, eyes and brain.
				Gonorrhoea Gonorrhoea is cased by Gonococus of neisser. It affects reproductive organs, ureter, anus, throat, uterus etc. It is sexually transmitted and also by using clothes that have been used by gonorrhea-infected persons. Following symptoms are seen in this disease.
				 Frequent urination and pain on urination Pus like yellowish/white discharge coming out from ureter. Inflammation of reproductive organs and urethra. red scar/spot around reproductive organs Red patches seen around the reproductive organs May bring infertility in female
				Preventive Measures of STI 1. Sexual relationship must be limited only between husband
				and wife. 2. Make public aware of the dangers of STD.

	T	1	T .	
	N .	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	an Singapitan Ro	3. Do not use needle or clothes that have been used by infected
				people.
				4. Clean sexual organs
				5. Whoever gets disease whether husband or wife, both of them
				should undergo testing?
Was all own	1544. 41 4		A. (4.1 - A.4-), 1 (4.1)	6. If either of the couple gets infected, avoid sexual intercourse
	15 Page 152	La Ta	esa is receive Seamon	unless they get cured. If they have to, always use condom.
7 3 3 30 30 1	la esta forta.		u in 2011 1713	1
			al de le pas de sif	
	- 11	1.00		
Our Health and	7 th	21-23	Basic Hygiene	Water Source
Physical				
Education				Surface Water
Education			na evit goda	
on systems transmi			Land Control of State	Deinverter is the major source of surface water Water in rivers lakes
ENGHALT CA	1 60% T 6 1	or Caq	er of web Cons	Rainwater is the major source of surface water. Water in rivers, lakes,
				ponds etc is the surface water. Surface water must be processed before
1 24 (250) Baltino	nom a	J. 4.344	e complete or in	supplying.
		1000	n dename av slame o	194
Maria Ber say	a se fa	Arv Julia	A MALESTA	Causes of Water Pollution
i ·	1		Long Administration	14x 15x 15x 15x 15x 15x 15x 15x 15x 15x 15
1	1		consideração do como em	If the water we drink is polluted, disease like typhoid, dysentery,
				ascariasis, and diarrhoea may occur. Drinking water must be pure. The
		a systemical	ay a Reposit February	water which looks clear may not also be pure/safe for drinking. Unsafe
				water is called polluted water. Causes of water pollution are as follows:
				water is cancel portition water. Causes of water portition are as follows.
				C. C. W. C. W. A. D. H. C.
				Causes of House Water Pollution
a millionary (1910) is a	sa ay yeydir	g vis sitti	personali en 18.2a i	If tanks, drums, pots filled with water are kept open without covering
Ball commences	Markey Co.		A SA TONE CONTRACTOR	with lids/covers, dust, microorganisms, germs, houseflies, insects etc
Live brothship	gan Assault	ਹਿਲ ਹੈ ਹਨ	ar pages spelval	may enter inside it and drinking such water may cause disease.
a.			. Endotsprove redec	parsoner. Soilte
				Causes of Water Source Pollution
	27 44.4	104 FM	nde, vi Vakarannehnaheli ili otako	
4	6 - 22 6 - 1 2 3 - 1 2 - 1 1 1 1 1 1 1 1 1		respondente de la companya de la co	If water source is polluted, the water distributed from there gets
a sala a ran afrika				
** }	1		jarijary ^k endanja karenda	T
		108,888 - 2 - 5	12,1810, 311,381,7811,72	While defecating around water source, outlets, and rivers
24172 (NICVE SELECT		urusa festus Püüfiblises	1
		DEFICION A	cyffichal - gana.	
				germs/microorganisms that cause many diseases.
			ATTACAB KBARACT	• If drainage water and wastes coming out from urban areas,
				hospitals, and industries get mixed up with river water,
1963/4/90438-34038/4-607	Miller aduption	a pag 1997	e galacerano la	water becomes polluted. Similarly, buffalo wallowing,
			.5.01	hathing muching elether wrester dismosal compage dismosal
				etc in river, ponds, and lakes may pollute water.
	3-1-2-2-2	25 a 25 A	to provide a state of the	oro in 11.01, polico, and takes may politico matei.

			 Wastes disposal due to flood in rivers make water polluted. Excess of chemical minerals mixed in water sources may pollute water.
			Health Loss/Effects due to Water Pollution
			Due to human's careless activities, water sources like rivers, lakes, ponds, water outlets get polluted. Polluted water contains different kinds of germs/microorganisms, chemicals and other different dirt and drinking such water directly without boiling and filtering will also ingest such microorganisms and chemicals. The microorganisms then reach inside the body and multiply. Diseases like cholera, dysentery, influenza, cough, typhoid, jaundice etc are transmitted due to polluted water. Similarly, polluted water may contain eggs of roundworms, hook worms etc. Drinking such water leads to worm ingestion. Polluted water also contains different kinds of chemicals which cause negative effects on our health. Bathing with polluted water may cause skin and eye-related diseases. Using polluted water means to invite disease. Therefore, always drink only clean/safe water. Drinking water haphazardly from any place because of thirsty, bathing and swimming haphazardly at any places are
			injurious to health.
			Boiled water must be used for drinking. Boiling water for at least 10 minutes kill microorganisms present in water. Boiled, processed water and tested water only are regarded as safe/healthy drinking water. Water taken from haphazard places is not regarded as safe water and must not be used for drinking. Such water may cause different kinds of diseases. At home, water collecting pots must always be kept clean. These pots must be covered with lids.
Our Health and 7	^{7th} 24	Basic Hygiene	Classification of Solid Wastes
Physical Education			Things which remain after being used and meant for throwing are called wastes. Such wastes come out from kitchen, garden, rooms, sheds, fields etc. If these wastes are collected at one place, then they are known as wastes. There are different types of such wastes. Wastes can be classified as decomposable/degradable and non-decomposable/non-degradable wastes.
			1. Decomposable/Degradable Wastes
			They are also called organic wastes. Such wastes include plants, grasses, carcass, thrown foods, etc. these wastes later on get converted
Physical	yth 24	Basic Hygiene	worms etc. Drinking such water leads to worm ingestion. Pol water also contains different kinds of chemicals which cause negeffects on our health. Bathing with polluted water may cause skin eye-related diseases. Using polluted water means to invite disease. Therefore, always only clean/safe water. Drinking water haphazardly from any because of thirsty, bathing and swimming haphazardly at any place injurious to health. Boiled water must be used for drinking. Boiling water for at lea minutes kill microorganisms present in water. Boiled, processed and tested water only are regarded as safe/healthy drinking water taken from haphazard places is not regarded as safe water must not be used for drinking. Such water may cause different kindiseases. At home, water collecting pots must always be kept of these pots must be covered with lids. Classification of Solid Wastes Things which remain after being used and meant for throwing called wastes. Such wastes come out from kitchen, garden, resheds, fields etc. If these wastes are collected at one place, then are known as wastes. There are different types of such wastes. We can be classified as decomposable/degradable non-decomposable/non-degradable wastes. 1. Decomposable/Degradable Wastes They are also called organic wastes. Such wastes include p

into soil.

2. Non-Decomposable/Non-Degradable Wastes

They are also called inorganic wastes. They include plastics, glasses, metals, utensils, stones etc. Such wastes cannot be decomposed as organic materials.

Use of Toilets

A small house made for safe defecation is known as toilet. Due to use of safe toilet, environment may not get dirty or polluted. This helps in preventing different kinds of communicable diseases and gastrointestinal-related diseases. Any kinds of toilet like pit toilet, water seal toilet can be made based on types of areas (rural, urban areas), house, and availability of expenditure, and water.

Importance / Necessity of Toilet

In developing countries like ours, most of the diseases fall under communicable disease category. Such kinds of diseases are caused mainly due to polluted water, lack of cleanliness, hygiene and unsafe food. While defecating around water source, vegetable gardens, paths, yards, wells, ponds etc, disease like dysentery, round worms, diarrhoea, and typhoid get transmitted. The water gets contaminated with the microorganisms present in patient's stool/faeces or urine. And those who drink such water get the disease get the disease. Similarly, defecating haphazardly, on one hand, makes that place polluted and, on the other hand, the microorganisms present in those wastes get spread. Eating such foods cause different kinds of diseases. Therefore to prevent the environment from becoming polluted, we must keep our city, village, and ward, home clean and beautiful. Everyone must make toilets and make habits of defecating in toilets in order to prevent diseases like ascariasis, dysentery, diarrhoea and typhoid.

Environmental Loss Due to Not Using Toilets

Defecating haphazardly outside, playing grounds, rivers, make environment polluted. It pollutes water, soil and air. At dirty places, germs, flies, mosquitoes easily multiply. While raining, the germs may spread to water source and vegetable gardens . While drinking such polluted water, while eating such vegetables, microorganisms and worm's eggs are also ingested. Ingested eggs get suitable environment inside the stomach and intestine. Their number goes on increasing as a result of which stomach-related diseases occur.

		T		
				In our country many people suffer from stomach-related diseases. Many children die from diarrhoea. Usually these diseases can be controlled. Many people can prevent diseases such as ascariasis, diarrhoea, typhoid etc even only if they wash their hands with soap and water properly after defecation. Proper Management of Toilets at Home and Schools It is very important to have one clean toilet at home. Only making toilet is not enough. Water management is equally important. Without water, toilets can't be kept clean and also hands/feet can't be washed. After using toilets, water should be poured out to flush all the faeces/dirt. Similarly dirt/faeces that get stuck on pan's wall must be cleaned with water with the help of brush. It is also important/necessary to put a pair of slippers inside the toilet. By doing this, the water inside the toilet may not get outside. In toilets, defecation must not be done haphazardly. Defecation must always be done in pan.
				Toilets at school should also be used carefully. If toilets are less in number, use toilet turn by turn. If we make doors, walls, and floors of toilet dirty, toilet becomes polluted to everyone and it would be difficult to clean toilets. If everybody uses toilet properly, it would be beneficial to everyone.
Our Health and	7 th	29-30	Tuberculosis	<u>Introduction</u>
Physical				in the state of th
Education				There are many kinds of tuberculosis (TB). Among them, here we will discuss lung TB (pulmonary TB). Earlier, people used to be scared of TB as many people died from the disease. Due to the discovery of drugs, due to economical and educational progress, and development of safe habits, this disease has been decreasing in developing countries also. TB is caused by tuberculin bacteria. People who smoke or drink alcohol more and those who do not take nutritious diet as per their hard work mostly suffer from TB. Symptoms Loss of appetite, cough, weight loss, mild fever in evening time, chest pain, blood seen in sputum.
				Mode of Transmission

possible brakuletanski a a rođes (1900. rasni	Bacteria are present in sputum, clothes and beddings of TB patients.
र प्राच्या स्टब्स्ट्रांच्या एसमें पूर्वित है। राजा कार्य, वार्यों, की	This disease is transmitted through overcrowding, clothes, sputum or
greaters as a weakness where we design w	
uni gras rom so se miscross i guint dos sono tro co	
undereit und der der der der der der der der der de	Preventive Measures
s service from the first of collection are the	1. New born baby must be immunized with BCG vaccine
	within 12 months of their birth.
क्षान्य क्षात्रक होता. एक एक व्यवस्था व्यवस्था व्यवस्था व्यवस्था व्यवस्था व्यवस्था व्यवस्था व्यवस्था व्यवस्था	2. Always keep your house, room and yards clean.
provide a time in contract of pair is an emograph and	3. Avoid smoking and alcohol drinking.
and make and the control of the assumption	4. Always take balanced and a nutritious diet.
into source edit (), displayed to there to shadowing.	5. Start prompt treatment after you are diagnosed with the
Blow thought of their hotels, and a settled contacts	1992 Charle disease and take full dose of medicines.
.संशाम ३० एरे	o. 1D putient must be kept in a separate foom.
	7. While coughing, sneezing, mouths should be covered with
Listing on Street Seatons of Sections 19 Sections	
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Our Health and 7 th 37-38 HIV/AIDS	Introduction
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Physical 1 or sharmer or total of animotos so	HIV/AIDS is a condition resulting from the weakening of body's immune system due to HIV. AIDS itself is not a disease. Full form of
Physical For Sansteen of bould a surface of Bulletin Research of bound as surface of Sansteen Research	HIV/AIDS is a condition resulting from the weakening of body's immune system due to HIV. AIDS itself is not a disease. Full form of HIV is Human Immuno-deficiency Virus and AIDS is Acquired
Physical For Sansteen of bould a surface of Bulletin Research of bound as surface of Sansteen Research	HIV/AIDS is a condition resulting from the weakening of body's immune system due to HIV. AIDS itself is not a disease. Full form of HIV is Human Immuno-deficiency Virus and AIDS is Acquired Immune Deficiency Syndrome. When HIV enters inside body, it starts
Physical For Sansteen of bould a surface of Bulletin Research of bound as surface of Sansteen Research	HIV/AIDS is a condition resulting from the weakening of body's immune system due to HIV. AIDS itself is not a disease. Full form of HIV is Human Immuno-deficiency Virus and AIDS is Acquired Immune Deficiency Syndrome. When HIV enters inside body, it starts weakening body's immune system. Later on, symptom of different
Physical For Sanswers of total a surface to Education a type of the surface of th	HIV/AIDS is a condition resulting from the weakening of body's immune system due to HIV. AIDS itself is not a disease. Full form of HIV is Human Immuno-deficiency Virus and AIDS is Acquired Immune Deficiency Syndrome. When HIV enters inside body, it starts weakening body's immune system. Later on, symptom of different diseases start to appear and this condition is known as AIDS. It is a
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Physical from someway to total as summone to Education which we show to total as summone to total as the same and the same as	HIV/AIDS is a condition resulting from the weakening of body's immune system due to HIV. AIDS itself is not a disease. Full form of HIV is Human Immuno-deficiency Virus and AIDS is Acquired Immune Deficiency Syndrome. When HIV enters inside body, it starts weakening body's immune system. Later on, symptom of different diseases start to appear and this condition is known as AIDS. It is a fatal disease and there are no drugs that can cure AIDS.
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Physical 1 for converse or total as aumorous to Education 1 What conjuncts are specification as a specification of the specification of	HIV/AIDS is a condition resulting from the weakening of body's immune system due to HIV. AIDS itself is not a disease. Full form of HIV is Human Immuno-deficiency Virus and AIDS is Acquired Immune Deficiency Syndrome. When HIV enters inside body, it starts weakening body's immune system. Later on, symptom of different diseases start to appear and this condition is known as AIDS. It is a fatal disease and there are no drugs that can cure AIDS. The first case of AIDS was detected in 1981 in USA. In Nepal, this virus was detected in 1988 among four people. As of December 31, the number of HIV infected person reached 2131. Till date, there have been 149 deaths from AIDS. This figure is limited only to those who willingly underwent blood test, but the actual number of people living
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Physical from Sanways of total a, sumoose to Education which one who is at the construction of the constru	HIV/AIDS is a condition resulting from the weakening of body's immune system due to HIV. AIDS itself is not a disease. Full form of HIV is Human Immuno-deficiency Virus and AIDS is Acquired Immune Deficiency Syndrome. When HIV enters inside body, it starts weakening body's immune system. Later on, symptom of different diseases start to appear and this condition is known as AIDS. It is a fatal disease and there are no drugs that can cure AIDS. The first case of AIDS was detected in 1981 in USA. In Nepal, this virus was detected in 1988 among four people. As of December 31, the number of HIV infected person reached 2131. Till date, there have been 149 deaths from AIDS. This figure is limited only to those who willingly underwent blood test, but the actual number of people living with HIV /AIDS is estimated to be much higher. In Nepal, HIV infection is increasing day by day. There are also other diseases related to sex. They are called sexually

with infected person. This disease can be cured with drugs treatment. If STD infected person get HIV infection, its negative effect will be more compared to others.

Stages of HIV/AIDS

1st Stage

This is the window period. During this stage, HIV infection is initiated, but shows no virus on blood test. Usually this period lasts from 6 to 12 weeks.

2nd Stage

This stage is HIV infected stage and is also called carrier stage. During this stage, person looks healthy but on blood test they are found HIV positive. Such person may live upto 10-15 years.

3rd Stage

This stage is the stage of hiving developed AIDS. In this stage, symptom of different diseases appeared. People who have reached this stage may not live more than 2/3 years.

Mode of Transmission

HIV is present in blood, semen and vaginal secretion of HIV infected person. HIV/AIDS get transmitted through sexual contact with such person and receiving their blood or organs. It can also be transmitted by using needle/syringe, skin piercing instruments that have been used by other people without sterilization. Like wise, transmission is also possible from mother to her new born baby. But the disease may not get transmitted by shaking hand with infected person, using same toilet, through mosquito or flea bite to healthy person.

Symptom of AIDS

- Weight loss by more than 10 % of body weight
- Fever for greater than 1 months
- Diarrhoea for greater than 1 month
- When a person get any disease it wont be cure fast

Preventive Measures of HIV /AIDS

	T	and the same	
to the first later was a part of the first		no and a second	Always do safe sexual practices
			While receiving others people blood or organs only take them
			after testing them for HIV or not.
		#4.a.	Always use needle/syringe, skin piercing instruments and
			other equipment like blade that have been used by others
			people only by sterilization
			Its better not to give birth to a baby by HIV infected mother Always have a few any all behaviors.
Foliation was accorded by Million Street			Always keep safe sexual behaviors.
Our Health and 7 th	20	POR DERGROUPE, AND	OR JAMORE BY
Cur Housen and	39	Hepatitis B	Introduction
Physical			
Education			Hepatitis B is a dangerous communicable disease. It causes
			inflammation of liver and thus affects its function. If not treated in
and table of entire action to the letter		les Desimily	time, cancer may develop and death may occur. Therefore, hepatitis B
in and Baragon to the electric feet		rai rakus laudi uk laaka	has been regarded more dangerous and life threatening disease than
KIAL -	and the sale	em talle de la verti	AIDS. The disease is caused by hepatitis B virus.
			Symptoms
A STATE OF THE STA	5 - 40	rina yayanda.	Nausea, vomiting, loss of appetite
ent a laboration for a fill end to use g	districtings	u ser i ser i segmilik	Liver pain, liver become big due to its inflammation.
	9,787	Light State &	Eyes, skin and nails become yellow due to mixing of bile in
			blood.
		at647 c1788 f	Body weakness
			Jaundice like symptoms
approach is the Boundary of	15. 1 18. 1	estimation participation	Liver cancer or full liver damage leading to death
man (Ki, o Taisan Phanis) -	35.6 50.	apare e.g. 201	A Day Lawrence
yo kommensus tor provinc	sagno a	2001 Notes gards.	Mode of Transmission
gel noun recent of the Edit Comm	inini se	brider de et kolonigade d	enderen, p. 176
GPU in a little trade of the latest con-	14.	Makes en en en en e	Through infected blood transfusion
the of the section of the section of	and Rook	page than field good toach	Using skin piercing instrument and needle/syringe without
ylekçe entile estile ilk esten el	agti tgst v	urtifica (gl. statient N.C.)	
J16 1	a dinadi.	ou save en la ver	
			From infected mother to her baby
		7.33×.	
			Preventive Measures
20 L V 1940	ain iku ebs.	a presenting geografi	10°
		atigati nationali ar	During blood transfusion, only do it after undergoing blood
4.		e Surfresse, observante	
588, 1 July 98, 3 0 se		andro en en en en	Do not use skin piercing instrument and needle/syringe
			haphazardly.
	2.50		Avoid unsafe sexual practice/contact Avoid unsafe sexual practice Avoid not not proposed.
	Table 1	e. A fisk ist densami	Hepatitis B mother should not get pregnant.

		1		
				Infected person must be treated separately.
				Go for health check up immediately, if u suspect of this
				disease.
				Avoid smoking and alcoholism
				Take vaccines against this disease to prevent the disease.
				_
Our Health and	7 th	43-44	Injury	Safety
Physical			Prevention	
Education				To prevent from sudden accident is called safety. 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 may occur.
				Similarly, in rural areas, cases like falling down from trees, sloppy
				areas, poisonous snake bites 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, schools and playgrounds.
				The stable of th
				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 must not be kept near cooking stove or
				kitchen.
				• After finishing your work, things should be kept in their
				original places.
			1	Medicine's bottle should be labeled.
				Keep insecticides, medicines and kerosene oil away from
				children.
		·		Don't keep naked wire/non insulated wire at home.
				Don't keep haked who non insulated who at nome.
				On Streets
				On Streets
				Wilii
				While walking on streets walk carefully looking around right, The said forms of a small character and a larger than the said and the said
				left and front sides and always keep to the left while walking.
		-		If you walk on roads, always walk in the foot paths.
				Always cross roads from zebra crossings.
				While crossing road, always look right and left sides.
				If there are piercing or stepping objects on streets, you should
				remove them

			and the second of the	Do not play on mode
	ugistski kalengi. S	1.08 JC 1	resur averagibs.	Do not play on roads.
atroni, en aftheogenom.	11 347 55	paraku (ĝik	Beaution Sites on a	
			,0°	At Schools
			o transplanta (125
. p.e. 13. Ap. 148.	side of any office	an dia ani	និយា ខេត្តស ២៨៣ ប្រែង	• Never be restless inside and outside class rooms.
				Do not walk over chair, table, desk and bench.
				If there are pits on play grounds, they must be filled out, and
				while playing always be careful and follow game's rules.
				• At schools also like at home you may fall down from
3 1 (1 (CHEU/SON/S)	n was ee	Fara att	Boot aloue m	windows and stairs. Therefore, while looking out from
Books of Registra	ogs tistally	. přili	ero en collection	windows, climbing stairs, do not play with friends and go
or March 4 News GIP	A DRIBBLISH	nd fallyke,	bstarevici i raprova pos	included a slowly.
in the r olling law cash the	N. 1. 1918	ay art, 124.	, Responsa e Basica	• Do not rush while leaving classrooms and always stand in a
e water areas es	the visconia	and ode	Mise and Charles Bara	10 1/000 queue for your turn.
. ३०४ १५० पूर्व ५३	grand /	substitute	in was sila i k	• Don't swim unless you know swimming well. Although you
SUPPLE SUPPLEMENT.	ony innas.	. Lexis III.s	er in innova ari	swim well, don't swim when you are tired.
SERVICED DESTRUCTION	atta kurrinia	ersolin ye	nom to Microsoco	adus. Ve mus
Our Health and	7 th	55-56	Substance	Drugs, Alcohol and Tobacco
Physical			Abuse	58CF3 17
Education				<u>Drugs</u>
of the mains are also a	utu svedit	alandi.	at katejao yaa	100A
				Drugs are those substances when used affect brain and nerves and
s who early man		ta santana	क्रमहर्वे का अन्तर्व है	result in the weakening and excitement of body. Opium, heroine,
		-	or a Proposition	cocaine, bhang (cannabis), are drugs. Regular use of drugs negatively
	un pada 1	a. Dagada s	a surject beneath to	affects a person's as well as community health. This results to early
uzgan tel	ser a grad Mark	រ តម្លាស់ពីការ	ans awapterfeat to a	death of people. Therefore, avoid using drugs.
alone Manggalwasa	uyad asaa a	i sou me	120 gan 60 0 0 10	nisti –
			300	Alcohol
30. N. M. M. 18,508 553	Mark Street	.555 (J2can)/-	urcy gradickasti	sã7 ×
			labaras far	Jaand (local wine made from fermented rice), beer, whisky, brandy etc
	1.7	ala, ad M	aranin dilaktara dia	which are used during different festivals, ceremonies, parties,
arrit yaza be s	openski je	, bad bit.	er iksbraitbear	occasions, moments of happiness and tragedy etc for entertainment and
			unten	satisfaction is called alcohol. Their use results in negative effects on
27503.73	ia bis a la da	04.00 mos	earth Japoneus Klaisia is	health. Problems like loss of appetite, indigestion, gastritis occur. It
				affects organs like heart, liver, kidney. Alcohol is injurious to health
				and therefore, must not be taken.
			our en garse nu	Smoking
.godine sigis f	u pas est	Pagawik	esto 2000e, herrit teo	Pro-
usilhas v	an Albason in Sal	and alg KAT	a walkoo naaday	Taking tobacco or tobacco-related substances in the form of smoke is
	rational series	a Madusa III.	ASD ROWNER EVEN IN S	called smoking. It includes cigarette, beedi, chewing tobacco, cigar,
urbina Tir	whe their	in eynu	kel 20000e vara ili s Nadacing na bakkara	kakkad etc. Smoking affects blood vessels, lungs and heart. Tobacco
ALUGHA DOS LABORE				contains a chemical substance called nicotine. A person may die from
			4.6597.) j. 1	one drop of nicotine. Therefore, smoking is very much injurious to
L	J		L	

		T :		
				health.
				Use of drugs, alcohol, and tobacco impairs physical, mental and social health. Therefore, to be healthy, one should always stay away from such substances. Use of such substances also leads to waste of money. Nobody likes a person who takes drugs, alcohol or tobacco. Once you are involved in drug abuse, it's difficult to come out from there. Every time, quarrel/ disputes occur in a family. Excessive drinking alcohol or smoking leads to a loss of appetite. Therefore, body becomes weak and many diseases occur. Persons who are involved in drug abuse show following symptoms like late sleep, late wake-up, late returning to home, loss of body wt, not caring at home etc. Excessive alcohol drinking leads to blood vessels, heart, lungs and stomach-related diseases.
				Ways to Stay Away from Drugs, Alcohol and Tobacco
				 Avoid contact with drug users, smoker and drinkers. If you see anybody taking drugs or smoking, avoid keeping curiosity. Don't follow your peers and if you see them smoking or taking drugs and advise them to stop doing that. Avoid close relationship with drug users. To stay away from these bad habits, utilize your leisure time by involving in sports, cleanliness, and reading newspaper. Avoid saying following when you are at picnic or party: "I will try once only today. Later, I won't". Later on, this can become your habits.
Our Health and	7 th		Maternal and	Family Planning
Physical Education		59-61	Child Health	Family planning means determination family members, giving birth to child in limited number, use of contraceptives for birth spacing, management of health, balanced diet and education for children, search of financial sources and their good utilization. If the number of children or family size is big, it creates negative effects on parents and children's health status. If there are many children, their desires/necessities also increase. No matter how much parents earn, it has to be divided among many children and it would be difficult to manage proper education, balanced diet, health benefits etc. The condition of low income family (parents) who have many children will be even worse. To limit the number of children, there are several

ways. To decrease the number of children and for birth spacing, late marriages, delay in delivering first baby, keeping birth spacing of 3-4 years between the first and the next baby can be done. Women can use temporary family planning devices such as pills, Depo-Provera injection, nor-plant, copper T etc. woman can do laparoscopy and minilap while men can do vasectomy (permanent) and use condom (temporary).

Different kinds of temporary devices are used to delay the first baby or birth spacing. If couple needs no more children, then they can undergo permanent family planning method. In this way, if the number of children is made limited, then the mother, father, and children's health status will be good.

With less income also, family's needs can be met. When many children are born, parent's high income will also become less. If the number of children is less, it's easier to meet the requirements like children's education, health, balanced diet, clothes, amusements etc. The higher/more the number of children, higher will be their necessities. If we fail to meet family member's necessities, there won't be peace at home.

Safe Motherhood

In our country, due to maternal problems, many women die during pregnancy stage, labor stage and postnatal stage. The main reasons for this are lack of education, superstitious beliefs, lack of health facilities, lack of balanced diet etc. The discrimination towards women also very much affects woman's health.

Healthy mother gives birth to a healthy child. During pregnancy stage, health service, balanced diet, good family relationship etc greatly affect the health of mother and child. Pregnant woman must not smoke or drink and must not take any medicines without doctor's prescription. Pregnant woman must eat beans, rice, green vegetables, milk, fruits, fish, meat etc more than their normal diet. Pregnant woman must not carry and lift heavy loads, and do hard work. Always taking rest must not also be done by pregnant woman. Delivery should be done in hospitals. If there are no hospital facilities, delivery should be done with the help of skilled birth attendant. If paid attention to these things, women's health will improve as well as maternal and infant mortality rate will decrease.

Infant and Child Health Care

In our country, due to lack of education, balanced diet, lack of health services and poverty, many infants and children die. Many children may not die if we can pay attention to proper management of mother and child care, immunization against different diseases, proper balanced diet and cleanliness. To protect them from diseases like diarrhoea, dysentery, respiratory disorders, clean food, water and milk must be provided. Attention should be paid to cleanliness/hygiene around the house.

Vaccination/Immunization

In Nepal, high child mortality is due to diseases like measles, child TB, polio, hemorrhagic septicemia, whooping cough, tetanus toxiod etc. To protect infants and children from such diseases, they must be immunized. BCG vaccine prevents child from getting Tuberculosis, measles vaccine from measles and DPT from Hemorrhagic septicemia, whooping cough and tetanus toxiod. Polio drops protect from poliomyelitis.

Child Food/Diet

Food given to child greatly affects child's health. For infants, the best diet/food is mother's milk. Mother's milk contains all the essentials nutrition such as minerals and vitamins needed for children. The first thick yellow milk (colostrums) provides immunity to a child. Therefore, colostrums must be fed and must not be thrown. Breast feeding makes a child healthy and physically sound and also prevents breast cancer in mothers. Also breast feeding increases the emotional attachment between mother and the baby.

When a baby becomes the age of 3-4 months, mother's milk alone will not be sufficient. According to their body's development, along with mother's milk, additional foods must also be fed. Jaulo (very soft cooked rice: made from rice and turmeric or rice and salt), soft cooked vegetables (spinach), sarbottam pitho (super-flour porridge), cow/buffalo milk etc must be fed from time to time. This helps in physical and mental development of the child.

Preventive Measures of Child Diarrhoea

In our country, many children's lives have been taken away due to

diarrhoea. During diarrhoea many children die because	of denydration.
In children, the disease is mainly due to dirty enviro	_
food, milk, water, lack of cleanliness of kitchen, utens	_
symbolic contains are not allowed to drink li	quid substances
because they think that it will cause more diarrhoea. Du	e to this, patient
dies because of dehydration. Therefore, during of	diarrhoea, Oral
rehydration solution (ORS) must be provided in equa	al proportion of
their fluid loss. If ORS is not available, pulses soup,	fruit juice, salt,
sugar and water (made in fixed proportion) can be p	rovided. If this
primary treatment also doesn't work, then the child sho	ould be taken to
health post or hospital.	
popular projections [
Our Population 8 th 5 Basic Hygiene Population and Environment	
and having some loses of a soil of golfation hair light depoid as	
	
Safe water is needed for healthy life. Without water	
survive. Therefore, we must conserve water so	
chemicals and wastes get mixed with water source	and water gets
polluted. Safe water keeps human life healthy and	polluted water
causes different kinds of diseases. If uncontrolled hum	an activities go
on increasing, water pollution level goes on increasing	. Due to lack of
safe water, people will be compelled to drink polluted v	vater. From this,
human life will become painful.	
Food green to graphy bedy deed that that I work is a material and the same to be borned	
Effects of Human from Environmental Destruction	
and the state of the state of the sentence of	
Water pollution affects environment. Collecting urban a	and rural wastes
haphazardly and chemical substances coming out	
pollute water source. Use of polluted water causes	
diseases. For this, there can be a chance of spreading ex	-
people suffer from diseases like cholera, typhoid, dysent	
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People throw wastes haphazardly. Due to wastes, hum	
get different kinds of diseases. Due to wastes,	air, water and
surrounding place gets polluted.	
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O P1-4'				TY-1. CL-21 M 1/4 - D - 4 -
Our Population		43		High Child Mortality Rate
and				
Environmental				It's important to take proper care of children. Due to lack of
Education				knowledge, superstitious belief and culture also, the child mortality has
				been increased. Due to high mortality rate, people tend to give birth to
				more number of children. possible causes of high child mortality may
				are as follows:
				Lack of health service and facilities
				Lack of proper care of children die to lack of education and
				knowledge
				Unavailability of nutritious food.
				Child birth from immatured mother due to early marriage.
				• Engagement of females at household works during
				pregnancy and postnatal stage.
			1.	
		-		144.9
Our Population	8 th	79	Basic Hygiene	Environmental Cleanliness
and		,,	Zusie 11) greite	ANTI CAMMANIA CAMMANIA
Environmental				When population increases, use of air water and land, surrounding
Education				resources go on increasing. The number of motors, motorcycles,
Education				vehicles also increases. Wastes coming out from human dwellings
				/community pollute water and use of surroundings /places will also
				increase due to which wastes increase in surroundings. In this way, our
			. a"	environment gets polluted. To prevent wastes and pollution,
			341	environment must be cleaned in a proper way. Environmental
				cleanliness programs must be started first from our own house. In this
		15,416		way, it is important to continue/start environmental cleanliness
				program /campaign in villages, cities and districts. If we can do this,
				then only our environment will be clean and healthy. For
				environmental cleanliness following things must be paid attention:
				A state
		-		• Keep house clean.
				Proper management of household wastes.
			, 1	Conservation and improvement of water source or other
				natural sources.
			÷ .	Industrial chemicals and wastes from toilets must be thrown
				at specific places.
				• Cleanliness program must be conducted in the form of
				campaign from time to time.
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Our Health and	8 th	28-30	HIV/AIDS	<u>Introduction</u>

Education		
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HIV/AIDS is the most dangerous and risky infection that is transmitted through unsafe sexual intercourse. AIDS is caused by a retrovirus called HIV. After HIV infection, body's immune system weakens and symptoms of many opportunistic infections start to appear. Since AIDS can not be cured and death is inevitable, the disease is called fatal disease. Although, there are no drugs that can cure AIDS, ARV drugs are in use that can reduce the effects of such infections. Evidence has shown that if an HIV infected person practices proper habit, behaviors, take nutritious and balanced diet, gets good care, help and direction from friends and family, he/she may not progressed to AIDS stage even after 10-15 years of infection.

AIDS was first seen in USA in 1981. In Nepal, HIV was reported from 4 people in 1988. According to UNAIDS, as of October 2003, 60,000 people are estimated to be living with HIV/AIDS. According to government data, as of October 2003, the number of HIV-infected people was 3204. This figure includes only those who voluntarily under went for blood test. Among them, 2323 were male and 881 female. The number of AIDS cases were 701 of whom male were 491 and female 210. So far, there have been more than 150 AIDS related deaths.

AIDS has become a worldwide problem and its prevention and control has become very challenging. Due to its epidemic, millions of people in the world are estimated to be infected with HIV/AIDs. The most affected region in the world is sub-Saharan Africa where one fourth of the countries populated have been suffering from AIDS. According to UNAIDS, by the end of 2002, the number of adults and children living with HIV/AIDS were 42 million. The number of new HIV infections and AIDS-related deaths were 5 million and 3.1 million, respectively. The second largest country having people with HIV/AIDS. Due to the open border between India and Nepal, thousands of Nepalese girls are trafficked to Indian brothels. Due to unsafe sexual practices, such trafficked girls return to Nepal being HIV-infected. Similarly, thousands of people who go for labor in India get infected through unsafe sexual practices and when they return to Nepal, they transmit the disease to their wives due to which the HIV infection rate has been increasing in Nepal. UNAIDS has categorized Nepal as a country having "concentrated epidemic." if this situation goes n increasing, by 2010, AIDS will be the major killer of deaths in Nepal.

Mode of Transmission

1. Unsafe sexual intercourse with HIV infected persons

- 2. Blood transfusion
- 3. Sharing needle or syringe with HIV positive IDUs.
- 4. Use of improperly sterilized needle or syringe, blades, knives or other skin piercing equipments
- 5. A baby born from an infected mother

Stages of AIDS and Symptoms

1st Stage

Although a person is infected with HIV, on blood test, no symptoms are seen. Virus reacts with body's immune system at higher pace. This condition/stage is called window period and this period lasts for 1-3 weeks.

2nd Stage

On blood test, HIV-positive state is seen. This is a carrier stage. HIV continuously destroys body's immune system. During this stage, if an HIV-infected person gets good food, adopts safe behaviors, uses ARV drugs, and gets good care, help, support, proper direction and advice from friends and family, effects of HIV can be reduced. Although HIV infected, they look healthy. People of this stage have been seen to be living upto 10-15 years.

3rd Stage

During this stage, clinical AIDS is established. Infected persons show symptoms of many diseases. No any drugs of the disease work. Patient becomes weak and from those diseases they die within 1-2 years. AIDS doesn't have any kinds of symptoms of their own. Due to the weakening of body's immune system of HIV-infected person, they are easily susceptible to other opportunistic infections.

Symptoms

Minor Symptoms

- 1. Cough for more than one month
- 2. Inflammation of tongue root
- 3. Improper functioning of lymph glands
- 4. Ulcers inside mouth and genital organs
- 5. Red patches/spots on skin.

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at water to sixted us.	t autor by oth	រភា រ បស់ម	elyan kija elektrija ja karalisti k	Major Symptoms
		iin i east of	gar bearing above as	. 9
	15.75	es run un	Lagrany Carlo Const. Tal	1. Weight loss more than 10% of body wt
				2. Diarrhoea for more than one month
			ese uspaliturist ir	Fever for more than one month
				Preventive Measures
an energializati	Andrew State of the	, see also	windstaga e e	1. Keep Sexual intercourse only between husband and
1			t Hally Life of	_
1				2. Avoid keeping sexual relationship with other people. If
				needed, use condom consistently and correctly.
				3. Use the needle, syringe or other skin piercing
				instruments that have been used by other people only
				after proper sterilization.
of the company of the	20 - 22		Mile of the Carpetina	
			sa al'yinot ayua su	
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Distributed by the	WATER TO	1987.	osh overese ne	
			villa in	7. Use only tested blood
				ABC Preventive Measures of HIV Infection
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HILL ALL WESTER (L.)	nans ibsv	nija esamun.	iv ukodir erebir ibker	C- Correct and consistent condom use when necessary
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Our Health and	8 th	31-33	Sexually	Syphilis
Physical	.21550.05	ochudau	Transmitted	(कुक्क) देवते १ (जिल्ला)
Education			Infections	Introduction
				Syphilis is a highly contagious disease. Due to the transmission of this
				disease through sexual intercourse between male and female, the
			287	disease is called sexually transmitted disease. Syphilis occurs mostly
				among young aged male and female. Due to unsafe sexual practices of
		deliment in in	a eller byrer elle å,	young aged people, they are more vulnerable to this disease. In our
		25,81, 4, 1	va avet (kolenna elektri	country, there is stigma and discrimination about the disease.
	i i i i i i i i i i i i i i i i i i i	lagair S.	enganica e include de la	Therefore, many people try to hide this disease. Due to personal status
		Postable in		
			es a ser mendere dan en Essa kanzan en al z	also people do not treat the disease. Consequently, syphilis has
		, 1 t 1 v 1		spreaded much more widely in the country. Syphilis infected person

has a higher chance of acquiring HIV/AIDS.

Cause

Syphilis is caused by Treponema Pallidium.

Mode of Transmission

This disease is transmitted through sexual contact with syphilis-infected person (male or female) from vagina or penis of women or male respectively. Similarly, Syphilis is transmitted through blood transfusion and from infected mother to her baby.

Symptoms

Syphilis symptoms can be classified under 3 stages.

1st Stage Symptoms

After the first week of bacteria entry inside the body, small water blisters appear around male's penis and female's vagina. The skin around the blisters becomes red. Similar nature of hard blisters can also appear. Lymph glands of thigh swell. If blisters rupture, white water like materials comes out and there will be formation of ulcers. Temperature around reproductive organs as well as body temperature will be higher than the normal temperature.

2nd Stage Symptoms

Immediate treatment after the appearance of 1st symptoms may lead to the cure of the disease. But, if not, then it will undergo 2nd stage with more complications. It may take 2-3 to 5-6 months to reach this stage. During this stage, the skin around penis and vagina becomes red and looks like swollen, Red scar, blisters or ulcers may appear on face, lips, chin and cheeks. Body pain, joint pain, fever, inflammation of glands, pain due to hepatomegaly and spleenomegaly and body becomes week.

3rd Stage Symptoms

This stage may occur in between 10-12 months. During this stage, disease will be much more complicated due to which its effects are seen in body's bone, heart and even brain. During this stage, large ulcers appear on male's and female's cheeks and chin, affects blood circulation and bacteria reach to brain and leads to mental disorders.

Preventive Measures

- 1. Keep sexual relationship only between husband and wife.
- 2. Aware community about STDs through different medias.
- 3. Give education to school students about STD and its negative health impacts.
- 4. Give information about the disease from time to time to males or females who are working in tourism and transportation sectors.
- 5. Give informal education about the disease to garment factory workers.
- 6. Be more patient and have understandings towards sexual activities.
- 7. Should undergo testing and treatment without any delay if any kind of problems are seen in sexual/genital organs.
 - 8. Give attention towards personal hygiene and regular cleanliness of sexual-genital organs.

Gonorrhoea

Introduction

Gonorrhea is also a sexually transmitted disease. It is transmitted through sexual contact with gonorrhoea-infected person (male or female). It affects mostly those people who are young, who put sexual relationship in uncontrolled manners.

Because of stigma, gonorrhoea-infected persons tend not to treat the disease in time but instead transmit to others. Bacteria of this disease mainly affect ureter and hormone-secreting glands of male and female.

Cause

Gonorrhea is caused by gonococcus bacteria. These bacteria start to multiply within 8-10 days after they enter the body and cause disease.

Mode of Transmission

The disease is transmitted through sexual contact with gonorrhoea-infected male or female. During sexual intercourse, gonorrhoea bacteria pass from sexual/genital organs of the infected persons to healthy person's genital organs. The disease is contagious and may be epidemic.