

	<p>2. Behavior of HIV/AIDS person</p> <p>Even though the AIDS is a disease that could not completely cure by any drug but infectious person still could have long life if know that how to manage themselves as correct way when known that already was infected of AIDS, do not try to do harm him/herself and other; we have to make life as happy; do good activity for parents, relatives and society such as help to introduce other to avoid of infection of AIDS and on the other hand if we do not spread out of HIV to other this virus also could not spread out.</p> <p>Therefore, who infected of AIDS must recognize the real problem, concentrate, do not think a lot may this could help infected person is happy in life and the age may stays long. Make strong heart for yourself and fight with life problem by strong heart.</p> <p>3. Behavior to infected of HIV and AIDS patient</p> <p>AIDS is a transmitted disease but we could live with them by have food, use toilet, laundry, use telephone together. Therefore, if there is patient of HIV or AIDS in village or at home we have to do: take care them for food especially good food, easy digestion with high protein. Take care of body cleaning, tell them to do exercise or play sport; provide the chance for them to help work in family and society; tell them do not smoking and drink alcohol; the most important is telling them to protect themselves to go for free sex to avoid of new virus receiving.</p> <p>(Pict.) Behavior to infected of HIV and AIDS patient</p> <p>Important thing that have to do when stay together with infected of HIV and AIDS patient:</p> <ul style="list-style-type: none"> <li>- Provide helping for them</li> <li>- Encourage to them</li> <li>- Advise them</li> <li>- Do not object to them</li> </ul> <p>Question</p> <ol style="list-style-type: none"> <li>1. What is AIDS?</li> <li>2. How does the infected of HIV/AIDS patient have to do?</li> <li>3. How should we do with infected of HIV/AIDS patient?</li> </ol>
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## Bangladesh

Subject	Grade	Descriptions
Science	3rd	<p>The houses and schools makes dirty because of unhygienic practices. We can be free from diseases to practice good hygienic behaviour. Therefore, we should memorize the way to clean our houses, schools, and class rooms.</p> <p>Sanitary latrine is good for health. We may know how to make and use a sanitary latrine. The latrine should not be set up in the bank of pond, canal, and river. It's very important to wash the hands with soap, mud, or ash after defecation.</p> <p>We should avoid unsafe water and unsafe food for our health.</p> <p>We can save ourselves from diseases following the below rules:</p> <ul style="list-style-type: none"> <li>- Properly hand washing before having meal,</li> <li>- Covered the food always because flies can sit on the food,</li> <li>- Keep clean the cooking and eating places always, and</li> </ul> <p>Clean your teeth, eyes, ears, and nails regularly</p>
English	3rd	<p>Oral hygiene. "Brush, brush, brush your teeth, brush them every day (a rhyme).</p>
Islamic Studies	3rd	<p>Allah loves them who keep them always neat and clean. Sometimes using unclean cloths feels discomfort which can make also diseases.</p> <p>We have to wash and clean some parts of our body before pray to Allah. Following these Islamic rules we can keep clean ourselves and become free from diseases.</p>
Science	4th	<p>Mosquito is a dangerous insect for human. It lives and grew up in dirty ponds, dirty canals, and dirty places. They suck blood from the body. In our country, there are three types of mosquito.</p> <p>Malaria is one kind of diseases which is transmitted through mosquito bites. Bitten by a female anopheles mosquito, they spread the poison in the human body. After that people feels below symptoms:</p> <ul style="list-style-type: none"> <li>- Fever with high body temperature,</li> <li>- Whole body pain,</li> <li>- Fever comes and go, and</li> <li>- Fever goes with a lot of sweating</li> </ul> <p>To save ourselves, please be careful from mosquito. Mosquito also may cause of dengue fever. They gave eggs in dirty places. You can see mosquito kids in the dirty places. Therefore, we first destroy the places where mosquito cans grow up. Besides, always try to keep clean the drains and forests beside the home.</p> <p>There are some possibilities that some of you can get injury during coming and going to school. Somebody can cut his/her hands during cutting the mango or die inside the water because he/ she do not know swimming in the pond. Such types of injury, we should be very careful. We should inform the doctor in the serious case. For example, one of your friends cut his leg. The below activities should follow:</p> <ul style="list-style-type: none"> <li>- First confirm how much he/she cuts. If small, wash the place by detol/ savlon. If not available the detol/savlon, please use safe cold water,</li> <li>- If cutting places is bigger, then use the cloths to make stop bleeding. Keep the hand/leg little up. Then go to the nearest hospital.</li> </ul> <p>Burn injury is also a health problem in Bangladesh. If somebody burns, please wash the place with soap then use soft cloths in the burning places. Keep open the burning place always. After a primary care, please visit the doctor for proper treatment.</p> <p>Burn injury and die inside in the water is big concern for the school students. It may come accidentally. Therefore, you should learn primary care for that. You can demonstrate among your friends in the class.</p>
Social Science	5th	<p>UNICEF established in 1946. They work for mainly children. They also work for maternal health.</p> <p>World Health Organization established in 1948. They work for maternal and child health in Bangladesh</p>
Science	5th	<p>Diarrehoea is a big public health problem in Bangladesh, particularly among children. The causes of diarrehoea in Bangladesh are:</p> <ul style="list-style-type: none"> <li>- Unsafe water,</li> <li>- Unhygienic food,</li> <li>- Unclean plates and glasses, and</li> <li>- Unclean hand</li> </ul> <p>Oral saline is very important for diarrehoea patients. In addition, provide normal food to the patients. If the patients are children, continue the breastfeeding.</p> <p>Unhygienic environment spread the diseases. Mostly children affected by the hook-warms. The below causes might be for the hook-warm diseases:</p> <ul style="list-style-type: none"> <li>- Having meal without washing the hand</li> <li>- Eating the fruits and vegetables without washing them</li> <li>- Not washing the hands with soap after defecating</li> <li>- Not cutting the nails when it looks big</li> <li>- Not using sandle always</li> </ul> <p>Therefore, we should avoid above unhygienic behaviours to safe from hook-warm diseases.</p> <p>HIV/AIDS was first conformed in 1981 in USA. Acquired Immune Deficiency Syndrome (AIDS) is a very bad disease. Report from World Health</p>

		<p>Organization (WHO) showed that 164 countries have HIV/AIDS patients. It comes from a virus named HIV. People can get this disease in below causes:</p> <ul style="list-style-type: none"> <li>- It may come to child from mother</li> <li>- It may come through blood from the HIV/AIDS patients</li> <li>- It may come to child from the affected mother during breast-feeding</li> <li>- Replacement parts of the body from patients to general people</li> </ul> <p>We can know about HIV/AIDS to see the below symptoms:</p> <ul style="list-style-type: none"> <li>- Weight loss</li> <li>- Continuous fever</li> <li>- Dry cough for a long time</li> <li>- Dysentery for a long time</li> <li>- Easily get some other diseases</li> <li>- Pain in knee and other parts of body</li> <li>- Physiological stress</li> </ul> <p>There is no medicine yet for this disease. Therefore, HIV/AIDS affected people will die in certain times of their life. Following below rules might be helpful to stay safe from virus.</p> <ul style="list-style-type: none"> <li>- Before taking blood from others, please check the blood to be confirmed about HIV virus is included in the blood or not.</li> <li>- Do not use used syringe or needles</li> <li>- Do not replace the body parts from a HIV/AIDS patient</li> <li>- Stop breast-feeding from the mothers who are affected by HIV/AIDS</li> </ul>
English	6th	<p>We can be safe from diseases practicing good hygienic behaviours. We can follow below rules for our good health:</p> <ul style="list-style-type: none"> <li>- We must cut our nails every week</li> <li>- We can clean our hair properly</li> <li>- We must brush our teeth regularly</li> <li>- Wash our hands with soap before meals and after the toilet</li> <li>- Wash glass and plates properly</li> <li>- Cover our foods before or after having the meals</li> </ul>
General Science	6th	<p>We have learnt about some other dangerous diseases but we will know about HIV/AIDS today. It comes from the virus named HIV which enters the human body and reduces the resistance of the body. This situation is called AIDS. HIV patients might be affected by some other diseases. As there is no medicine yet, death is the final destiny for HIV/AIDS patients. Therefore, AIDS is called a dangerous disease. The below information shows how HIV/AIDS is transmitted to humans:</p> <ul style="list-style-type: none"> <li>- Blood collected from HIV/AIDS patients</li> <li>- Same syringes or needles used by many people</li> <li>- Breast-feeding from HIV/AIDS affected mothers to her child</li> </ul> <p>HIV/AIDS does not come through water or air. Therefore, if someone takes care of HIV/AIDS patients, talking with patients, handshake, and eating together with the patients, those behaviours do not affect non-patients. We can be safe from HIV/AIDS following religious and social norms. Every year, a lot of people are affected by HIV/AIDS and die. There is a big chance to be affected by HIV/AIDS for Bangladeshi people. Therefore, we should be very careful. We can give information to our friends and relatives as they can learn and save them from HIV/AIDS.</p>
Physical education and health	6th	<p>Our skin, eyes, mouth, teeth, ears, hands, and nails can easily be affected due to physical activities. Therefore, we should follow basic hygienic rules to keep them well. The below rules can be followed for better health:</p> <ul style="list-style-type: none"> <li>- Wash your hand before having a meal</li> <li>- Clean your teeth and mouth after eating</li> <li>- Brush your teeth after having a meal because the foods can make your teeth difficult to clean.</li> </ul> <p>In our life, an accident may come anytime. We can save ourselves following the below rules:</p>

		<ul style="list-style-type: none"> <li>- Before exercise, make warm-up your body</li> <li>- Check the field before start playing because there might be some problem in the field</li> <li>- Do not play sport for a long time. It sometimes unhealthy</li> </ul> <p>Road accident is common in Bangladesh. We should follow below rules to avoid the road accidents:</p> <ul style="list-style-type: none"> <li>- Follow the traffic rules properly</li> <li>- Always use the left side for walking in the road</li> <li>- Cross the road using Zebra-crossing. Look very carefully during cross the road.</li> <li>- Do not keep hand outside the door in the bus, train, or ferry.</li> <li>- Do not ride in the crowded transportation</li> </ul> <p>People may die by animals' bites. We should be very careful from dog bites, fox bites, and other animals' bites. Inappropriate electric cables may cause a big accident. We should be very careful from them. We need to maintain them properly. Never put wet cloths in the electric cables. Keep knives, blades, and parts of broken glass the right places. It may cause a big accident. Therefore, keep it in safe places. Primary treatment for injury;</p> <ul style="list-style-type: none"> <li>- Primary treatment physician's hand should be safe from any germ</li> <li>- Use ice in the injured place. If still bleeding, use bandage or clean clothes to stop bleeding.</li> <li>- Make lying down the patients that can help to stop bleeding</li> <li>- If any metal in the injured placed, please remove it first</li> <li>- If something inside, ask to physician to remove it</li> <li>- Use detol or antiseptics for the dressing in the injured places</li> </ul>
Home economics	6th	<p>In Bangladesh, lack of knowledge on dietary behaviours during pregnancy affect on mothers and newborn babies. Elderly people in the house thinks that, less amount of food can help during delivery of the baby. They encouraged pregnant mothers not to take some food items which contain more protein. Therefore, the neonatal comes as unhealthy and with a poor nutritional status.</p> <p>Many newborn babies in Bangladesh did not get his/her mother's first milk. Elderly people believe that it's not good for child which is totally wrong. Milk is important but they do not give any other foods additionally, like; rice, beans, vegetables, fruits, and eggs. They try to give only milk and rice paste till at the age of 2 years. Therefore, many children become blind and affect some other diseases which might be occurred deaths. All these practices come from socially. We should know the right information. However, radio, TV, and news papers can make big effort to make aware the population.</p>
Islamic studies	6th	<p>Tobacco smoking is a bad habit. Its cost money and makes unhealthy. In Islamic laws, miss-use is very bad practice. Therefore, Allah says "Who does miss-use; he is the brother of Soitan". He also said that he never likes miss-users. Tobacco smoking is not good for health. Its cost a lot of money and make people poor. It has bad smell which peoples make unhappy in the home. Tobacco smoking is similar to drink a poison. Its causes cough, pneumonia, TB, cancer, HTN etc. Therefore, people can die easily. Not only who smokes, he will attack but also other people can get smoke from his smoking. Therefore, we will not smoke and will encourage to others for not to smoke.</p> <p>Alcohol drinking is a very bad habit. It changes people mind and health. There are many kinds of alcohol like; tari, heroin, vang, marijuana, etc. It's totally haram in Islamic rules. Alcohol can causes of many diseases, like; poor nutrition, liver and kidney damage, weight loose, cough, TB, and other diseases. It can cause of death too. Alcohol consumers can become isolated from family and socially. Therefore, we will never drink and never make friend with alcohol drinker.</p>
Hindu-religious studies	6th	<p>Smoking is very bad habit. Smoking means, smoke from biri, cigarettes, tamak, churut etc. It's a one kind of addiction. Its causes diseases and people can die easily. We should avoid smoking to save our life.</p> <p>Depend on alcohol called as addiction or dependence on alcohol. Alcohol drinking cans losses health and memory. It causes a lot of health problems. Therefore, people can die early in their life. We should avoid drinking alcohol to save our life.</p>
General science	7th	<p>Everyday a lot of people come in a big city for work. In big city like Dhaka is not so organized. Therefore, there are some slums in the big city. There is a lack of water supply and drainage system. As a result, hygienic condition of big city is not good in Bangladesh.</p> <p>HIV/AIDS is a dangerous disease all over the world. Upon geographical and socio-economic reason, Bangladesh has greater risk. Therefore, we should know about AIDS. It comes from English words "Acquired Immune Deficiency Syndrome (AIDS)". The name of virus is "Human Immunodeficiency Virus (HIV)".</p> <p>H----Human-----Manus I-----Immunodeficiency----Lack of preventive diseases in the body V----Virus-----Virus</p> <p>HIV is a small virus and caused AIDS. Due to HIV/AIDS, body lost to prevent the diseases and lastly people die. Therefore, AIDS is called as the diseases of death. The AIDS can transmitted in the below ways:</p> <ul style="list-style-type: none"> <li>- Blood through AIDS patients,</li> <li>- Many people use same syringes, needles, or parts of body transplantation from AIDS patients and have chance to affected HIV/AIDS</li> <li>- Milk from HIV/AIDS positive mothers</li> </ul>

		<p>We can save ourselves from HIV/AIDS to follow the below rules:</p> <ul style="list-style-type: none"> <li>- Proper knowledge and awareness about our health</li> <li>- Proper knowledge about HIV/AIDS</li> <li>- Own rights about socially and economically</li> <li>- Be a valuable citizen for a society</li> <li>- Select a good friend and good environment in the home and society</li> </ul>
Physical education and health	7th	<p>We face some injuries during our daily life. We should follow below items to avoid injury preventions.</p> <ul style="list-style-type: none"> <li>- Before start any kinds of sports or gym, please warm-up your body first which will be very helpful for your health</li> <li>- Check the place before starting any types of sports</li> <li>- Do not try to do more exercises or sports which is not good for health</li> <li>- Do not play using knives, bleeds, and other risky stuffs</li> <li>- Do not play with fire or electric instruments</li> <li>- Be careful during crossing the road. Use Zebra-crossing in the road</li> <li>- Try to use right and clean road</li> <li>- Be careful from dogs, foxes, and other wild animals</li> <li>- Do not swim alone if you do not know properly</li> </ul>
Home economics	7th	<p>We can categories big injuries like: fire in whole body, sense-less, snake bites, broken the arm, huge bleeding, and electrical shocked. We should be very care-full from those types of accidents.</p> <p>We can face many types of injuries in our daily life. There are some small injuries like: short cut, small burn, bites from insects, and fish bones in mouth.</p>
General science	8th	<p>Tobacco use is the main cause of lung cancer, including some other cancer. Those who are close to a smoker have a chance for affected. Smoking not only bad for health but also it's a financial loss.</p>
General Science	8th	<p>Acquired Immune Deficiency Syndrome (AIDS) is one of the most dangerous diseases. It's first showed in NY and California, USA in 1981. There is no medicine for the AIDS patients. Therefore, the last destiny of AIDS patients is death.</p> <p>AIDS is the causes of Human Immunodeficiency Virus. It's a one kind of retro virus which comes into the human body and destroys the body. AIDS patients can easily affected by other disease, like: pneumonia, TB, and diarrhoea etc.</p> <p>HIV/AIDS can be spread in the below ways:</p> <ul style="list-style-type: none"> <li>- Any blood from HIV/AIDS patients</li> <li>- Used needles, syringes, and operational instruments used by the HIV/ AIDS patients</li> <li>- Transplantation any parts of the body from the HIV/AIDS patients</li> <li>- Unprotected sex</li> <li>- Breast milk from the AIDS affected mother to her child</li> </ul> <p>Symptoms for AIDS patients:</p> <ul style="list-style-type: none"> <li>- Weight loss</li> <li>- Long time (more than 2 months) fever</li> <li>- Dry cough for a long duration</li> <li>- Diarrhoea for a long time</li> <li>- Lymph gland much more bigger than usual</li> </ul> <p>The above criteria might not be able to make a confirmation about AIDS but the chance is high. To make a conformation for the HIV, test the blood.</p> <p>World situation and Bangladesh on AIDS:</p> <p>In a total 33.3 million AIDS patients in the world (UNAIDS, 2007). Everyday 11,000 people affected by HIV/AIDS. AIDS is epidemic in our neighbors countries, like: India, Myanmar, Cambodia, Indonesia, Vietnam, Nepal, and Thailand. As a result, Bangladesh is a high risk country due to neighbors' country. It's a dangerous disease. Therefore, we should save ourselves from AIDS.</p> <p>How we can save from AIDS?</p> <p>There is no medicine yet for AIDS. So, we should be very careful from this disease. We can follow the below rules to save ourselves from AIDS.</p> <ul style="list-style-type: none"> <li>- We should follow our religious and social norms</li> <li>- Before taking any blood, it should be checked that blood contains HIV or not</li> </ul>

		<ul style="list-style-type: none"> <li>- Always use new needles and syringes</li> <li>- Make all the instruments safe before to use for operation</li> <li>- Protected physical relation</li> <li>- Create big awareness in the community</li> </ul>
General Science	8th	<p>There is no well definition for alcohol addiction. Those who are highly depended on alcohol, we called them as an addictor. In our country, Gaza, Vang, Chorosh, Afim, Morphine, Heroin, Koken, and alcohol is well known but methadone, relaxine, Ram, Vodka, Whiskey is famous in the world. Why people dependent on alcohol?</p> <ul style="list-style-type: none"> <li>- From the curiosity on alcohol</li> <li>- From the addicted friends circle</li> <li>- For the new experiences</li> <li>- Easy access to get alcohol</li> <li>- Lack of moral character</li> <li>- Uses by the family and unfairness in the family</li> <li>- Jobless, financial crisis, and less interest in the life</li> <li>- Lack of awareness on health effects on alcohol</li> </ul> <p>Bad effects from alcohol  Mentally : Misbehaves with the peoples and grow up a suicide tendency  Physically: Loss of physical strength, sleeplessness, abdominal pain, avoids eating food, and psychiological weakness.  Socially: Bad imprison on life, less interest of work, family violence, and feel guilty people in the society  Economically: Loss of money, take loan from others, robbing, etc</p> <p>How we can save ourselves from substance uses?</p> <ul style="list-style-type: none"> <li>- Improve moral education</li> <li>- Provide job to work less people</li> <li>- Destroy the easy access of alcohol</li> <li>- Avoid alcohol addicted friends</li> <li>- Try to make more social awareness</li> <li>- Apply rules by the Govt.</li> </ul>
Physical education and health	8th	<p>Sometimes, our life is risky. So we should be very careful from any injury. There are some accidents in the road to get injury. We sometimes travel by launch, ferry, and boat. Sometimes it's causes accident due to overload. During flood time it's may occur easily. Therefore, if you do not know how to swim, so please do not use river to go somewhere.</p> <p>In Bangladesh, mostly people travel by bus which sometimes gets accident due to overload. Bus owner and drivers need to be award not to take more passengers in the bus. Train system in Bangladesh is not so good. There is very few train line which is not very organized. Besides, the train gets accidents during the rainy season easily. In Bangladesh, dog bites occurred sometimes. It's the cause of hydrophobia disease. It occurs due to bites from mad dog. We should be very careful from mad dogs. From fire, there might be some accident. It's very important to safe use of fire always. Never keep firing in any place without its necessary. We should visit any physician after get any injury from fire.</p>
Physical education and health	8th	<p>Keep ourselves neat and clean is very important. We should make clean our living places. If it is unhygienic, there might be causes of diseases. We should wash our body every day. Without washing the body, skin diseases may occur.</p>
Home economics	8th	<p>Malaria is transmitted through mosquito bites. Besides, mosquito bites can occur kalajor and phyleria etc. We should avoid mosquito bite to clean our surrounding home.</p>

## Nepal

Subject	Grade	Description
My Science, Health and Physical Education	1 <sup>st</sup>	<p><b><u>Cleanliness of My Body</u></b></p> <ol style="list-style-type: none"> <li>1-Clean mouth</li> <li>2-Clean nose</li> <li>3-Brush teeth</li> <li>4- Comb hair</li> <li>5- Take bath</li> <li>6-Cut nails</li> </ol> <p><b><u>Health Message</u></b></p> <p>“Let’s keep our teeth clean. Let’s prevent toothache.”</p> <p><b><u>Clean House and School</u></b></p> <ol style="list-style-type: none"> <li>1- Always clean your house and house yard.</li> <li>2- Don’t throw wastes near house haphazardly. Don’t defecate haphazardly.</li> <li>3- Don’t throw wastes around school area.</li> <li>4- Keep school area clean.</li> </ol> <p><b><u>Health Message</u></b></p> <p>“Let’s throw wastes at specific pits. Let’s keep the school clean.”</p> <p><b><u>I Am Careful</u></b></p> <ol style="list-style-type: none"> <li>1- Hands get cut in door</li> <li>2- Falling down from trees</li> <li>3- Falling down from desks</li> <li>4- Hand burn by hot objects</li> <li>5- Cut by glass pieces</li> <li>6- Electric shock</li> </ol> <p><b><u>Health Message</u></b></p> <p>“Let’s not play with fire, electricity and sharp objects. Let’s prevent injuries.”</p>
My Science, Health and Physical Education	2 <sup>nd</sup>	<p><b><u>Body Cleanliness</u></b></p> <p>Our body is made up of different organs. We must keep these organs clean. To keep our body clean, we need to do several things. We must take bath daily. After bathing, body should be wiped with clean towel. Hair should be combed with clean comb. Nail should be cut with nail cutters. Never bite nails. After taking food, always brush your teeth. While brushing your teeth, brush must be moved up and down and even inside. Face, eye and nose should be cleaned with clean water. While bathing or washing hand/feet, make sure that the slippery foam of the soap goes out.</p>
My Science, Health and Physical Education	2 <sup>nd</sup>	<p>“Before taking food/meal, let’s wash our hands with soap and water or ash and water. After eating, let’s brush our teeth. After taking sweets, let’s gargle our mouth. Let’s take regular bath. Let’s clean our eyes with clean water every morning and evening.”</p>
My Science, Health and Physical Education	2 <sup>nd</sup>	<p><b><u>House Cleaning</u></b></p> <p>Always be clean and tidy. Your study room or bed room should always be clean. Wall and ceilings of house must always be clean. Dust and dirt which get stuck on doors and windows must be wiped with clean clothes.</p> <p>House yard must always be cleaned or swept with the help of brush. Dirt, dust and garbage should be collected in a garbage box (container). Paper, plastics and solid wastes must be collected in separate boxes.</p> <p>Decomposable (organic) wastes can be collected in a pit and later on can be made compost. Plastic and solid wastes can be reused. While going to toilet, wear slippers. After using toilet, water should be poured in. After urination and defecation, hand must be washed with soap or ash water. Taps should be kept clean after you take bath, wash your hands and feet and after doing other works. There should be a proper drainage system for tap water and kitchen water.</p>
My Science, Health and Physical Education	2 <sup>nd</sup>	<p><b><u>Health Message</u></b></p> <p>“Let’s throw garbage at specific pits. Let’s clean our house and school. Let’s keep water source clean. Let’s use toilet for defecation.”</p>
My Science, Health and Physical Education	2 <sup>nd</sup>	<p><b><u>My Foods</u></b></p> <p>Vegetables should be properly cleaned before cooking. Food must be clean and fresh.</p>
My Science, Health and Physical Education	2 <sup>nd</sup>	<p><b><u>Drinking Water</u></b></p> <p>We all need water. Without water, we can’t survive. Drinking water must be safe. Clean water without germs is called safe water. We must always store water in clean pots with their lids closed.</p> <p>Water must be made safe either by boiling or filtering. Due to safe water drinking, stomach and skin also become healthy. Therefore, always make habit of drinking clean germ free water.</p>
My Science, Health and Physical Education	2 <sup>nd</sup>	<p>We live in house. It provides us safety. If we are not careful, accidents /injuries can occur inside our house also. Sometimes, it may be fatal. We daily go to school. We play and eat together with friends. Accidents may occur due to friend’s carelessness or naughty behaviors.</p>
My Science, Health and Physical Education	3 <sup>rd</sup>	<p>There are many causes of accidents. Most accidents occur while walking on streets, getting in and out of bus, using sharp objects. Accidents may also occur from other causes. Certain accidents occur due to their own carelessness.</p> <p>There is also a danger of having road accidents in urban areas. In urban areas, the number of vehicles and people is increasing day by day. We can avoid accidents by following traffic rules. If we apply safety measures, accidents can be prevented.</p> <p>In rural areas, while coming and going to school, students have to walk through forests, rivers and hill paths. If they do not walk carefully, they may fall down or may get wounded. Accidents may occur falling down from trees.</p> <p>If an accident or injury occurs, doctor or health institution must be made available immediately. To avoid further complications of the injured person, primary treatment must be done. Primary treatment means the immediate service provided to an injured person until he or she reaches to hospital or health institution. Such services can be provided by person who has primary treatment-related skills.</p> <p>Primary treatment of major injury can be done by cleaning the injury/wound with dettol (antiseptic) or clean water and bandaging it. In case of major wounds/injuries, avoid bleeding and immediately take to hospital or health institution. Through primary treatment, we can save injured person’s life. It would be useful to gain knowledge and skills regarding primary treatment.</p>
My Science, Health and Physical Education	3 <sup>rd</sup>	<p><b><u>Clean House, Neighbor and Community</u></b></p> <p>Clean house is a good house and everybody likes it. If everybody’s house is clean, its neighbor as well as community will be clean. Clean community will have clean environment. In house and community with clean environment, there is less chances of getting communicable</p>

		<p>diseases. For healthy life, healthy environment is needed.</p> <p>When we throw household wastes/garbage haphazardly, our house and community will be polluted. In stagnant water, mosquitoes and disease germs will multiply and increase. To keep house clean, wastes/garbage 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 garbage/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>	<p><b>Health Message</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>	<p><b>Safe Foods</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>	When a TB patient sneezes, TB is transmitted.
My Science, Health and Physical Education	3 <sup>rd</sup>	To prevent TB, BCG vaccine must be taken and it's taken once only.
My Science, Health and Physical Education	3 <sup>rd</sup>	<p><b>Smoking</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>	<p><b>Our Body</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>	"Let's make habit of defecating in toilet. Let's be aware of personal hygiene."
My Science, Health and Physical Education	4 <sup>th</sup>	<p><b>Body Organ's Cleanliness</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>Environment</b></p> <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>Clean Environment and Healthy Life</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. 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>
My Science, Health and Physical Education	4 <sup>th</sup>	<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>	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.
My Science, Health and Physical Education	4 <sup>th</sup>	<p><b>Smoking, Alcohol and Drugs</b></p> <p><b>Smoking</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>Alcohol</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>Drugs</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>	<p><b>Personal Cleanliness</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>Ways of Cleaning Body's Different Organs</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 time 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 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>Health Message</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>Small Conversation</b></p> <p><b>Need of Environmental Cleanliness</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>Solid Wastes</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>1. <b>Decomposable/Degradable Wastes</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 tum into soil.</p> <p>2. <b>Non-Decomposable/Non-Degradable Wastes</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> <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> <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>
My Science, Health and Physical Education	5 <sup>th</sup>	<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</p>

		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 <sup>th</sup>	<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 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>	<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>	<p><b><u>Smoking</u></b></p> <p>Smoking means the use of tobacco- related substances. Smoke of such 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		<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>
Our Health and Physical Education	6 <sup>th</sup>	<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 to the transmission of the disease by mosquito vector, its transmission rate is very fast. From this disease, lives of thousands of 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 104-106° 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 surroundings.</li> <li>4. If water there is stagnant water around home, spray insecticides.</li> <li>5. Use bed nets, mosquito repellents (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>	<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 persons 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 gonorrhoea 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 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>	<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>	<p><b><u>Personal Health</u></b></p> <p>Personal health means to make own's 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, 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>	<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	<p>6<sup>th</sup></p> <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. 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. 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>

Our Population and Environmental Education	6 <sup>th</sup>	<p><b><u>Environmental Pollution</u></b> Garbages, defecations, drainage etc. cause water pollution. Due to 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.</p> <p><b><u>Water Pollution</u></b> 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 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.</p> <p><b><u>Negative Effects on Health</u></b> 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.</p>
Our Population and Environmental Education	6 <sup>th</sup>	<p><b><u>Family Planning</u></b> Family planning is one of the measures of population management. 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 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.</p> <p>Family planning has 2 kinds of devices: temporary and permanent. 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> 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 is 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>	<p><b><u>Pollution Control</u></b> 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> 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 haphazardly. For this toilets must be managed.</p>
Our Population and Environmental Education	6 <sup>th</sup>	<p>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 we will study briefly about syphilis and gonorrhoea.</p> <p><b><u>Syphilis</u></b> 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:</p> <ul style="list-style-type: none"> <li>• At the tip of penis or vagina, warts like painless ulcers are seen which is called chancre.</li> <li>• 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.</li> <li>• In the final stage, problems may occur in heart, eyes and brain.</li> </ul> <p><b><u>Gonorrhoea</u></b> Gonorrhoea is caused by Gonococcus 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 gonorrhoea-infected persons. Following symptoms are seen in this disease.</p> <ol style="list-style-type: none"> <li>1. Frequent urination and pain on urination</li> <li>2. Pus like yellowish/white discharge coming out from ureter.</li> <li>3. Inflammation of reproductive organs and urethra.</li> <li>4. red scar/spot around reproductive organs</li> <li>5. Red patches seen around the reproductive organs</li> <li>6. May bring infertility in female</li> </ol> <p><b><u>Preventive Measures of STI</u></b></p> <ol style="list-style-type: none"> <li>1. Sexual relationship must be limited only between husband and wife.</li> <li>2. Make public aware of the dangers of STD.</li> <li>3. Do not use needle or clothes that have been used by infected people.</li> <li>4. Clean sexual organs</li> <li>5. Whoever gets disease whether husband or wife, both of them should undergo testing?</li> </ol>

		<p>6. If either of the couple gets infected, avoid sexual intercourse unless they get cured. If they have to, always use condom.</p> <p>7. Avoid unsafe sex</p> <p>8. Disease is curable if treated promptly.</p>
Our Health and Physical Education	7 <sup>th</sup>	<p><b><u>Water Source</u></b>  <b><u>Surface Water</u></b>  Rainwater is the major source of surface water. Water in rivers, lakes, ponds etc is the surface water. Surface water must be processed before supplying.</p> <p><b><u>Causes of Water Pollution</u></b>  If the water we drink is polluted, disease like typhoid, dysentery, ascariasis, and diarrhoea may occur. Drinking water must be pure. The 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:</p> <p><b><u>Causes of House Water Pollution</u></b>  If tanks, drums, pots filled with water are kept open without covering with lids/covers, dust, microorganisms, germs, houseflies, insects etc may enter inside it and drinking such water may cause disease.</p> <p><b><u>Causes of Water Source Pollution</u></b>  If water source is polluted, the water distributed from there gets polluted. Followings are the causes of water source pollution.</p> <ul style="list-style-type: none"> <li>• While defecating around water source, outlets, and rivers ponds, water gets contaminated with faecal germs/microorganisms that cause many diseases.</li> <li>• If drainage water and wastes coming out from urban areas, hospitals, and industries get mixed up with river water, water becomes polluted. Similarly, buffalo wallowing, bathing, washing clothes, wastes disposal, carcass disposal etc in river, ponds, and lakes may pollute water.</li> <li>• Wastes disposal due to flood in rivers make water polluted.</li> <li>• Excess of chemical minerals mixed in water sources may pollute water.</li> </ul> <p><b><u>Health Loss/Effects due to Water Pollution</u></b>  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.</p> <p>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.</p> <p>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.</p>
Our Health and Physical Education	7 <sup>th</sup>	<p><b><u>Classification of Solid Wastes</u></b>  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.</p> <p><b><u>1. Decomposable/Degradable Wastes</u></b>  They are also called organic wastes. Such wastes include plants, grasses, carcass, thrown foods, etc. these wastes later on get converted into soil.</p> <p><b><u>2. Non-Decomposable/Non-Degradable Wastes</u></b>  They are also called inorganic wastes. They include plastics, glasses, metals, utensils, stones etc. Such wastes cannot be decomposed as organic materials.</p> <p><b><u>Use of Toilets</u></b>  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.</p> <p><b><u>Importance /Necessity of Toilet</u></b>  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. 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.</p> <p><b><u>Environmental Loss Due to Not Using Toilets</u></b>  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</p>

		<p>stomach and intestine. Their number goes on increasing as a result of which stomach-related diseases occur.</p> <p>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.</p> <p><b><u>Proper Management of Toilets at Home and Schools</u></b></p> <p>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.</p> <p>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.</p> <p>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.</p>
<p>Our Health and Physical Education</p>	<p>7<sup>th</sup></p>	<p><b><u>Introduction</u></b></p> <p>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.</p> <p><b><u>Symptoms</u></b></p> <p>Loss of appetite, cough, weight loss, mild fever in evening time, chest pain, blood seen in sputum.</p> <p><b><u>Mode of Transmission</u></b></p> <p>Bacteria are present in sputum, clothes and beddings of TB patients. This disease is transmitted through overcrowding, clothes, sputum or other materials being used by the patients.</p> <p><b><u>Preventive Measures</u></b></p> <ol style="list-style-type: none"> <li>1. New born baby must be immunized with BCG vaccine within 12 months of their birth.</li> <li>2. Always keep your house, room and yards clean.</li> <li>3. Avoid smoking and alcohol drinking.</li> <li>4. Always take balanced and a nutritious diet.</li> <li>5. Start prompt treatment after you are diagnosed with the disease and take full dose of medicines.</li> <li>6. TB patient must be kept in a separate room.</li> <li>7. While coughing, sneezing, mouths should be covered with handkerchiefs.</li> <li>8. Don't spit and don't throw sputum haphazardly.</li> <li>9. Sputum and nasal discharge of the TB patients must be burned or burrowed in pits.</li> </ol>
<p>Our Health and Physical Education</p>	<p>7<sup>th</sup></p>	<p><b><u>Introduction</u></b></p> <p>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.</p> <p>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.</p> <p>There are also other diseases related to sex. They are called sexually transmitted diseases. In short, they are called STD. Among STDs, syphilis and gonorrhoea are the major one. STD affects mostly genital organs of male and female and gets transmitted through sexual contact 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.</p> <p><b><u>Stages of HIV/AIDS</u></b></p> <p><b><u>1<sup>st</sup> Stage</u></b></p> <p>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.</p> <p><b><u>2<sup>nd</sup> Stage</u></b></p> <p>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.</p> <p><b><u>3<sup>rd</sup> Stage</u></b></p> <p>This stage is the stage of having developed AIDS. In this stage, symptom of different diseases appeared. People who have reached this stage may not live more than 2/3 years.</p> <p><b><u>Mode of Transmission</u></b></p> <p>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.</p> <p><b><u>Symptom of AIDS</u></b></p> <ul style="list-style-type: none"> <li>• Weight loss by more than 10 % of body weight</li> <li>• Fever for greater than 1 months</li> </ul>



		<ul style="list-style-type: none"> <li>• Diarrhoea for greater than 1 month</li> <li>• When a person get any disease it wont be cure fast</li> </ul> <p><b><u>Preventive Measures of HIV/AIDS</u></b></p> <ul style="list-style-type: none"> <li>• Always do safe sexual practices</li> <li>• While receiving others people blood or organs only take them after testing them for HIV or not</li> <li>• Always use needle/syringe , skin piercing instruments and other equipment like blade that have been used by others people only by sterilization</li> <li>• Its better not to give birth to a baby by HIV infected mother</li> <li>• Always keep safe sexual behaviors.</li> </ul>
Our Health and Physical Education	7 <sup>th</sup>	<p><b><u>Introduction</u></b> Hepatitis B is a dangerous communicable disease. It causes inflammation of liver and thus affects its function. If not treated in time, cancer may develop and death may occur. Therefore, hepatitis B has been regarded more dangerous and life threatening disease than AIDS. The disease is caused by hepatitis B virus.</p> <p><b><u>Symptoms</u></b></p> <ul style="list-style-type: none"> <li>• Nausea, vomiting, loss of appetite</li> <li>• Liver pain, liver become big due to its inflammation.</li> <li>• Eyes, skin and nails become yellow due to mixing of bile in blood.</li> <li>• Body weakness</li> <li>• Jaundice like symptoms</li> <li>• Liver cancer or full liver damage leading to death</li> </ul> <p><b><u>Mode of Transmission</u></b></p> <ul style="list-style-type: none"> <li>• Through infected blood transfusion</li> <li>• Using skin piercing instrument and needle/syringe without proper sterilization.</li> <li>• Unsafe sexual contact</li> <li>• From infected mother to her baby</li> </ul> <p><b><u>Preventive Measures</u></b></p> <ul style="list-style-type: none"> <li>• During blood transfusion, only do it after undergoing blood test.</li> <li>• Do not use skin piercing instrument and needle/syringe haphazardly.</li> <li>• Avoid unsafe sexual practice/contact</li> <li>• Hepatitis B mother should not get pregnant.</li> <li>• Infected person must be treated separately.</li> <li>• Go for health check up immediately, if u suspect of this disease.</li> <li>• Avoid smoking and alcoholism</li> <li>• Take vaccines against this disease to prevent the disease.</li> </ul>
Our Health and Physical Education	7 <sup>th</sup>	<p><b><u>Safety</u></b> 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.</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 must 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>• Keep insecticides, medicines and kerosene oil away from children.</li> <li>• Don't keep naked wire/non insulated wire at home.</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 while walking.</li> <li>• If you walk on roads, always walk in the foot paths.</li> <li>• Always cross roads from zebra crossings.</li> <li>• While crossing road, always look right and left sides.</li> <li>• If there are piercing or stepping objects on streets, you should remove them</li> <li>• Do not play on roads.</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 over chair, table, desk and bench.</li> <li>• If there are pits on play grounds, they must be filled out, and while playing always be careful and follow game's rules.</li> <li>• At schools also like at home you may fall down from windows and stairs. Therefore, while looking out from windows, climbing stairs, do not play with friends and go slowly.</li> <li>• Do not rush while leaving classrooms and always stand in a queue for your turn.</li> <li>• Don't swim unless you know swimming well. Although you swim well, don't swim when you are tired.</li> </ul>

<p>Our Health and Physical Education</p>	<p>7<sup>th</sup></p>	<p><b><u>Drugs, Alcohol and Tobacco</u></b></p> <p><b><u>Drugs</u></b></p> <p>Drugs are those substances when used affect brain and nerves and result in the weakening and excitement of body. Opium, heroine, cocaine, bhang (cannabis), are drugs. Regular use of drugs negatively affects a person's as well as community health. This results to early death of people. Therefore, avoid using drugs.</p> <p><b><u>Alcohol</u></b></p> <p>Jaand (local wine made from fermented rice), beer, whisky, brandy etc which are used during different festivals, ceremonies, parties, occasions, moments of happiness and tragedy etc for entertainment and satisfaction is called alcohol. Their use results in negative effects on 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.</p> <p><b><u>Smoking</u></b></p> <p>Taking tobacco or tobacco-related substances in the form of smoke is called smoking. It includes cigarette, beedi, chewing tobacco, cigar, kakkad etc. Smoking affects blood vessels, lungs and heart. Tobacco contains a chemical substance called nicotine. A person may die from one drop of nicotine. Therefore, smoking is very much injurious to health.</p> <p>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.</p> <p><b><u>Ways to Stay Away from Drugs, Alcohol and Tobacco</u></b></p> <ol style="list-style-type: none"> <li>1. Avoid contact with drug users, smoker and drinkers.</li> <li>2. If you see anybody taking drugs or smoking, avoid keeping curiosity.</li> <li>3. Don't follow your peers and if you see them smoking or taking drugs and advise them to stop doing that.</li> <li>4. Avoid close relationship with drug users.</li> <li>5. To stay away from these bad habits, utilize your leisure time by involving in sports, cleanliness, and reading newspaper</li> <li>6. 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.</li> </ol>
<p>Our Health and Physical Education</p>	<p>7<sup>th</sup></p>	<p><b><u>Family Planning</u></b></p> <p>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.</p> <p>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).</p> <p>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.</p> <p>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.</p> <p><b><u>Safe Motherhood</u></b></p> <p>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.</p> <p>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.</p> <p><b><u>Infant and Child Health Care</u></b></p> <p>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.</p> <p><b><u>Vaccination/Immunization</u></b></p> <p>In Nepal, high child mortality is due to diseases like measles, child TB, polio, hemorrhagic septicemia, whooping cough, tetanus toxoid 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 toxoid. Polio drops protect from poliomyelitis.</p>

		<p><b><u>Child Food/Diet</u></b></p> <p>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.</p> <p>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.</p> <p><b><u>Preventive Measures of Child Diarrhoea</u></b></p> <p>In our country, many children's lives have been taken away due to diarrhoea. During diarrhoea many children die because of dehydration. In children, the disease is mainly due to dirty environment, polluted food, milk, water, lack of cleanliness of kitchen, utensils etc. In many villages, diarrhoea patients are not allowed to drink liquid substances because they think that it will cause more diarrhoea. Due to this, patient dies because of dehydration. Therefore, during diarrhoea, Oral rehydration solution (ORS) must be provided in equal proportion of their fluid loss. If ORS is not available, pulses soup, fruit juice, salt, sugar and water (made in fixed proportion) can be provided. If this primary treatment also doesn't work, then the child should be taken to health post or hospital.</p>
Our Population and Environmental Education	8 <sup>th</sup>	<p><b><u>Population and Environment</u></b></p> <p><b><u>Water</u></b></p> <p>Safe water is needed for healthy life. Without water, people can't survive. Therefore, we must conserve water source. Industrial 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 human activities go on increasing, water pollution level goes on increasing. Due to lack of safe water, people will be compelled to drink polluted water. From this, human life will become painful.</p> <p><b><u>Effects of Human from Environmental Destruction</u></b></p> <p>Water pollution affects environment. Collecting urban and rural wastes haphazardly and chemical substances coming out from industries pollute water source. Use of polluted water causes many kinds of diseases. For this, there can be a chance of spreading epidemic. Finally people suffer from diseases like cholera, typhoid, dysentery etc.</p> <p><b><u>Effects on Environment due to Human Activities</u></b></p> <p>People throw wastes haphazardly. Due to wastes, human and animals get different kinds of diseases. Due to wastes, air, water and surrounding place gets polluted.</p>
Our Population and Environmental Education		<p><b><u>High Child Mortality Rate</u></b></p> <p>It's important to take proper care of children. Due to lack of 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 be as follows:</p> <ul style="list-style-type: none"> <li>• Lack of health service and facilities</li> <li>• Lack of proper care of children due to lack of education and knowledge</li> <li>• Unavailability of nutritious food.</li> <li>• Child birth from immatured mother due to early marriage.</li> <li>• Engagement of females at household works during pregnancy and postnatal stage.</li> </ul>
Our Population and Environmental Education	8 <sup>th</sup>	<p><b><u>Environmental Cleanliness</u></b></p> <p>When population increases, use of air water and land, surrounding resources go on increasing. The number of motors, motorcycles, 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 environment gets polluted. To prevent wastes and pollution, environment must be cleaned in a proper way. Environmental cleanliness programs must be started first from our own house. In this 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:</p> <ul style="list-style-type: none"> <li>• Keep house clean.</li> <li>• Proper management of household wastes.</li> <li>• Conservation and improvement of water source or other natural sources.</li> <li>• Industrial chemicals and wastes from toilets must be thrown at specific places.</li> <li>• Cleanliness program must be conducted in the form of campaign from time to time.</li> </ul>
Our Health and Physical Education	8 <sup>th</sup>	<p><b><u>Introduction</u></b></p> <p>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.</p> <p>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.</p> <p>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</p>

	<p>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 on increasing, by 2010, AIDS will be the major killer of deaths in Nepal.</p> <p><b><u>Mode of Transmission</u></b></p> <ol style="list-style-type: none"> <li>1. Unsafe sexual intercourse with HIV infected persons</li> <li>2. Blood transfusion</li> <li>3. Sharing needle or syringe with HIV positive IDUs.</li> <li>4. Use of improperly sterilized needle or syringe, blades, knives or other skin piercing equipments</li> <li>5. A baby born from an infected mother</li> </ol> <p><b><u>Stages of AIDS and Symptoms</u></b></p> <p><b><u>1<sup>st</sup> Stage</u></b>  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.</p> <p><b><u>2<sup>nd</sup> Stage</u></b>  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.</p> <p><b><u>3<sup>rd</sup> Stage</u></b>  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.</p> <p><b><u>Symptoms</u></b></p> <p><b><u>Minor Symptoms</u></b></p> <ol style="list-style-type: none"> <li>1. Cough for more than one month</li> <li>2. Inflammation of tongue root</li> <li>3. Improper functioning of lymph glands</li> <li>4. Ulcers inside mouth and genital organs</li> <li>5. Red patches/spots on skin.</li> </ol> <p>This condition lasts for about 1-3 weeks.</p> <p><b><u>Major Symptoms</u></b></p> <ol style="list-style-type: none"> <li>1. Weight loss more than 10% of body wt</li> <li>2. Diarrhoea for more than one month</li> <li>3. Fever for more than one month</li> </ol> <p><b><u>Preventive Measures</u></b></p> <ol style="list-style-type: none"> <li>1. Keep Sexual intercourse only between husband and wife.</li> <li>2. Avoid keeping sexual relationship with other people. If needed, use condom consistently and correctly.</li> <li>3. Use the needle, syringe or other skin piercing instruments that have been used by other people only after proper sterilization.</li> <li>4. Provide health education related to life skills.</li> <li>5. Conduct awareness programs about HIV/AIDS prevention.</li> <li>6. HIV-infected mothers should not give birth to baby. If needed, in that case, ARV drugs should be given and avoid breast feeding.</li> <li>7. Use only tested blood</li> </ol> <p><b><u>ABC Preventive Measures of HIV Infection</u></b></p> <p>A- Abstinence  B- Be faithful  C- Correct and consistent condom use when necessary</p>
Our Health and Physical Education	<p>8<sup>th</sup></p> <p><b><u>Syphilis</u></b></p> <p><b><u>Introduction</u></b>  Syphilis is a highly contagious disease. Due to the transmission of this disease through sexual intercourse between male and female, the disease is called sexually transmitted disease. Syphilis occurs mostly among young aged male and female. Due to unsafe sexual practices of young aged people, they are more vulnerable to this disease. In our country, there is stigma and discrimination about the disease. Therefore, many people try to hide this disease. Due to personal status also people do not treat the disease. Consequently, syphilis has spreaded much more widely in the country. Syphilis infected person has a higher chance of acquiring HIV/AIDS.</p> <p><b><u>Cause</u></b>  Syphilis is caused by Treponema Pallidum.</p>