

		<p><u>Mode of Transmission</u> This disease is transmitted through sexual contact with syphilis-infected person (male or female) from vagina or penis of women or male respectively. Similarly, Syphilis is transmitted through blood transfusion and from infected mother to her baby.</p> <p><u>Symptoms</u> Syphilis symptoms can be classified under 3 stages.</p> <p><u>1st Stage Symptoms</u> After the first week of bacteria entry inside the body, small water blisters appear around male's penis and female's vagina. The skin around the blisters becomes red. Similar nature of hard blisters can also appear. Lymph glands of thigh swell. If blisters rupture, white water like materials comes out and there will be formation of ulcers. Temperature around reproductive organs as well as body temperature will be higher than the normal temperature.</p> <p><u>2nd Stage Symptoms</u> Immediate treatment after the appearance of 1st symptoms may lead to the cure of the disease. But, if not, then it will undergo 2nd stage with more complications. It may take 2-3 to 5-6 months to reach this stage. During this stage, the skin around penis and vagina becomes red and looks like swollen. Red scar, blisters or ulcers may appear on face, lips, chin and cheeks. Body pain, joint pain, fever, inflammation of glands, pain due to hepatomegaly and splenomegaly and body becomes weak.</p> <p><u>3rd Stage Symptoms</u> This stage may occur in between 10-12 months. During this stage, disease will be much more complicated due to which its effects are seen in body's bone, heart and even brain. During this stage, large ulcers appear on male's and female's cheeks and chin, affects blood circulation and bacteria reach to brain and leads to mental disorders.</p> <p><u>Preventive Measures</u></p> <ol style="list-style-type: none"> 1. Keep sexual relationship only between husband and wife. 2. Aware community about STDs through different medias. 3. Give education to school students about STD and its negative health impacts. 4. Give information about the disease from time to time to males or females who are working in tourism and transportation sectors. 5. Give informal education about the disease to garment factory workers. 6. Be more patient and have understandings towards sexual activities. 7. Should undergo testing and treatment without any delay if any kind of problems are seen in sexual/genital organs. 8. Give attention towards personal hygiene and regular cleanliness of sexual-genital organs. <p><u>Gonorrhoea</u> <u>Introduction</u> Gonorrhea is also a sexually transmitted disease. It is transmitted through sexual contact with gonorrhoea-infected person (male or female). It affects mostly those people who are young, who put sexual relationship in uncontrolled manners. Because of stigma, gonorrhoea-infected persons tend not to treat the disease in time but instead transmit to others. Bacteria of this disease mainly affect ureter and hormone-secreting glands of male and female.</p> <p><u>Cause</u> Gonorrhea is caused by gonococcus bacteria. These bacteria start to multiply within 8-10 days after they enter the body and cause disease.</p> <p><u>Mode of Transmission</u> The disease is transmitted through sexual contact with gonorrhoea-infected male or female. During sexual intercourse, gonorrhoea bacteria pass from sexual/genital organs of the infected persons to healthy person's genital organs. The disease is contagious and may be epidemic.</p> <p><u>Symptoms</u> In female,</p> <ul style="list-style-type: none"> • Inflammation of vagina and urethra • Difficulty and burning sensation while passing urine <p>In male,</p> <ul style="list-style-type: none"> • Inflammation of penis • Burning sensation while passing urine • Inflammation of urethra • Difficulty in urination and inflammation of sexual glands • Frequent urination in both sexes • Light yellow, thick white colored pus like discharge on urine • This discharge may even occur while sleeping. Therefore, white scars are seen on infected person's under wears as well as clothes • Other symptoms include red spots/rashes on skin, joint pain, loss of appetite, weakness, loss of work interest, tired ness, and fever <p><u>Preventive Measures</u></p> <ul style="list-style-type: none"> • Aware students about STDs. • Aware community about preventive measures of STDs. • Give education to factory workers about STD. • Use clothes of infected persons only after proper washing. • Undergo prompt treatment as symptoms like burning sensation of sexual/genital organs, difficulty in urination, pus discharge, and inflammation appear. • Pay regular attention to personal hygiene and sexual/genital organs cleanliness. • Keep sexual relationship only between husband and wife.
Our Health and Physical Education	8 th	<p><u>Drugs, Alcohol and Tobacco</u> Drugs, alcohol and tobacco are substances that weaken or make excitement of body's different organs by directly affecting brain and other nerves. They cause negative effects on both personal health and social status.</p> <p><u>Drugs</u> Substances that bring changes in body's cell's activities are called drugs. Its use directly affects brain and nervous system. Drugs are of</p>

many types such as opium, heroine, cocaine, tranquilizers, cannabis, marijuana, LSD etc. Some drugs make body excited while others make body weak. It has more effects on lungs, heart, liver, intestine, kidneys and eyes.

Effects of Drugs

Immediate Effects

1. Foul breathing smell
2. Reddening of eyes
3. Unusual mentality
4. Nausea,
5. Excitement
6. Loss of hunger
7. Body weakness
8. Loss of memory power
9. Mental disorder
10. Heart beat increase
11. Blood pressure increase
12. Involvement at criminal activities due to unusual mental disorders
13. Susceptibility to HIV and other infections under peer pressure

Long Term Effects

1. May damage sensitive organs like brain, heart, lung, liver, intestine, kidney, eye etc.
2. Transmission of fatal diseases such as hepatitis B and HIV/AIDS due to unsafe injecting practices while taking drugs.

Preventive Measures

1. Avoid using drugs and even avoid using them under peer pressure. Avoid making friendship with such friends.
2. Strict control on illegal drugs trade.
3. Make good family relationship.
4. Involvement at activities such as sports and entertainment programs at leisure time and develop creative talents.
5. Strictly follow drugs laws
6. Create community awareness about negative effects of drugs. Provide life skills-related health education.

Alcohol

From ancient times, people have been taking alcohol as a part of social tradition and culture. They drink alcohol during gatherings, moments of happiness and sorrows, special occasions and parties etc. Alcohol drinking is not regarded as illegal because it's available in open market. There are different kinds of alcohol such as jaad, local wine, beer, whisky, rum, jin, brandy etc. The level of alcohol varies in these drinks. Alcohol drinking is injurious to health.

Effects of Alcohol

Effects of alcohol depend upon the type and dose (level) of alcohol. Following general effects are seen:

Immediate Effects

Physical imbalance, nausea, vomiting, reddening of eyes, loss of memory power, faint (unconsciousness), staggering voice, increased blood pressure, short temper, social, and crimes increase.

Long Term Effects

- Staggering mouth and gait body shivering due to excessive drinking of alcohol which affect nerves, brain and other sensitive organs
- Loss of appetite and indigestion due to its effect on digestive system.
- Gastritis, TB and other diseases due to effects on uterus.
- Damage heart, lungs, liver, kidney, impair their functions
- Affects reproductive capacity of male and female
- Declining of social status

Prevention of Alcoholism

Alcohol is not beneficial for our health. Drinking alcohol, on one hand, is waste of money and, on the other hand, it destroys health. From society also he/she gets isolated. Therefore, staying away from alcoholism is good thing. To stay away/prevent alcoholism, following measures should be adopted.

- Avoid circle of such friends who drink alcohol.
- At home, if alcoholism has been adopted as culture, such culture must be slowly changed by creating awareness about its negative effects.
- Alcohol drinking should be prohibited at public places.
- To prevent alcohol use, life skills-related health education must be given.
- Alcohol-related advertisements must be banned and extensive extension must be done regarding the negative effects on health due to alcoholism.
- Make less use of alcohol during festivals and parties.

Tobacco

Use of tobacco-related substances in the form of smoke is called smoking. There are many kinds of tobacco: for e.g. cigarette, beedi, chewing tobacco, cigar, kakkad etc. Tobacco contains chemical substances called nicotine. Use of 1 drop (60 mg) of nicotine can cause human death. It's estimated that the use of one cigarette may decrease 16-18 minutes of person's life span. A single piece of cigarette contains 1.5 to 2 mg of nicotine. While smoking, smoke reaches to lungs. Chemical and poisonous substances present in the smoke reach to body's cell and brain through blood circulation. This affects lungs, heart, arteries, brain and causes life threatening diseases like cancer. Smoking is the first step to enter into other behaviors like drug use. To smoke means to reach slowly to the mouth of death.

Effects of Smoking

		<p><u>Immediate Effects</u> Cough, foul breathing smell, headache, dizziness, nausea, chest pain, vomiting, heart increase etc.</p> <p><u>Long Term Effects</u></p> <ul style="list-style-type: none"> • Teeth, skin and fingers become yellow due to nicotine • Blood pressure increases and so does anger/temper high. • Ulcers/sores on gums and mouth and due to this, cancer may occur. • Asthma and lung cancer • Heart attack • Chance of infertility and if born chances of becoming disabled. • Also affects people who are around smokers (passive smokers) • Negative effects on family and economic condition. <p><u>Preventive Measures</u></p> <ul style="list-style-type: none"> • Avoid friendship with people who smoke. If you are forced to smoke, you must deny. • If any of your family members smokes, motivate them to stop such behavior by creating awareness about its negative effects. • Make public places smoking prohibited areas. • Spread public awareness about negative effects of tobacco and tobacco-related substances • Provide health education and motivate or encourage not to smoke.
Health, Population and Environmental Education.	9 th	<p><u>Water Pollution</u> River, rivulets, community taps, ground water, lake etc are major sources of water. Due to different human activities, water source gets polluted. Industrial wastes, chemical fertilizers and insecticides used in fields, drainage water etc when get mixed with water source, direct or indirect changes occur in water quality. Harmful substances when get mixed with water source, the general property of the water will be negatively affected and there will be change in the existing condition which is called water pollution. Likewise, due to chemical and biological pollutants, water gets polluted and can not be used for many activities which is called water pollution.</p> <p><u>Causes of Water Pollution</u> People use water for drinking, irrigation and other cleanliness activities. These activities affect water source in some ways. There are many causes of water pollution. Some major causes are given below:</p> <ul style="list-style-type: none"> • In many of the places of urban areas, drinking water pipe or drainage pipe is taken away from the same places. Suddenly, when drainage bursts and if drainage wastes get mixed with drinking water, water gets polluted. • Washing clothes, utensils, drinking water to buffaloes, bathing near water sources like tap water, wells etc, and water source gets polluted. • If the industrial or other drainage water gets mixed with river, lake, pond water, water gets polluted. • Water and chemical substances coming out from hospitals, laboratories, districts vehicle repair centers if get mixed with water source, water pollution occurs. <p><u>Effects of Water Pollution</u></p> <ul style="list-style-type: none"> • Spread of diseases like diarrhoea, dysentery, cholera, typhoid etc. • If foods, green vegetables are washed with polluted water they get contaminated with germs/microorganisms. Eating such foods affects human health. • Polluted water pollutes surrounding environments well as spread bad odour. It causes air pollution and affects dwelling areas. <p><u>Ways of Water Pollution Control</u></p> <ul style="list-style-type: none"> • Ways should be adopted to reduce household wastes as far as possible. Throwing wastes into water sources rivers, ponds must be prohibited. • Industrial wastes and polluted water must be processed before throwing outside. Only after processing, the polluted water must be mixed with river water and should be thrown outside. Likewise, wastes and waste water coming out from hospitals, laboratories, and district must be processed separately and must be managed to flow from specific places • To increase public awareness about the negative effects of polluted water on public health, different programs should be conducted
Health, Population and Environmental Education	9 th	<p><u>Purification of Water</u> Water is necessary for living beings. Without water we cannot survive. For healthy life, healthy water is needed. Clean/safe water is colorless, tasteless and odourless. Similarly, in safe water, there must not be presence of microorganisms (visible or invisible). Dust or other objects (invisible to eyes) when get into water, water gets polluted. Faeces/urine, chemicals, dirty water etc pollutes safe water. In such type of water, microorganisms will be present which cause different kinds of diseases. Therefore, it is very important to purify water. For water purification, some ways/methods are briefly given below.</p> <p><u>Storage</u> Water coming out from any source may come out with dust and wastes mixed in soluble/dissolved forms. Such things make water impure. Water coming out from that way from sources should be stored in ponds, tanks and water storage. If this is done, dirty things/objects sediment and water becomes pure naturally. This method is adopted for purification of water in large amount.</p> <p><u>Filtration</u> For water purification, filtration method is adopted. By making layers of sand and pebbles on a vessel/utensil, passing impure water from there, water can be purified. From there, impure water can be filtered out. It takes more time for this kind of purification. This method is useful for water purification in large amount. At home/ local level, filtration can be done with the help of clean clothes. In recent days, in urban areas, modern equipments are used for filtration.</p> <p><u>Boiling</u> Water can be purified by boiling. Boiling water may not only warm water but also allows boiling. If water is allowed to boil for 5 minutes, water gets purified. Microorganisms/germs will be killed in such boiled water. After boiling, water must be kept in that utensil with its lid closed. If another utensil is needed, that utensil must also be clean.</p> <p><u>Chemical Process</u> Chlorine is an important chemical substance. If this chemical is poured into water, microorganism present in water will be killed. Chlorine can be used for water purification whether the amount of water is less or high. But if water is turbid, dirty, and colorful and has odor, water</p>

		<p>can't be purified by chemical methods.</p> <p><u>SODIS</u></p> <p>Water can be purified with the help of solar energy. This method of purifying water by solar energy is called SODIS. According to this method, while purifying, plastic transparent bottle of 1-2 liter volume are needed. Bottle must be cleaned properly. Bottle cleaned in this way must be filled with clean water at about more than half. Bottle lids must be closed properly. After closing lid, bottle should be shaken 20-25 time up and down and the remaining empty space of the bottle must also be filled with water and must be covered with lid/cap. These water filled bottles must be kept in warm places in the morning (after sunshine) until sun sets. If the weather is cloudy, it can be kept for 2 days outside. This water bottle then will be suitable for drinking. It doesn't contain poisonous microorganisms. SODIS method is regarded as cheap and easy method of water purification.</p> <p><u>Solid Waste Management</u></p> <p>Dust or Garbages come out from house, educational institutions, office, and industrial areas daily. Some garbage can be in full solid form or semi-solid. Vegetables residues, ash dirt, waste papers, broken glasses, utensils, plastics, metal pieces etc are some examples. Like that of dirty water, management of solid wastes must also be done.</p> <p><u>Introduction to Solid Wastes and their Classification</u></p> <p>Human beings use different kinds of things in their daily lives. While using them, many kinds of unnecessary things come out. Such things/objects when thrown haphazardly get mixed with mud/soil and become dirty. For example: paper box, plastics, wrapping envelopes etc are called solid wastes.</p> <p><u>Classification</u></p> <p>Solid wastes can be classified into 2 groups as organic and inorganic wastes.</p> <p>1. <u>Organic Wastes</u></p> <p>All kinds of solid objects /things that get decomposed fall under organic wastes. Unused vegetable leaves, stem, garbage, grasses and plants, food, fruits peel etc are organic wastes. They get rotten and get mixed with mud/soil form compost.</p> <p>2. <u>Degradable Inorganic Wastes</u></p> <p>All Garbages/wastes that don't get decomposed fall under inorganic wastes. Plastic materials, metal pieces, rubber etc are examples of inorganic wastes. Such materials/wastes can be taken to concerned industries and can be recycled by using proper technology.</p> <p><u>Principle Solid Waste Management</u></p> <p>Management of solid wastes must be started from that place from where the wastes had originated. Materials that pollute environment such as plastics, chemicals poisons, etc should be used less as far as possible. Compared to urban areas, waste management of rural areas is not so difficult. The process of taking for collection of different kinds of wastes produced from different kinds of sources at proper time at specific places, when needed, making arrangements for dispatching to different places, and bringing them in use of necessary work is called waste management.</p> <p><u>Reduction of Wastes</u></p> <p>In both activities of waste production and management, there will be role of human beings. Waste production must be reduced as far as we can. Materials that pollute environment such as plastics, chemical poisons, etc should be used less as far as possible. Reduction of wastes must be done in that place where they are produced. By doing this, there will be reduction of wastes and will be easier for management.</p> <p><u>Ways/Methods of Solid Waste Management</u></p> <p>Ways/methods of solid waste management range from simple to complicated ones. These methods /ways are given below:</p> <p><u>Compost Preparation</u></p> <p>This has been traditionally started from the time when human beings started agricultural works. In rural areas, there is a tradition of preparing compost by mixing cattle/buffaloes dung/urine and wastes. Decomposable wastes can be collected separately or can be managed to get rotten/decomposed after collecting and separating. Decomposable/degradable wastes originated from households and industries are used in compost preparation. This is a natural way/method where microorganisms disintegrate the wastes and helps in rotting/degradation.</p> <p>To make compost, at first, wastes should be classified into 2 categories: 1. decomposable/degradable and non-decomposable/degradable. Decomposable wastes can be degraded to make manure. For compost preparation, at least 3 feet long, 3 feet wide and 3 feet deep pits can be made. For big pits, 6 ft long, 6 ft wide and 3 ft deep pits are made. Wastes that are being collected from industrial and urban areas can be converted into compost; it will help in waste management. This method is regarded as the best and appropriate method in Nepalese context.</p> <p><u>Land Filling</u></p> <p>Wastes can be filled in land. While doing this, the empty place is filled with mud/soil after digging. If big pits are present naturally, at such places wastes can be collected and burrowed. If we can only manage place for burning non-decomposable solid wastes, at small places, more wastes can be burrowed.</p> <p><u>Burning</u></p> <p>All types of wastes should not be burned. Carbon containing materials such as plastics, rubber etc if burnt, environment gets polluted and some wastes that are produced in hospitals/industries are very injurious/harmful. Such harmful wastes must be burnt by using a special kind of machine called incinerator.</p>
Health, Population and Environmental Education	9 th	<p><u>Faeces/Urine Management</u></p> <p><u>Effects of Faeces/Urine on Environmental Health</u></p> <p>Human excreta are excreted from body in the form of faeces/urine. They pollute air, water, and land. Due to this, surrounding environment gets polluted. Some major effects of faeces/urine on environmental health are as follows.</p> <p><u>(i) Pollution of Surrounding Places/areas</u></p> <p>Defecating or throwing faeces/urine in open places pollute environment. Similarly, if toilets are not in good condition, it's uses will not be proper. If there is no proper management of toilets, people will defecate haphazardly due to which surrounding places, dwelling/settlement areas, open land will be polluted.</p> <p><u>(ii) Air, Water, and Land Pollution</u></p> <p>Compared to urban areas, in rural areas the condition of toilets is not good. In village areas, people use fields, grounds, river basins, open space/land near house as toilets. Due to open defecation at open place, surrounding air, water and land gets polluted.</p>
Health, Population and Environmental Education	9 th	<p><u>Family Planning</u></p> <p>The planning of happy living of family members through proper management and mobilization of family income and other resources is called family planning. It includes things like how many children to make according to family's income, family education, and training management, when to get married, number and spacing of children, making availability of birth control services etc. Happy family is possible only through family planning and this is one important component of reproductive health. Therefore, it's important has been</p>

		increasing day by day.
Health, population and Education	9 th	<p><u>Care of Newborn Baby and Child Health</u></p> <p>If we can pay attention to the care of infants and child health, infant and child mortality rates can be reduced. From 1970-75, for every 1000 live births, 92 infants used to die where as in 2006 mortality rate was reduced to 48. From this, it is clear that current infant mortality rate seems to be reduced compared to earlier data. Through this, the area to be improved can be seen.</p>
Health, Population and Environmental Education	9 th	<p><u>Sexually Transmitted Infections in Reproductive Tract and HIV/AIDS</u></p> <p>Due to infections in women's reproductive tract, there is high chance of getting HIV/AIDS, syphilis etc. Such diseases get transmitted from male to female or vice versa through sexual contact. Therefore, they must be aware of such diseases. If STDs are neglected, infertility of cervical uterine, cancer may occur. Reproductive health education helps in preventing such problems.</p>
Health, Population and Environmental Education	9 th	<p><u>Safe Motherhood</u></p> <p><u>Improvement on Maternal Foods</u></p> <p>While talking about safe motherhood, maternal foods must be equally paid attention. If mothers do not get foods as per their needs, it causes negative effects on both mother and child's health.</p> <p>Problems like low weight baby, anemia occur due to lack of balanced diet. Therefore, pregnant mothers must eat nutritious foods like pulses, green vegetables, fruits, fish, meat, eggs etc which would be enough for both herself and baby. Normally such foods must be taken at other times also but especially during pregnancy she should eat more than usual.</p> <p><u>Care of Pregnant, Postnatal and Breastfeeding Mothers</u></p> <p>When a mother is pregnant, is in postnatal stage and also after giving birth to a baby, we must take care of their health properly. During such conditions, nutrition, cleanliness and different vaccines must be managed. Besides these, mothers need many advices. During pregnancy, she must go for health check up from time to time. If we can take care of pregnant and postnatal stage mothers, there will be no problems in safe motherhood. Infants can get proper/good breastfeeding from mothers.</p> <p><u>Delivery through Skilled Birth Attendants</u></p> <p>While delivery, always take help from skilled birth attendants, nurses or doctors. If possible, it is good to conduct delivery at hospitals. However, if it's not possible for hospital delivery, if delivery can be done with the help of skilled birth attendants, health of mother and baby will be safe.</p> <p><u>Give Advice Regarding Family Planning</u></p> <p>Every mother should gain knowledge on how to plan the family. Advice must be given about contraceptives' knowledge and advantage of birth spacing. Such kinds of advices help in knowing how to plan the family. Consequently, it helps in making happy family. From this, it also helps in safe motherhood.</p> <p>Many problems that are seen in maternal mortality can be solved with simple attempts. If we can do simply awareness programs also, this problem can be reduced to great extent. Due to haphazard unsafe and unhealthy abortions, mother's life will be in danger. The problem of unsafe abortion has been extensive. It is important to bring improvements on it.</p>
Health, Population and Environmental Education	9 th	<p><u>Maternal and Child Health Care</u></p> <p><u>Introduction</u></p> <p>Maternal and child health care (MCHC) is a service with the objective of improving the health of pregnant, post natal, breastfeeding mothers and that of under five years of age children. In the world, due to negligence or less attention being paid to MCHC, there has been an untimely death of many mothers and child.</p> <p>Unless maternal and child health is improved, there will be no improvement on community health. Therefore, MCHC is considered as a major component of primary health care. MCHC condition is much worse in developing countries compared to developed countries. Due to high maternal mortality rate, infant mortality and under five mortality rate, the health status of developing countries has been deteriorating. It is important to bring improvements on MCHC to uplift the national health status.</p> <p><u>Importance of MCHC</u></p> <ul style="list-style-type: none"> • MCHC helps to have safe pregnancy. • It helps to save mother and child health as trained health workers are involved in delivery. • Healthy baby is born because attention is paid on immunization against disease, balanced diet, cleanliness etc. • It helps in making life happy through conservation of reproductive rights. <p>During pregnancy period of 9 months or 280 days, fetus develops (grows) inside the womb (uterus) of mother. Then after, fully developed baby is born. During this stage, if she gets enough support from family members, then it will help in maintaining safe motherhood. If there is no good/proper understanding among family members, it may pose negative effects on safe motherhood. Therefore, role of family member is very important for safe motherhood. The role played by family to both mother and child can save from early deaths.</p> <p><u>Care of Pregnant Woman</u></p> <p>If mother is healthy then only she can give birth to a healthy baby. Therefore, right from the pregnancy, her health should be cared for. For this, attention should be given to nutritious food, health check up, cleanliness, exercise, rest and vaccines/immunizations.</p> <p>a. <u>Nutritious Food</u></p> <p>Pregnant woman must take nutritious food sufficient to both herself and her developing foetus. During this stage, pregnant woman need to take more proteins, iron, calcium, iodine, beans, pulses, fish, meat, egg, milk, green vegetables, and fresh fruits like vitamin rich food.</p> <p>Pregnant woman should be given plenty of water to drink. From this, urine will be clear as well as there will be no problem of constipation. Besides this, pregnant woman must not smoke, drink alcohol and other drugs. If they must take medicines also, they should do according to health worker's advice.</p> <p>b. <u>Health Examination</u></p> <p>Pregnant woman must go for health check up to health post, health center, hospital, nursing home or gynecologist as appropriate. From this, pregnant mother would get knowledge about the condition of fetus, and what kind of education is needed to pregnant mothers. Besides, on regular check up if hemorrhage, anemia and other health-related problems appear they should undergo immediate treatment. Generally pregnant woman should undergo health check up once a month but when the date of delivery comes nearer and nearer then frequency of check up must be increased. ie, up to 7 months of pregnancy, pregnant mothers should go for check up once a month. Then after, once in 15 days. Similarly, during last month of pregnancy, health check up must be done weekly.</p> <p>c. <u>Cleanliness</u></p> <p>Personal and environmental cleanliness helps to prevent diseases like diarrhoea, dysentery, ascariasis, cholera, typhoid, jaundice, etc. During pregnancy, if disease occurs, its effect will be seen more on babies. Therefore, during this stage, more attention should be given to cleanliness. She should take regular baths and even during winter, she should use hot water. Besides, time to time defecation, hand washing, wearing clean clothes, keeping rooms clean, keeping house and yard clean, clean and fresh food eating may help improve mother's health.</p>

d. Physical Exercise and Rest

Regular light exercise is good for pregnant woman's health. Therefore, during pregnancy, going out for light walk every morning or evening is beneficial from health point of view. But heavy work load, lifting, carrying heavy things may lead to abortion. Usually during pregnancy and child delivery, pregnant woman must not go for long trip. She should take plenty of rest. Insomnia, mental stress may cause negative effects on health. Therefore, one should always think of ways to make pregnant woman happy and should always behave accordingly.

e. Vaccination/Immunization

To prevent pregnant woman and her baby from tetanus infection, TT vaccines must be given within 7 months of pregnancy to 2 weeks before delivery. If it's her first child, 2 vaccines must be given after 7 months of pregnancy at one month interval.

B. Care of Labour Stage

Labour stage starts at the end phase of pregnancy. During this stage also, pregnant woman needs special care. After 280 days pregnancy, baby, placenta and mucous membranes will come out from vagina and this activity is called labour. During this labour stage, below mentioned care must be taken:

- After the onset of labour symptoms, she should be taken to hospital or inform SBA.
- Milk, sugar water, fruit juice must be given to drink.
- Ask them to urinate.
- Give encouragement, love and security to pregnant woman.

Care of Postnatal Mother

The two months period after baby's birth is known as postnatal stage. During this stage, baby entirely depends upon mother. Therefore, if we don't pay attention to mother's health, it may be harmful to both mother and baby. Therefore during post natal stage, following care must be done:

- Postnatal mother must be provided with nutritious food such as milk, fish, and meat. Egg, pulses, vegetables, fruits more than before.
- Within few days of baby born, baby should be bathened.
- During first week its better to use wet or soaked towel to wipe baby's body.
- Baby should be breast fed the same day the baby is born. First milk contains antibodies that help baby to fight against different diseases/ provide immunity. Breast feeding should be done in such a way that the breast milk is emptied so that there will be good milk production. Major attention needs to be given in breast cleanliness.

Infant Health Care

New born baby's birth wt of 3 kg is considered good. Similarly, the height of a new born baby is 50 cm. After 1 year, baby's wt will be 3 times more than his birth wt and height reaches approximately 75 cm.

New born baby must be cared by following ways:

- After baby's birth, he should be placed with his head downward. By this mucous membrane and water will come out from baby's mouth and nose.
- In order to allow getting blood by a baby from his/her mother, until, umbilical cord is tied, the baby is kept a bit below mother's uterus level.
- Mucous membrane of new born baby's nose and mouth must be cleaned.
- Baby should be covered with clean and warm clothes.
- Equipment used for cutting navel cord must be clean, safe and sterilized.
- New born baby should be immediately breast fed.
- First milk will be yellow and thick. It is called colostrums. This milk contains plenty of proteins and immunity against different diseases. Therefore, it should be fed.
- Plenty of liquid should be given during infant stage.
- Time to time new born baby's health check up must be done.

Infant Nutrition

For a new born baby, the best nutritious food is mother's milk. If a baby is fed mother's milk up to 4 months from birth, baby gets adequate nutrition as well as gain immunity to fight against several diseases. Milk which is available in market and bottle milk feeding is not good from baby's health point of view. Followings are the advantages of breastfeeding:

- Mother's milk is the best food for baby. In this milk, the nutritious elements which are needed for baby are present in adequate amount. It is already available in a ready made source. Therefore, can be fed at any time.
- In mother's milk esp. in colostrums due to the presence of antibodies protects a baby from different kinds of infections.
- Due to breast feeding a baby doesn't get diarrhoea.
- Emotional attachment is established between mother and baby due to breast feeding.
- Breast feeding mothers have less chance of getting breast and cervical cancer (uterus). Daily breastfeeding helps to keep mother's uterus at proper stage and due to full emptying of milk, accumulation of milk is prevented.
- Because of breastfeeding, level of progesterone hormone increases which acts as contraceptive.
- If baby is fed mother's milk, we don't have to spent money for market milks.

After 4-5 moths, mother's milk only is not enough for a baby. Therefore, some solid food is always necessary. In the table given below, nutritious food needed for a baby from birth to 2 yrs of age is shown.

Age	Food
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		<table border="1"> <tr> <td data-bbox="478 179 648 283">0-5 months</td> <td data-bbox="648 179 956 283">Mother's milk</td> </tr> <tr> <td data-bbox="478 283 648 364">5-6 months</td> <td data-bbox="648 283 956 364">Mother's milk, porridge, smashed vegetables</td> </tr> <tr> <td data-bbox="478 364 648 446">6-9 months</td> <td data-bbox="648 364 956 446">Mother's milk, porridge, smashed vegetables, and soft fruits</td> </tr> <tr> <td data-bbox="478 446 648 528">9-12 months</td> <td data-bbox="648 446 956 528">Mother's milk, porridge, smashed vegetable, daal (pulses), rice, vegetables, eggs</td> </tr> <tr> <td data-bbox="478 528 648 610">1-2 years</td> <td data-bbox="648 528 956 610">Mother's milk, grains, pulses, soft daal (pulses), rice, green vegetables, eggs, fish, meat, milk, curd</td> </tr> </table>	0-5 months	Mother's milk	5-6 months	Mother's milk, porridge, smashed vegetables	6-9 months	Mother's milk, porridge, smashed vegetables, and soft fruits	9-12 months	Mother's milk, porridge, smashed vegetable, daal (pulses), rice, vegetables, eggs	1-2 years	Mother's milk, grains, pulses, soft daal (pulses), rice, green vegetables, eggs, fish, meat, milk, curd	<p>After 4-5 months, although baby is given solid food, at least up to 2 yrs, mother's milk must be fed. After 2 yrs, baby can eat other foods as other family members. It is necessary to pay attention on following things under child nutrition:</p> <p>Supplementary Food</p> <p>When a baby becomes age of 4-5 months, only mother's milk is not enough and other food must be given. In addition to mother's milk, this kind of other food given to baby is called supplementary food. In our country when a baby becomes 5-6 months of age we have a "rice feeding ceremony". When we start giving supplementary food, it should be given in the form of liquid or soft. When we give supplementary food, jaulo (very soft cooked rice: made from rice and turmeric or rice and salt), soft vegetable, soup, porridge, super-flour porridge etc can be given.</p> <p>Immunization</p> <p>Immunization protects children from fatal diseases. Different vaccines are given parentally and polio vaccines are given orally. Vaccination/immunization provides immunity against different kinds of diseases in children. Studies have shown that the physical development of the children who received proper dose of vaccine was better compared to those who were not vaccinated. Unvaccinated children may be susceptible to diseases like measles, whooping cough, tetanus, TB etc. And also they become physically weak. Children must be immunized according to the following schedule:</p> <p>(refer annex 1)</p> <p>Things to be Remembered</p> <ul style="list-style-type: none"> • If DPT and polio vaccines are not taken 3 times, there are chances of getting those diseases. • All vaccines must be taken in time. The vaccines are available free of cost. • After vaccination, children may develop slight fever and later it will automatically be fine. • After taking BCG vaccines, there will be a small wound on vaccinated site. That site must be not be massaged. If it's covered with clean clothes, the wound will be healed automatically. • DPT and polio vaccines must be given 3 times but BCG can be given once. • Vaccine can be given to children who have very mild fever.
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Health, Population and Environmental Education	9 th	<p>Management of Safe House, Street and Playgrounds</p> <p>Our home, yards, streets, schools and play grounds must be managed safely. To think that once we have done proper management of these things, we can always prevent accidents is wrong thing. Also, all constructed buildings, streets, and grounds may not be managed from safety point of view. Whether there is safe management or not, if we adopt safety measures, we can prevent accidents to great extent. Below, we'll discuss safety measures that have to be taken at home, streets, school, and play ground.</p> <p>At Home</p> <ul style="list-style-type: none"> • Sharp instruments that may cause wound/injury should not be kept haphazardly at home and should be kept at safe places. • Do not keep electric wire naked. While fixing it, do it in a safe manner. • Use chisel and other equipments very carefully. • Do not make stairs slippery. If stairs is on dark place, manage light. If possible it's better to make railings on such stairs. • Do not throw sharp objects haphazardly at home. Similarly, you should be careful while washing hot utensils. • Do not play with fire. • Toilet should be kept clean as you sleep on it and if toilet is dark light management should be done. • Inflammable products must be kept away from cooking stoves or kitchen. • Pits around houses and ditches must be filled out. • Do not leave small children alone and keep them away from sharp objects. • Insecticides and medicines must be kept out of children's reach. • Do not tease dog and other animals. • Medicine bottle must be labeled and kept in separate places. <p>On Streets</p> <p>Whether we go to or come from market, school or any other places, we use streets. With modern world, compared to other accidents in urban areas, road accidents are increasing day by day. If precautions are not taken, we may lose our lives. Therefore, to prevent road accidents, we can adopt following measures:</p> <ul style="list-style-type: none"> • While crossing roads, always follow traffic signals. And at place where no traffic signals are, we should cross road by looking at right and left side properly. • While walking on streets, use footpath. • While walking on streets always be careful from glass, stone etc. If you see such things remove them. • Do not play on the middle of street. • Sometimes, in a narrow street, cattle and buffalo will be taken for grazing during which we should be very careful. Sometimes, street dogs are found on street and during that time always look right and left side. • While riding bicycle and driving vehicle, always follow traffic rules. 											

		<ul style="list-style-type: none"> Always be careful while getting in and out of bus. <p><u>At Schools</u></p> <p>Nowadays, the rate of school accidents is also increasing day by day. Due to the presence of many students at school and also majority of them having restless behaviors, such accident rates might have been increased. Usually sufferers of such accidents will be small or lower class students. If we become aware and obey some rules, accidents rate can be reduced. Therefore, here, safety measures that have to be taken at school are described below:</p> <ul style="list-style-type: none"> If there are materials that may cause accident in class room, remove them. If class room is slippery, walk carefully. Repair or change the old or broken stairs. If possible make railings on stairs. Ladder/stairs should be one step type. Do not show bad behaviors while walking in class room, on roads and stairs. In order not to throw garbage around school area, containers must be kept at places. Windows/doors must be safe and grills should be present in windows. Light management should be good in class room. Old and broken desk and benches must be repaired immediately. Electric wire must be kept safely. Laboratory materials must be kept safely. <p><u>Play Grounds</u></p> <p>Accidents that occur on play grounds are many. Some games themselves can cause accident and hence accident occurs. To prevent accidents on play grounds, following safety measures should be adopted.</p> <ul style="list-style-type: none"> Play grounds must be located a bit far from school. Always check playing materials whether they are broken or not. If there are objects that may cause injury on playgrounds, they should be removed and pits should also be filled. Check or examine play ground everyday. New students should be explained about the play ground's rules. Teachers must be one of the players. While constructing playgrounds, they should be managed from safety point of view. While playing game, one should play under supervision of teachers as far as possible. Always play game with discipline and always obey rules.
Health, Population and Environmental Education	9 th	<p><u>If Mother's Age is Below 18 and Over 35 Years</u></p> <p>It is dangerous if mother's age is below 18 and above 35 years while becoming pregnant. In human life, the period from 18 to 35 years is regarded as physically active stage. Before the age of 18, due to continuous physical development, woman will not be physically matured. After crossing 35 years of age, due to reduction in physical capacity, to be pregnant is not taken good from health point of view. Therefore, giving birth to a baby within the age of 20-30 is regarded as the best time.</p> <p><u>If Mother is Suffering From Malnutrition or Giving Birth to Many Children,</u></p> <p>Health of mothers who are malnourished and who have given birth to many children will not be good. Since mother's own health is bad, obviously, baby's health will also be bad. While a baby is inside mother's womb, or while suckling mother's milk, they get nutrition from mother's food and therefore makes mother malnourished. If the condition of malnutrition gets worse, mother's health will be at risk.</p> <p><u>While Taking Drugs that may Affect Baby</u></p> <p>During the 1st three months of pregnancy, baby's body's organs will be developed. During this period, if medicines are taken, they may produce negative effects and may develop malformations in child development. Therefore, such mothers must not get pregnant while they are under such medications.</p>
Environmental Science	9 th	<p><u>Solid Waste Management</u></p> <p>Solid wastes are thrown from places like house, dwellings/settlement, industries, city areas etc. Such wastes must be collected from all areas and properly managed. From those wastes, compost can be made, sold and distributed. Non-decomposed materials must be processed and used. This helps in reducing air pollution.</p> <p><u>Waste Water Management</u></p> <p>Waste water is drained from house, industries and city areas. Water contains many kinds of decomposed materials. From those materials, bad smelling and poisonous gases come out. Therefore, waste water must be drained only after processing. Toilet water must not be allowed to drain openly. Open drainage must be stopped from dwellings/settlement areas. It is necessary to manage drainage from underground. In this way, if waste water management is done, it helps to prevent air pollution by stopping spread of foul smell in air.</p>
Environmental Science	9 th	<p><u>Water Pollution</u></p> <p>When external natural materials get mixed with safe water, water gets polluted. External factors such as poisonous substances, germs, minerals salts, manure, soil etc make water polluted. Due to such external causative factors, water has a chemical property of dissolving most of the substances. Therefore, when other substances get inside water, they dissolve slowly. In this way, due to dissolving of other substances in water, water gets polluted.</p> <p><u>Causes and Control Measures</u></p> <p>Safe water is needed for human beings. Due to some natural incidents and human activities, water gets polluted. How water gets polluted has been described below.</p> <p><u>Cleanliness</u></p> <p>While bathing, human beings remove dirt, nasal discharge, sputum etc from body. There they also wash clothes. While cleaning house yard, office paths etc, dust particles and wastes/garbage come out. Such wastes when get mixed with water, water gets polluted. Wastes when get decomposed in water, disease microorganisms are produced due to which water gets more polluted. To prevent water pollution, following ways need to be adopted.</p> <ul style="list-style-type: none"> Waste water and dirt that come out while cleaning must not be allowed to get mixed with each other. Cleanliness work must be done by staying away from water source. Wastes that come out from different sources must be disposed away from water source. <p><u>Drainage Management</u></p> <p>Waste water coming out from different activities and solid substances mixed with them are drained for drainage. Waste water that has been drained by this way and the substances that get drained with such water, if get mixed with water sources, water sources get polluted. To prevent/stop water pollution due to drainage, following ways must be adopted.</p> <ul style="list-style-type: none"> Drainage and outlet must be made away from water sources. Leakage of drainage water and its mixing with water must be

		<p>avoided. For this, concrete drainage must be constructed.</p> <ul style="list-style-type: none"> • Drainage must always be of flowing type so that water may not freeze and leakage is prevented. Decomposed/decayed materials and germs in waste water can not get mixed with water source. <p>Solid Waste Management</p> <p>Solid wastes if thrown/disposed near water source, water get polluted. Wastes slowly decompose and get mixed with water source. Water coming out after waste decomposition gets polluted. In such water, plenty of disease microorganisms are present. They pollute water source. Carcasses and other microorganisms when disposed in water source, water gets polluted. Disposal of dead animals at public places and wastes get drained out by rain water and get mixed with river and rivulet. These things get decomposed and mixed with water and make water polluted. To prevent waste water pollution, following ways should be adopted.</p> <ul style="list-style-type: none"> • Waste management must be done in dwellings/settlement areas, and at local level. Wastes must be collected away from water source. • Water/liquid coming out after waste decomposition must not be allowed to get mixed with water source. Disposal of wastes at public place must be prohibited. • Manure collecting pits must be away from water source. By doing this, microorganisms coming out from wastes and waste water/liquid cannot get mixed with water source. • In rural and urban areas, toilets must be properly managed. Due to this, defecation in haphazard ways will be prevented and water source may not get polluted. <p>Industrial Waste Management</p> <p>Human beings start different kinds of industries for development. In industries, chemical substances and different kinds of raw materials are used. Chemical substances like chloride, magnesium sulphate, iron, cadmium arsenic etc. found to get mixed with the waste water that comes out from industries. Waste water contains dust particles, small pieces of grasses, leaves, and suspended particles. Waste water and solid wastes when get mixed with water source, water gets polluted. To prevent water source pollution from waste water, following ways should be adopted.</p> <ul style="list-style-type: none"> • Harmful chemicals/poisons must be destroyed by processing industrial waste water. • Flow of industrial waste water at public place must be controlled. Standard of industrial waste water must be created. For this, strict laws must be implemented. <p>Effects of Polluted Water</p> <p>Polluted water contains disease microorganisms like virus, bacteria, and protozoa. Such water cause many kinds of diseases to human beings some of which are given below.</p> <ul style="list-style-type: none"> • Polluted water contains cholera bacteria. In such water, these bacteria multiply. Drinking such water cause cholera. This spreads slowly to else where. • Drinking of polluted water causes diseases like typhoid, dysentery, and cholera. Water borne diseases spread more at rainy season. • Polluted water contains viruses. Such water spreads diseases like dysentery, round worms etc. • Polluted water contains minerals that are present more than their required amount. This is harmful to health. Excess of fluorine in water makes teeth yellow and black. Deficiency of iodine causes goiter.
Environmental Science	9 th	<p>Environmental Cleanliness</p> <p>Environmental cleanliness is important to keep environment clean and healthy. Environment gets polluted due to 'human's different kinds of negative activities. Every kind of cleanliness helps to keep environment clean. Some examples of this are as follows.</p> <p>We must keep house inside and outside clean. Bedrooms, kitchen and other rooms of house must be kept clean. Inside house, there must be proper management of ventilation system.</p> <p>Wastes coming out from house must be collected at specific places. Wastes should not be disposed haphazardly around house. This pollutes environment around the house. We all must keep our community and ward clean. Management should be done regarding the collection of wastes coming out from community and sending/dispatching these wastes to concerned person/institution.</p> <p>Pollution Control</p> <p>Among different factors that destroy environment and create imbalance, pollution is one of such factors. Although one kind of population differs from another, they are interrelated. In pollution control, there is a special role of human beings. Major ways that have to be adopted for pollution control are as follows.</p> <p>Management must be done to control from the place from where pollution has originated. For example, wastes coming out from house, industries, hospitals etc pollute air, water and food. If such wastes can be managed properly from every place, pollution control will be easier.</p> <ul style="list-style-type: none"> • Industrial waste water and polluted substances must be always mixed with water only after their processing. By doing this, pollution is reduced. • If laws made for pollution control can be implemented effectively, to some extent it helps in pollution control. • If landslides, floods can be controlled, water pollution can be prevented. Similarly, waste drainage must not be mixed with water sources. • Pollution can be controlled by conducting public awareness campaigns.
Environmental Science	9 th	<p>Solid Wastes</p> <p>Human beings use many kinds of things. Among them, some are naturally available and some artificially prepared. Doing different works at home, cooking food in kitchen, doing agricultural works at home, starting industries, doing trade/business etc are some human activities from which necessary and unnecessary things come out. Unnecessary things are wastes. Similarly, for daily living, we do different kinds of activities. From these activities, different kinds of wastes come out. Human beings throw unnecessary things as wastes. Utensils, broken objects, used papers, plastics, dust particles and other things that come out after cleaning house and yards etc are wastes.</p> <p>Types and Sources of Wastes that Come out from Rural and Urban Areas</p> <p>Wastes get collected from rural and urban areas. Human beings work inside and outside house/settlement areas. Cooking food, doing parties, doing agricultural works, starting industries, business, livestock raising etc can be taken as examples of work done by human beings. The types and level of such works may differ among rural and urban areas. As a result, the types and sources of wastes coming out from rural and urban areas are different.</p> <p>Types of Solid Wastes</p> <p>Wastes coming out from rural and urban areas are of different kinds/types. They can be divided into two categories: organic and inorganic wastes. Decomposable wastes are organic wastes. Grasses, plants, straws, vegetable pieces, parts of plants, carcass etc fall under organic wastes. With the help of bacteria, fungus etc, these materials are decomposed (rotten) and get mixed with soil.</p>

		<p>Non-decomposable/non-degradable substances are inorganic wastes. Metal substances, plastics, glass, rubber, cement, chemical substances etc do not get decomposed by natural ways.</p> <p><u>Waste Disposal in Rural Areas</u></p> <p>In rural areas, sources of wastes are limited. Major sources of rural wastes are as follows:</p> <p><u>Domestic Wastes</u></p> <p>Vegetable stems, unused leaves are wastes that come out from kitchen. Ash, broken utensils, plastic bags, old clothes also come out from house. Such wastes can be easily decomposed and converted into manure. In rural areas, every house can easily manage domestic wastes by decomposing and burrowing them in the empty lands.</p> <p><u>Wastes from Livestock</u></p> <p>In rural areas, people raise cattle/buffalo, goat, poultry etc. From them, wastes originate and if they are produced in excess amount, they spread foul odour. If we can clean shed, make cross ventilation there, it wouldn't be difficult to manage the wastes coming out from there. If we can properly decompose/ferment wastes from livestock and make manure, their effects on environment will be less.</p> <p><u>Waste Disposal in Urban Areas</u></p> <p>In urban areas, density of human population is higher than in rural areas. Human activities are more in urban areas. Due to this, sources and types of wastes coming out from urban areas will be of different kinds.</p> <p>a. <u>Domestic Wastes</u></p> <p>In urban areas, wastes come out from kitchen, house and yard cleaning. Vegetable residues, plastic bags, paper, bones of meat/fish and unnecessary old things at home come out from urban area's houses. Due to high density of people, domestic wastes are more than in rural areas. Due to lack of open land, it is difficult to dump domestic wastes than in rural areas. Urban domestic wastes have to be collected from house or any specific place and taken to dumping sites. To manage urban domestic wastes, every person must help. Everybody should help organizations, institutions, communities that are involved in waste management.</p> <p>b. <u>Waste Disposal from Market Area</u></p> <p>In urban areas, there are shops from small to big ones. From them, things like boxes, papers are thrown as wastes. Likewise, broken objects, and other damaged things are also disposed as wastes. These wastes must be collected systematically. They must be taken to waste collecting sites/dumping sites. These wastes must be managed by adopting any one of the proper management methods such as re-use and compost preparation.</p> <p>c. <u>Hospital Wastes</u></p> <p>Wastes like empty medicine box, empty vials/glasses, damaged medicines, broken things/equipments etc come out from hospitals. Likewise, needle/syringe, body tissues, clothes, cotton etc are also hospital wastes. Such wastes must be processed first and then must be made inactive and finally must be burrowed in safe places. More harmful wastes must be destroyed by burning.</p> <p>d. <u>Waste Disposal from Office</u></p> <p>In urban areas, there are many organizations, offices, educational institutions etc. Wastes like plastics, carbon paper, used pens, paper are thrown from such places. If they are not properly managed, the environment gets polluted. For collection and disposal of such wastes, office must also help.</p> <p><u>Industrial Wastes</u></p> <p>In urban areas, due to transportation and trade facilities, industries are present from small to big industries. Industrial wastes include wastes like damaged raw materials, equipments, damaged medicines, rotten materials, boxes and papers. Non-decomposable/ inorganic/ wastes will be more. Waste water also comes out from industries. They might be polluted with poisons and chemicals. They should also be properly collected and disposed.</p> <p><u>Waste-Borne Problems and Diseases</u></p> <p>Wastes make land, water and air polluted. Through these medium, microorganisms spread. Waste borne problems and diseases are as follows:</p> <ul style="list-style-type: none"> • Wastes attract flies and insects and they get food and lodgment there. Flies breed in such places and multiply their numbers. Flies transmit disease microorganisms from one place to another and to water and food. This may cause diseases like diarrhoea, dysentery, ascariasis, vomiting etc. • With wastes, different things such as cereals, left over foods, rotten objects get mixed. Mouse and small organisms sit on those places and feed on wastes and make that place polluted. There they also multiply and increase their number. From this also, disease microorganisms will get transmitted. • When wastes get rotten, polluted liquid materials come out. Such polluted water may flow or leaked and get mixed with water source. From this polluted water, harmful microorganisms reach inside human's body due to which we get disease like ascariasis, diarrhoea, vomiting, typhoid, jaundice etc. • Due to wastes, environment gets polluted and natural environment gets imbalanced. Natural environment getting imbalanced means to create many kinds of problems such as land getting polluted and damaged, water getting polluted and difficulty for human beings to survive, spread of foul odour, human beings face difficulty in living at such places. • In polluted water, chemical substances are present in dissolved form. Due to water pollution, food and favorable environment will not be present for aquatic animals and it will affect their dwellings. Food also affects their life cycle. • Green vegetables that grow in polluted land also contain disease microorganisms. Polluted land also affects human beings, animals and birds. • Disease microorganisms from wastes get mixed with air and pollute it. Dust particles, smoke, and disease microorganisms are present in polluted air. In such smoke, TB bacteria may also be present. Such disease microorganisms enter inside body through inhalation. Diseases like cholera, typhoid, jaundice, asthma, coughing, and common cold get transmitted through polluted water. • Tetanus bacteria will also be present in wastes and faeces/urine and get transmitted through them. • Some wastes are decomposable while some are not. If they get decomposed, it causes great loss/harm to the surroundings and settlement area.
Health, Population and Environmental Education	10 th	<p><u>Facilities for Maternal and Child Welfare</u></p> <p>Care /service of pregnant, postnatal and breast feeding mothers and physical and mental health of child from the period of pregnancy (birth) to <5 years of age is called maternal and child welfare (MCW). Developing countries like Nepal must pay special attention to maternal and child health. For this, knowledge of sources, resources and skills is very important. In these things, family's standard of living plays a leading role. If family's quality of life is good, service and facilities that are essential for MCW can be made available in large extent and maternal and child mortality rate can be reduced.</p> <p><u>Health</u></p>

		<p>From health point of view, to maintain quality of life, following things need to be paid attention. There should be management of plenty of clean and safe water for drinking.</p> <ul style="list-style-type: none"> • Personal and community cleanliness should be done. • Surrounding environment must be kept clean and green. • For the welfare of family, marriage, first pregnancy at proper age and birth spacing must be done. <p>Cleanliness</p> <p>If house, yards, beddings, gardens, pathways, public wells, tap water, community tap waters, ponds lake can be kept clean, improvement can be made on family's living standard.</p> <p>Cleanliness keeps surrounding environment clean and green and helps in keeping family members healthy and active. For healthy persons, all activities on society and nation, active participation will be increased. As a result, QOL is enhanced.</p>										
Health, Population and Environmental Education	10 th	<p>First Pregnancy at Appropriate Age</p> <p>To enhance QOL, another important thing is to get pregnant at appropriate age. To be pregnant after reaching the age of 20 is regarded as an appropriate age for 1st pregnancy. After marriage, when delaying first baby birth, couple can enjoy married life to great extent and also gains maturity. Due to this, they will be capable of thinking, analyzing and making decision regarding family size. Therefore, it greatly affects QOL.</p> <p>Birth Spacing</p> <p>Without giving birth early and keeping appropriate interval of birth spacing between 1st and next baby, both mothers and child health will be good. It won't be difficult to raise child also. If Baby is born after appropriate interval of time (birth spacing-4-5 years), physically, mentally an intellectually they will be strong and active. From this family's QOL will increase.</p> <p>Paying Attention to Health and Cleanliness</p> <p>Healthy children are family's valuable assets. Family's health plays an important role in any family's economical and social development. From practical application of the person's knowledge and skills and capacity gained by a person, at first a person himself/herself must be healthy. To remain healthy, nutrition and balanced diet, health services and facilities are needed to be available. Another important part of remaining healthy is personal and community cleanliness. If we can keep our house, yard, community, paths, public place clean, surrounding environment of house will be clean, tidy and green. Like wise, proper management of toilets, drainage systems and waste also helps in keeping family members healthy. Due to thy will also be active. From this, it will help in maintaining QOL.</p>										
Health, Population and Environmental Education	10 th	<p>Waste Management</p> <p>House, industries and city areas are the sources of waste. Due to proper management of waste, environment will be conserved. Local level authorities like Municipality, VDCs (village development committee) do work of waste management. In this work, we must also help. In every person's house, there must be toilet. Likewise, public toilet must also be present at places. Due to lack of toilet, people defecate haphazardly from which environment get polluted. Therefore, there must management of throwing waste coming out from different places at specific places. This helps in keeping environment healthy as well as environment is conserved.</p>										
Health, Population and Environmental Education	10 th	<p>Wastes</p> <p>From industries, solid or liquid wastes come out. Wastes coming out from leather factories, waste collection sites (dumping sites), metal industries, and drainages, poisonous chemicals are mixed. Water coming out from such places is polluted. Such polluted water makes environment foul. It affects foods and settlement areas of land and aquatic beings. Wastes affect land beings. From polluted water, diseases like diarrhoea, cholera, and typhoid spread.</p>										
Health, Population and Environmental Education	10 th	<p>Disease and mode of transmission</p> <table border="0"> <tr> <td><u>Mode of transmission</u></td> <td><u>Diseases</u></td> </tr> <tr> <td>1. Air borne</td> <td>TB</td> </tr> <tr> <td>2. Mosquito bite</td> <td>Malaria</td> </tr> <tr> <td>3. Sexual contact</td> <td>Gonorrhoea, syphilis and HIV/AIDS</td> </tr> <tr> <td>4. Injection</td> <td>Hepatitis B, HIV/AIDS</td> </tr> </table>	<u>Mode of transmission</u>	<u>Diseases</u>	1. Air borne	TB	2. Mosquito bite	Malaria	3. Sexual contact	Gonorrhoea, syphilis and HIV/AIDS	4. Injection	Hepatitis B, HIV/AIDS
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Health, Population and Environmental Education	10 th	<p>Hepatitis B is caused by a virus called hepatitis B virus. It is a disease related to liver. This virus gets transmitted from one person to another rapidly. After getting this disease, people get liver cancer. Due to this disease, in the world, every year about 2 million people die. This disease gets transmitted from one person to another through needle/syringe sharing, unsafe sexual contact and blood transfusion. Following are the symptoms of this diseases:</p> <ul style="list-style-type: none"> • In the beginning, feeling of tiredness • Loss of appetite • Skin and eyes become yellow • Possibility of getting liver cancer due to which patient may die. 										
Health, Population and Environmental Education	10 th	<p>Sexually Transmitted Infections</p> <p>Infections that get transmitted from one person to another through sexual contact are called sexually transmitted infections (STIs). Unsafe sexual contact is the main cause of STI. Unsafe sexual contact means having sexual intercourse at very young age, sexual contact with multiple sex partners, and sexual intercourse without using condoms. Through such sexual behaviors, STI gets transmitted. HIV, hepatitis B, gonorrhoea, syphilis, chlamydia, trichomoniasis, candidiasis are different types of STIs. Among them, HIV, gonorrhoea and syphilis are described below.</p> <p>Syphilis</p> <p>Syphilis is one the oldest STIs. It also affects body's major organs like heart and brain. it is caused by bacterium called Treponema Pallidum. These bacteria can live for long time inside the body.</p> <p>Mode of Transmission</p> <ul style="list-style-type: none"> • Unsafe sexual contact with syphilis infected person • Using blood of syphilis positive person during blood transfusion. • When syphilis infected mother gives birth to a baby, the disease gets transmitted. <p>Signs and Symptoms</p> <ul style="list-style-type: none"> • When bacteria enter inside body, as first symptoms, ulcers appear on infected person's genital organs, lips, tongue, breast or mouth. These ulcers are painless and ichless and get disappeared within 1- 5 weeks. • During secondary phase, reddish rashes develop, swelling of lymph glands, loss of hair, sore throat, common cold like symptoms appear. • If not treated in time, in 3rd stage, bacteria enter inside heart, brain, bone and muscles through blood circulation and cause heart disease, paralysis, blindness and unconsciousness (dementia). <p>Gonorrhoea</p>										

		<p>It affects genital organs, urethra, anus and cervix (uterine). Gonorrhoea is caused by bacterium <i>Gonococcus Neisseria</i>.</p> <p><u>Mode of Transmission</u></p> <ul style="list-style-type: none"> Sexual contact with gonorrhoea- infected person Contact with pus/discharge coming out from gonorrhoea infected-person's genital organs. <p><u>Signs and Symptoms</u></p> <ul style="list-style-type: none"> Painful and burning sensation while passing urine. Frequent urination occurs. Thick, foul smelling discharge from penis and vagina. Swelling of urethra and genital organs. Small blisters appear around penis and vagina. In women, stomach pain at one or both sides, fever, nausea, and irregular menstrual cycles may occur. Pus formation / accumulation in prostrate gland. Eye infections, rashes in sexual organs in new born babies. <p><u>HIV and AIDS</u></p> <p>Full form of AIDS is Acquired Immune Deficiency Syndrome. Our body has defense mechanism which protects us from diseases. Due to weakening of this immune system, occurrence of different diseases is termed as AIDS. In other words, AIDS is not a disease but a weakening of immune system of our body.</p> <p>AIDS is caused by Human Immuno-Deficiency Virus. When the virus enters inside body, it weakens the body's immune system and makes individual susceptible to other infections easily.</p> <p>AIDS was first recognized in 1981 and since then it has been spreading extensively. Looking at the present statistical data, within two decades, globally, about 4 crore (...40 million) people are living with HIV/AIDS. In Asian countries, HIV infection is being extensively increasing. In our country also, the number of people living with HIV/AIDS is increasing day by day.</p> <p><u>Signs and Symptoms</u></p> <p>In the beginning, HIV-infected persons do not show any signs and symptoms. Different symptoms appear only after 10-15 years of infection with HIV. Since HIV destroys the immune system of the body, HIV-infected individuals become susceptible to any kind of diseases. Therefore, the signs and symptoms appear based on the type of disease they acquire. In Nepalese context, among HIV infected persons, TB infection has been found to occur.</p> <p><u>Mode of Transmission</u></p> <ul style="list-style-type: none"> Unsafe sexual intercourse with HIV-infected person. Receiving blood of HIV-infected person during blood transfusion. Sharing syringe and needle that have been used by HIV-infected person without sterilization. This disease also gets transmitted from HIV-infected mother to baby during pregnancy. <p>HIV doesn't get transmitted through following activities:</p> <ul style="list-style-type: none"> Bathing together Eating together Shaking hands Sleeping together <p><u>Preventive Measures</u></p> <ul style="list-style-type: none"> Any sexual activities that are done at young age are unsafe. Decisions made regarding sexual activities at such age might not be correct. At young age, although person tries to have sexual contact safely, due to lack of appropriate and necessary skills it might become unsafe. Therefore, to prevent STIs, never have sexual contact at young age. Avoid sexual contact with multiple sex partners. People who look healthy may also be infected with STIs. Keeping sexual contact with such persons transmits STI. Always use condom correctly while having sexual intercourse. Condom use prevents STD transmission as well as unwanted pregnancy. When sexual relationship is between only husband and wife, condoms need not be used but they being also temporary devices of family planning and helping to prevent unwanted pregnancy, condom use is good. Extensive public awareness programs on safer sexual behaviors must be conducted. Since HIV and other STIs are transmitted through blood, always use blood only after testing during blood transfusion. Needles/syringes must be used only after proper sterilization and use needle/syringe only once.
Health, Population and Environmental Education	10 th	<p><u>Tobacco and Drugs</u></p> <p><u>Tobacco and Tobacco-related Substances</u></p> <p>Using cigarettes, beedi, chewing tobacco and kakkad in the form of smoke is known as smoking. Overall, tobacco and tobacco-related substances are used either in the form of smoke or smokeless tobacco-related substances</p> <p>Tobacco and tobacco-related substances are the major causes of disease Globally, every year, 5 million people die due to tobacco use. It is estimated that by 2020, annually 10 million people will die because of tobacco use.</p> <p>Evidence has shown that people who use tobacco are 3 times more likely to have heart disease, 1.5 times more likely to have stroke, asthma and 12 times more likely to have lung cancer. Nowadays, tobacco use has been one the major causes of human death.</p> <p>Use of tobacco and tobacco-related substance is injurious to health. Chemicals present in tobacco like nicotine and other chemical substances affect different parts of body. High blood pressure, heart attack, stroke, asthma, cough, cancer are caused by tobacco use.</p> <p><u>Causes of Tobacco Use</u></p> <ul style="list-style-type: none"> Peer pressure Tobacco use by family members Tobacco advertisements Lack of awareness about the negative effects of tobacco use Uncontrolled production of tobacco-related substances <p>Smoke affects even the people who are around smokers. Indirect smoking affects more than direct smoking. Below, we will learn about immediate and long-term effects of smoking/tobacco use.</p> <p><u>Immediate Effects</u></p> <ul style="list-style-type: none"> Coughing, Asthma, and chest pain Skin gets wrinkled Increased blood pressure Decrease in libido and decreased number of sperms in semen Infertility in women and early menopause

	<ul style="list-style-type: none"> • Decreased sense of taste, touch and flavor • Foul breathing <p><u>Long-Term Effects</u></p> <ul style="list-style-type: none"> • Due to asthma and coughing, heart is also affected. • Lung cancer including cancer of other organs. • Heart attack and stroke. • Stomach and peptic ulcer. • Loss of sexual desire and infertility. <p><u>Preventive Measures</u></p> <ul style="list-style-type: none"> • Avoid peer pressure • If your family members smoke, you should aware them about its negative effects and motivate them to quit such behavior. • Make public place as smoking free zone. • Other communication media must also ban the advertisement of tobacco and tobacco-related substances as has been done by electronic media of Nepal government. • Refrain parents from telling their children to go and buy cigarettes for them as well as banning shops to stop selling. • Make laws about smoking prohibition at public places and their effective implementation. <p><u>Alcoholism</u></p> <p>Intake or use of alcohol containing liquid substances like jaand (locally alcohol prepared from fermented rice), raksi (local wine), whisky, and wine is called alcoholism. Alcoholism is a social culture that has been adopted by human beings from their ancient period. It is used by people in the name of religion, parties and friends get together for fun. Since alcohol is available for selling and distribution unrestrictedly, its use is not regarded as an illegal act, but wine contains chemical substance called ethanol that is harmful to body.</p> <p>There are many negative health impacts caused by alcohol drinking. According to researches being conducted so far, more than 60 health problems occur due to alcoholism. Inflammation of liver, cancer of different organs, high blood pressure, accidents, brain hemorrhage etc are major health problems. Not only that once it is used, it will turn to a habit of taking so everyday a person will become substance abuser and may be involved in several crimes. Alcohol drinkers will be involved in doing works against social benefits, quarreling, theft, robbery, and sexual crimes. Due to alcoholism, domestic violence, road accidents have been increasing.</p> <p><u>Reasons for Drinking Alcohol</u></p> <p>In Nepalese society, in many castes, taking alcohol is an important part of religious culture. Alcohol is found being used in many festivals, parties, and occasions in unrestrictedly. In this way, besides religious and cultural reasons, some people drink alcohol habitually. Following are the reasons for drinking alcohol.</p> <ul style="list-style-type: none"> • To have fun in friend's get together, people drink alcohol. • Due to false belief that alcohol helps in food digestion. • Due to attraction of advertisements • Due to false belief that from alcohol body gain energy • Under peer pressure • drinking alcohol as a culture • To prevent cold winter <p><u>Effects of Alcoholism</u></p> <p>The saying that effects of alcoholism depends on the types of alcohol is wrong. But it depends to some extent on its level. Following effects are seen due to alcoholism.</p> <p><u>Immediate Effects</u></p> <ul style="list-style-type: none"> • Uncontrolled activities due to interference with a person's thinking and memory power. • Falling from sloppy area due to loss of physical balance. • If excessive amount of alcohol is taken, death may occur. • Quarrel, dispute among family and friends. • May be involved in sexual crimes. <p><u>Long-Term Effects</u></p> <ul style="list-style-type: none"> • It may affect stomach and result in gastritis and ulcer and bleeding may occur. • Due to excessive intake of alcohol, liver will be damaged and it's called cirrhosis. Such affected liver may not recover even if he/she gives up alcoholism. • Reduced reproductive capacity in male and female. • Social status will go down. • Cause cancer at different parts of body. • High blood pressure, heart attack and brain hemorrhage. • Economical crisis. • No peace at home due to quarrel and dispute. <p><u>Preventive Measures</u></p> <p>No matter what might be reasons behind alcoholism, it is not beneficial to our body. From its use', on one hand, there will be wastage of money, loss of health and, on the other hand, there will be wastage of time and future will not be secured and they will be isolated from society. To prevent alcoholism, following measures must be adopted.</p> <ul style="list-style-type: none"> • Avoid friendship with people who drink alcohol. • At home, if alcohol is adopted as a part of culture, by making aware of their negative effects, slowly such culture must be changed. • Instead of alcohol, culture of eating healthy foods should be developed. • Prohibit the sale of alcohol in public places and manage provision of taking permission letter for sale and distribution. • Health education should be extensively promoted to publicize negative effects of alcoholism. • Alcohol advertisement should be banned. <p><u>Drugs</u></p> <p>Those substances the use of which directly affects a person's brain and nerves leading to the weakness and excitement of body's organs. WHO has defined drugs as those substances from whose use brings one or more changes in living beings activities. There are many kinds of drugs. Some drugs create excitement while some weaken body. Likewise, some drugs produce mental disorder. Drugs include substances like cannabis, chares, heroine, cocaine etc.</p>
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	<p><u>Reasons for Using Drugs</u></p> <ul style="list-style-type: none"> • To get relief from unnecessary tension. • Friendship/relation with substance abusers. • Peer pressure. • Work failure, no protection from home, unemployment. • Getting trapped in the greed of drugs traffickers. <p><u>Effects</u></p> <ul style="list-style-type: none"> • Weakens memory power. • Friendship with substance abusers. • Accidents • In co-ordination of thinking and work • Loss of hunger and weakness • Nausea and vomiting • Sterility ,Infertility • Those who inject drugs can contract Hepatitis B, C and HIV infection • May cause death if drugs are taken for longer period of time. • Social crimes will increase due to loot, theft, dacoits. • Robbery, dacoits • They can't gain required knowledge and skills. Due to this, it will result in lack of national human resource and the country's image will be bad at international level. <p><u>Preventive Measures</u></p> <ul style="list-style-type: none"> • Make public aware of negative effects of drugs through extensive extension of drugs-related education. • Strict control over drug trafficking and motivate those people who make complain after finding such traffickers. • Manage sports and entertainment programs. During leisure period, be engaged in entertainment programs. • Hold discussion on the effect of drugs among family and neighbors. • Be aware that nobody in your family becomes drug abusers. • Try to make family relationship good and don't quarrel at home. • Indiscriminate implementation of anti-drug abuse act. • Try to make family relationship good and don't quarrel at home. • Give advice or direction to drugs abusers to give up such activities and organize rehabilitation programs.
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Sri Lanka

Subject	Grade	Description
Science	6	Household water is polluted when water containing utensils are not covered, waste is collected in water tanks, and wells are contaminated with sewage or agricultural chemicals.
Health & Physical Education	6	For a healthy life, need cleanliness and clean food. Have to wash fruits and vegetables properly before eating. Have to cover food well to prevent pollution.
		Regular baths will prevent several skin diseases (p44). If nails are not cut regularly, they will collect dirt and germs and will cause germs to get into body (p45). If not brushed regularly and properly, teeth will decay. Should brush teeth twice a day and after eating sweet (illustration available on how to brush). Need dental check-up once in six months (p46-47).
		Wash hands before eating and after going to toilet. Take body washes after playing or when return from outdoor visits.
Health & Physical Education	7	Take a bath when go home after school. Wash hands with soap before eating.
		Eating sweets is a major cause for tooth decay. Tooth decay starts from enamel and spreads inside to the tooth. Not only the teeth, but the gums, tongue and the whole oral cavity should be kept clean to prevent tooth decay. To prevent dental caries, should brush twice a day and after eating sweets. Use a proper brush. Don't bite hard things like metals, wood, etc. Don't expose teeth to too cold and too hot foods or drinks in the same time.
		Cough and cold are air born diseases. To prevent cough and cold, keep environments clean; keep homes, cloths and bed linen clean. Use handkerchiefs when has cough and cold (p54,55). Diarrhoea, Cholera, and Hepatitis A are water and food born diseases. To prevent these diseases: drink boiled cooled water, take a boiled cool water bottle to school, wash leaves and vegetables well before cooking, eat home made food as much as possible, wash hands before eating and after going to toilet, always use toilets, and close food properly to prevent contamination (p56-58).
Health & Physical Education	8	Food preparation should be done under hygienic conditions. Personal hygiene as well as the hygiene of the food preparing environment is essential. Eg: washing hands, cutting nails, covering hair, use clean utensils.

Subject	Grade	Description
Health & Physical Education	7	Malaria is a mosquito born disease caused by Anopheles Mosquitoes. Malaria mosquitoes breed in stagnant or slow flowing water. When develop Malaria, people get fever, chills or rigors and vomiting. Should destroy mosquito breeding places to prevent Malaria.
Science	8	Malaria is caused by a mosquito species called Anopheles; the pathogenic organism is Plasmodium. Malaria can be fatal. The state has to bear a huge expenditure for the treatment and control of Malaria. A knowledge on the life cycle and behavioral pattern of Malaria mosquito will help to control them. Malaria mosquitoes lay eggs in fairly deep clean water. To control the mosquito, can breed carnivorous fish in those waters that feed on mosquito larvae, add salt or soap to collected water, spray chemicals such as Malathion or DDT.

Subject	Grade	Description
Health & Physical Education	8	STDs are transmitted from an affected person to another during a sexual act. Adolescents should be aware of these diseases and should have proper behaviors to avoid these. The types of STDs are HIV/AIDS, Genital Herpes, Genital Warts, Non Gonococcal Urethritis, Chlamydia, Gonorrhoea and Syphilis (indicated in a figure).
Health & Physical Education	10	Types <ul style="list-style-type: none"> - Gonorrhoea - Syphilis - Genital Herpes - Warts - Chlamydia - Non gonococcal urethritis

		<ul style="list-style-type: none"> - HIV/AIDS <p>To prevent STDs</p> <ul style="list-style-type: none"> - Avoid sex till marriage - Keep the cleanliness - Stick to one reliable partner after marriage - Live up to Sri Lankan culture
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Subject	Grade	Description
Health & Physical Education	6	Illustrations and explanations are given on how to maintain correct posture while sitting, standing, walking, sleeping, etc.
	6	Correct athletic methods under proper instructions will prevent injury (correct postures are illustrated by pictures).
Health & Physical Education	7	Accidents occur in accident prone environments. Eg: electrocution occurs when the electric equipments are used carelessly or when use damaged equipments. Gas leakage can cause a fire, open the windows before using a gas cooker.
		First aids are explained for sprains, lacerations or cuts, joint displacements, fractures, faints, snake bite, electrocution, burns, and poisoning.
Health & Physical Education	8	Accidents can happen on roads, at home, in the garden, schools, paddy fields and farms, in rivers, lakes and sea. RTAs can happen due to carelessness or ignorance of drivers, passengers and pedestrians (examples are gives such as drunk driving, over loading, not using pedestrian crossings, etc. Snake bits are possible in the gardens, paddy fields, farms and jungles. If one gets a snake bite, wash the area with soap and water and take him to a doctor ASAP.
Health & Physical Education	9	Correct posture during sleeping, standing, sitting and walking will keep a person healthy, without muscle or back aches and pains. Improper clothes and shoes (eg. Too tight clothes, high heel shoes) can cause muscle and joint problems. Too heavy school bags, unsuitable sports equipments can cause injuries.
Health & Physical Education	10	Sports injuries can occur when the person is not fit for sports, not follow rules, not use proper instruments, exert too much strain, use wrong methodology and not in good psychological status. Sports injuries can be bruises, cuts, muscle sprains and tears, joint dislocations, bone fractures, tendon and ligament injuries, and injuries to other organs. First aids are explained using illustrations for external injuries that bleed, bone fractures, internal bleedings, faints, muscle sprains and tears, and dehydration. CPR is also explained.
		Types of accidents are <ul style="list-style-type: none"> - Burns: by fire, steam, chemicals, fire work - Poisoning: by pesticides, chemicals and drugs - Food poisoning: by expired food and poisoned food - Falls: into unprotected wells, from heights, on slippery things - Electrocution: by use of mal functioning and unprotected electric equipments
		RTA occur due to <ul style="list-style-type: none"> - Drivers' negligence: drunk driving, not following road rules, stress, non use of helmets and seat belts - Pedestrians' negligence: not following road signs, not using passenger crossings, walking in groups - Vehicle defects: defects in break systems, lights and tyres - Road and environmental defects: no proper traffic signs, old and broken roads, improper constructions under roads like water pipe systems <p>To prevent RTAs</p> <ul style="list-style-type: none"> - Drivers, passengers and pedestrians should follow road rules - Drivers and pedestrians should not use alcohol - Should avoid over loading - Should avoid driving when stressed or tired
	10	Causes <ul style="list-style-type: none"> - Snake bites - Bites by dogs, cats and monkeys - Bee stings and insect bites

		<p>To prevent injuries by animals</p> <ul style="list-style-type: none"> - Use protective wear - Use a torch when go in dark - Keep environment clean - Do not arouse animals
	10	<p>Types</p> <ul style="list-style-type: none"> - Agricultural: by improper use of pesticides, not using gloves and masks, accidental ingestion of chemicals - Mine injuries - While using heavy vehicles
	10	<p>Types</p> <ul style="list-style-type: none"> - Cyclones - Floods - Electrocutation - Droughts - Tsunami - Landscapes <p>Should be prepared to face them Be alert to warnings Identify safe areas and escape when necessary</p>
	10	<p>First aids are explained with illustrations for</p> <ul style="list-style-type: none"> - Burns - Poisoning - Electrocutation

Subject	Grade	Description
Health & Physical Education	8	Alcohol, drugs and smoking can cause diseases in people that consume them. Smoking can cause several diseases like lung cancer, hypertension, etc (affected areas illustrated on a human body). Alcohol can affect brain, heart, liver, etc, cause cirrhosis, pancreatitis, etc(affected areas illustrated on a human body).
Health & Physical Education	10	Alcohol, drugs and smoking can cause health problems. One main problem can be Angina and Myocardial Infarctions. Smoking introduces cancerous agents to the body. It can cause bronchitis, lung cancers and stomach cancers. Alcohols can lead to hypertension

Subject	Grade	Description
Health and Physical Education	9	<p>Till 6 months, give breast milk only.</p> <p>After 6 mon, can start supplementary food. From 6mon to 1 year start from liquids, then semi-solids and solids. No need to add salt and sugar.</p> <p>After 1 year introduce normal food</p> <p>Pregnant and lactating mothers need food with more protein, vitamin, minerals and energy</p>
	9	<p>Fulfill the required nutritional needs of mother and baby.</p> <p>Help and take care of the pregnant mother.</p> <p>Keep the mother happy.</p>
	9	<p>Help to look after baby</p> <p>Help for mental and social development of child.</p> <p>Share day to day household work.</p>
Health & Physical Education	10	From pregnancy to preschool age, there are four stages: prenatal period, neonatal period, infancy, early childhood (3-5 years)

		<p>During the pregnancy, a mother gains about 12 kilos. If mother gets nutritional deficiencies, the fetus can be affected. (eg: low birth weight babies, lack of brain development in foetus)</p> <p>Mother should get proper antenatal care (ANC) and vaccinations to prevent complications. In Sri Lanka, this ANC is provided free of charge. Public health midwives are the main category of health professionals that provide maternal and child care in the field.</p> <p>By the age of three years, 80% of child's brain development is completed.</p>
		<p>Physical needs: 18-20hr sleep, feeds (breast feeding), protection.</p> <p>Psychological needs: Interactions, comfort, reactions</p> <p>Social needs: Show love, show affection</p>
		<p>Infancy is from one month to two years of life.</p> <p>From birth, every sensation improves a baby's brain development. If neglected or abused, they can become anti-social adults with aggressive behavior.</p> <p>It is important to breast feed infants. Exclusive breast feeding is recommended till four to five months. From five to six months, should start supplementary food.</p> <p>Infants should get necessary health check-ups, vaccinations, and protection.</p> <p>Other needs of infants include: language development, educate to control their behavior, train them to do the activities they can, respond to their questions, sing, draw and play with them.</p>
		<p>Pre school age is three to five years. Children get lot of novel experiences during this period and enjoy them.</p> <p>What should be done by parents and teachers during this time:</p> <ul style="list-style-type: none"> - Identify talents - Let child express his ideas - Involve him in decision making - Let him take decisions - Let him feel that he is precious - Let him explore the environment - Improve his abilities

English	8	<p>Read the article. Breakfast is the main meal of the day. It should not be skipped, specially by growing children and teenagers. Breakfast kick-starts the brain and improves mental and physical performance. It helps to maintain a healthy body weight. Lack of concentration, lethargy, behavioural problems can be seen among the student who skip breakfast. Poor health is another result. A research was done on students who have breakfast and those who do not. It showed that students who have breakfast before starting school have higher grades especially in mathematics and reading. It increases student attention and improves student behaviour. Students who have healthy breakfast meet their daily and have the correct blood cholesterol levels. They attended school regularly. They do not have to see the doctor often, complaining of tummy aches.</p>
English	8	<p>specially, kick-starts, behavioural, teenagers, energy. 1. lack of concentration can be seen ____ among many students who skip their breakfast. 2. the cricketers have so much ____ that they play from morning till evening. 3. food ____ that brain and improves mental and physical performance. 4. ____ should not skip their breakfast. 5. ____ problems can be seen among students who do not get proper nutrients.</p>
English	8	<p>1. It is good to skip breakfast. 2. Breakfast improves the mental performance of the students. 3. Behavioural problems can be seen among students who skip breakfast. 4. Children can maintain a healthy body weight if they skip breakfast. 5. Students should have their breakfast before starting for school.</p>
English	8	<p>i. At what time do you have your breakfast? ii. what do you usually have for breakfast? Iii. What is your favourite breakfast? Write three sentences about your breakfast. Follow the guidelines. I always have my breakfast at ____ I usually have ____, ____, ____ or ____ for my breakfast. My favourite breakfast is ____ Now follow the above guidelines and write about the breakfast of your friends.</p>

English	8	Question: How often do you wash your teeth?
English	8	eg. I always prefer to have vegetables for my meals.
English	8	Find out from each other the cause of obesity in human beings. Write a paragraph using the information you gathered. Follow the guidelines. Start like this: People eat fast food. These contain fats and carbohydrates. Eating too much fat causes obesity in human beings.....-eating too much fat-oversize food portions-fastfood-lack of exercise-spending hours in front of television and computers.-travelling by vehicles-instead of walking -less work at home/office-inactive people-gain weight-environment-lack of parks, trails, sidewalks-busy work schedules-no time to be physically active-food advertising-snacks and sugary drinks-genes an family history
English	8	Health Tips Example: Do not bite your nails. 1. Biting you nails can be harmful. Nail biting can break the skin and cause bleeding and infection. 2. It is bad to pick your nose. It can spread germs and start bleeding. 3. You can protect your teeth by brushing and visiting your dentist regularly. 4. If you get something in your eyes, try not to rub it. Let the eyes tears or rinse with pure water.
English	8	5. You cannot eat or talk without your tongue. Very hot food and drinks burn your tongue.
English	8	(exercise gives you energy) Exercises increase your blood circulation by strengthening and supplying more oxygen to your body. (Exercise strengthens muscles) Exercise make your muscles stronger. Have you ever done push-ups or swing across the monkey bars at the playground? Those are exercises that can build strength. You can make your muscles stronger by lifting heavy weights. (Exercise makes you flexible) Can you touch your toes easily without saying 'ouch'? If you can, you are flexible. That means you can bend and stretch your bodies without much trouble. (Exercise makes you happy) Exercise puts you in better mood. When you exercise, your brain releases a chemical which makes you feel happier.
English	8	Imagine that you are a journalist who visited a hospital to interview a doctor regarding the dengue menace. Read the following answers. Find the right questions word from the brackets to get the underlined words as the answer. Practice questions and answers in groups. (1) _____ is it transmitted? (what/how/why) It is transmitted to us by the bite of infected mosquitos. (2) _____ the virus spread from person to person? (why/does/what) No, the virus does not spread from person to person. (3) _____ are the symptoms of dengue fever? (how/why/what) Dengue fever is characterized by the sudden onset of fever, headache, body aches and joint pains, loss of appetite, nausea, vomiting and development of skin rashes. (4) _____ can you eliminate the chance of mosquito breeding? (why/what/how) By adopting good daily habits of removing garbage. Cleaning blockages from the roof gutter/ clearing leaves and stagnant water from drains/ removing water from potted plants daily/ avoiding the used of pot plates and changing the water in vases every day will help to eliminate the chance of mosquito breeding. (5) _____ are the precautionary measures that can be taken? (when/do/what) Precautions included wearing long-sleeved clothes, using mosquito coils and electric vapours mats and using insect repellents over the exposed parts of the body.
English	8	Gardening- A good exercise. Gardening involves a number of different kinds of exercise including stretching and weightlifting. A study shows that you can have good exercise by raking the lawn, trimming the trees and shrubs. Clearing bushes and stacking wood also provide good exercise to your body, equal to a light aerobics class. The "yard care" tasks such as watering the lawn, mowing, trimming shrubs, raking, planting seedlings, weeding, clearing land, digging, spading, tilling, laying the sod, chopping wood, turning the compost piles, etc., are good ways to get exercise. They provide exercise for the whole body. Apart from that, gardening is beneficial for your mental health, too. For many people, it is a hobby. Like other kinds of exercise, gardening can help to lower blood pressure and cholesterol levels. It reduces problems with heart diseases, diabetes and other diseases related to inactivity and excessive weight.
English	8	a.1. What are the yard care tasks mentioned in the text? 2. Name some tasks that provide some exercise for the whole body. 3. What are the kinds of exercise you can get by gardening? 4. How does gardening affect your health? b. 5. What are the bad effects of inactivity and excessive weight? Discuss with your partner and write a paragraph. First write down 4/5 points. Then put them into sentences to make a paragraph.
English	8	Proteins: They help for growth and repairing the body tissues. Cereals, pulses (beans, soybeans, groundnuts), milk and milk products, eggs, fish, meat, nuts. Carbohydrates: Carbohydrates provide us with 50% of our energy. Rice, maize, wheat, cereals, potatoes, yams, starchy roots. Fats: They provide us with 40% of our energy. They are a very rich source of energy. We need only small amounts of them. Cooking oils, some meat and meat products, lard, butter, ghee, some milk products, margarine. Minerals: They are helpful, in tiny amounts, to keep our body healthy. Salt is a mineral and we need it for a healthy body. But too much salt is very unhealthy. Fish, eggs, pulses and dark green leafy vegetables. Vitamins: We need them for healthy teeth and bones. We use them, in small amounts, to keep our bodies healthy. Dairy products, liver, fatty fish, green leafy vegetables, yellow and red fruits and vegetables in general, carrots, dark yellow sweet potato, pumpkin, mango and papaya.
English	8	(i) List 10 types of food items that you have most often. Against each food items write down what they are made of. (fats, proteins, etc.) (ii) What's your favourite meal including the five main types of nutrients. (iii) Write a paragraph and present it to the class. Begin- We eat rice. Rice gives us carbohydrates. We eat a lot of sweets. They give us energy, but too many sweets are bad for our health.

English	8	using the table given on page 21, make questions for a 'Do you know' contest. You get ten minutes to make the questions. Follow the examples. -What are the nutrients in fish/fruit/vegetables? -Why is proteins/ vitamins important to us? -What is the main nutrients found in bread/ butter?
English	8	"Jumping Jacks"-An exercise for your leg and arm muscles. Try and see whether you can do this 20-50 times. 1. First, stand straight with your feet together and hands down by your side. 2. Then, slightly, bend your knees and jump straight up, while bringing your hands together above your head, moving your feet about two feet apart without bending your elbows or knees. Always land on the balls of your feet before your heels touch the floor. 3. Finally, slightly bend your knees and jump up, while returning your hands to your side and your feet together.
English	9	d) Fresh milk from the cow can be a dangerous source of bacteria. Therefore it is important to have cleanliness in the process of collecting and distributing milk. Milk should also be pasteurized or sterilized before it is commercially distributed.
English	9	The teacher believe that traditional games like Hopscotch, Skipping and Catch and Run could explain children's interests and stimulated their minds. A child psychologist Dr. Michael Boiton said, ' If children spend a lot of time on their own in front of the television or computer, they do not interact well with their peers'. Hopscotch was introduced after a Victorian celebration in a junior school. After the children started playing the game, their learning abilities seemed to have increased. After introducing games in their lessons and assemblies, their skill of co-operation have been improved. Their academic ability has been stimulated. Gareth Stratton, physiologist, said that if children were busy with physical exercises, their behaviour would be better. Their minds would become more creative.
Social studies	9	Globalization has its advantages as well as disadvantages. Disadvantages: Spread of diseases such as AIDS
Social studies	9	Steps taken to prevent accidents due to crackers in the festival season. In house where there are small children, electric switches should be beyond their reach. Various medicines, warm items, electrical equipment and breakable objects should be kept away from little children. People who live in flats too should be very careful of the security of little children. Further, during the heavy rainy seasons, we should be very careful as thunder and lightning can cause accidents and disasters. Moreover, when we consider accidents and disasters, injuries caused by animals, especially serpents, should be mentioned. The number of people who die of serpent bites have gradually increased and so have the number of people who suffer from the side effects of such injuries. Therefore, people should be very careful when they go out at night. At present the number of people who die and are injured due to the attacks of wild elephants have increased. Therefore, people who live in areas where wild elephants haunt should be aware of the ways they can prevent such attacks. People go on picnics with the intention of having fun and to spend their leisure time effectively. Careless behavior on such occasions is a major reason for accidents and disasters. There are reports about people who have drowned when bathing in unprotected places, and those who have met with accidents due to speeding or the loud sound of the cassette or using cellular phones while they drive. Practices such as bathing in unfamiliar places and lodging in insecure places should be done with utmost care.
Social studies	9	Food poisoning can occur when food is not washed and cleaned properly, not cooked properly or due to the consumption of stale food.
Social studies	9	Accidents can happen when medicine is not packed carefully or when pesticides are not stored appropriately. Especially if there are children in the house, medicine should be stored out of their reach. When medicine is given to elders and children, accidents can be prevented if the proper dose is administered to them by an adult who has knowledge of it.
Social studies	9	Be watchful of the protection of the roofs and walls of houses. Cut the branches of tall trees which can damage houses. Do not send small children into the open.
Social studies	9	Disconnect all electrical equipment. Stay indoors. Stop vehicle immediately if you are driving.
Social studies	9	Avoid using wet electric equipment. Be careful of the damaged electric cables, bridges and buildings. Do not go out until you are assured of security.
Social studies	9	Do not drink contaminated water.
Social studies	9	In our lives there is always a risk of the possibility of accidents at any moment or at any place. We cannot completely prevent the occurrence of accidents and disasters.
Science	7	Due to severe diarrhoea and vomiting the body loses a lot of water. In order to control the resulting state of dehydration a solution called "Jeevani" gruel and drinks such as king coconut water which has a high content of water are given.
Science	7	Water gets polluted in various ways. Animal sewage, household garbage, agro chemicals, industrial waste, mineral oils, impurities. Acids from acid rain, water mixed with such matter as soap and shampoo. Chemical mosquito repellents, rust in metals.
Science	7	Growth: Compare the size of your body a few years ago with your size now. You will notice that you have grown up since then. That means your body has developed.
Science	7	If you stay too long without taking food you will feel weak and will not be able to play, work or read books. However, after you take in food your hunger is satisfied, the energy needed for the body activities is received and the growth process of the body takes place. The body get protected from sickness and disease. The normal body temperature is maintained.