

NAKSHALBARI COLLEGE
Department of Physical Education
NAME :- RATAN MONDAL

SUBJECT :- PHYSICAL EDUCATION
TOPIC :- HEALTH AND HYGIENE
CLASS :- 2ND SEMESTER



INTRODUCTION:-

According to the world health organization health is state of complete physical, Mental well being and not merely absence of disease or infirmity.

An attainment of level or health will enable to every individual to lead a socially and economically productive life.

HYGIENE:-

The definition of hygiene is health habits is health habits that include breathing kipping the mouth élan, kipping the skin processed from the sun and washing hands frequently before handing edibles to insure the safe delivery of food.

GOOD AND BAD HYGLENE:-

The different between good and bad habits hygiene each good hygiene keeps you protected from things like germs and danger ultra violate (V.U) race from the sun in the environment that can heart you.

Bad hygiene always this things to affect your body and probably make you sick.

BENEFITS OF GOOD HYGIENE:-

According to the centre for disease control and prevention addressing the spread of jumps in schools is essential to the health of our youth our school and our nation.

Good hygiene prevents the spread of jumps it also spread to give a good first impression to others.

HOW TO WASH YOUR HAND:-

1. Use your running water.
2. Use soap.
3. Serb hands together and under nails for ant list 15-20 second.
4. Dry hands on a lean cloth.
5. Or paper tower or use an automatic hands drier if possible.

FOOD TO AVOIDE:-

Bacteria in your mouth grow on sugar try to as little junk food or possible candy. Chocolate and others sweets.

Avoid drinking soda and sweet tee if I did do it this thing you may wants to brush immediately after words.

PROTECTION FROM THE SUN:-

Cancer research believe childhood sun burn may increase a persons risk of developing melanoma, the most serious skin cancer.

Most of the more then one million causes of non melanoma skin cancer diagnosed yearly in the united status are considered to be sun related.

80% of the average person lifetime sun exposes happens before age 18.

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Skin cancer is the most common of all cancers it accounts for nearly half of all cancers in the united states.

THANK YOU