



HEALTHY CHILDREN HEALTHY INDIA

For Children

Healthy Lifestyle

Healthy Diet

Physical Activity

Personal Hygiene

Menstrual Hygiene

Healthy Environment

Tobacco, Alcohol & Drug Abuse

Road Safety



Central Health Education Bureau
Directorate General of Health Service
Ministry of Health and Family Welfare



- Take regular balanced diet
- Eat more fruits, vegetables & nuts
- Never indulge in crash diets
- Avoid junk foods
- Limit sugar, salt and aerated drinks
- Maintain physical activities
- Maintain personal hygiene
- Maintain clean environment in home, school & surroundings
- Say NO to tobacco, alcohol and drugs
- Limit screen time (mobile, TV, computer & laptop)
- Maintain a disciplined life

HEALTHY LIFESTYLE



txr çdk kuMk
Jagat Prakash Nadda



हल्डु रूकलतु दूकुकेश
नूतुर हूतुतु

Minister of Health & Family Welfare
Government of India

30th August, 2016

Dear Students,

Greetings to you all on behalf of Ministry of Health and Family Welfare, Government of India, and on my own behalf.

2. I empathise with the student community and I understand the stress and tribulation that they go through in today's competitive world. The students have to read and learn by rote reams of books and articles in the race to secure high scores in order to make it to elite institutes or get employment in reputed companies. In the process, their health is sacrificed. In this context, I remember an old adage, 'A sound mind in a sound body'. Which means, maintaining good health at all times is the key to excelling not only in your studies, but in other fields too.

3. The Ministry of Health & Family Welfare, GOI, has prepared a booklet dealing with health related issues. The booklet contains tips on leading a healthy life. Please go through it and follow the tips. They will guide you to stay fit and healthy, which in turn will help you do well in your studies and other areas of your interest. As being a useful and informative booklet, I urge you to share it among your family members and friends and help them also to lead a healthy and wholesome life. Please ensure you make healthy choice every time you eat.

4. A soft copy of the booklet is also available at the following weblink, <http://mohfw.nic.in/index.php>. Do write back to me with your suggestions and feedback.

5. I wish you to 'Be Healthy & Be Happy and do well in your studies'.

(Jagat Prakash Nadda)

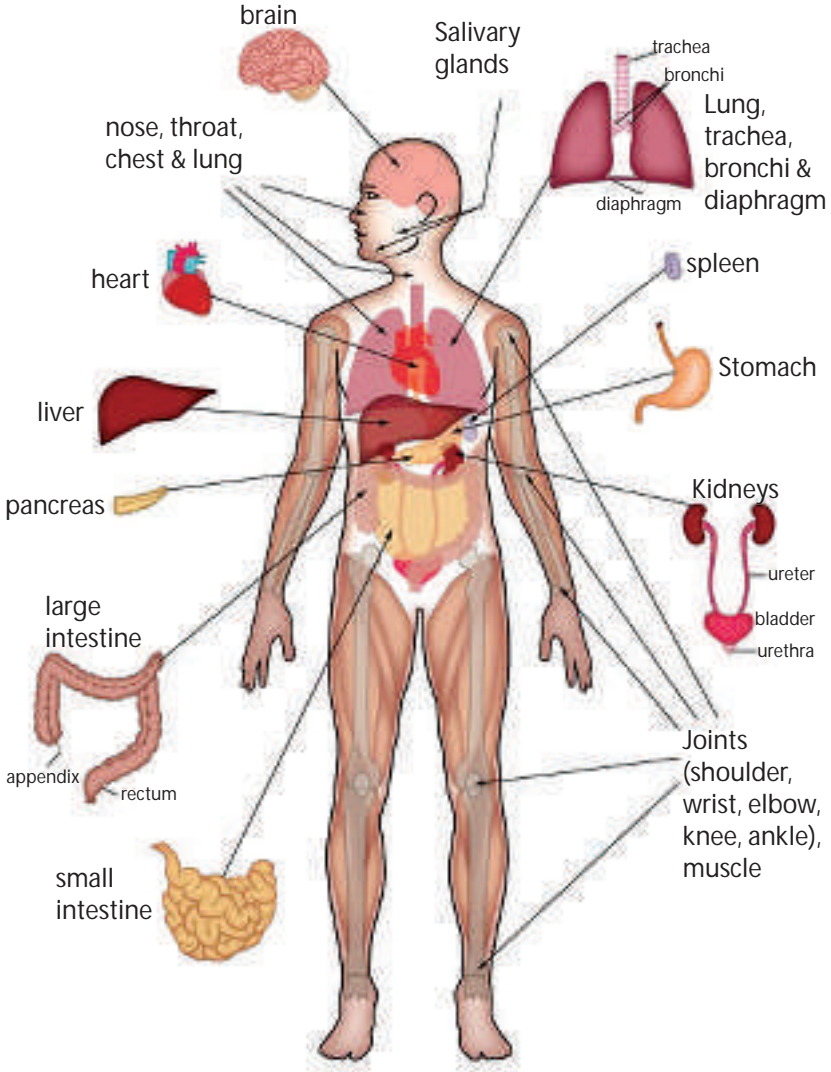
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Human Body

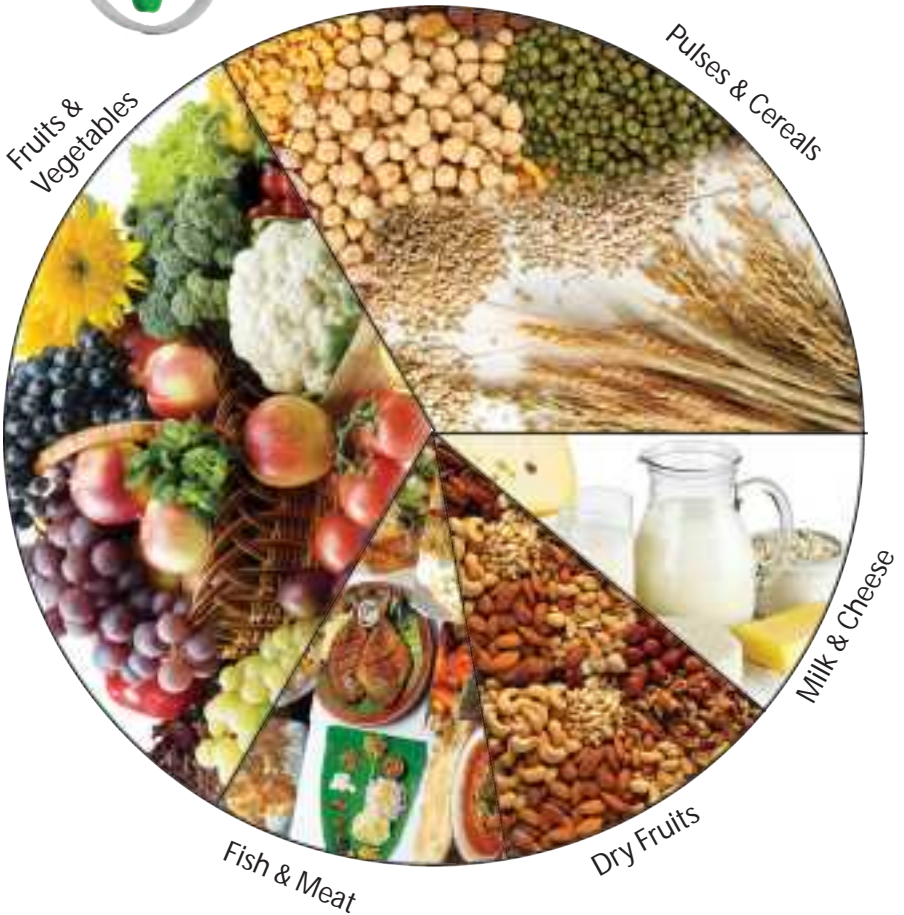


Healthy Diet

- **Protein:** meat, fish, cheese, pulses, milk, curd, eggs and dry fruits
- **Fat:** cheese, whole eggs, fish, dry fruits and vegetable oil
- **Carbohydrate:** cereals, potato and sugar
- **Vitamins:** milk, eggs, cereals, vegetables and fruits
- **Minerals:** vegetables, fruits and cereals



HEALTHY PLATTER



Healthy Diet

JUNK FOOD

- Junk food is calorie rich food containing high amount of fat, sugar, salt.
- Regular intake of junk food results in obesity.





Diseases associated with obesity

- Hypertension, diabetes mellitus, heart disease, stroke and several types of cancer.
- Greater risk for bone and joint problems and sleep apnea.
- Social and psychological problems such as stigmatization and poor self-esteem.



Physical Activity

Cut down on T.V. watching, video games & computer



2-3 times a week singing, dancing, aerobics & martial arts



3-5 times a week cycling, swimming, running, kho kho, volleyball, basketball, football, kabaddi & cricket



Everyday yoga, walk & take the stairs instead of the elevator



Physical Activity

Physical activity,
prevents diabetes, hypertension,
heart disease & stroke,
reduce risk of cancer,
improves mental health & mood,
makes ageing more gracefull and
helps maintaining weight

BOYS GIRLS

Height in Meters	Ideal Weight
1.35	28 - 35 Kg.
1.37	30 - 39 Kg.
1.40	33 - 40 Kg.
1.42	35 - 44 Kg.
1.45	38 - 46 Kg.
1.48	40 - 50 Kg.
1.50	43 - 53 Kg.
1.52	45 - 55 Kg.
1.55	48 - 59 Kg.
1.57	50 - 61 Kg.
1.60	53 - 65 Kg.
1.62	55 - 68 Kg.
1.65	58 - 70 Kg.
1.67	60 - 74 Kg.
1.70	63 - 76 Kg.
1.72	65 - 80 Kg.
1.75	67 - 83 Kg.
1.78	70 - 85 Kg.
1.80	72 - 89 Kg.

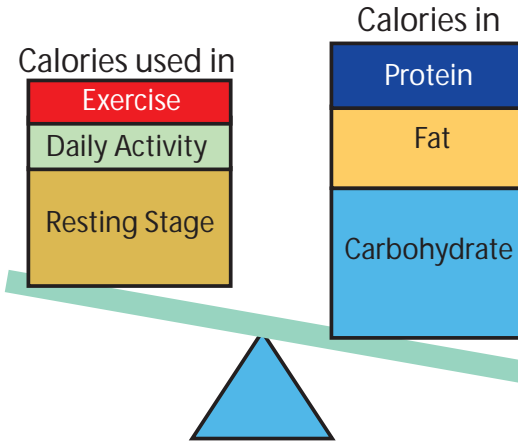


Height in Meters	Ideal Weight
1.35	28 - 35 Kg.
1.37	30 - 37 Kg.
1.40	32 - 40 Kg.
1.42	35 - 42 Kg.
1.45	36 - 45 Kg.
1.48	39 - 47 Kg.
1.50	40 - 50 Kg.
1.52	43 - 52 Kg.
1.55	45 - 55 Kg.
1.57	47 - 57 Kg.
1.60	49 - 60 Kg.
1.62	51 - 62 Kg.
1.65	53 - 65 Kg.
1.67	55 - 67 Kg.
1.70	57 - 70 Kg.
1.72	59 - 72 Kg.
1.75	61 - 75 Kg.
1.78	63 - 77 Kg.
1.80	65 - 80 Kg.

MAINTAIN IDEAL WEIGHT

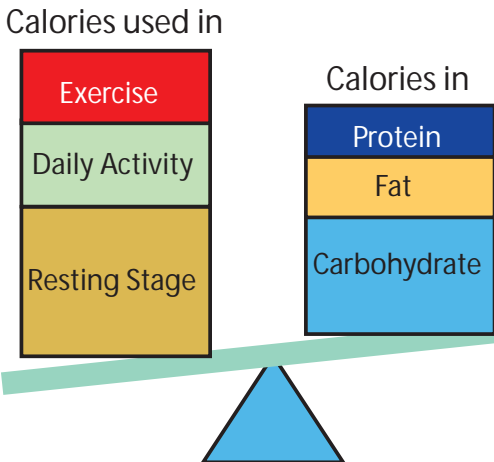
Weight Management

Weight Gain



Unhealthy body
(Obese)












Weight Loss



Healthy body

- A healthy weight balance is when calories in = calories out.
- Eat food your body can consume as per your physical activities.
- Eat more of fruits, vegetables, legumes, whole grains & nuts.
- Limit your intake of saturated & trans fats and use unsaturated fats.
- Limit the intake of sugar & salt and ensure that salt is iodized.
- Consume more potassium found in citrus fruits, bananas, beans & yoghurt.

Ideal Daily Routine

 <p>Get up 6.00 am</p>	 <p>Toilet and brush 6.10-6.30 am</p>	 <p>Walk and exercise 6.30-7.00 am</p>
 <p>Bath 7.00-7.30 am</p>	 <p>Breakfast 7.30-8.00 am</p>	 <p>School 8.00 am-1.30 pm</p>
 <p>Lunch 1.30-2.00 pm</p>	 <p>TV & rest 2.00-3.00 pm</p>	 <p>School homework 3.00-4.30 pm</p>
 <p>Evening snacks 4.30-5.00 pm</p>	 <p>Play outdoor 5.00-7.00 pm</p>	 <p>Time for hobby 7.00-8.30 pm</p>
 <p>Dinner 8.30-9.30 pm</p>	 <p>Brush and bath 9.30-10.00 pm</p>	 <p>Sleep 10.00 pm</p>

Body Mass Index (BMI)

$$\text{Body Mass Index (BMI)} = \frac{\text{Weight in Kilograms}}{(\text{Height in Meters})^2}$$

Weight in Kilograms (Kgs)

	45 kg	50 kg	54 kg	60 kg	63 kg	68 kg	73 kg	77 kg
1.45 m	22	25	26	29	31	34	36	38
1.47 m	22	24	25	28	30	33	35	37
1.49 m	21	23	25	27	29	31	34	36
1.50 m	20	22	24	26	28	30	32	34
1.52 m	20	22	23	25	27	29	31	33
1.55 m	19	21	23	25	26	28	30	32
1.57 m	18	20	22	24	26	27	29	31
1.60 m	18	20	21	23	25	27	28	30
1.63 m		19	21	22	24	25	28	29
1.65 m		18	20	22	23	25	27	28
1.67 m		18	19	21	23	24	26	27
1.70 m			19	20	22	24	25	27
1.73 m			18	20	21	23	24	26
1.75 m			18	19	21	22	24	25
1.78 m				19	20	22	23	24
1.80 m				18	20	21	22	24
1.83 m			16	18	19	20	22	23
1.85 m			15		19	20	21	22

 Healthy Weight

Body Mass Index (BMI)

BMI less than 18.50	Underweight
BMI 18.50 - 24.99	Healthy weight
BMI 25.00 - 29.99	Overweight
BMI 30 or more	Obese

Weight in Kilograms (Kgs)

82 kg	86 kg	91 kg	96 kg	100 kg	104 kg	109 kg	113 kg	
40	43	45	47	49	52	54	56	1.45 m
39	41	43	45	48	50	52	54	1.47 m
38	40	42	44	46	48	50	52	1.49 m
36	38	40	42	44	46	49	51	1.50 m
35	37	39	41	43	45	47	49	1.52 m
34	36	38	40	42	44	45	47	1.55 m
33	35	37	39	40	42	44	46	1.57 m
32	34	35	37	39	41	43	44	1.60 m
31	33	34	36	38	40	41	43	1.63 m
30	32	33	35	37	38	40	42	1.65 m
29	31	32	34	36	37	39	40	1.67 m
28	30	31	33	35	36	38	39	1.70 m
27	29	30	32	34	35	37	38	1.73 m
27	28	30	31	33	34	36	37	1.75 m
26	27	29	30	32	33	35	36	1.78 m
25	27	28	29	31	32	34	35	1.80 m
24	26	27	28	30	31	33	34	1.83 m
24	25	26	27	29	30	32	33	1.85 m

Height in Meters (m)

Overweight

Obese

Do's



- **Wash hands**
 - Before & after meals
 - After using a toilet
 - After coughing, sneezing , blowing a running nose
 - After playing with your pet
 - After playing outside
- Brush teeth at least twice daily
- Take shower at least once a day
- Clean under arms & pubic area regularly
- Comb hair
- Change undergarments everyday
- Cut nails regularly
- Cover face while sneezing & coughing
- Always use clean tissue
- Put used tissues in dustbin.

Personal Hygiene



1
Palm to palm



2
Between fingers



3
Back of hands



4
Base of thumbs



5
Back of fingers



6
Fingernails



7
Wrists



8
Rinse and wipe dry

Insu cient personal hygiene may lead to :

- Bad body odor
- Bad breath
- Dental diseases
- Air borne infection
- Food borne diseases
- Water borne diseases
- Skin & hair disease
- Urogenital tract disease
- Eye & ear disease
- Social rejection
- Depression

Menstrual Hygiene

Do's

- Keep the area between your legs dry.
- Use completely dried undergarments.
- Use good quality napkin and change it regularly.
- Remember to take change napkin whenever going out.
- Wash the genital area after each use of toilet, also after urination.
- Take bath every day during menstrual periods.
- Do not wash insides of vagina with soap or any other product.



Insufficient menstrual hygiene may lead to :

- Increased risk of urogenital infections
- Bad body odor
- Risk of Hepatitis B, HIV/AIDS
- Sense of social rejection

Healthy Environment



एक कदम स्वच्छता की ओर

Do's



Clean your surrounding



Proper disposal of e-waste



Don'ts





In one year, the average tree gives enough oxygen to allow four people to breathe for a year. You breathe 6 liters of air per minutes.



On average, a broad-leafed tree will absorb about 10 kg of CO₂ per year



Save Water

Take short showers.



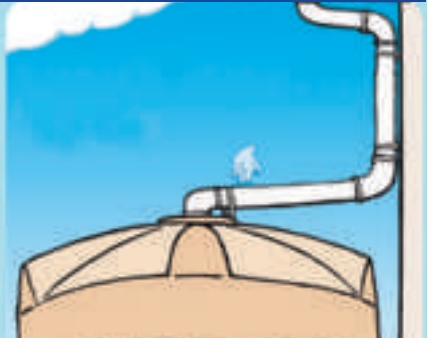
Turn off the tap when you brush.



Use the half flush after urination.



Collect the rainwater to reuse.



Don't let the tap drip.



Recycle water too.



Tobacco

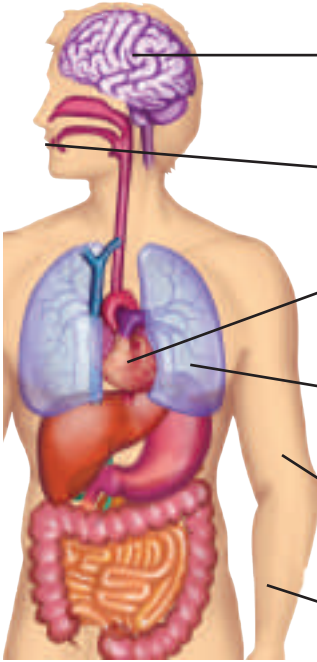
Consuming tobacco in any form is dangerous to health.

It causes:

- Bad breath
- Spitting & drooling
- Tooth stains
- White patches
- Gum recession



How tobacco affects your body



Brain: Nicotine contained in tobacco causes addiction. It makes you feel good initially and makes you nervous, moody and depressed.

Mouth: Tobacco stains your teeth and gives you white patches. Tobacco ruins some of your taste buds.

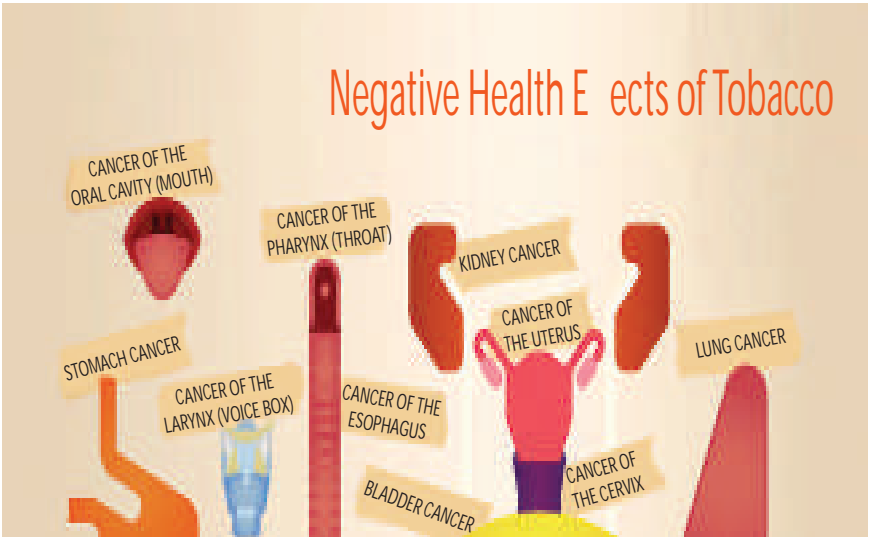
Heart: Smoking increases your heart rate & blood pressure and increases avoidable load on your heart.

Lungs: Smoking decreases the elasticity of lung causing breathing trouble. Smoking is also risk factor for many lung diseases including lung cancer.

Muscles: Smoking decreases blood and oxygen flow to your muscles causing pain during exercise & play.

Skin: Smoking causes dry, yellow skin and promote wrinkles.

Negative Health Effects of Tobacco



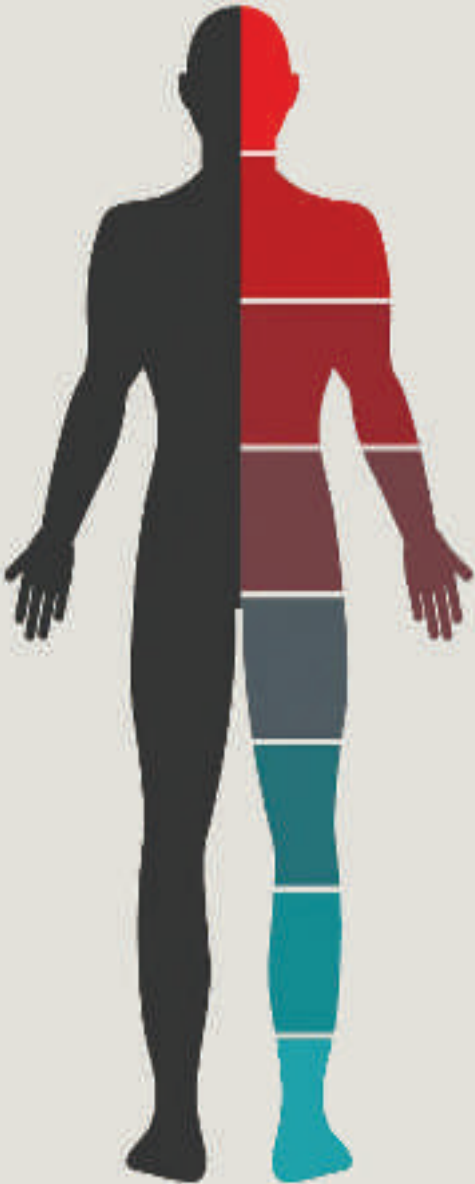
SAY NO TO TOBACCO

Alcohol

Consuming alcohol is dangerous to health



Effects of alcohol on the body



Brain and Nervous

- Loss of motor control
- Alcoholic neuropathy
- Blackouts
- Anxiety, depression



Cardiovascular

- Irregular heartbeat
- Stroke
- High blood pressure
- Cardiomyopathy



Respiratory

- Aspiration pneumonia
- Weak immunity
- Aggravates COPD, bronchitis, emphysema



Digestive

- Throat cancer
- Ulcers
- Fatty liver, cirrhosis
- Pancreatitis



Renal/Kidneys

- Dehydration
- Kidney failure
- Inefficient blood filtering



Musculoskeletal

- Calcium deficiency
- Osteoporosis
- Imbalance
- Increased risk of falls

SAY NO TO ALCOHOL

Drug Abuse

Consuming drugs in any form is dangerous to health



*Cocaine, Heroin,
Inhalants,
Marijuana, Ecstasy,
Methamphetamine, LSD,
Opioids, Barbiturates,
Anabolic Steroids,
Synthetic Cannabinoids,
Synthetic Cathinones*



Effects of drugs on the body

Psychological

- Insomnia
- Aggressive behavior
- Decreased appetite
- Irritability
- Slurred speech
- Confusion
- Depression

Eyes

Mouth

Skin

Circulatory

- High blood pressure
- Vessel damage in brain
- Bleeding in brain
- Clotting & stroke

Respiratory

- Shortness of breath

Muscular

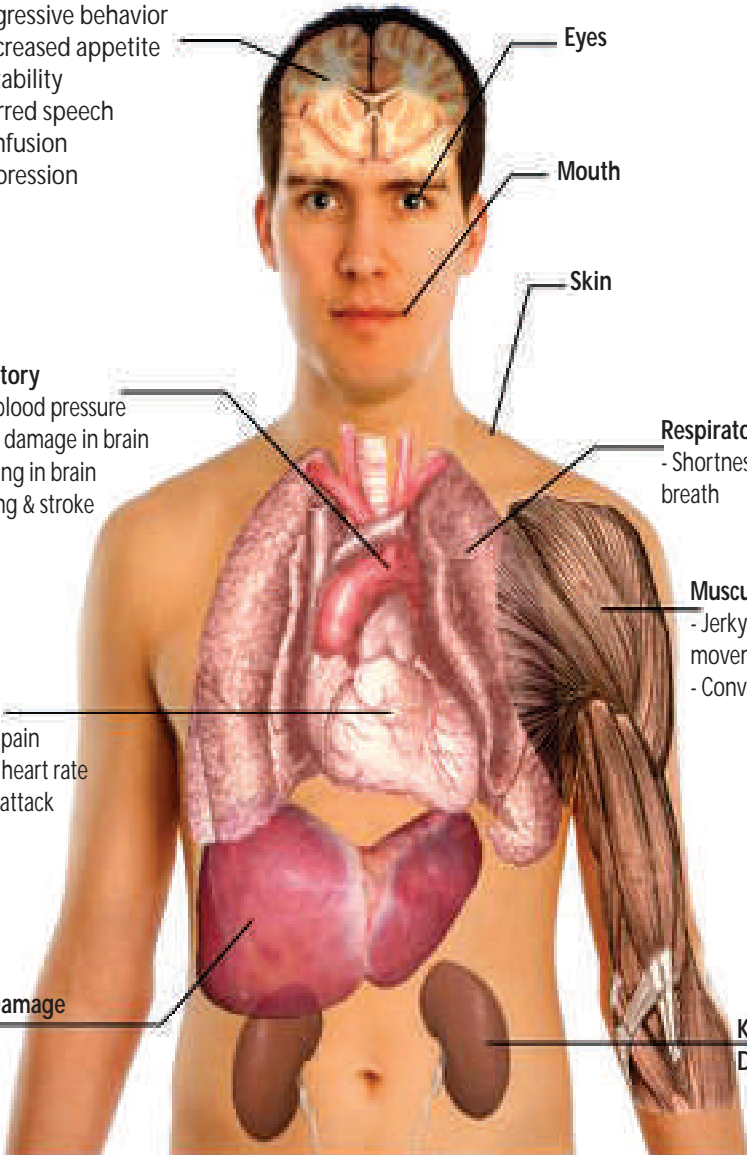
- Jerky movements
- Convulsions

Heart

- Chest pain
- Rapid heart rate
- Heart attack

Liver Damage

Kidneys Damage



SAY NO TO DRUGS

Road Safety

- Always obey traffic rules
- Never drive a vehicle until age 18 years
- Obtain a driving licence before driving vehicle, if you are 18 year and above
- Never mix drinking & driving
- Wear a helmet while driving two wheeler
- Wear the seat belt while driving a four wheeler
- Always cross at the zebra crossing
- Don't use the mobile while driving or crossing the roads



If you don't



OBEY TRAFFIC RULES

Rashtriya Bal Swasthya Karyakram (RBSK)

Child health screening & early intervention services

The program provides health screening of children enrolled in Government and Government aided schools for birth defects, deficiencies, childhood diseases, delayed development and disability at least once a year.



SHARE HEALTH ISSUES WITH MEDICAL TEAM

