



GOVERNMENT DEGREE COLLEGE

SRISAILAM PROJECT, NANDYAL

Community Service Project



Health and Hygiene

Submitted

By

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I B.sc (MPCA), II Semester,

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Under Mentorship

Of

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DECLARATION

I hereby declare that the project entitled "***Community Service Project***" submitted by me to Controller of Examinations Govt. Degree College, Srisailam Project, Nandyal Dist in partial fulfillment of the requirement for the award of the Degree of I B.Sc, II Semester. this is a record of actual project work carried out by me under the guidance of **G.Y.V. KALYANI, Lecturer in Mathematics**. I further declare that the work reported in this project has not submitted and will not be submitted, either in part or in full, for the award of any degree in this institute or any other institute or university.

Name:

Date:



CERTIFICATE

This is to certify that _____ studying I B.Sc., at Govt.
Degree College, Srisailam Project, Nandyal Dist. has successfully completed
his
Community Service Project on _____ under the guidance
of G.Y.V. KALYANI, Lecturer in Mathematics.

Signature of Mentor

Signature of Examiner

Signature of the Principal



ACKNOWLEDGEMENT

I wish to express my gratitude to those who extended their valuable cooperation and contribution towards the project

I would like to thank our Principal Sir Dr. P. HUSSAIN BASHA GARU for facilitating the project and providing his guidance throughout the duration of the project.

I would like to express gratitude to my project guide G.Y.V. KALYANI, Lecturer in Mathematics for her valuable time and continuous assistance for the successful completion of the project.

I would like to thank the faculty and staff of the institute for their support.



GRADE SHEET

S.No.	Part of work	Marks awarded	
		Max marks	Marks awarded
1.	Awareness on project		
2.	Implementation		
3.	Survey		
4.	Report writing		



SURVEY LOCATION

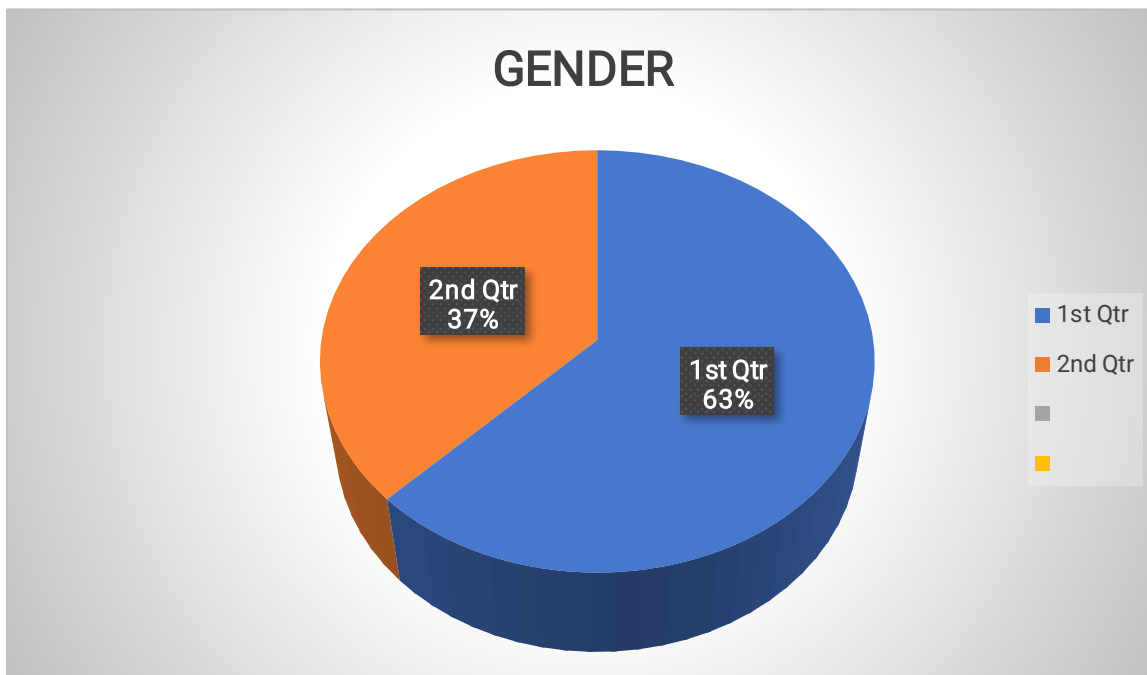


Location: Ward No-07, Western Colony, Road No-3, Sundipenta.



Classification of Respondents based on Gender

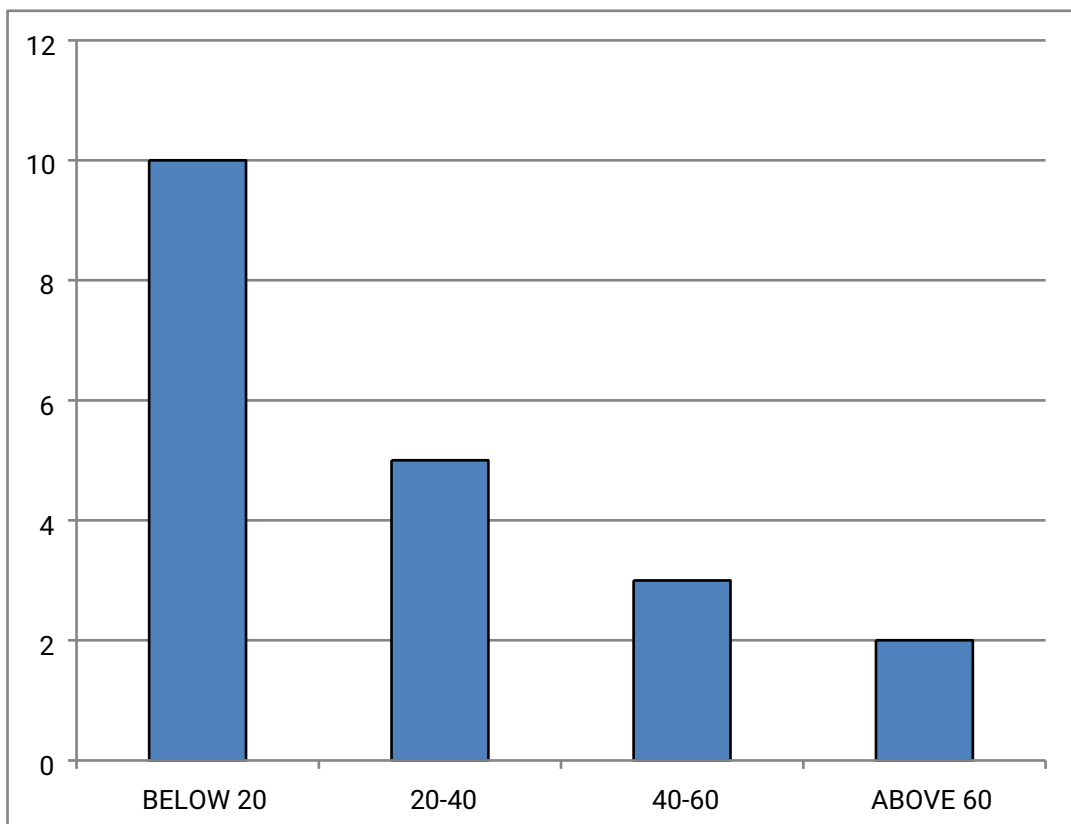
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FEMALE	09



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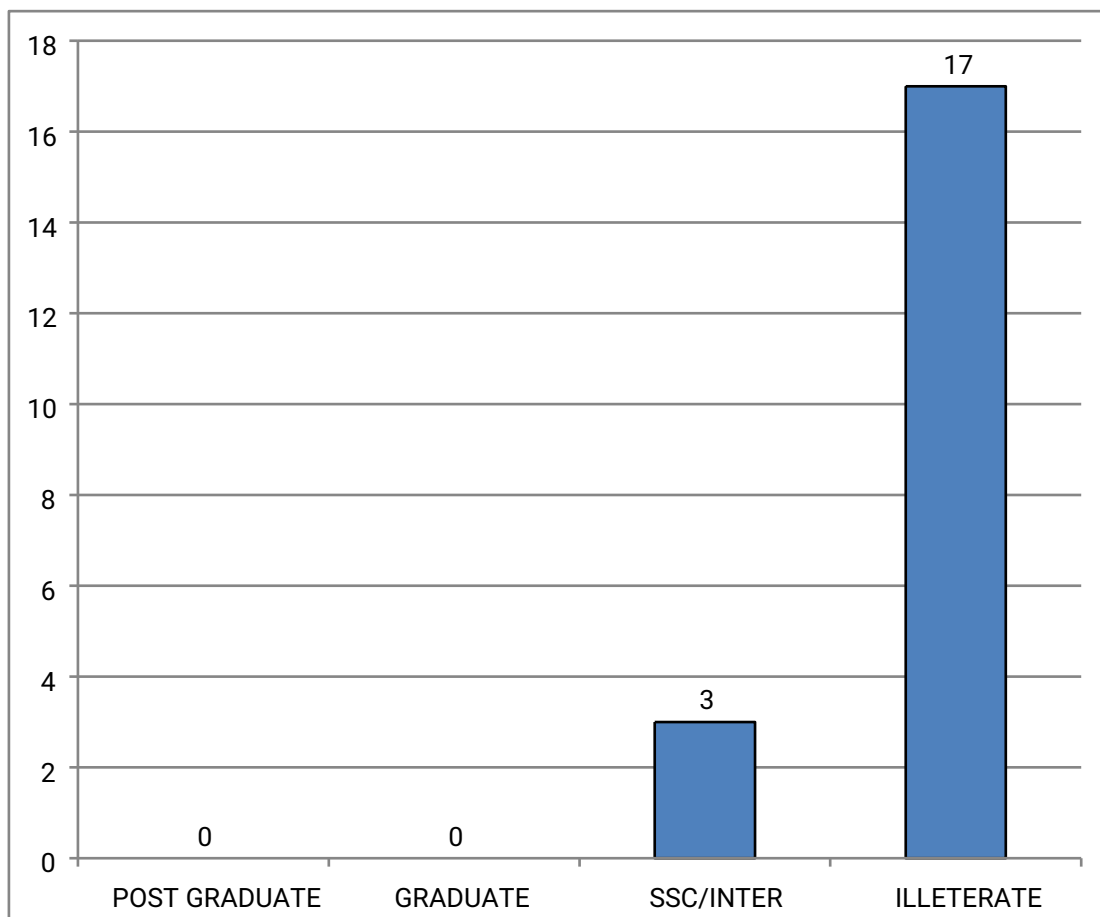


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40-60	3
ABOVE 60	2



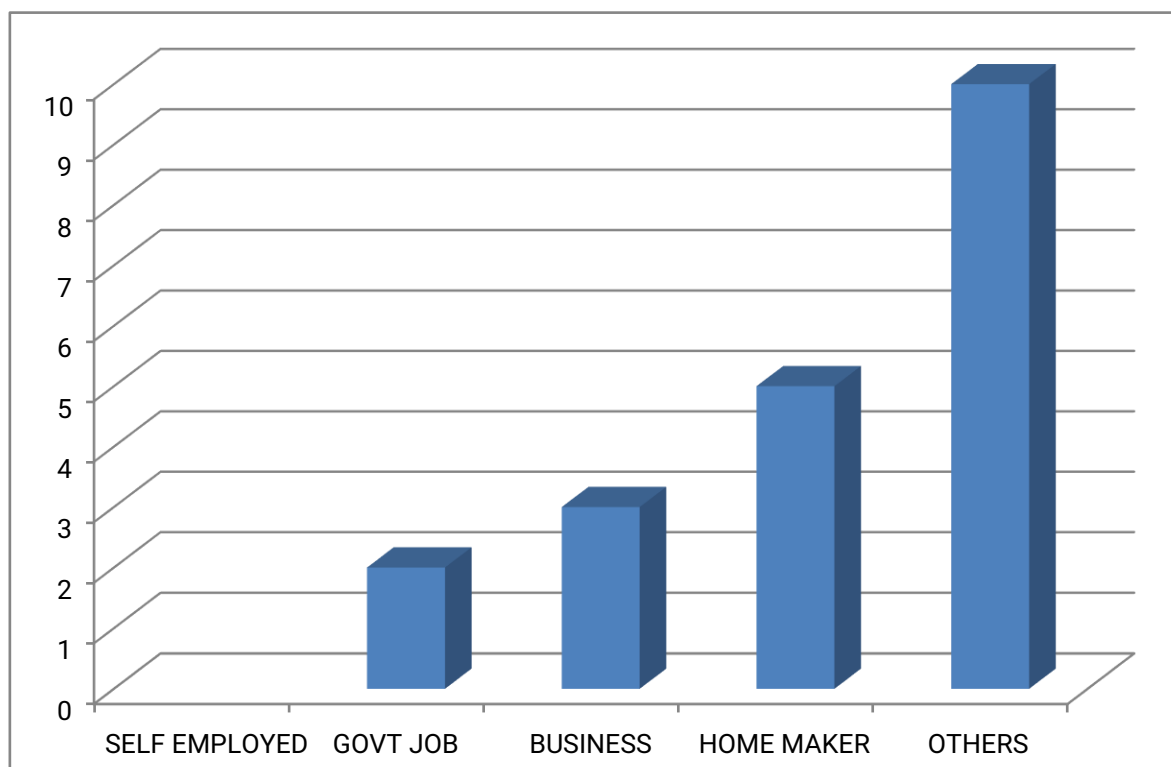
Classification of Respondents based on Education Qualification

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GRADUATE	16
SSC/INTER	18
ILLETERATE	20



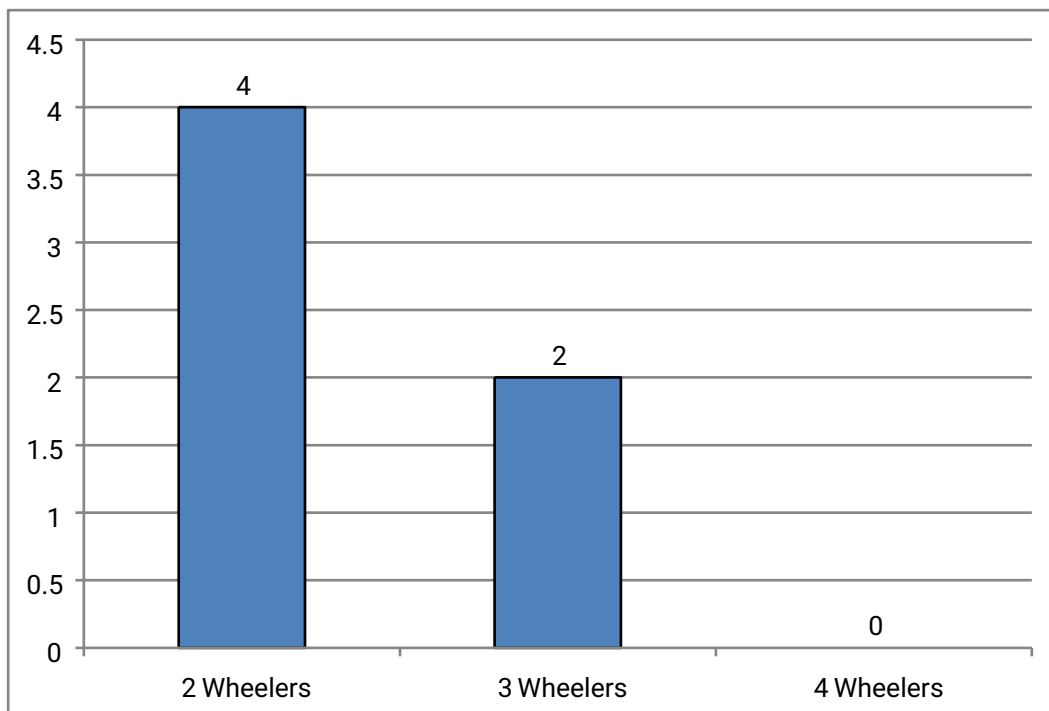
Classification of Respondents based on Profession

PROFESSION	
SELF EMPLOYED	
GOVT JOB	2
BUSINESS	3
HOME MAKER	5
OTHERS	10



Classification of Respondents based on Vehicles

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3 Wheelers	2
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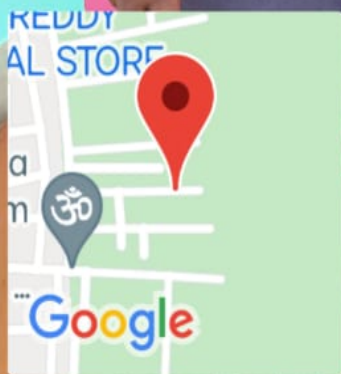


SURVEY PHOTOS





GPS Map Camera



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3WF8+FVM, Sundipenta, Andhra Pradesh 518102,
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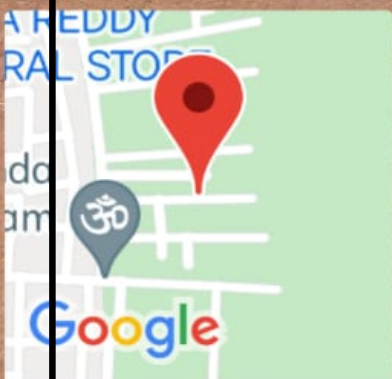
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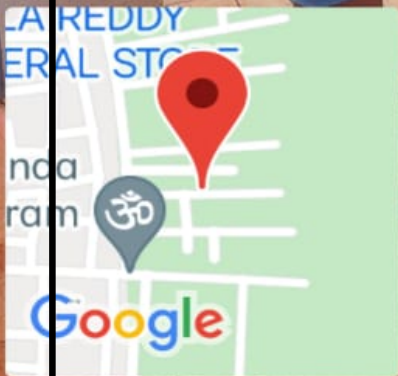
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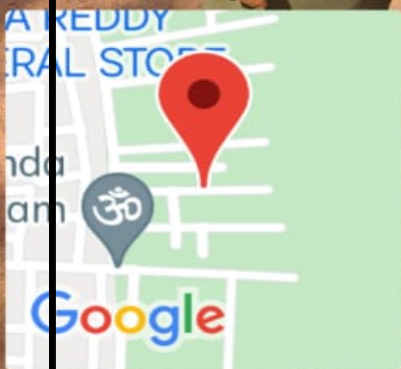
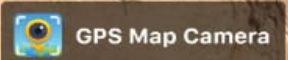
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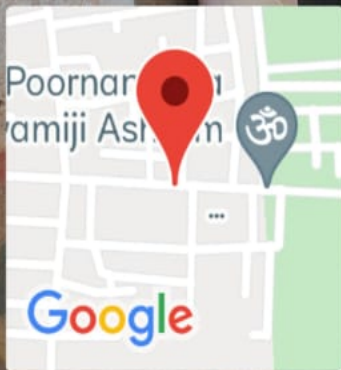


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Ashram, Sundipenta, Andhra Pradesh 518102, India

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Long 78.915917°

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OBJECTIVE OF COMMUNITY SERVICE PROJECT

Community service provides an individual with the opportunity to become active members of the community and has a lasting, positive impact on society at large. Community service or volunteerism enables individuals to acquire life skills and knowledge, as well as provide a service to those who need it most.

The objective of community service project is that an individual should be able to understand and describe

- The concept of community service
- The social, public and community responsibilities of the professionals
- The types and concept of volunteer work.
- To understand social conditions of the people.
- To know the economic conditions of the people.
- To create awareness among the people regarding the problem identified.
- To carry on a survey and to analyse the current situation.



INTRODUCTION

I have chosen to do Community Service project on the topic Health and Hygiene in the locality Ward No-07, Western Colony, Road No-3, Sundipenta. It lies near NH 44. I have chosen 20 houses for my project. The area is a mixture of low income and middle-class families, very few belong to high income group. It is a residential area and will be moderately busy.



SCOPE OF STUDY

The study has been conducted based on the responses of the selected respondents in Sundipenta. Hence, the inferences, findings of the analysis need not hold good totally for the Sundipenta.

The study was limited to the 20 responses of residents in Sundipenta.



METHODOLOGY

Quantitative research is carried out by interviewing the people. In the first week socio economic survey was carried out and problems were identified. In the second week awareness was brought and suggestions were given regarding the problems identified among the localities. In the third week survey was conducted using questionnaires and in fourth week project report was written.



PROJECT SPECIFICATIONS

TOPIC: HEALTH AND HYGIENE

ABSTRACT

The aim of this study was to develop and test measures of health and hygiene knowledge, attitudes and behavior. Individual health and hygiene is largely dependent on adequate availability of drinking water and proper sanitation. Therefore, a direct relationship between water, sanitation and health. Consumption of unsafe drinking water, improper disposal of human excreta, improper environmental sanitation and lack of personal and food hygiene have been major causes of many diseases in developing countries and India is no exception to this. Sanitation is one of the basic determinants of quality of life and human development index. Good sanitary practices prevent contamination of water and soil and thereby prevent diseases. The concept of sanitation was, therefore, expanded to include personal hygiene, home sanitation, safe water, garbage disposal, excreta disposal and waste water disposal. The present research aim to study sanitation practices followed by the household in the Kurnool city. For the study hygiene index was prepared and household sanitation practices were assessing. The study result reveals that households are following the hygiene practices in terms of defecation and handwashing habits, however the score is less in terms of water related hygiene practices and domestic waste management.

KEYWORDS

Personal Hygiene, Sanitation, Hygiene Index, Waste Management

INTRODUCTION

Health is a **state of complete well being both physically and mentally**. A healthy person is one whose mind and body are completely fit. Hygiene refers to habits or practices that ensure good health and a clean environment. We consume a variety of foods everyday. Food is necessary for all living things. He/ she should be physically as well as mentally healthy. This demands a hygienic condition. Health and hygiene are two correlated terms. Hygiene



can be defined as the practice of certain habits to maintain a good health. It can be at the personal level (personal hygiene) and at the community level (social hygiene).

Every individual dream of leading a healthy life. 7th April has been declared as the World Health Day by the World Health Organization (WHO) in view of creating awareness about the importance of health. To stay healthy, it is important to understand the actual meaning of health and hygiene. Let us learn more about it. to maintain good health, overall. Maintenance of hygiene can be at the community level (social hygiene) or personal level (personal hygiene).

The WHO defines health as – “a complete state of physical, mental and social well-being, and not merely the absence of disease or infirmity.” That is to say, a person cannot be termed healthy merely by being in a disease-free state. Physical and mental health are equally important which necessitates a hygienic condition. Health and hygiene are two terms that are correlated. Hygiene can be outlined as the practice of a few habits in order

Good health is an asset for individuals, their communities and the nation at large. A nation cannot progress without a healthy population. There are large numbers of factors which affect our health. Some of these are balanced food, clean water and clean environment which help to remain healthy while others such as germs and stressful environment cause diseases and disorders. In this lesson we will learn that good health implies both physical and mental well being. It ,however, requires consistent efforts to maintain good health, at both personal and community levels. This lesson aims to guide you to live a healthy and positive life so that you can realize your potential

Health – is defined as a State of being free from illness or injury. Hygiene Conditions and Practices conducive to maintaining health and preventing disease, especially through cleanliness.

Health and Hygiene are two essential concepts when it comes to the human body. Health refers to the state of physically as well a mental well being. Health also encompasses the social well being of an individual. Health is not just about being fit



but also having the appropriate resources to live. Having a sound body and mind is an indication of good health.

Hygiene refers to maintaining good health through practices that focus on cleanliness. Good Hygiene helps to prevent the spread of diseases and illnesses. Hygiene and health go hand in hand. In today's world, where pollution levels are rising and numerous diseases emerging, good health and Hygiene are a necessity

Health refers to a person's overall well-being and focuses not just on one's physical state but the mental and social state as well. Physical fitness refers to the bodily conditions and state of health with the absence of diseases. Mental health is the well-being of a person's psychological state, which is free from mental illness and having good cognitive health. Social well being is a person's capability to form and maintain relationships in their lives. The World Health Organization adds to this definition by stating that health does not just refer to the objective of living but also resources for everyday life. Having a sound body and mind constitutes good health.

Hygiene correlates to health. Hygiene refers to practices to ensure that we have good health. These practices focus on cleanliness, clean environment and nutritious diets, all of which are important to the human body personal and social hygiene help to protect our bodies from illnesses. Building a robust immune system requires good health with proper Hygiene.

Nutritious diet is a prerequisite to good health. A balanced diet involves consuming different kinds of foods like fruits, vegetables, staples, legumes and proteins. Fruits and vegetables contain minerals and vitamins that are important for the body. Drinking fluids help to keep our bodies hydrated. They flush out the toxins and make us stronger. Fats, oils and sugars provide us with energy, but we must consume them in limited quantities. Some people also include meat into their diet, which has sufficient protein. Dairy products have calcium that helps strengthen bones. Washing fruits and cooking vegetables before consumption is essential for Hygiene.

Pure drinking water keeps us hydrated and helps in the functioning of

our organs and removing toxins. Untreated and impure water causes many diseases. Boiling water or adding purifying agents help to clean the water for drinking.

Cleanliness is an essential hygienic practice towards being healthy. Showering regularly and wearing clean clothes is one form of personal Hygiene. Washing hands frequently, cutting nails, and brushing as well as flossing are some ways through which we can have good personal Hygiene.

Keeping our surroundings neat and clean keeps us fit. We need to ensure that water sources receive treatment. Contaminated water is the breeding ground for many water-borne diseases like typhoid and cholera. Proper sewage systems help to prevent this. Defecation in open places is very unhygienic and unhealthy. Dumping garbage on the roads attracts many insects which can be harmful to the surrounding. Adoption of proper garbage disposal will help to reduce this problem. The Swachh Bharat Abhiyan in India is one such initiative to promote environmental Hygiene by promoting adequate garbage disposal and aiming for a cleaner India..

Exercising regularly helps to keep us fit and prevent diseases. A healthy and hygienic life helps to strengthen our body and make us immune to diseases; by adopting healthy practices are not just benefit individuals but the society as well. We need to spread awareness of hygienic practices. A healthy community helps a nation grow more robust. Health is well in terms of physical, social as well as mental aspects of a person. Having good health helps us to function better. Being healthy helps us to fight against diseases and make our bodies healthier. Hygiene refers to everyday practices to keep ourselves healthy. These practices protect us from illnesses.

We must consume a healthy diet, balanced with different foods. Fruits and vegetables have vital minerals and vitamins which we need. Drinking fluids helps to remove all the toxins in our body. Pure drinking water helps to keep us hydrated. We must cut down on junk food and eat protein-rich meals.



Milk makes our bones strong.

Washing fruits and cook vegetables before consuming them is vital.

Cleanliness is also necessary. Taking a bath regularly and wearing clean clothes improves our Hygiene. Washing hands helps to keep germs away. We must cut our nails when they grow long and brush and floss our teeth every day. Exercising every day makes us healthy and fit. These practices help to build our immune system.

Hygiene and good health also include keeping our surroundings clean. We must dispose of garbage correctly and not throw it on the streets. Defecation on the streets is highly unhygienic. We must adopt these practices not just to keep ourselves fit but also for our society. we will soon update Health and Hygiene Essay in Hindi, Kannada, Tamil, Malayalam.

Health is about being physically, mentally and socially fit and active. A healthy person is always ready to work in any situation. A healthy person is more productive than an unhealthy person. The glow on his face reflects his health. People also describe a healthy body as a body without any disease. The health is the most critical factor to take care.

Our health is most responsible for how we are going to live in the future. Our health does not include only physical fitness. It is also about mental and social activeness. Bad health always brings bad luck for us.

Health is an essential part of our life. It affects our lives to the greatest extent. Being healthy and active is always an advantage for us. A healthy person enjoys life better than others. Being healthy refers to being physically, mentally and socially active throughout the day. Physical health means the health of our bodies. We can achieve physical health by regular exercise and proper diet.

Mental and social activeness is equally necessary for us. Our various emotions and our ability to deal with them imply our mental and social health. Every one of us goes through many stresses daily. A mentally and socially

healthy person can easily cope with Good health is the need and desire of every individual. A healthy life has become very rare in the current polluted world. A healthy life is the result of routine exercise, a decent diet, and enough meditation. A healthy body refers to a balanced body; neither an underweighted nor an overweighted one.

An unbalanced body is an invitation to many dangerous diseases like stroke, diabetes, high blood pressure, gout, Osteoporosis, Anemia, etc. Being physically fit will bring the advantage of staying away from these diseases. Our mood will also be cheerful and active all the time, and thus we can be an inspiration for others.

We experience quick fatigue during illness. We feel like we don't have energy. It is because of nutrition that our body lacks. A healthy body will always remain energetic and active. It is also necessary to live a longer, happier and blessed life. these problems and get rid as soon as possible.

Everyone should be serious about having good health. Our health decides our future. It is the basic need if you want to have a delightful life. There are many things that we should do to maintain a healthy life like exercise, meditation, diet and proper knowledge of disease, etc. Apart from 'what to do', it is also important to know 'what not to do' for a healthy life.

We should never work for gaining weight. More than a balanced bodyweight is always harmful to us. We should not have excessive use of Mobile, TV or electronic gadgets. They are not suitable for our body, especially for our eyes. We should not be dependent on them. Instead, we should prefer to go outside and playing with friends in our free time. Playing outdoor games is a way to stay healthy and active without extra effort.

Smoking, chewing tobacco and drinking alcoholic products are not advisable. They will lead you to a drastic loss of health. Their immediate pleasure is temporary, but the loss of health is permanent. We should neither use them nor motivate others for it. We can obtain a healthy life only by following routines and being strictly in the discipline.



Health is a very relatable topic for children. It plays a crucial role in the physical and mental development of a child. They can shape their life by maintaining their health at this stage of life. Providing a healthy life to children is the liability of their parents.

The health of the children depends much on the awareness of their parents.

There are many factors that affect the health of an individual or the entire family. Some of these factors are income & social status, education, environment, culture, health facilities, etc. All of these factors hugely affect the health of the people. In many cases, gender becomes an important factor in deciding the health of people. The women in society struggle a lot in the absence of all the required facilities.

There are some basic rules that we can follow to avoid health issues. The first thing that we should work on is 'stress'. Stress is the mother of all diseases. Though mental stress is natural and inevitable, holding it for a long time can make us sick. We should avoid having mental stress for a long time.

Waking up early in the morning and having a walk can help you best in your health. This is the only time we get the fresh air to breathe in. The morning walk is like a whole-body exercise. It provides energy to work for the complete day tirelessly. Being positive and social with your environment is also helpful in keeping you healthy.

According to the World Health Organization, health is defined as “a state of complete physical, social and mental well-being and not merely the absence of disease or infirmity”.

Good health is more important than being free from disease. Healthy people are more efficient, productive and live longer than unfit people. Important factors that contribute

to good health are:

1. **Balanced Diet-** To maintain a healthy life, one should take a proper well-

balanced diet with plenty of water.

2. Personal Hygiene- A person should live in a clean environment and must follow good personal hygiene. There should be proper disposal of wastes. Clean

surroundings prevent the spread of diseases.

3. Regular Exercise- Along with good food and hygiene exercise is also very important in maintaining good health. Regular exercise and good sleep help a

person to remain fit, stress-free, and active.

HYGIENE

The practices that we follow in our day-to-day lives to maintain good health are known

as hygiene. This includes:

- Personal hygiene
- Community hygiene

Personal Hygiene- The following practices should be followed every day to remain

Healthy:

- Washing hands before and after eating
- Regular toilet habits
- Cleaning teeth
- Bathing on a regular basis
- Wearing clean and comfortable clothes
- Drinking clean water
- Keeping house clean and insect free



- Cooking in clean utensils

Community Hygiene- The environment in which we live plays a very important role

in keeping us healthy. The practices to keep our surroundings clean should include:

- Proper disposal of household wastes
- Cleaning of roads and streets
- Keeping house clean
- Covering dustbins

- Spraying insecticides at regular intervals to ward off insects

In modern times, it has become so important to take care of one's health and hygiene.

With the rising population levels, pollution levels, emission of harmful gases, it has to be a priority for everyone to maintain their health and hygiene. The health and hygiene essay guides you the different ways into which a person should be aware of his/her health.



For the human body, health is a positive state where every part of the mind and body is in harmony. Additionally, it is also functioning and balancing the

other parts. Thus, in other words, when all parts of the body are functioning well, this physical well-being state of the human body is called health. It is well said and proved that a healthy person is someone who has a sound body and a sound mind. Health is one of the characteristics of life that helps a person live longer.

According to WHO, health is a state of complete mental, spiritual, physical, and social well being and not only the absence of disease. If a person is in a good physical state and free from any diseases but is under constant stress, greed, tension, anger, etc, then that person is not healthy.

Hygiene refers to good practices and rituals that prevent diseases and leads to good health. Thus, it mainly includes proper sewage disposal, cleanliness, and safe drinking water supply. So, it includes all the activities that are done for preserving and improving as well as maintaining sound health.

STEPS TO IMPROVE YOUR HEALTH

1. Enjoy de-stressing.

Experts recommend regular exercise, meditation and breathing techniques to reduce stress. But even something as simple – and enjoyable – as listening to soothing music, reading a good book, soaking in a hot tub or playing with your pet can help you relax.

That's advice you should take to heart because prolonged stress can cause or exacerbate a number of health problems, including heart disease, stroke, high blood pressure, depression, ulcers, irritable bowel syndrome, migraines and obesity.

Don't have a lot of time? Don't let *that* stress you out. As with exercise, even brief periods of relaxation are beneficial.

Spending even 10 minutes at a time doing something you enjoy can go a long way toward beating the stressors of everyday life. Just reading one chapter or taking your dog for a few laps around the block will help you feel calmer, more refreshed and more energized.

If you can't take a full break from whatever you're doing, try simply taking a



few slow, deep breaths in that moment. When you slow down your breathing, it helps you relax. This relaxation response releases body chemicals that relieve stress and may improve immune function.

Deep breathing can also lower your resting heart rate. People with lower resting heart rates are typically in better physical condition than those with higher rates.

2. Put away the salt.

A saltshaker on the dining table makes it all too easy to consume excess salt, which can lead to high blood pressure. So put the shaker in a cabinet or pantry and bring it out only when you're cooking.

It's also a good idea to taste your food before you salt it. You may find it doesn't need more.

You can also try spicing up your food with lemon or lime juice, garlic, red pepper flakes, herbs or a salt-free seasoning blend. Stock your fridge and pantry with your favorite fresh and dried herbs so you'll always have them on hand to flavor your foods.

3. Get to bed earlier.

Most of us don't get the seven or more hours of sleep adults need.

Over time, a shortage of shut-eye can raise your risk of a heart attack or stroke – regardless of your age, weight or exercise habits.

If you're consistently sleep-deprived, going to bed even 15 minutes earlier every night could help. Also set a regular sleep and wake schedule, and stick to it – even on days off.

4. Have a glass of red wine.

Studies have shown that the powerful antioxidants found in red wine protect against heart disease, colon cancer, anxiety and depression. So unless there is a medical reason why you shouldn't imbibe, go ahead and enjoy that glass



of merlot with your nightly meal – you can even toast to your good health.

But drink in moderation. Just as a small amount of red wine has health benefits, too much alcohol – even red wine – can cause a variety of health problems, including liver and kidney disease and cancer.

Women, in particular, need to be careful about alcohol consumption. They are at higher overall risk of liver problems than men, so they are more likely to experience liver problems from smaller amounts of alcohol.

For a healthy man, two drinks a day is not likely to do harm; women, on the other hand, should limit themselves to one daily alcoholic beverage.

5. Check your posture and ergonomics.

Next time you're at your desk or on the phone, take a moment to think about your posture. Then straighten up your back, tuck in your stomach and put your feet flat on the floor with your legs uncrossed. You'll feel more relaxed right away.

The few seconds this takes can help you avoid back pain, one of the most common health problems in the United States and a leading cause of disability.

And if you work at a computer, look at the ergonomics of your workstation – how you fit and move in your environment – to help prevent back and neck strain, carpal tunnel syndrome, eye strain and other occupational injuries.

A few simple adjustments, such as repositioning your computer monitor, switching to a chair that provides more low back support and taking regular breaks throughout the day to do stretching exercises, can go a long way toward creating a healthier and more comfortable workspace.

6. Do a crossword puzzle.



Researchers at Rush have found that mentally challenging activities, such as reading, doing crossword puzzles or Sudoku and playing chess, may have a protective effect on your brain.

According to research studies, regularly engaging your mind may help lower your risk for the dementia associated with Alzheimer's disease.

Don't enjoy puzzles or games? Don't worry: There are other ways to maintain your brain health. Eat with your nondominant hand. Walk a new route home from work. And connect with others – staying socially engaged may also protect against dementia.

7. Weigh in.

Maintaining a healthy weight can lower your risk for heart disease, stroke and some types of cancer. But for women, there's another reason to keep pounds from piling on:

It will decrease the risk for future pelvic floor disorders.

Pelvic floor disorders are more common in women who have delivered babies vaginally. However, a recent study found that even women who have never had a vaginal birth are at increased risk for urinary stress incontinence if they're overweight or obese.

8. Make a few dietary substitutions.

- Swap white bread, rice, crackers and pasta for healthier whole grain versions.
- Use skinless chicken and turkey in your recipes instead of skin-on, and leaner cuts of other meats such as beef or pork.
- Replace one sugary drink (soda, juice, etc.) each day with a tall glass of water.
- If you get hungry between meals, snack on a handful of almonds or cashews, a piece of whole fruit, or carrot sticks dipped in hummus rather than reaching for candy bars or potato chips.

In addition, try incorporating an extra serving of non-starchy vegetables into your daily diet.

Want a snack? Munch on a carrot instead of a cookie. Making dinner for your family? Serve broccoli or spinach as a side dish instead of mashed potatoes.



Add green peas to your brown rice, or slices of red or yellow pepper to your sandwich.

It's no secret that vegetables — especially dark, leafy greens — are good for you. But there's another benefit to packing more veggies into your daily diet: They're rich in fiber and contain lots of water, so they'll leave you full and satisfied without a lot of calories and fat.

There are plenty of great recipes in cookbooks and online for tasty yet healthful veggie dishes. **9. Take the stairs.**

The next time you're going to a higher floor, bypass the elevator and climb the stairs instead. You'll get your blood pumping, exercise your lungs and work the muscles in your lower body.

It's a great way to add physical activity to your day without having to block out time to exercise. If you are aiming for the recommended 10,000 steps each day, taking the stairs counts toward that total.

All of these small steps can add up to a healthier you.

10. Stretch it out.

Regularly stretching your muscles helps you avoid injuries, stay limber and move freely as you age.

Take a few minutes to stretch out before and after you exercise. If you aren't working out that day, take a few stretch breaks. Find a quiet space in the office where you won't be disturbed. On the go? Look for natural opportunities in your daily routine to stretch, such as getting out of your car or reaching for items on a high shelf at the store.

Stretching right before bed can also help you relieve tension and help you get to sleep.

Steps to improve your Hygiene



Following are the steps to Improve Your Hygiene

- Take a bath every day. When we play or sweat, dust particles adhere to our skin. These dust particles attract bacteria that cause sickness. Bathing on a daily basis keeps harmful bacteria at bay.
- Before and after each meal, wash your hands. When we play, germs from the earth and mud are transmitted to our hands and can enter our bodies, causing sickness.
- Take care of our teeth by brushing twice a day and flossing on a regular basis to eliminate food particles that have been trapped or caught between our teeth and are difficult to remove.

Regularly trim your nails. Maintain clean, lice-free hair.

Maintain excellent eye and ear health. Avoid reading in low-light situations, and cleanse your eyes with cold water on a frequent basis.

Always keep our surroundings clean. Garbage should be disposed of in bins, and water should not be collected in drums or buckets since it serves as a breeding ground for mosquitoes.





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CONCLUSIONS

The **health and hygiene** are the two factors that plays an important role in human's life. The **life span** of human beings is mostly based on the individual's health.

The health is maintained by taking **hygienic food** at proper interval of time. The **morality rate** can be decreased if the person consume only hygienic food and maintain his health in good condition. This is because, most of the food items acts as **medicines** for certain diseases. Thus, being healthy and consuming hygienic food is essential.

Good personal hygiene is one of the best ways to protect oneself from getting illnesses. Maintaining good personal hygiene will also help prevent you from spreading diseases to other people. Good hygiene lowers a person's risk for diseases and illnesses commonly spread through viruses and bacteria.



REFERENCES

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