



Bal Bharati
PUBLIC SCHOOL

DATE & DAY : **14th JULY, 2021 (WEDNESDAY)**
ORGANISED BY : **CBSE,COE BHOPAL**
THEME : **IMPORTANCE OF PERSONAL**
HYGINE AND NUTRITION
RESOURCE PERSON : **DR. DINESH SHARMA**
ATTENDED BY : **MAHAVASH KHAN**

Webinar report on topic "IMPORTANCE OF PERSONAL HYGINE AND NUTRITION " organized by CBSE,COE BHOPAL, DR. DINESH SHARMA. , focused on following main points

HEALTH & HYGIENE, NUTRITION Health is defined as a state of complete physical, mental and social-being and not merely an absence of disease or infirmity. Physical health and mental health are inter-related. A sound mind in a sound body is an old and appropriate saying for good health. Hygiene is a set of practices performed to preserve health. According to the World Health Organization (WHO),"Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases." Personal hygiene refers to maintaining the body's cleanliness Nutrition is the science that interprets the interaction of nutrients , other substances in food in relation to maintenance of growth, reproduction, health and to protect the disease .

2. CHARACTERISTICS OF GOOD HEALTH

- The person has capability to do work.
- The person feels himself efficient to take decisions and work accordingly .
- The person remains in sound mental condition.
- The person remain free from any disease.
- The person does not suffer from mental tension. For maintaining a good health following conditions are essential. 1. Nutrition 2. Exercise and rest 3. Good habits & hygiene

3HYGIENE PROTOCOL

4 HAND WASHING Hepatitis A ,Shigellosis E.coli ,Salmonellosis Common cold, Influenza Giardiasis, Conjunctivitis (Pink Eye) ,Staphylococcal / Campylobacter/ Clostridium Diseases control

5. NUTRITION Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism.

6. HEALTH, HYGIENE & NUTRITION : INTERDEPENDENCY Good Health Adequate nutrition Good sanitary practices Maintain good hygiene / cleanliness Disease control Adequate nutrition provide us the immunity to protect against diseases. Well and proper practices of sanitation and hygiene provide us to decrease the microorganism load / contact to control the disease. All this parameters are related to each other in a cyclic order . If one is goes decorated then the health not to be good. So good health is very much influencing with sanitation- hygiene and nutrition

7 SOCIAL MESSAGE- Put hands together for maintaining good health towards good hygiene with proper adequate nutrition

REPORT SUBMITTED BY :

MAHAVASH KHAN