



HEALTH, FOOD HABITS & CLEANLINESS



HEALTH

DEFINITION :-

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.

A healthy human being has generally the following features :-

- A clear skin.
- Bright, clear eyes.
- A body neither too fat nor too thin.
- Fresh breath.
- Good appetite.
- Sound sleep.
- Regular activity of bladder and bowels.
- Coordinated body movements.

EAT HEALTHY FOOD.



Starchy foods



IMPORTANCE

- It improves personality
- It makes people admire at you
- If you are clean, the action is also clean from you
- Makes the environment clean
- Easy flow of verbal communications and discussions
- It helps to improve hygiene in you.
- It enhances self-discipline
- People learn from you about your secret of success
- You are the winner in the competitive work life



HYGIENE PRACTICES

- Keep your work place clean.
- Keep your tools, instruments and machinery clean
- Keep your office files clean
- Never allow dust accumulation
- Never shy in cleaning your tables by yourself.
- Use toilets in proper ways
- Use more water to avoid smell and stains
- Wash your hands and mouth after you use the toilet
- Always close the doors of toilets
- Open the doors of ventilation

