

• **Health** means being physically, mentally, and socially well. It is not just the absence of disease, but the presence of complete well-being.

• **Importance of Good Health**

- Helps us live an **active and happy life**.
- Improves our **concentration and learning**.
- Makes our **body strong and immune** to diseases.

• **Factors that Affect Health**

Factor	How it Affects Health
Balanced Diet	Provides energy and nutrients
Clean Water	Prevents waterborne diseases
Clean Air	Reduces chances of breathing problems
Exercise	Keeps body fit and mind fresh
Sleep & Rest	Helps the body recover and grow
Personal Hygiene	Prevents infections and illnesses

• **Personal Hygiene Practices**

- Bathe daily and wear clean clothes.
- Wash hands before eating and after toilet use.
- Brush teeth twice a day.
- Keep nails trimmed and clean.

• **Clean Surroundings**

- A clean environment prevents the growth of **mosquitoes, flies, and germs**.
- Avoid **stagnant water, uncovered food, and uncovered dustbins**.

• **Communicable Diseases**

- Diseases that **spread from person to person**.
- Caused by **microorganisms** like bacteria, viruses, fungi.
- Spread through **air, water, food, contact, and insect bites**.

Disease	Spreads Through	Caused By
Cold/Flu	Air (cough, sneeze)	Virus
Typhoid	Contaminated water/food	Bacteria
Malaria	Mosquito bite	Protozoa

#### • Prevention of Diseases

- **Vaccination:** Protects us from serious diseases.
- **Proper sanitation** and **clean drinking water**.
- **Cover nose and mouth** while coughing or sneezing.
- **Isolate sick people** to avoid spreading infections.

#### • Mental Health

- Staying calm, happy, and stress-free is important.
- Practice **positive thinking**, **talk to friends**, and **do fun activities**.
- Spend time in nature and do **deep breathing** exercises.

#### • Summary

- **Health is our real wealth** — both physical and mental.
- By following good habits like **eating healthy**, **staying clean**, and **exercising**, we can lead a happy life.
- Preventing illness is easier than curing it.