

- **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.