



सत्यमेव जयते  
Government of India



# My



# HEALTH

# WORLD



Ministry of Health and Family Welfare



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## Annexure

**Glimpses of Rashtriya Kishor Swasthya Karyakram (RKSK) and Rashtriya Bal Swasthya Karyakram (RBSK)**



## INTRODUCTION

The foundational years of childhood are critical for establishing lifelong health behaviours. In India, Children are increasingly facing emerging health challenges, including obesity, sedentary lifestyles, excessive screen exposure, irregular sleep patterns, and psychosocial stress. These evolving concerns underscore the importance of strengthening health awareness and promoting healthy practices from an early age.

Health being an abstract concept, it becomes critical to promote a holistic concept of health at the earliest. Age-appropriate exposure to the various concepts of the health would enable children to distinguish between healthy and unhealthy behaviours and to understand their impact on the body. Children will be supported to develop this understanding through observing and comparing visible characteristics and functional aspects of health, reinforced through learning in a multi-modal framework. Regular exposure to facilitative content will support in developing appropriate health concepts in a simple and comprehensible manner.

In context of the same, the Ministry of Health and Family Welfare (MoHFW) has developed evidence-based academic content to strengthen healthy lifestyle education for school-going children. The initiative includes structured health education modules supported by digital, visual, and interactive resources, such as illustrated and animated content, comparative depictions of healthy and stressed body organs, QR-enabled access to supplementary digital material, and virtual models developed with digital and VR platforms. The use of contrasting representations of healthy and unhealthy organs and behaviours, in conjunction with textbook-based lifestyle education will support visual and spatial learning and enable the translation of abstract health concepts into concrete understanding through experiential learning.

Through sustained partnership between the Ministry of Health and Family Welfare, the Ministry of Education, the Ministry of Tribal Affairs, and other stakeholders, intensified efforts are being undertaken to promote health education. The same is promoted with the objective of achieving sustained health, educational, and developmental outcomes for children across the country in a holistic manner. This foundational health education is endeavored to enhance awareness, comprehension and retention, support informed decision-making, and promote the adoption of healthy practices from a young age through the life course. The effective deployment of educative material on the various platforms, is aimed at holistic development of children to play a pivotal role in shaping health, learning outcomes, and overall well-being of future generations.



# CONCEPT OF HEALTH

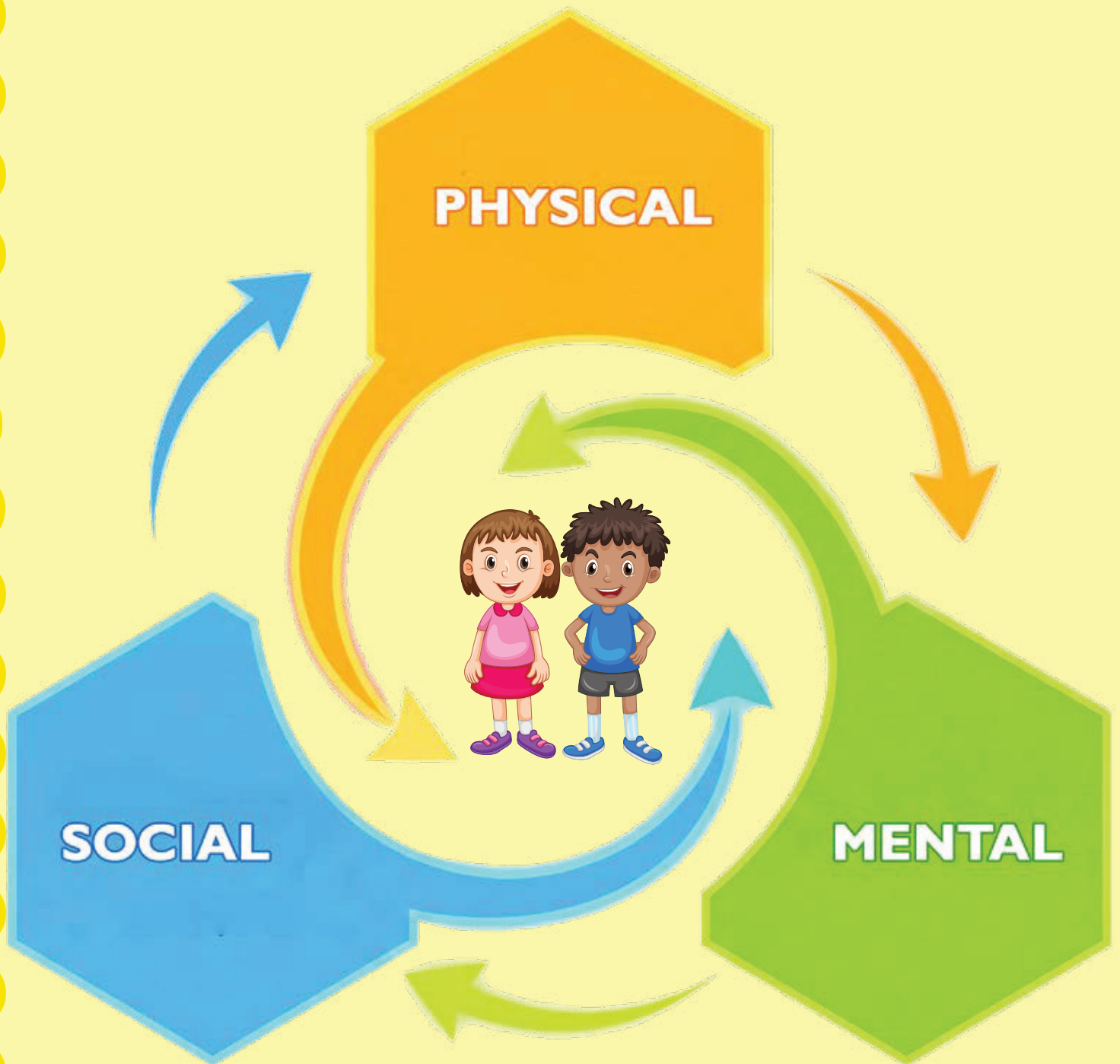


# GOOD HEALTH

Good health is a state of physical, mental, and social well-being, where a person feels strong, happy, and able to do daily activities, not just free from illness.

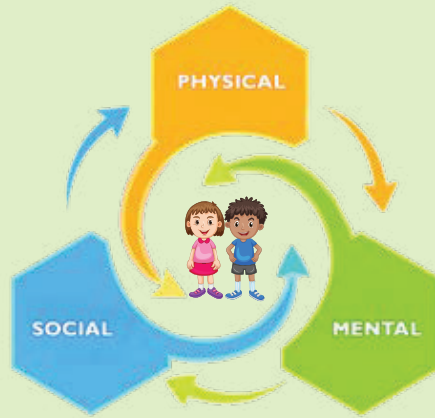
## 3 PILLARS

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Are we Healthy?

# Health means



## GOOD PHYSICAL HEALTH



Feeling Good in Your Body



You can run, play, and move easily

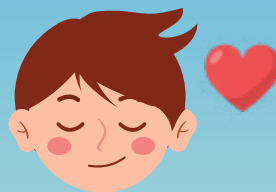


You feel strong and full of energy

## GOOD MENTAL HEALTH



Feeling Good in Your Mind



You feel happy and calm



You can think, learn, and solve problems

## GOOD SOCIAL WELL-BEING



Feeling Good with People



You enjoy being with friends and family

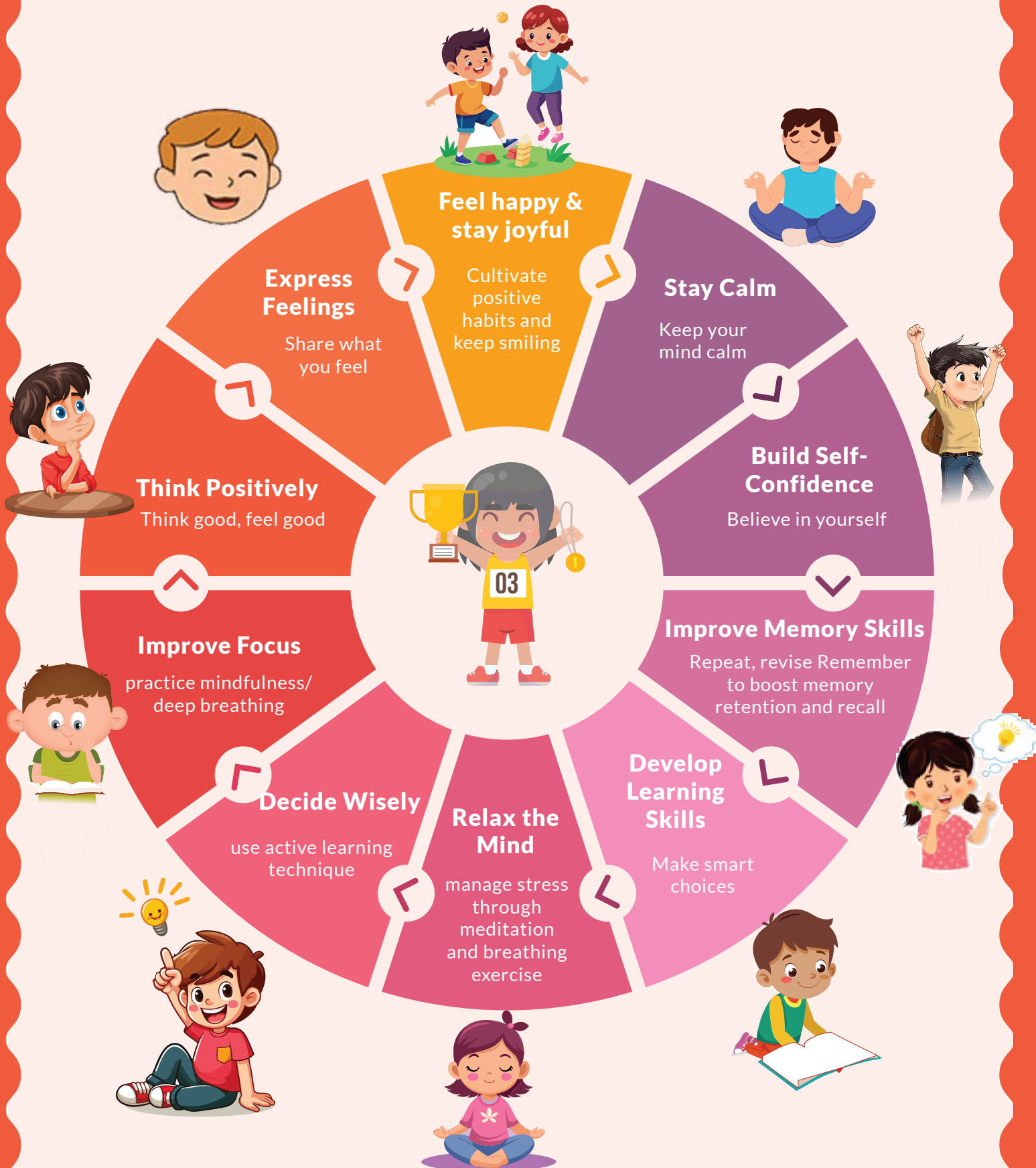


You feel loved and safe

# I Do these Activities to **Stay Fit and Energetic**



# I Do these Activities to stay **Happy and Bright**



# I Care for **Others and Myself**



## **Behave Well**

Show good manners



## **Caring for Family and Home**

Involve with family chores in home and show care and love to elder and young ones



## **Build Friendships**

Build trust and finding shared activities with friends



## **Use Technology Safely**

Be safe online and balance your screen time



## **Care and Share**

Be kind and empathetic and share



## **Work Together**

Collaborate, cooperate and team up with colleagues

# I am a **Health Champion**

---



**Health  
Champion**



**Screen Time**

Every 20 minutes, look 20 feet away for 20 seconds



**Emotional Well Being**

Feel happy and calm



**Sleep**

Battery Recharge Time



**Physical Activity**

Move around and play!

**Healthy food & Good Eating Habits**

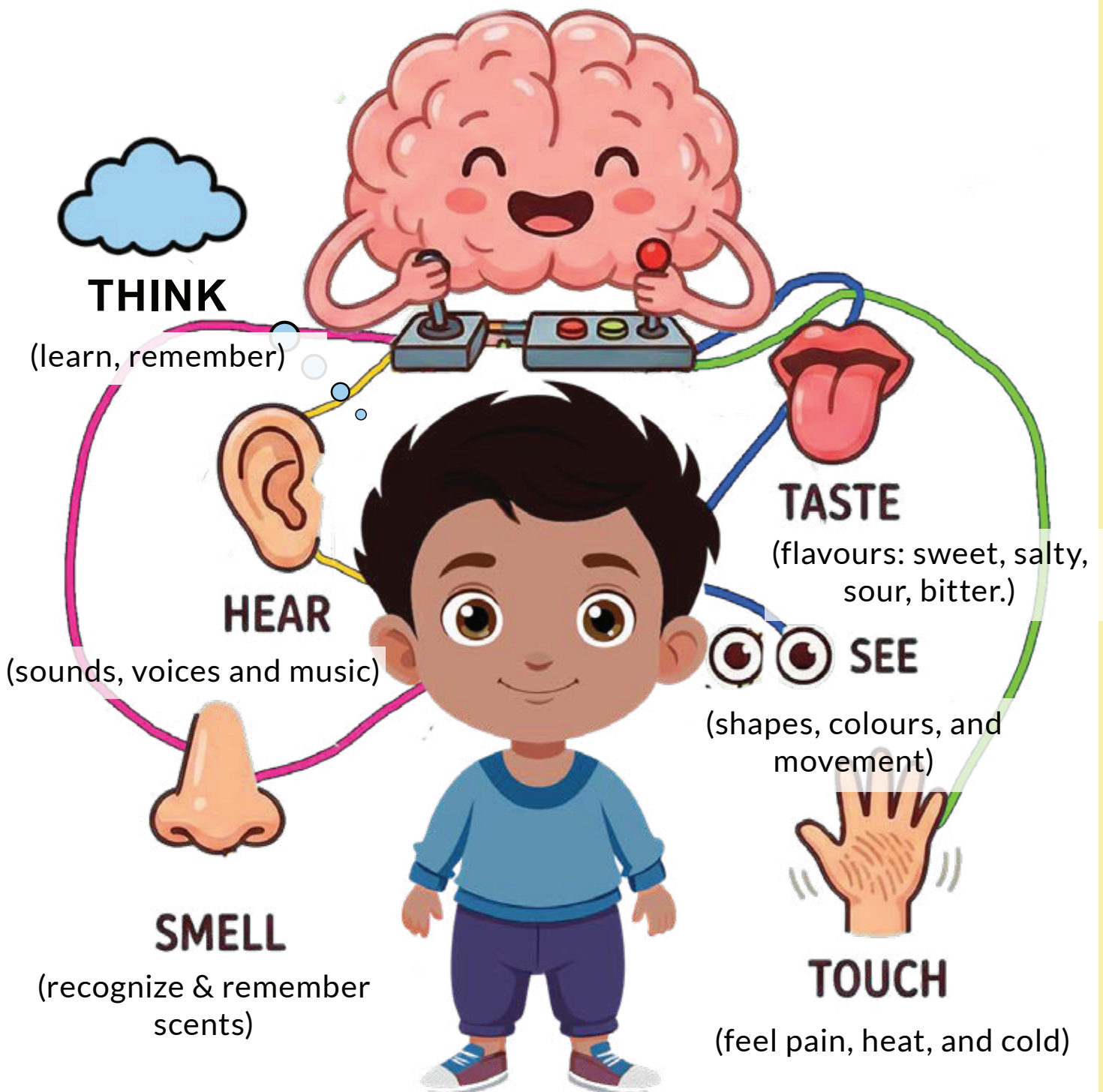


# INFORMATION ON VITAL ORGANS

I Am The  
**BRAIN!**

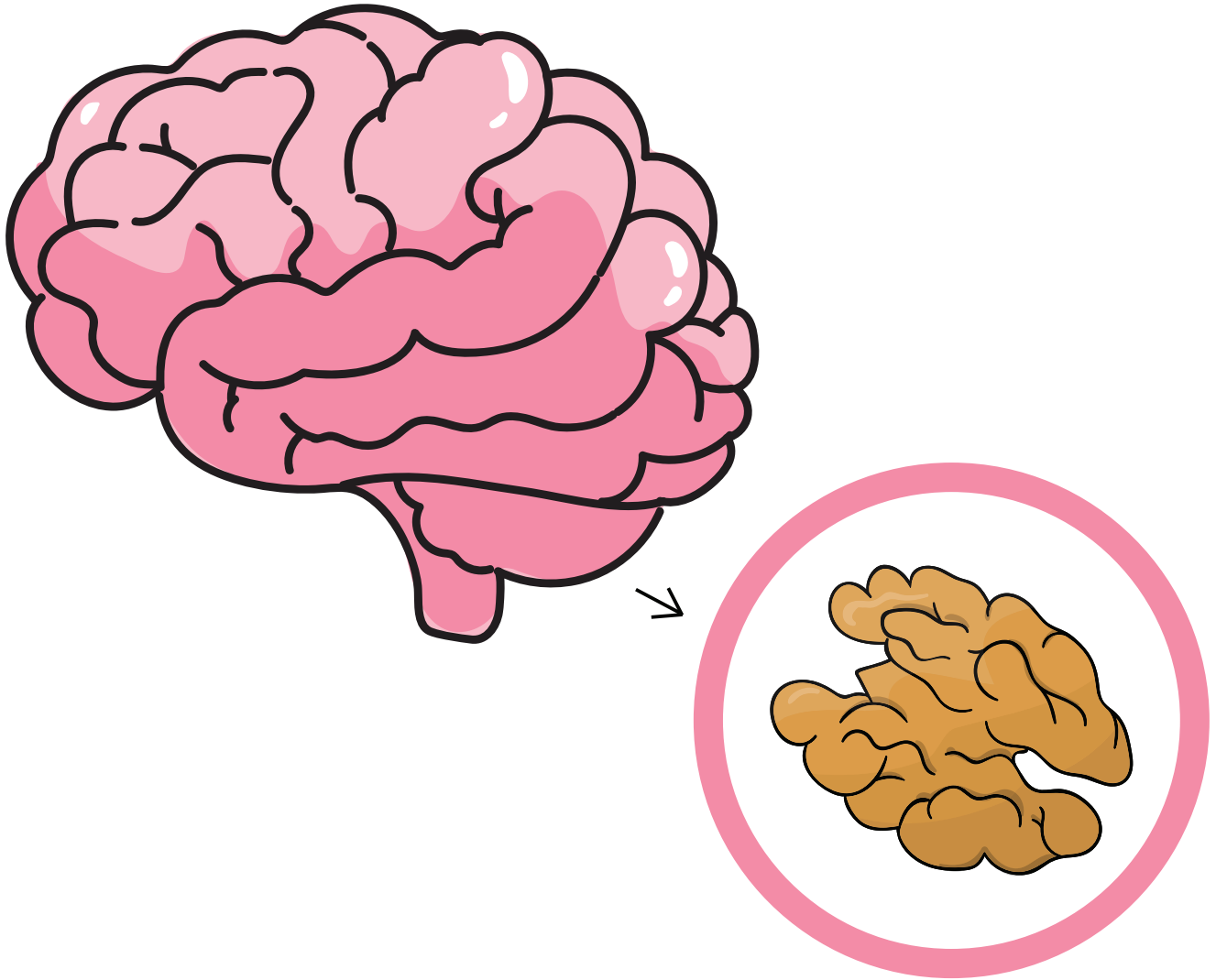


I am the **central command centre** of your body  
**YOUR VERY OWN CONTROL ROOM!**



## What Do I Look Like?

I look like a walnut and there are different parts of me that do different jobs - like helping you balance, speak, or even dream at night.



### Did you Know?

- The brain generates enough electrical energy to power a **25-watt light bulb!**
- **Brain commands our body**      **Movement, Speech, Vision, Hearing etc**

# I help you...



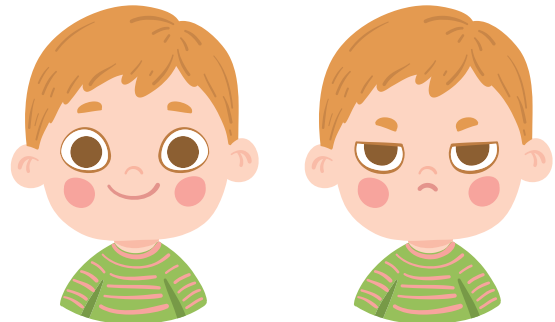
Think and **Solve** puzzles



**Use your senses** – see, hear, taste, touch, and smell



**Remember** your best friend's name or your teacher's birthday



**Feel emotions** like happiness, anger, or excitement



**Move** around and play!

## Healthy Brain



Thinking clearly  
and learning well



Focusing in  
class



Feeling cheerful  
most of the time



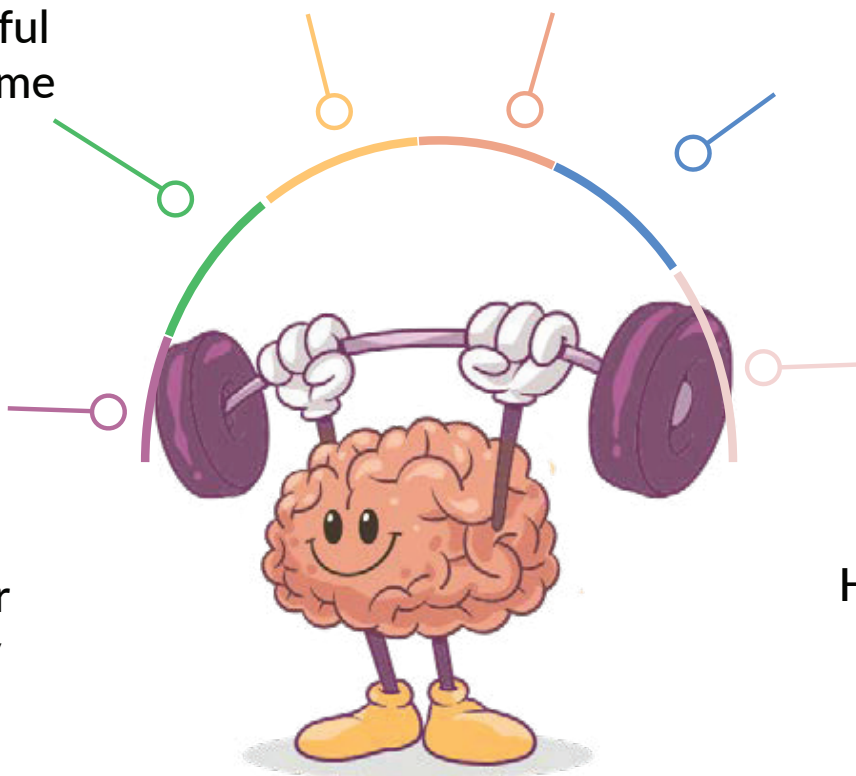
Sleeping well  
at night



Happy with your  
friends & family



Having energy  
to play



## Stressed Brain



Getting angry  
too quickly



Feeling sad or  
upset



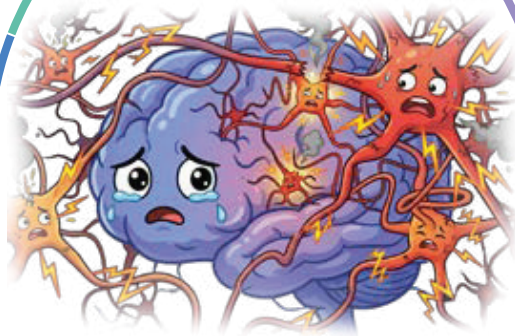
Trouble paying  
attention



Feeling tired all  
day



Too much  
screen time -  
Cranky brain!



Withdrawn from  
others

**Dimaag ki batti jalane ke liye karein**



Talk to a parent, teacher, or someone you trust

**Oh! I am relaxed now!**



Take breaks and do fun things (solve puzzles, dance etc.)

**I feel energized and healthy!**



Eat Brain-friendly foods like nuts, fruits, and veggies

**Wonderful! I am healthy!**



Go outside and play

**Great! it helps me think better!**



Get enough sleep - I'm super busy

**Now I feel recharged!!**



Deep breathing or spend quiet time to help relax.

**Wow! I am relaxed now!**

*Remember, I'm your best buddy inside your head.  
Take care of me - and I'll take care of you!*

I Am The  
**EYE!**



I am your Window to the World!



help you see colours, shapes,  
people, and places.



## What happens when child has vision problems

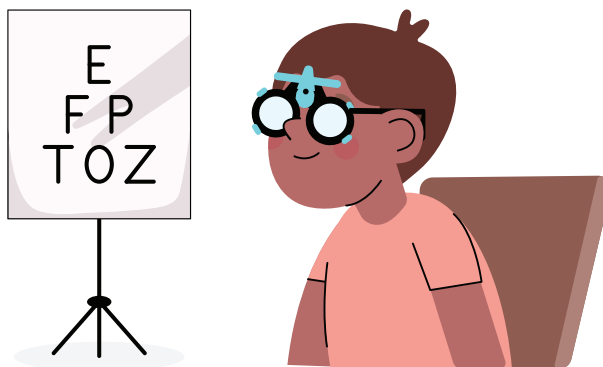
Children who cannot see clearly may



Hold books close



Appear shy or struggle in class



Should get an eye test

# My Health Matters because when I'm healthy, I help you...



## READ

books clearly



## PLAY

games safely



## LEARN

new things

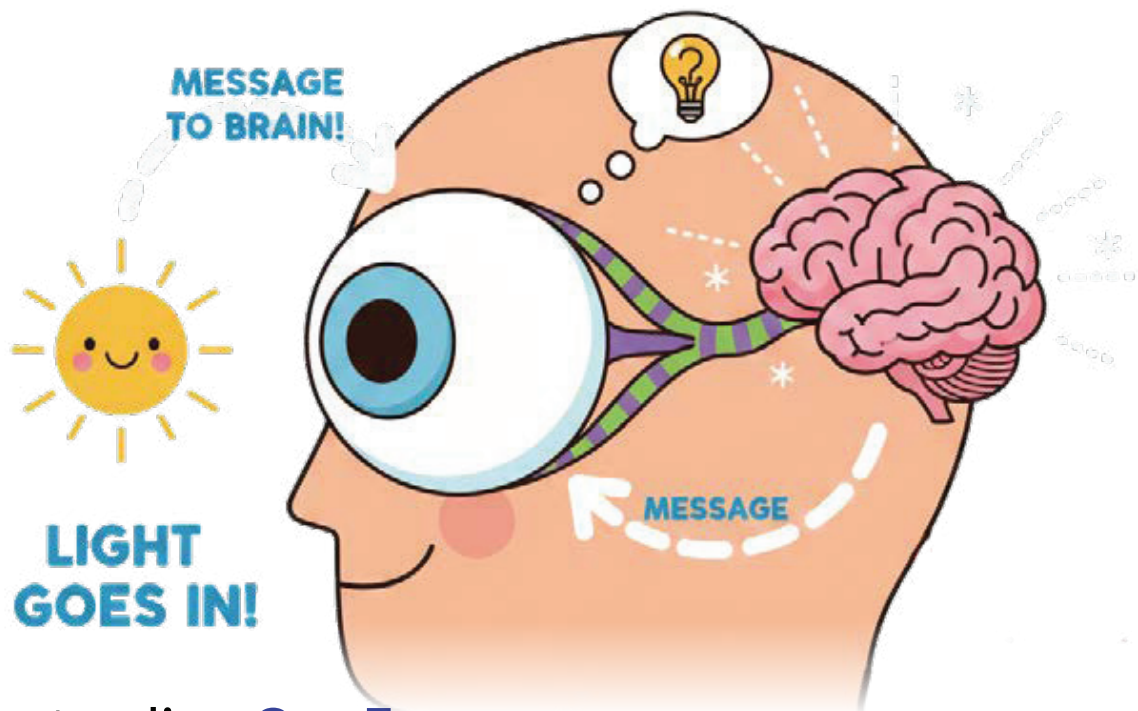


## STAY

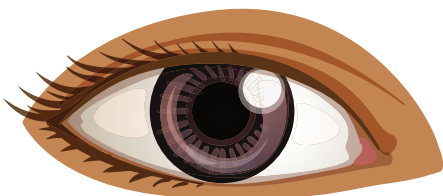
safe

## What Do I Do?

I detect light and send messages to your brain. That's how you understand what you see. I'm one of your five senses and I work very hard every day.



## Understanding Our Eyes



- The eye is a small ball-shaped organ with a coloured iris and a central pupil that controls light entry.
- The pupil lets in light for clear vision, while eyelids, tears and eyelashes protect and clean the eyes.

# Here's how you can keep me **Healthy and Happy**

*Carrots, spinach, and oranges make me strong and sharp!*



**Eat Healthy Food!**

*After using a screen, go play outside! I love fresh air.*



**Take Screen Breaks!**

*Dirty hands can make me fall sick - keep me clean and safe.*



**Don't Rub Me!**

*I need good sleep just like you. Zzz...*



**Give Me Rest!**

# How to Keep Eyes Healthy



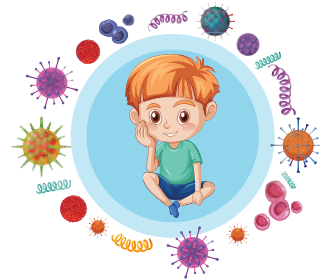
Eat a balanced diet Go, Grow and Glow foods for strong bodies and healthy eyes.



Eat Vitamin A rich foods like eggs, milk, leafy greens, yellow & orange fruits and vegetables.



Walk carefully when carrying sharp objects to avoid eye injuries.



Get immunized to protect against diseases that can affect the eyes.



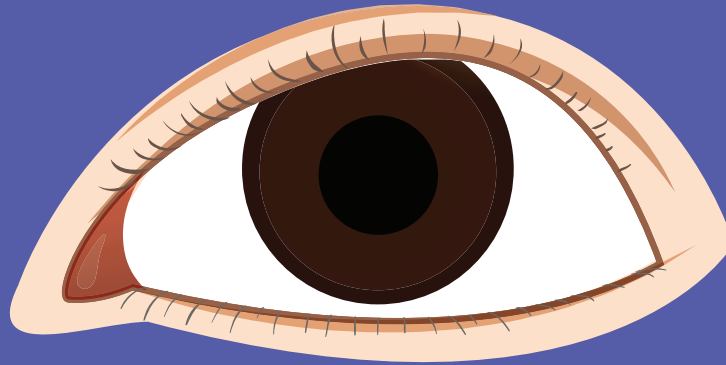
Seek medical help if your eyes become red, itchy or infected.



Wash hands before touching the T-zone (eyes, nose, mouth) and avoid touching it unnecessarily.

# How Do You Know If I'm Healthy?

## HEALTHY EYES



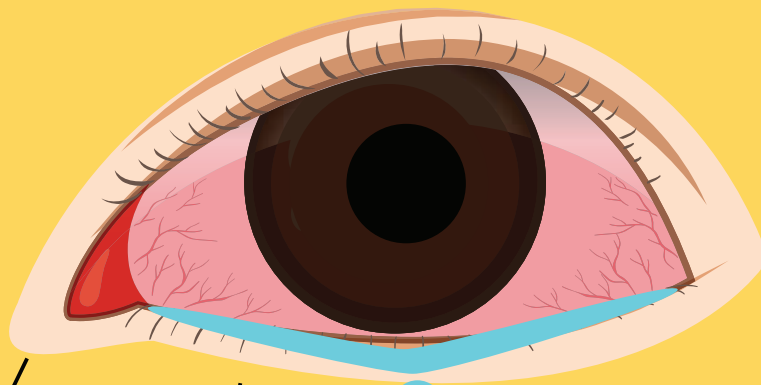
I see everything clearly

I'm not red, itchy, or watery

No pain, no blurry vision

I feel happy & comfortable all day!

## FATIGUED EYES



I can't see things clearly

I look red or watery

I feel itchy, dry, or hurt

I get tired or get headaches

# Let's Meet Some Eye Heroes and Helpers!

## Good Habits



Wear glasses every day -

**Well done!**



Eat lots of carrots and spinach - strong eyes!

**Superb!**



Don't rub eyes and takes screen breaks!

**Good job!**

## Not-So-Good Habits



Blinking frequently seeing the blackboard -

**Time for an eye check!**



Rub eyes with dirty hands -

**Ouch!**



Play on the tablet for hours -

**Her eyes get tired!**



Eat only junk food -

**Eyes miss vitamins!**

## You can keep me HAPPY - The 20-20-20 Rule

TAKE A  
**20**  
SECOND BREAK

EVERY  
**20**  
MINUTES

LOOK AT SOMETHING  
**20**  
FEET AWAY

We Are Your Teeth!  
*We Help You Smile,  
Speak & Chew*



We may be small, but we do **BIG** work every day!  
We help you **bite, chew, smile, speak**  
**clearly**, and feel confident.  
We don't grow back once damaged so taking care of  
us is super important!

## Where Are We & What Do We Look Like?

We live inside your **mouth**, fixed firmly in your **jaws**.

You have **two sets of teeth** in childhood:

- **Temporary or Milk Teeth (20)**

- » First teeth
- » Help you chew soft food
- » Make space for permanent teeth



- **Permanent Teeth (32)**

- » Stronger and bigger
- » Meant to last a lifetime



# Types of Teeth & Their Jobs

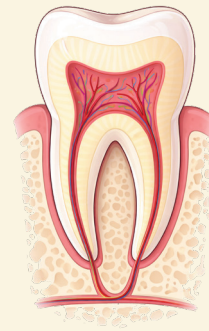
We live inside your **mouth**, fixed firmly in your **jaws**.

Type	What They Do
Incisors	Cut food (front teeth)
Canines	Tear food
Premolars	Crush food
Molars	Grind food

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## Every tooth has layers:

- **Enamel** – hardest part (shield)
- **Dentin** – supports enamel
- **Pulp** – nerves & blood (feels pain!)



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## What Do We Do All Day?

We help your body by:



**Chewing food**  
for easy digestion



**Giving shape to**  
your smile & face



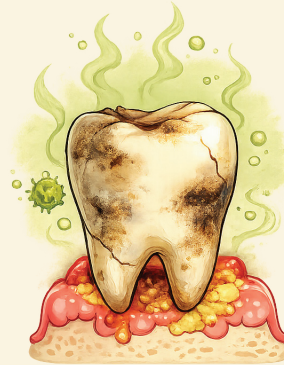
**Helping you**  
speak clearly



**Keeping germs**  
out when healthy

**Strong teeth = healthy body!**

# Happy Teeth vs Upset Teeth



<b>Happy Teeth</b>	<b>VS</b>	<b>Upset Teeth</b>
Clean and white		Yellow or brown spots
Strong enamel		Cavities (holes)
No pain or bleeding		Toothache or bleeding gums
Fresh breath		Bad breath
Eat fruits, milk, nuts		Too much sugar & poor brushing



## Beware! What Can Hurt Your Teeth?



Too many sweets,  
chocolates, candies



Sugary drinks &  
fizzy sodas



Not brushing  
before bed



Sticky plaque  
(germs + sugar)



Using teeth to  
open bottles or  
bite hard objects



Tobacco, smoking  
& areca nut (very  
dangerous!)

---

## How Do Cavities Happen?



You eat sugary food



Germs use sugar  
to make acid



Acid attacks enamel



Holes (cavities) form



Pain starts

**Brushing breaks this chain!**

# Be an ORAL HEALTH HERO!



## Brush Right

- » Brush **twice a day** (morning & before bed)
- » Use **pea-sized fluoride toothpaste**
- » Brush for **2 minutes**



## Clean Between Teeth

- » Use **dental floss** (with adult help)



## Eat Smart

- » Milk, curd, cheese – strong teeth
- » Fruits & vegetables – natural cleaners
- » Drink plenty of **water**



## Say NO To

- » Tobacco, gutkha, pan masala
- » Too many sugary snacks



## Visit the Dentist

- » Once every **6 months**
- » Early check = no pain later

## Warning Signs – Tell an Adult If You Have:

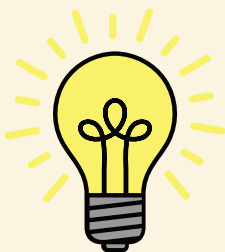
- » Toothache or sensitivity
- » Bleeding gums
- » Swollen mouth or jaw
- » Bad breath that doesn't go away
- » Black or white spots on teeth

**Early care saves teeth!**



## Fun Oral Health Activities at School

- » **Poster Art** – “My Sparkling Smile”
- » **Role Play** – Dentist & Patient
- » **Toothbrushing Calendar** – Tick twice daily brushing
- » **Sugar Detective** – Check labels of snacks
- » **Brush-Along Song** – Two minute brushing rhythm
- » **Oral Health Day** – Dental screening & demos



## Cool Teeth Facts!

- Enamel is the **hardest substance** in your body
- No two smiles are the same
- Teeth do **not heal** like skin or bones
- Saliva protects teeth from acids
- Brushing at night is the **most important**

## Together for a Sparkling Smile!

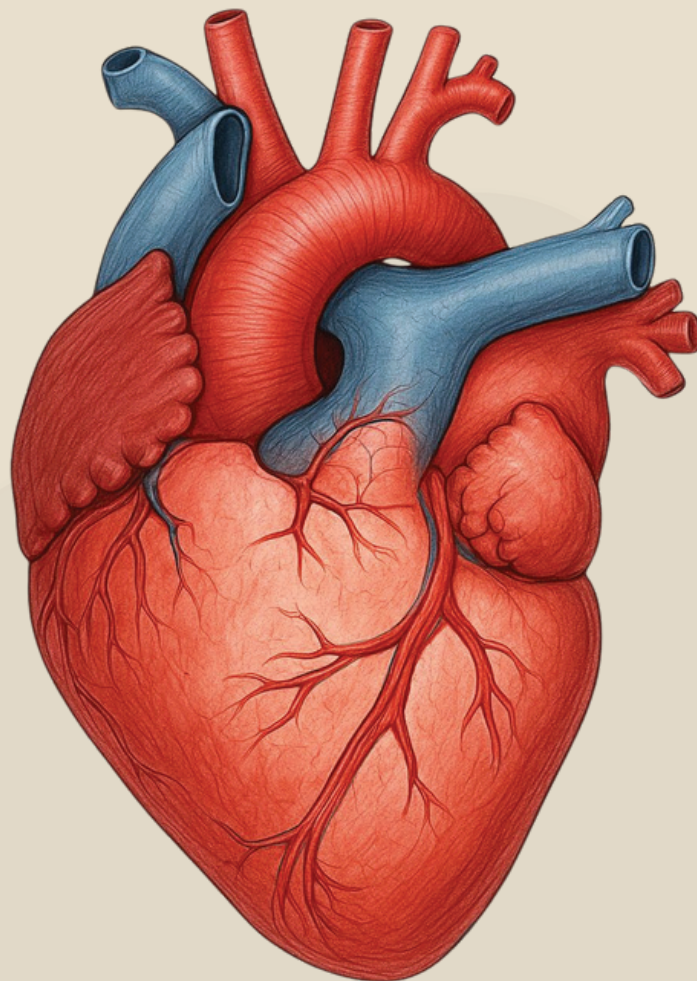
Your teeth work hard every day to help you eat, talk,  
and smile with confidence.

When **schools, teachers, families, Health & Wellness Ambassadors, and YOU** work together, we can prevent cavities and build lifelong oral health habits.



**Healthy Teeth = Healthy Body =  
Confident YOU!**

We Are Your Heart  
*Always Beating for You*

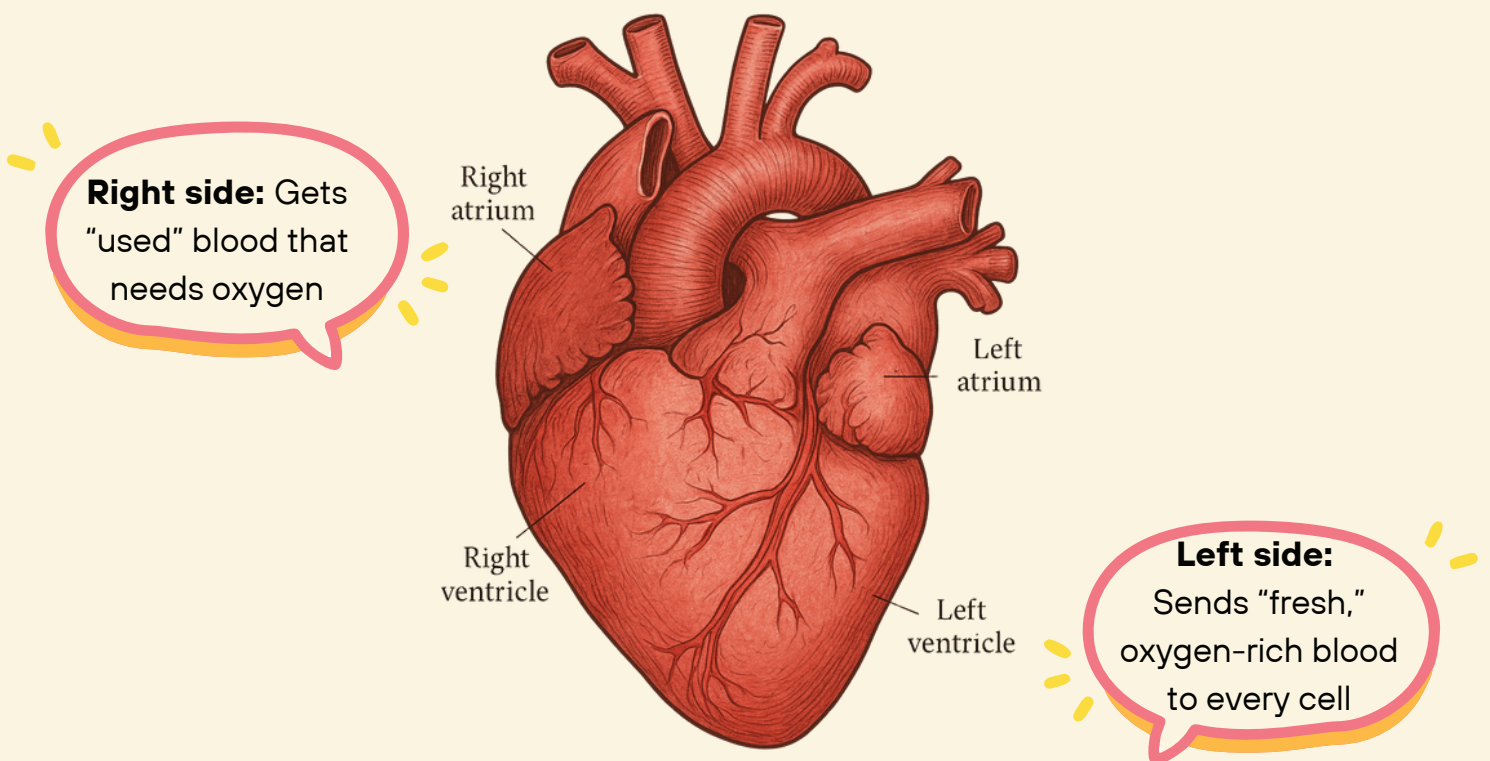


**We're your body's powerful pump – sending blood everywhere so you can jump, think, play, and grow. We work 24x7, no breaks, making sure every cell gets what it needs.**

### **Where Are We? What Do We Look Like?**

We live inside your chest, a little to the left, protected by your ribs - like armor!

### **We've got four chambers (rooms)**



**Every beat is like saying, Let's go, blood!**

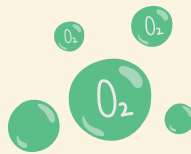
# WHAT DO WE DO?

Here's how we keep you alive and full of energy



## **Circulate Blood**

From head to toe



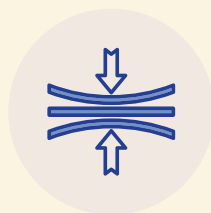
## **Deliver Oxygen**

So your cells can work  
hard



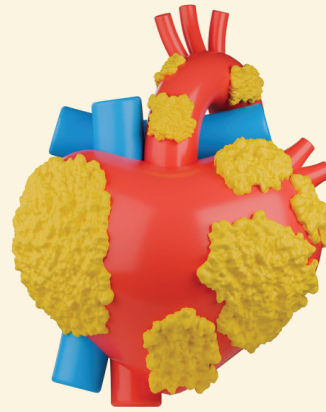
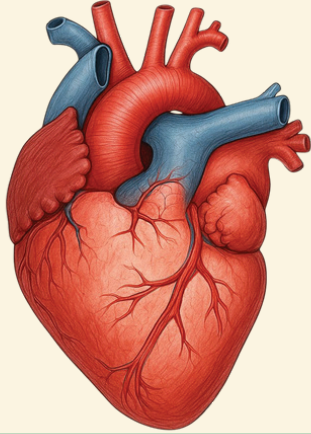
## **Remove Waste**

Carry away carbon  
dioxide and toxins



## **Maintain Pressure**

Keep blood moving at the  
right speed



## Joyful Heart



## Upset Heart

Beats strong and steady

Beats too slow, fast,  
or uneven

Arteries are clear  
and smooth

Arteries get blocked  
or narrow

You feel active and  
energetic

You get tired or  
breathless easily

Eats smart, moves daily

Eats junk, sits too much



## BEWARE WHAT CAN HURT YOUR HEART?



**Fried snacks**



**Sugary drinks**



**Too many chips**



**Little sleep**



**Sitting too long**



**Skipping outdoor play**



**Too much stress**



**Smoking or being around smoke**



**Family history of heart issues**

# HOW TO BE A HEART HERO



## Sleep Well

- Your heart recharges when you get 8–10 hours of sleep



## Move Every Day

- Run, dance, skip, play outside – at least 60 minutes a day



## Be Kind to Your Mind

- Try breathing, yoga, talking about feelings



## Say NO to Tobacco & Alcohol

- They damage your heart – don't even start



## Eat Smart

- More fruits, veggies, nuts, pulses, and whole grains
- Less junk food, sugary snacks, and packaged drinks

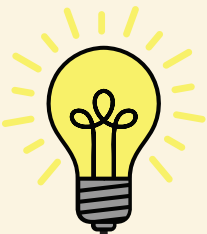
## Warning Bells – See a Doctor If You Feel

- Out of breath often
- Chest pain or “fluttery” heartbeat
- Tired even with small effort
- Dizzy or faint

## Fun Heart Activities at School

- **Heart Week:** Food stalls, yoga, and fun exercises
- **Poster Art:** Draw “My Healthy Heart”
- **Sports Clubs:** Run, jump, play games together
- **Heart Journal:** Track your steps, food, sleep, and feelings

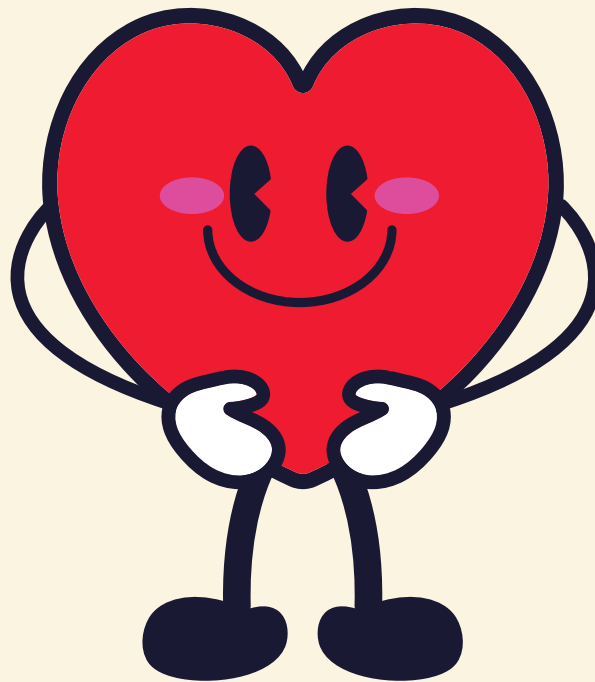
## COOL HEART FACTS



- Your heart beats around 100,000 times a day
- It pumps 7,000 liters of blood daily You can feel your heartbeat by placing your hand on your chest
- It’s about the size of your fist

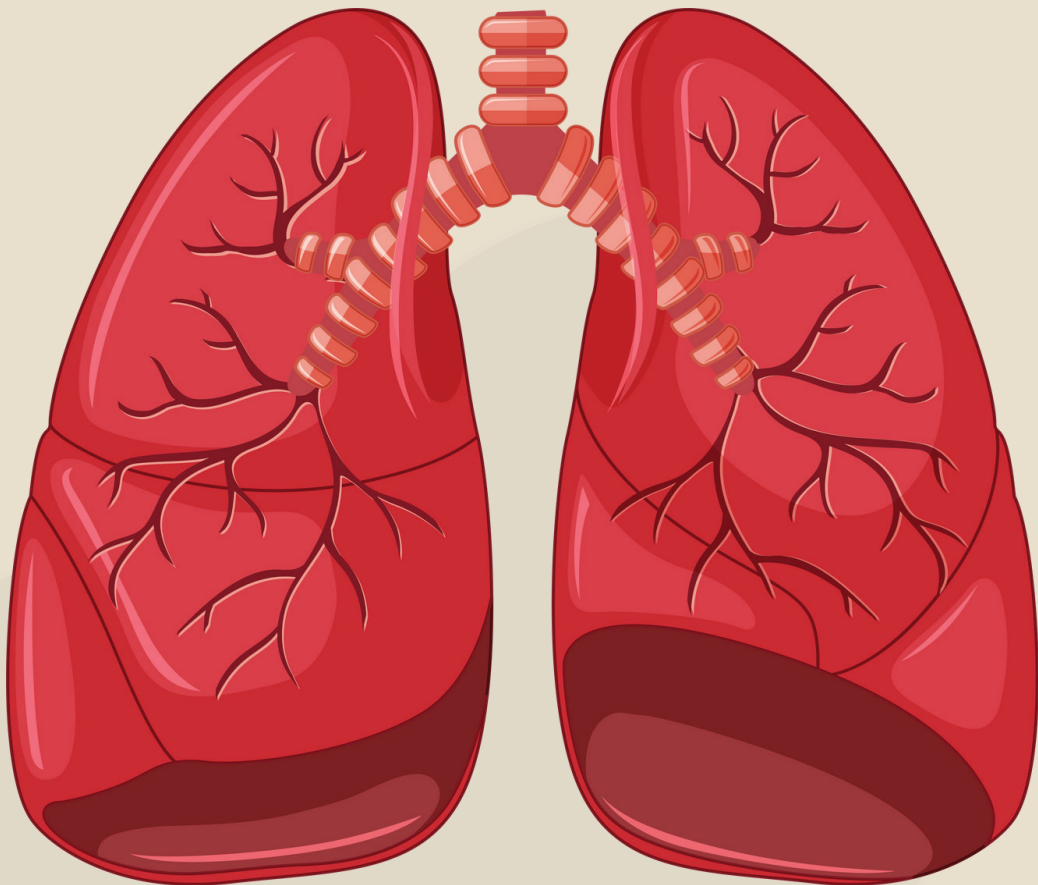
## **TOGETHER FOR A JOYFUL HEART**

A strong heart starts young. When schools, teachers, families, and YOU work together, we can build a generation that grows up smart, active, and heart-healthy!



**Your heart works all day to keep you active and happy. When you eat healthy food, stay active, and manage your feelings well, you help your heart stay strong.**

We Help You Breathe  
*We Are Your Lungs*

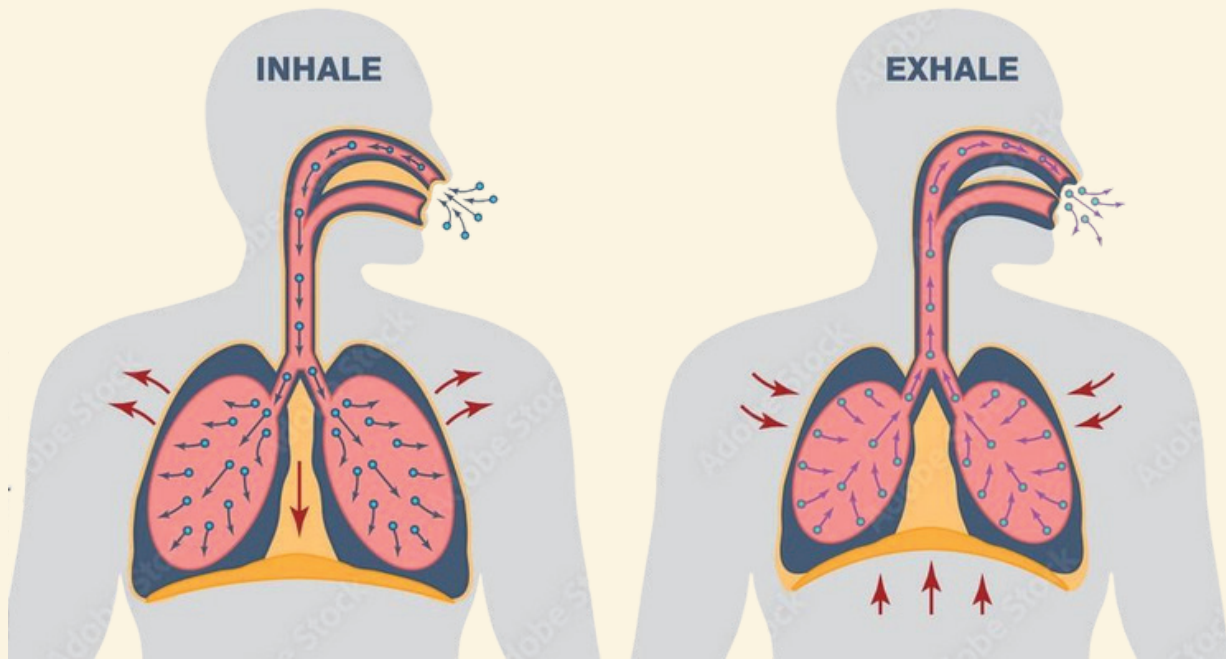


# HOW WE WORK

Located beside your heart, protected by your ribs.

Air enters through your nose or mouth, gets filtered and warmed.

Travels down the windpipe, splitting into two bronchi – one for each lung



Inside, millions of tiny alveoli exchange gases – oxygen in, carbon dioxide out

**That's respiration – your breath of life!**

## WHAT ELSE WE DO



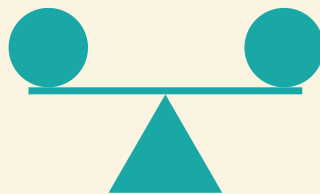
### **Protect you:**

Trap dust and germs  
with mucus and immune  
cells.



### **Help you speak:**

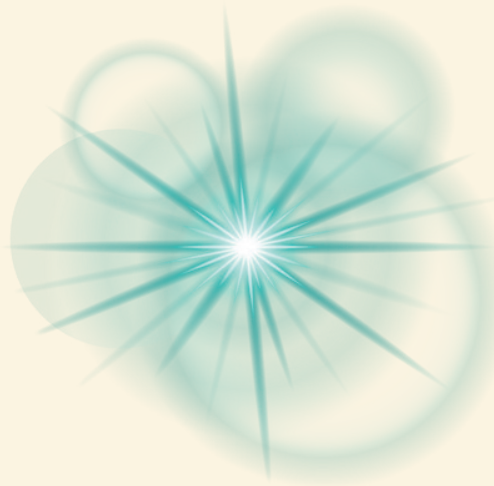
Airflow powers your  
voice.



### **Keep balance:**

Breathing maintains  
your body's acid–base  
levels.

## FEEL THE POWER OF YOUR LUNGS



- You can't see your lungs – but you can feel them in action!
- Put your hands on your chest and take a deep breath in.
- Feel your chest rise... now breathe out and feel it relax.
- That's your lungs at work – your body's natural power engine!

## WHY WE'RE YOUR BEST FRIENDS



- We power every cell – from brain to toes.
- We filter the air you breathe.
- We help you talk, laugh, and sing.

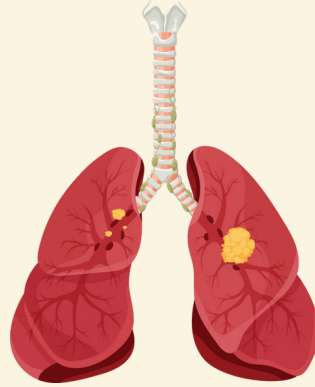
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## WHAT MAKES US UPSET

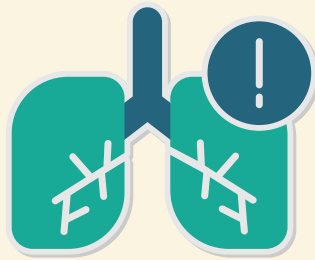


- **Smoking:** Damages airways and alveoli  
– lung tissue doesn't grow back.
- **Pollution:** Makes breathing harder.
- **Allergens:** Trigger cough or watery eyes.
- **Dust & Chemicals:** Harm lungs in certain jobs.
- **Genetics:** Some lung issues can run in families.

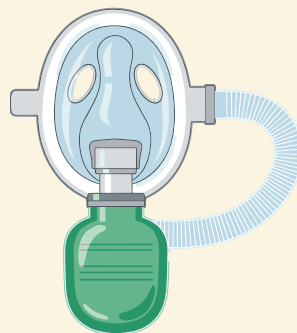
# YOU MUST KNOW THIS - SMOKING HURTS



Raises risk of lung cancer



Causes thick mucus,  
swollen airways, and  
breathlessness



Destroys alveoli, reducing  
oxygen intake

## HOW TO CARE FOR US



Don't smoke or breathe secondhand smoke



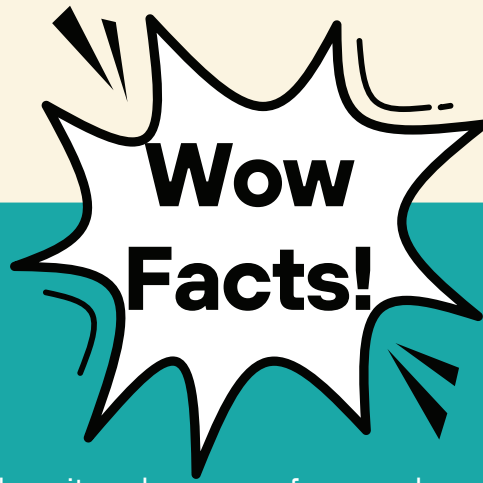
Exercise regularly to build lung strength



Avoid infection, wash hands, wear masks,  
and stay away from crowds when sick



See a doctor if you cough, wheeze, or feel  
breathless often



- Left lung is smaller - it makes room for your heart.
- We breathe 25,000 times a day, inhaling about 11,000 litres of air.
- Lungs are the only internal organs exposed to the outside world.
- If opened flat, your lungs could cover a tennis court!
- Your lung airways stretch over 2,400 km - longer than many highways.
- Together, both lungs hold 300–500 million alveoli - tiny air sacs for gas exchange.
- Lungs are the only organs that float on water, even after you exhale.

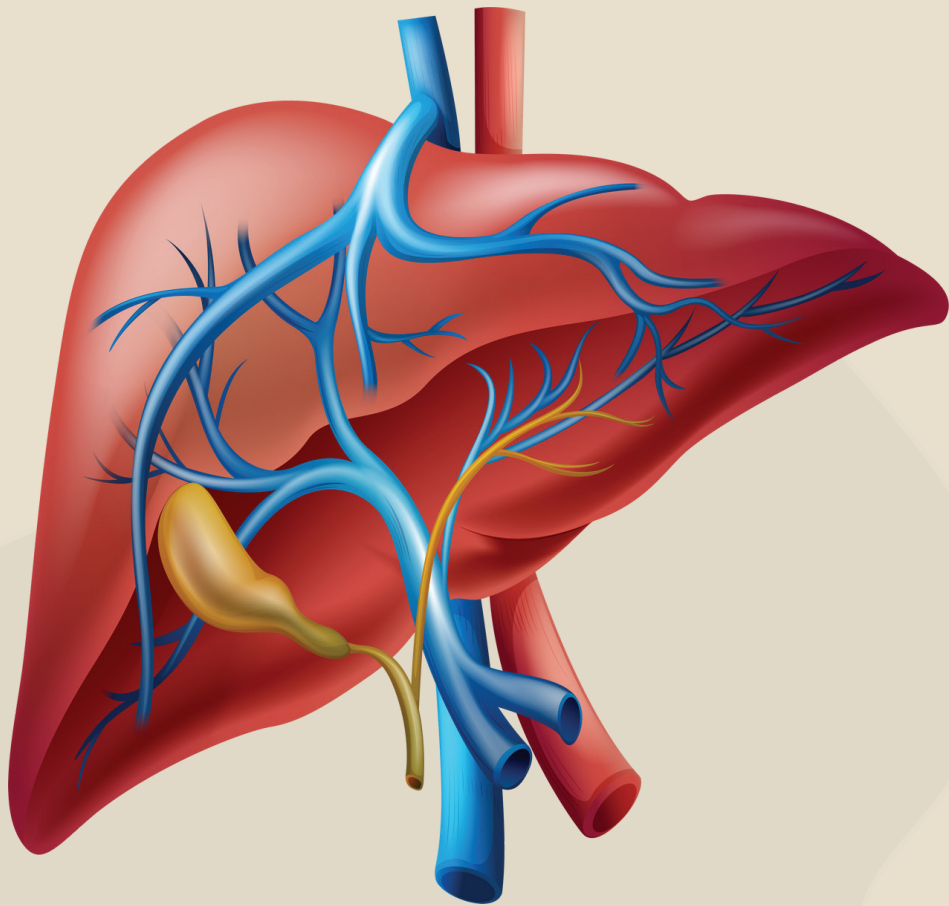


### **Try This! Lung Test**

- Take a deep breath, hold it, and count the seconds.
- Compare with friends – see who's got the strongest lungs!

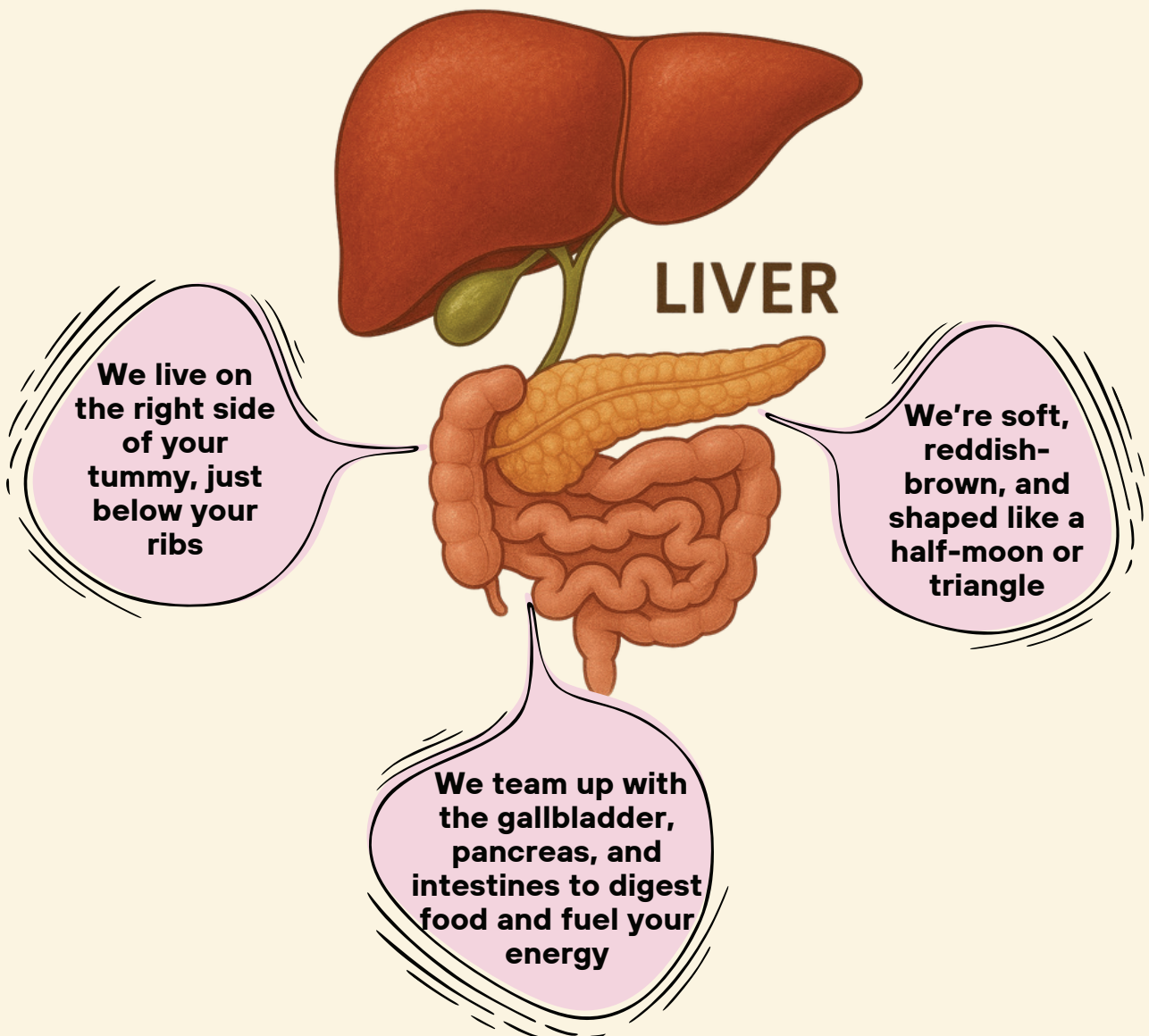
**Your lungs help you breathe and play with energy. Clean air, physical activity, and deep breathing keep your lungs healthy and full of life.**

We Never Stop Filtering  
*We Are Your Liver*



**We're your super-cleaners – filtering, storing, and powering everything you do! We clean your blood, turn food into energy, and never stop working – not even when you're asleep!**

## **WHERE ARE WE AND WHAT DO WE LOOK LIKE?**



# WHAT DO WE DO ALL DAY?

We keep your body running smoothly by:

**1**

## **Cleaning Blood:**

Removing toxins and waste

**2**

## **Making Bile:**

A special juice that helps digest fats

**3**

## **Storing Energy:**

Keeping glycogen as your body's power bank

**4**

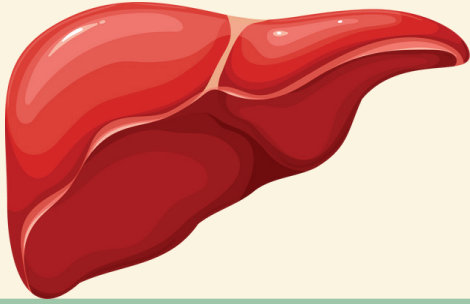
## **Fighting Germs:**

Supporting your immunity

**5**

## **Balancing Nutrients:**

Managing sugar, fat, and vitamins



<b>Joyful Liver</b>	<b>VS</b>	<b>Upset Liver</b>
Smooth, shiny, and reddish-brown		Yellow, swollen, or rough
Works fast to clean blood		Works slowly, gets tired
Full of energy and balance		Feels heavy, tired, or painful
Loves fruits, veggies, and water		Hates junk, sugar, and late nights



## BEWARE! WHAT CAN HURT YOUR LIVER



**Smoking or alcohol -**  
scars liver cells  
permanently



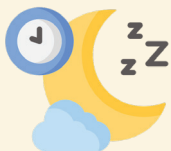
**Lack of exercise -**  
leads to liver inflammation  
and scarring



**Too much junk or  
fried food -**  
causes fatty liver



**Too much sugar -**  
turns into fat  
inside your liver



**Sleeping too late -**  
disturbs repair time



**Self-medicating -**  
some medicines harm  
your liver

# BE A LIVER HERO



## **Eat Smart:**

Choose fruits, veggies, pulses, and home-cooked food



**Stay Active:** Run, dance, or play for at least 60 mins a day.



**Drink Water:** Flush out toxins naturally



**Say No to Alcohol & Smoking:** Even second-hand smoke hurts your liver.



**Avoid Skipping Meals:** Keeps your liver's metabolism balanced.



**Sleep Well:** Go to bed and wake up on time - your liver loves routine.

## Warning Signs – When to Tell an Adult

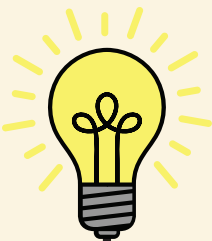
- Yellow eyes or skin (jaundice)
- Constant tiredness
- Stomach pain or swelling
- Loss of appetite or nausea

**If you notice these, visit a doctor quickly!**



## Fun Liver Activities at School

- **Poster Art:** My Clean Liver, My Happy Body!
- **Liver Week:** Fruit stalls, hydration drives, healthy tiffin days
- **Quiz Time:** Guess the Function!
- **Liver Diary:** Track your water intake, meals, and sleep

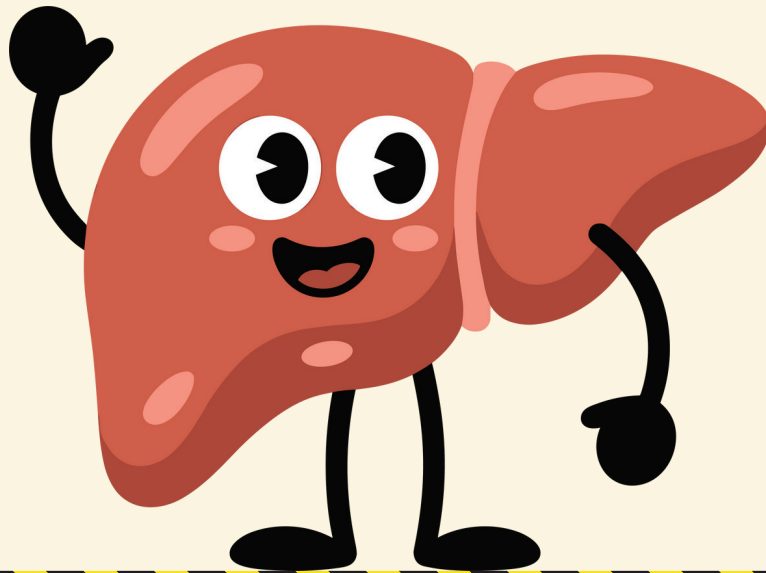


## Wow Liver Facts!

- We're your largest internal organ - about 1.5 kg!
- We can regrow if a part is damaged - the only organ that can!
- We do 500+ functions every day.
- Our bile gives poop its brown color!
- We filter 1.4 liters of blood every minute!

## Together for a Joyful Liver

- Together for a Happy Liver!
- Your liver works silently but powerfully - protecting you every second. So Eat right, stay active, sleep well, and care for your super cleaner inside
- Your liver never rests for you - give it the care it deserves!



**Your liver keeps your body clean and balanced. Choosing healthy food and good habits helps your liver do its important work every day.**

We Are Your Stomach!  
*We Help You Digest &  
Grow Strong*



We may be hidden, but we do **BIG** work every day!  
We help your body digest food, absorb nutrients,  
give you energy, and grow healthy and strong.  
Every bite you eat comes to us so keeping us  
healthy is very important!

## Where Are We & What Do We Look Like?

We look like a  
**soft, stretchy  
bag**

We live **inside your  
belly**, just below the  
chest, on the  
**left side.**



We can **expand**  
**when food**  
**comes in**

We squeeze and  
mix food like a  
**washing machine**

# What Is Our Job?

We help your body by:



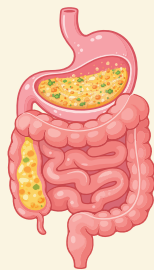
**Storing food**  
for a short time



**Breaking food**  
into small pieces



**Mixing food**  
with digestive juices



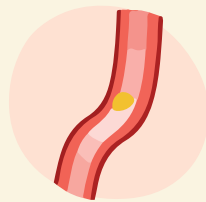
**Sending food slowly**  
to the intestines

**Good digestion = energy, growth & immunity**

# How Does Digestion Happen in the Stomach?



You chew food in  
your mouth



Food travels through the  
food pipe



Food reaches the  
stomach



Stomach juices mix and  
soften food

**The stomach works slowly so your body  
can use food properly.**

## Happy Stomach vs Upset Stomach



<b>Happy Stomach</b>	<b>VS</b>	<b>Upset Stomach</b>
No pain or burning		Stomach pain or cramps
Good appetite		Acidity or burning
Smooth digestion		Vomiting or loose motions
Active and energetic body		Bloating or gas
Eats on time & healthy food		Skipping meals or junk food



## Beware! What Can Hurt Your Stomach?



Too much junk,  
oily or spicy food



Eating too fast  
or overeating



Skipping meals



Drinking  
dirty water



Eating uncovered  
or stale food



Too many cold drinks  
& packaged snacks



Stress and  
irregular sleep

# Common Stomach Problems in Children



Indigestion



Diarrhoea



Acidity



Constipation



Gas & bloating



Worm infection

# Be a DIGESTION HERO!



## Eat Right

- » Home-cooked food
  - » Fruits, vegetables, dal, roti, rice
  - » Curd for good digestion
- 



## Eat on Time

- » Don't skip breakfast
  - » Fixed meal timings help the stomach
- 



## Drink Safe Water

- » Clean, boiled or filtered water
  - » Enough water daily
- 



## Chew Well

- » Eat slowly
  - » Chew food properly
- 



## Stay Clean

- » Wash hands before eating
- » Keep nails short

## **Warning Signs – Tell an Adult If You Have:**

- Severe stomach pain
- Repeated vomiting
- Blood in stool
- Loose motions for many days
- Burning or acidity daily
- Not feeling hungry at all

**Early care keeps the stomach healthy!**



## **Fun Stomach Health Activities at School**

**Digestive Journey Chart** – Food from mouth to stomach

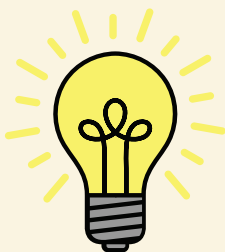
**Healthy Plate Activity** – Draw a balanced meal

**Handwash Demo** – Before eating

**Good Food vs Junk Food Game**

**Role Play** – Doctor & child with tummy ache

**Water Tracker Chart** – Daily water intake



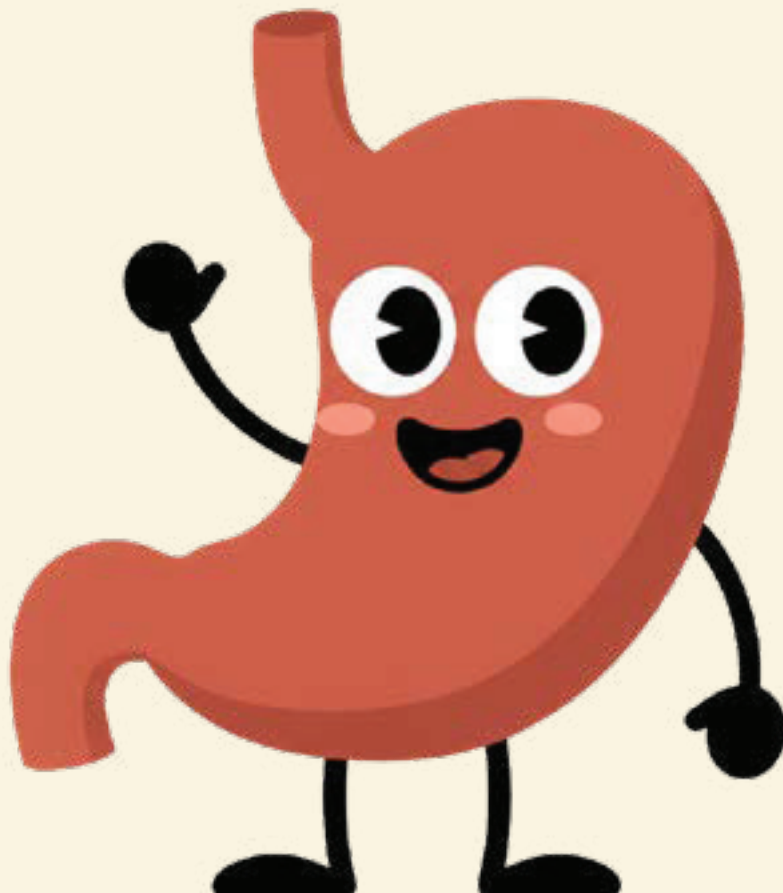
## **Cool Stomach Facts!**

- The stomach can stretch like a balloon
- Digestive juices are very strong
- Stomach works even when you sleep
- A healthy stomach improves mood & focus
- Eating slowly helps digestion the most

## Together for a Healthy Tummy!

Your stomach works hard every day to turn food into energy and strength.

When **schools, teachers, families, Health & Wellness Ambassadors, and YOU** work together, we can prevent stomach problems and build healthy eating habits for life.



**Healthy Stomach = Healthy Body =  
Happy YOU!**

# Meet The **KIDNEYS!**



# We are your Body's Built in filters!

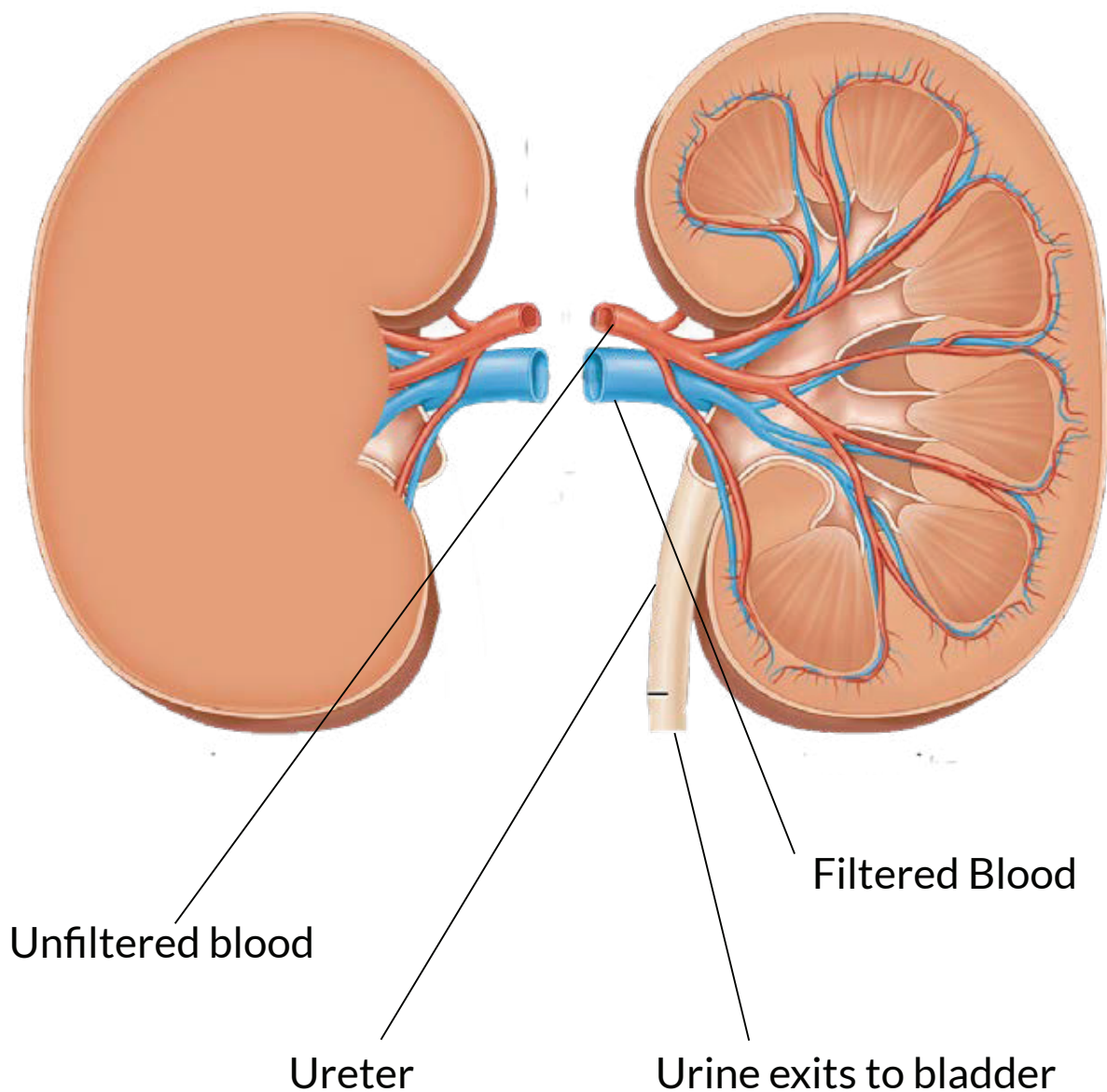
Working 24/7, we are your tiny cleaning machines.

## What Do I Look Like?

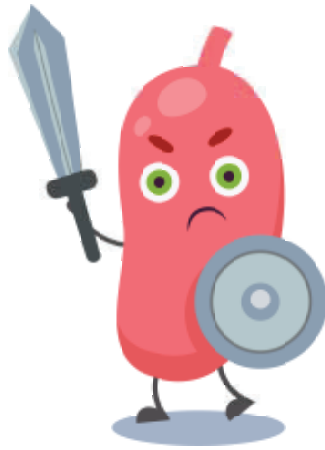
I look like a **two bean-shaped organs**, about the size of your fists - small but mighty!

**External View**

**Internal View**



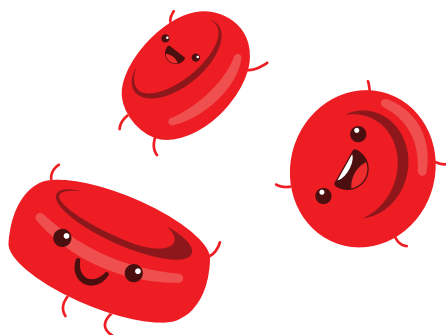
# FASCINATING FACTS



We **make hormones** that keep your blood pressure just right and help your body make red blood cells - science magic!



We've got millions of **tiny helpers called nephrons** - they're like the minions of cleanliness!



We clean about half a cup of blood every minute - we're basically **blood-filtering ninjas!**

# HEALTHY KIDNEYS



You urinate easily and regularly



You don't have pain in your back or belly.



Your urine colour is light yellow.



You feel active and healthy.



You eat and drink well.

# UNHEALTHY KIDNEYS



It hurts or feels funny when you pass urine.



Your feet face or hands swell



You feel tired or sleepy all the time.



Your stomach hurts a lot.



You don't feel like eating or drinking.



Stay hydrated!  
**Well done!**



Run, jump, play - Stay Active  
**Good Job!**



Take a balanced diet - eat  
fruits & veggies  
**Superb!**



Sleep well - rest is important  
**Very nice!**

## DO'S



Take fun breaks!  
**Keep it Up!**



Avoid junk food or salty snacks

Too much salt can cause high Blood Pressure



Don't hold your urine

Keep yourself healthy!



Avoid over-the-counter pain relievers

Can harm your kidney



Limit processed food!

Can cause Heart Strain



Don't self-medicate!

Oh! It is harmful!

## DONT'S



# EMERGING ISSUES

I Am Your  
**SCREEN TIME**



# It's ME! PLUGGED in!

I am your Screen Time i.e. the total time you spend on using digital devices be it mobile phones, tablets, computers, TVs, and gaming consoles etc.



Tablet



Dekstop



Phone



Laptop



Using screens in bed adversely affects Vision, Sleep Quality and increases Screen Dependency



Continuous screen use without breaks- causes Severe Eye Strain, Poor Sleep, Weight gain due to inactivity, Mood Swings, Headaches, and Fatigue

# No Screen Zones



Mealtime



<2 Yrs child

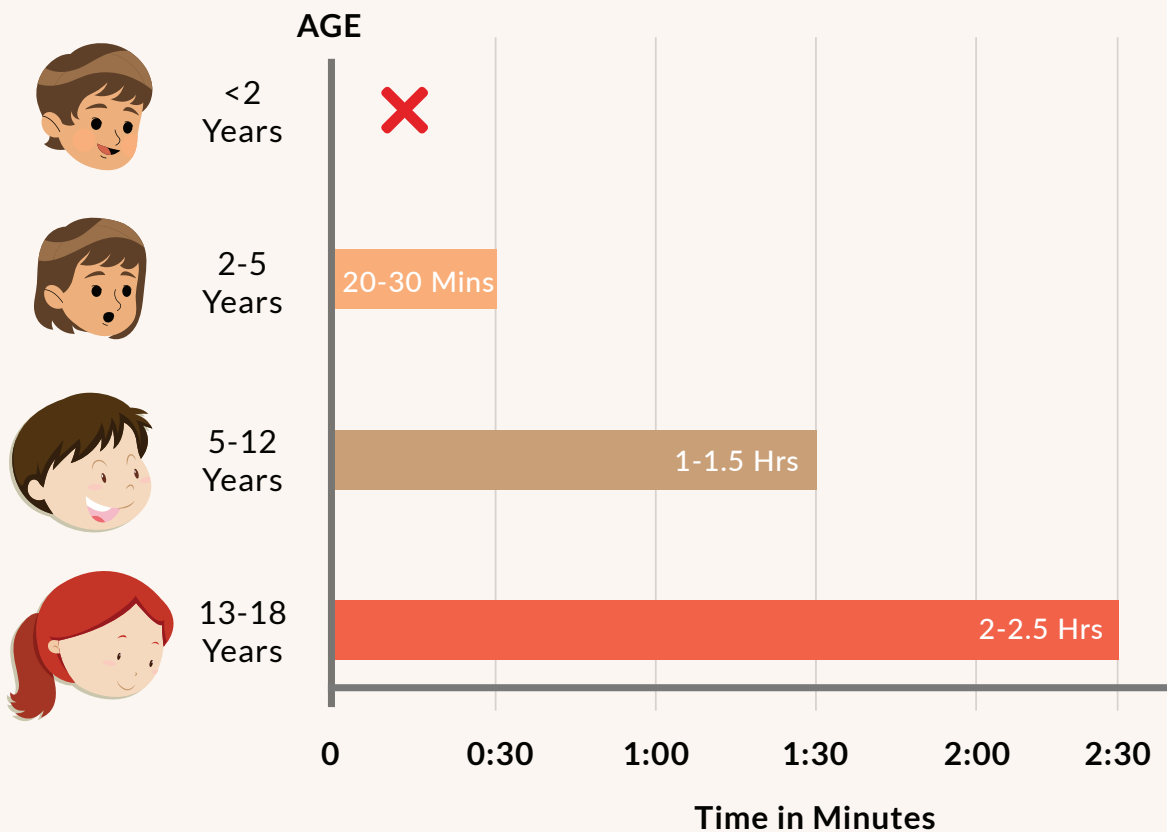


1 hour before sleep



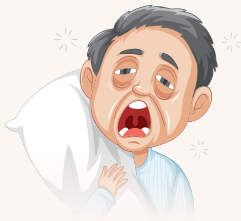
Homework breaks

## How much of **Screen time** is Ok for You?





## Too Much Screen Time Leads To...



**Poor Sleep**  
(Blue light  
delays sleep  
hormones)



**Less physical  
activity**  
(Prone to  
weight gain)



**Mood Swings**  
(Anxiety,  
irritability, poor  
attention span)



**Eye Strain**  
(Dry eyes,  
headaches,  
blurry  
vision)



**Social Skills**  
(Reduced face-to-  
face interactions  
with friends and  
family)



# But... you can take care of us!

## Try the 20-20-20 Rule

Every 20 minutes, look 20 feet away for 20 seconds - give those superhero eyes a break!



## No-Screen Zones

Keep screens away during, Mealtime, 1 hour before bedtime, Homework breaks



## No Screens in Dream Zones

Keep devices out of bedrooms - your brain sleeps better without the glow!



## Learn More, Scroll Less

Use screens to explore, discover, and learn - not just for games and funny videos but with books.



## Move It After Use It!

After screen time, take a break: Go outside, Draw, Play, Stretch

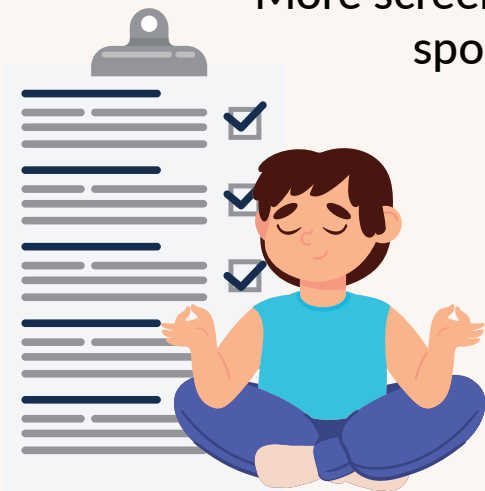


# Tips for Parents & Teachers

Help stay **SCREEN-WISE!**



More screen time with fun: reading, sports, music, crafts



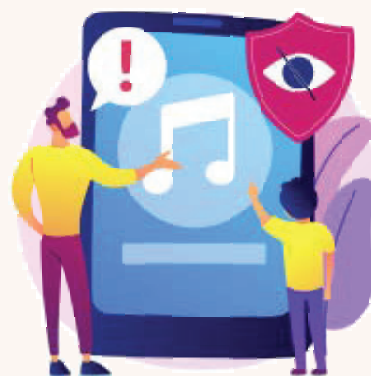
Set simple screen time rules - and follow through



Watch and talk about media together



Keep meals media free



Use parental controls & blue light filters to protect young eyes

I can Empower You or Exhaust You! Choose Me Wisely!

I AM YOUR  
**SLEEP TIME!**



# zzZ Sleep is Battery Recharge Time

**While you snooze, your body rests and your brain powers up - so you can wake up feeling fresh, focused, and ready for a new day!!**



# Why Do You Need Enough of Sleep?



## Brain Boost

Makes your brain super smart!  
It helps you remember stuff  
and figure things out fast.



## Stay Strong & Healthy

Fight off germs; bye to sick  
days!



## School Hero

Helps you focus better  
in class and ace those  
tests like a champ!



## Mood Magic

Keeps you smiling; no  
one likes feeling grumpy



## Level Up your Growth

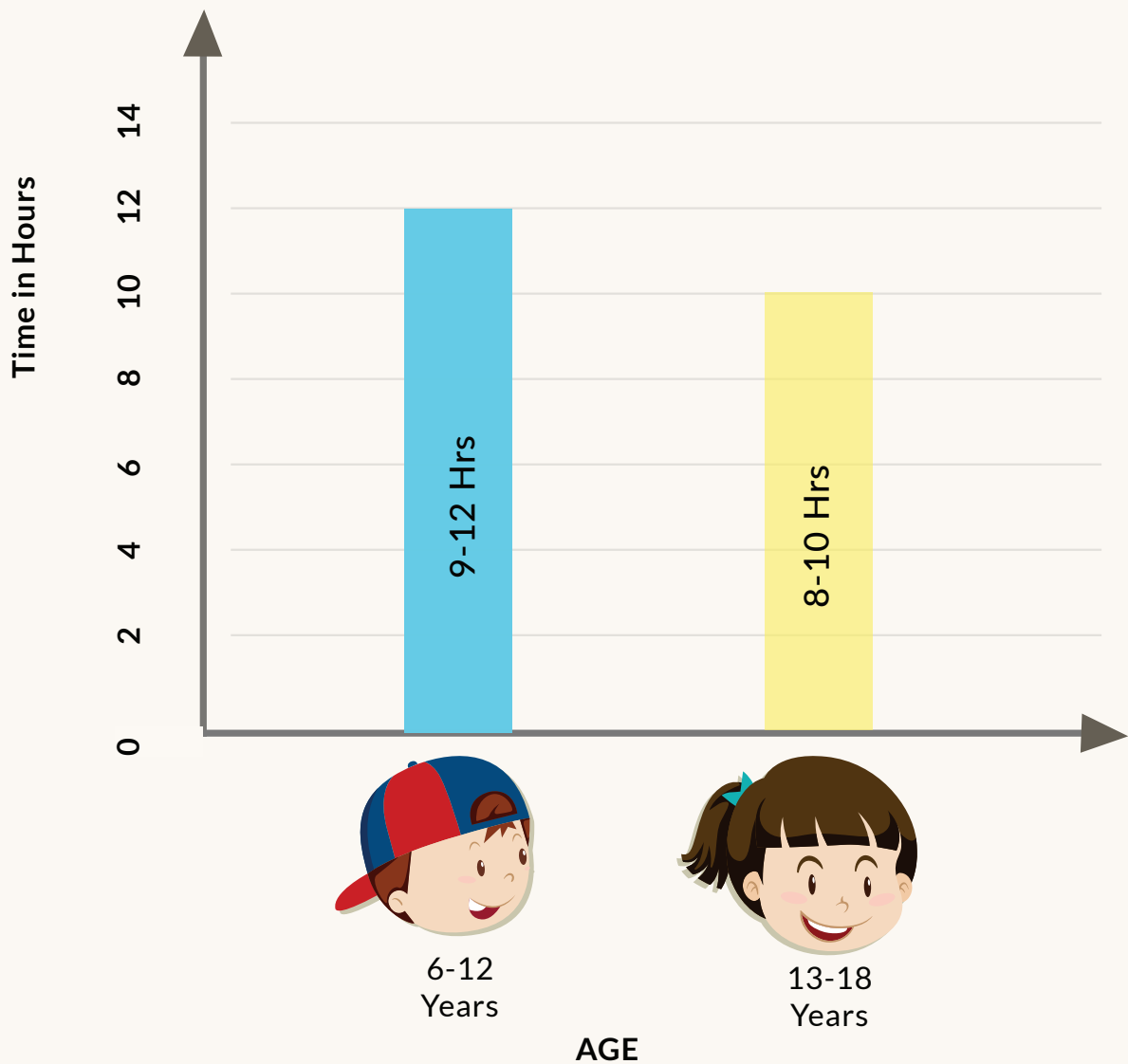
Releases hormones to help  
you get taller and  
stronger.



# FUN SLEEPY FACTS

- You spend nearly 1/3 of life sleeping. That's about 25 years!
- Sleeping burns around 400 calories a night!

## How Much Sleep Do YOU Need?





## DO'S



Make a fun bedtime routine (story time or gentle music)

Keep your room dark, quiet, and cool - it tells your brain, "Sleep time!"



Sleep at the same time every night - even weekends!



Use your bed only for sleep (no snacks, no screens!)



## DONT'S



No screens 1 hour before bed (say goodnight to TV and mobile!)

Avoid sugary stuff or sugary drink at night - they keep you bouncing!



Skip long naps in the afternoon - they steal your sleepy feeling at night.



Eating sugary foods & greasy food will disturb your sleep



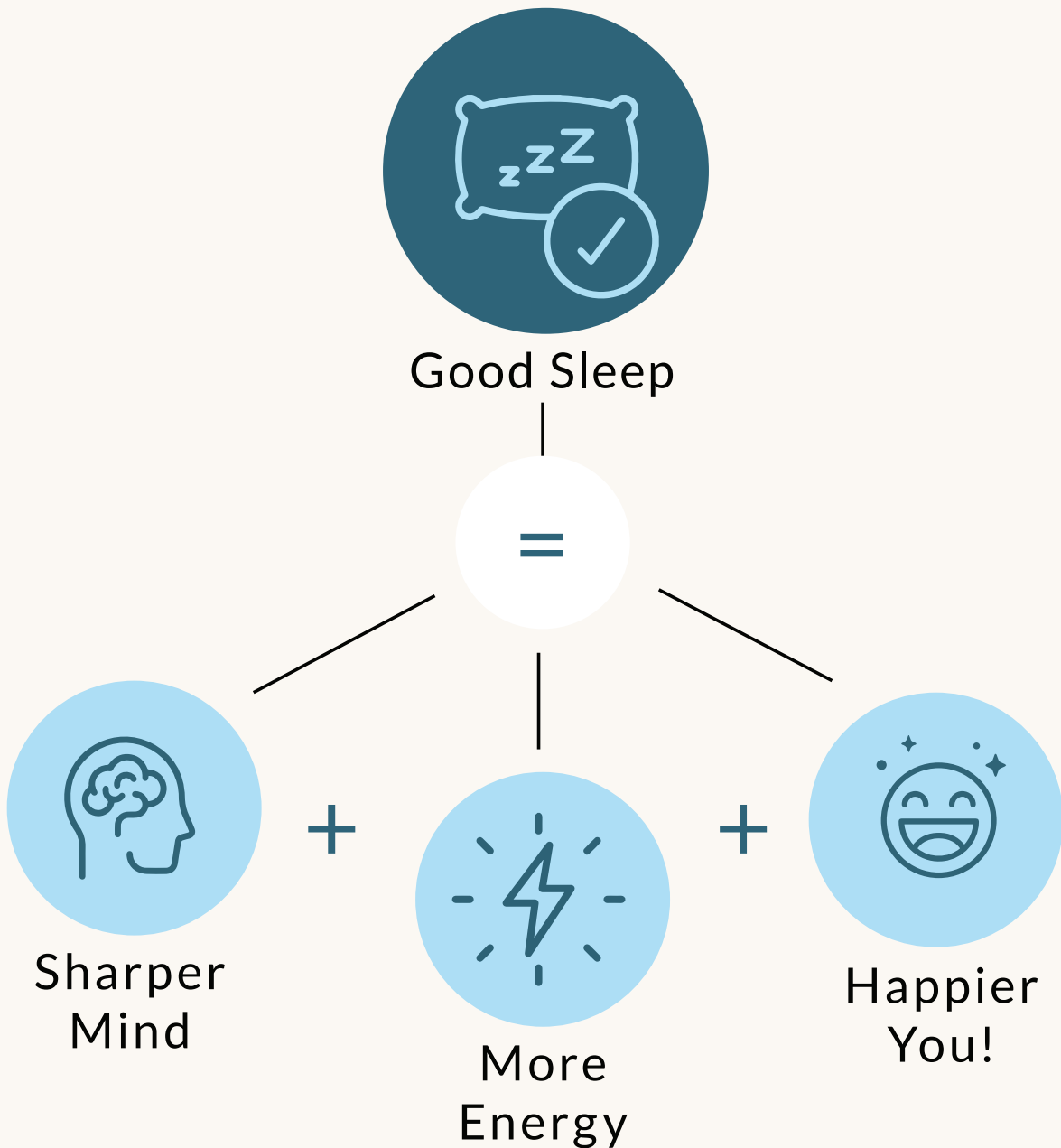
SO IF YOU WAKE UP AT 6:30 AM...

You should hop into bed by 8:00 PM to 9:30 PM depending on your age

**Great Job!**



## REMEMBER







# Guide Book for Healthy Organs and Their Care

# OUR BRAINS

## HEALTHY BRAIN

What makes our BRAIN Happy?



HEALTHY BRAIN



Connecting With Nature ✓



Regular Physical Activity ✓



Adequate Sleep ✓



Hobbies ✓



Social Interaction ✓

## STRESSED BRAIN



STRESSED BRAIN

What makes our BRAIN Sad?



Excessive Screen Time ✗



Lack of Sleep ✗



Loneliness & Worry ✗



Narcotic Drugs ✗

# OUR EYES

## HEALTHY EYES



HEALTHY EYE

What makes our EYES Happy?



Vitamin A



Minimum Screen Time



Good Lighting & Safe Reading Distance



Regular Eye Checkup



STRESSED EYE

What makes our EYES Sad?



Excessive Screen Time



Lack of Sleep



Touching/ Rubbing with Dirty Hands



# OUR TEETH

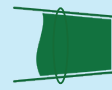
## HEALTHY TEETH



What makes our TEETH Happy?



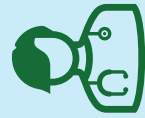
Brush Twice Daily



Drink Plenty of Water



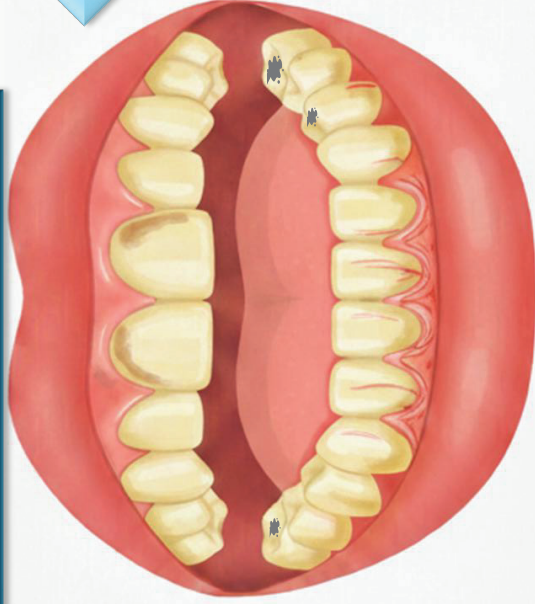
Eat Balanced Diet



Visit Dentist Regularly



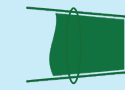
## UNHEALTHY TEETH



What makes our TEETH Sad?



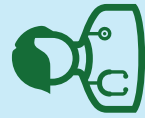
Brush Twice Daily



Drink Plenty of Water



Eat Balanced Diet



Visit Dentist Regularly



Inadequate Brushing



Sugary Foods



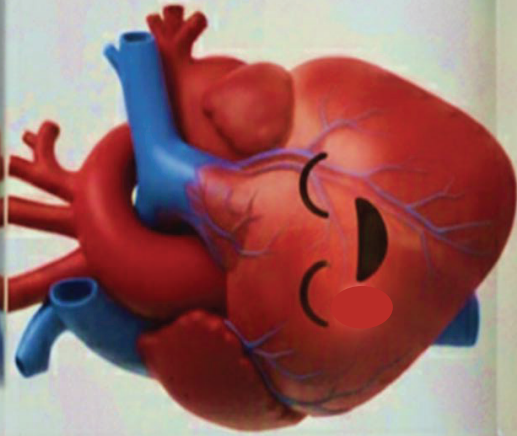
Smoking/ Tobacco



# OUR HEARTS

## HEALTHY HEART

What makes our HEART Happy?



Being Together



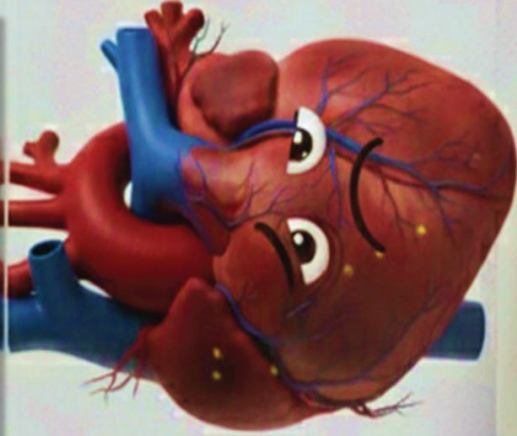
Adequate Rest



Balanced Diet



Regular Physical Activity



What makes our HEART Sad?



Sedentary Lifestyle



Sugary Drink / Processed Food



High Salt Intake



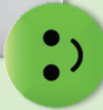
Stress



# OUR LUNGS

## HEALTHY LUNGS

What makes our LUNGS Happy?



Yoga



Adequate Rest



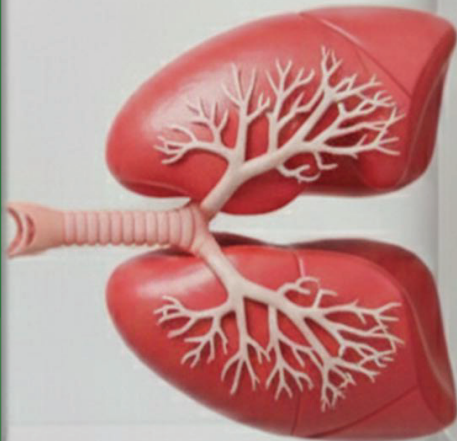
Planting Trees



Regular Physical Activity



HEALTHY LUNGS



## STRESSED LUNGS

What makes our LUNGS Sad?



Air Pollution



Sedentary Lifestyle



Smoking



STRESSED LUNGS

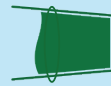
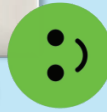


# OUR LIVER

## HEALTHY LIVER



What makes our LIVER Happy?



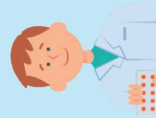
Safe Drinking Water



Timely Balanced Meals



Regular Physical Activity



Prescribed Medicines



## STRESSED LIVER



What makes our LIVER Sad?



Alcohol



Junk/ Processed Food



Sedentary Lifestyle



Self Medication



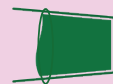
# OUR STOMACH

**HEALTHY STOMACH**

What makes our STOMACH Happy?



HEALTHY STOMACH



Stay Hydrated



Adequate Rest



Timely Balanced Meals



Regular Physical Activity



**UNHEALTHY STOMACH**

What makes our STOMACH Sad?



UNHEALTHY STOMACH



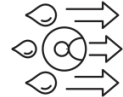
Alcohol



Oily/ Spicy Food



Not Maintaining Hygiene

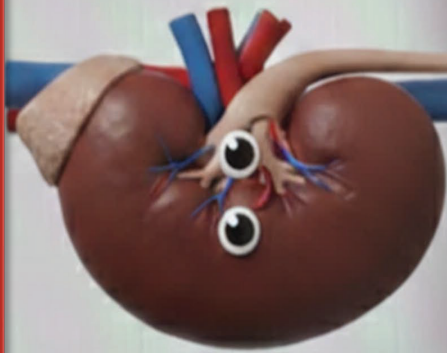


Lack of Hydration

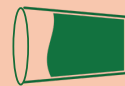


# OUR KIDNEYS

## HEALTHY KIDNEY



What makes our KIDNEY Happy?



Stay Hydrated



Balanced Diet



Regular Physical Activity



Adequate Rest



What makes our KIDNEY Sad?



Junk/Processed Food



Sedentary Lifestyle



Self Medication



Holding Urine



## STRESSED KIDNEY

# **Glimpses of Rashtriya Kishor Swasthya Karyakram (RKSK) and Rashtriya Bal Swasthya Karyakram (RBSK)**







# Under Rashtriya Kishor Swasthya Karyakram(RKSK) and School Health and Wellness Programme (SHWP)



We receive guidance, counselling, referrals and  
the right knowledge to make healthy and informed  
life choices!!







physical, mental, and  
social well-being

run Good health move play  
think feel happy calm

solve problems.

Stay Hydrated

Maintain Hygiene

Proper Posture

Get Regular Checkups

Eat Healthy

Think Positively

Develop Learning Skills

Relax the Mind

physical activity

learn tidily

think

move

learnig

Physical activity