



Guide Book for Healthy Organs and Their Care

OUR BRAINS

HEALTHY
BRAIN

STRESSED
BRAIN

What
makes our
BRAIN
Happy?

What
makes our
BRAIN
Sad?



HEALTHY BRAIN



STRESSED BRAIN



Connecting
With
Nature



Regular
Physical
Activity



Adequate
Sleep



Hobbies



Social
Interaction



Excessive
Screen
Time



Lack of
Sleep



Loneliness
& Worry



Narcotic
Drugs



OUR HEARTS

HEALTHY
HEART

STRESSED
HEART

What
makes our
HEART
Happy?

What
makes our
HEART
Sad?

HEALTHY HEART

STRESSED HEART



Being
Together



Adequate
Rest



Balanced
Diet



Regular
Physical
Activity



High Salt
Intake



Sugary Drink /
Processed Food



Sedentary
Lifestyle



Stress



OUR LUNGS

HEALTHY LUNGS

STRESSED LUNGS



HEALTHY LUNGS



STRESSED LUNGS

What makes our LUNGS Happy?

What makes our LUNGS Sad?



Yoga



Adequate Rest



Planting Trees



Regular Physical Activity



Smoking



Sedentary Lifestyle

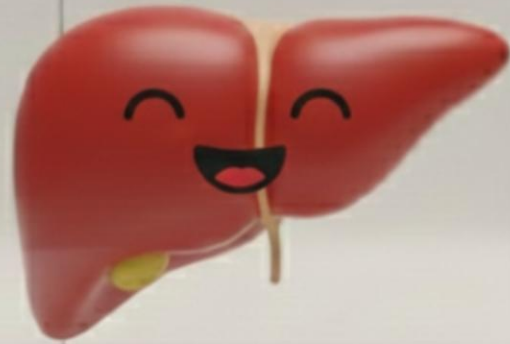


Air Pollution



OUR LIVER

HEALTHY LIVER



HEALTHY LIVER

What makes our LIVER Happy?



Safe Drinking Water



Timely Balanced Meals



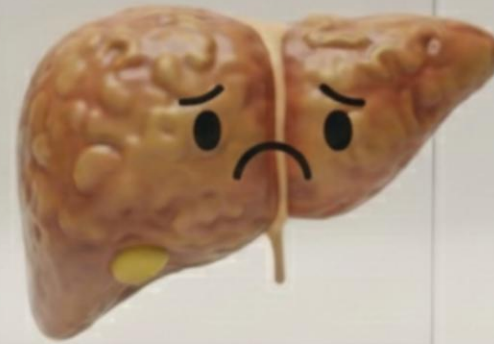
Regular Physical Activity



Prescribed Medicines



STRESSED LIVER



STRESSED LIVER

What makes our LIVER Sad?



Alcohol



Junk/ Processed Food



Sedentary Lifestyle



Self Medication



OUR EYES

HEALTHY EYS

What makes our EYES Happy?



HEALTHY EYE



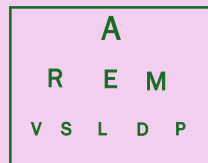
Vitamin A



Minimum Screen Time



Good Lighting & Safe Reading Distance



Regular Eye Checkup

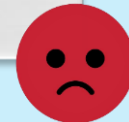


STRESSED EYS

What makes our EYES Sad?



STRESSED EYE



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?



Inadequate Brushing



Sugary Foods



Smoking/ Tobacco



OUR STOMACH

HEALTHY STOMACH



HEALTHY STOMACH

What makes our STOMACH Happy?



Stay Hydrated



Adequate Rest



Timely Balanced Meals



Regular Physical Activity



UNHEALTHY STOMACH



UNHEALTHY STOMACH

What makes our STOMACH Sad?



Alcohol



Oily/ Spicy Food



Not Maintaining Hygiene



Lack of Hydration



OUR KIDNEYS

HEALTHY KIDNEY

STRESSED KIDNEY

What makes our KIDNEY Happy?

What makes our KIDNEY Sad?

HEALTHY KIDNEY

STRESSED KIDNEY



Stay Hydrated



Balanced Diet



Regular Physical Activity



Adequate Rest



Junk/Processed Food



Sedentary Lifestyle



Self Medication



Holding Urine

