

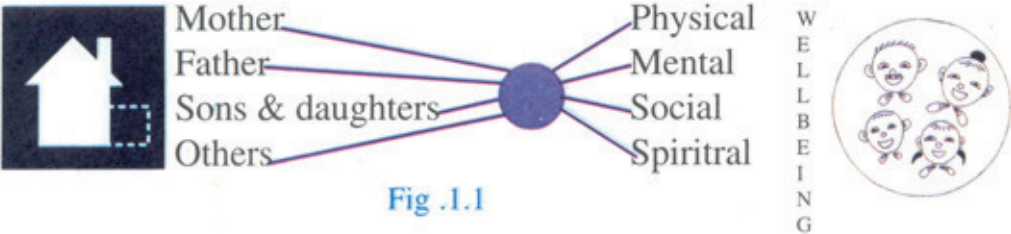
# 1 HAPPY FAMILY

Home is the place where the members of a family live together. It is the place one likes most to live in. Think of your home . Your closest family members live there with you.They love you; they give you the protection; they provide you with your basic needs.

Family is the basic unit of the society. Each member of a family has his own duties and responsibilities towards his family. Healthy relationships between the family members help to keep them happy and to maintain physical, mental, social and spiritual well - being.

**Activity 1.1**  
List out the duties and responsibilities of each member of your family.

Health is a state of complete physical, mental and social well - being.It is not merely the absence of disease or infirmity.



There should be a healthy environment to keep a healthy family. Think of some features of a healthy family environment.

### Features of a healthy family environment

- cleanliness
- light
- being systematic
- being free from diseases
- ventilation
- space
- good relationships



Fig 1.2 -An attractive house with a healthy environment

### Cleanliness

Inside and outside of a house should be clean. Listed below are some healthy habits to keep the environment of a house clean.

- proper disposal of garbage
- destroying breeding grounds for mosquitoes (destroying the places where water is collected)
- growing flower plants for beauty
- sweeping the floor and compound daily
- removing dust and cob - webs regularly

### Ventilation

Diseases can be easily spread by polluted air. Fresh air always brings enough oxygen to keep you fresh and active. The windows and doors should be wide open for a good flow of air in and out of the house.

### Light

Sunlight helps to destroy germs and to keep the environment dry. Dark environment affects your eye sight and you may feel gloomy. The windows and doors should be opened to the direction of sunlight.

## **Space**

Enough space makes you feel free and comfortable. All the items in the house should be kept in correct places. Otherwise it will affect the beauty of the place and can cause injuries. When it's spacious there will be a good circulation of air and will be easy to clean. You must not have too much furniture in your room.

## **Being systematic**

Being systematic makes your activities easy and it saves your time. It adds beauty to the place. You must learn to manage your time.

As a student you can keep your things systematically. You can help your brothers, sisters, mother and father to keep their things systematically. You should arrange your furniture in proper order.

- Arrange your cupboards, table, bed, clothe rack etc.
- Keep shoes and socks in a proper place.
- There should be a place to keep your dirty linen.
- You should have a timetable for your daily routine of work. (Remember to include at least two hours in your timetable for your school work)

### **Activity 1.2**

Add more things to the above list which you can do at home to keep your things systematically.

## **Good relationships**

Good relationship among family members is very important. Good relationship can make a happy family. Members of a family should help each other; respect each other; know their duties and responsibilities towards the other members of the family.

### Being free from diseases

Diseases make your family unhealthy and unhappy. To keep the family healthy and happy you should be free from diseases. To be free from diseases you should;

- practise good health habits.
- take nutritious food.
- do home gardening for family needs.
- maintain personal cleanliness.
- get the maximum use of your leisure time.
- get chances for recreation.
- get used to a simple and correct life style.
- do some exercises daily.
- get immunization at the right time.

#### **Activity 1.3**

Think how can you contribute to maintain the health of your family.

I Make a list of things that you can do to maintain health in the family.

II (a) How many things you started practicing from your prepared list?

(b) Start what you have not practised.

As a student and a member of the family you can contribute towards the maintenance of your family health in many ways.

- Get used to a correct life style.
- Maintain a good environment.
- Act as a facilitator.
- Consider your personal hygiene.
- Develop good inter - personal relationships.
- Spend your leisure effectively.
- Carry across the message of health to the family.

### Getting used to a correct life style

- Lead a simple and active life by practising good health habits.
- Take nutritious food.
- Add more fruits and vegetables to your meal.
- Do not take too much food at a time.
- Take your meals at the correct time.
- Drink plenty of safe water.
- Take your breakfast before you go to school without fail.
- Control your anger.
- Be happy always.
- Help others in need.
- Control your body weight.
- Avoid smoking and intoxicating drinks.
- Get the maximum use of your leisure.
- Engage in physical activities at least for one hour daily.

### Maintenance of a good environment

- Help your elders to keep the environment clean.  
Get the help of your brothers and sisters also.
- Make a proper way for the disposal of garbage.  
eg-: making compost
- Remove unnecessary things.
- Keep all your belongings in a proper place.
- Make arrangements to keep the beauty of your home.  
eg-: growing flower plants and looking after them.
- Help your parents to grow necessary medicinal plants and vegetables in the home garden.

### Personal hygiene

- Keep your body clean.
- Wear clean clothes.
- Cut your nails short.
- Clean and comb your hair neatly.
- Wash your hands with soap and water before preparing and taking meals.

- wash your hands with soap and water after using the toilet
- Keep the kitchen and the places you get your drinking water clean.
- Clean your toilets regularly.
- Take a healthy diet.
- Be free from stress.(read or play)

### **Development of good inter - personal relationship**

- Help your family members.
- Do not get into conflicts with your family members and do not hurt them.
- Obey your parents and elders.
- Respect your elders and other members of the family.
- Do your own work by yourself.
- Help your mother and father in their household work.
- Help your younger brothers and sisters in their school work.

### **Effective use of leisure**

- Read good books. Get help from the elders to select suitable books for you.
- Do home gardening. Grow some useful plants like vegetables, fruits, medicinal plants and flower plants in your home garden with your family members.
- Help the others in their needs.
- Make arrangements to spend the leisure happily with all your family members.
- Select a useful hobby to spend your leisure.

### **Carrying across the message about health to the family**

- Educate your younger brothers and sisters as well as elders with your knowledge of health.
- Practise good health habits.
- Be a good example to others.