

Common Minimum Syllabus for all UP State Universities and Colleges  
National Education Policy (NEP-2020)

# e-Book

## HEALTH: PERSONAL AND ENVIRONMENTAL

(स्वास्थ्य :  
व्यक्तिगत एवं पर्यावरणीय)



# HEALTH: PERSONAL AND ENVIRONMENTAL

स्वास्थ्य :  
व्यक्तिगत एवं पर्यावरणीय

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22 मारूती सिटी एक्सटेंशन, शमशाबाद रोड, आगरा-282001 (उ.प्र.)  
फोन नं. : 9058586680  
Email : cosmicbookpublication@gmail.com  
Website: www.cosmicpublication.com

## **HEALTH: PERSONAL AND ENVIRONMENTAL**

डॉ० सतीश गुलिया

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संस्करण : 2025

**ISBN : 978-81-976350-6-9**

**मूल्य : ₹ 190/- Only**

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**Printed in India**

Published by Divyansh Kumar for **COSMIC BOOKS PUBLISHERS PVT. LTD., AGR.**

**Laser Typesetting** at Khusboo Graphics; ankitsinghal623@gmail.com

Printed by D.K. Fine Art Press Pvt. Ltd. New Delhi-110052

# DEDICATION

THIS BOOK IS DEDICATED TO MY PARENTS (Both As Teachers - Master Sh. Rai Singh Gulia and Late Mrs. Dharam Kaur Mann) AS THEIR DEDICATION AND PASSION FOR SOCIETAL UPLIFTMENT THROUGH EDUCATION, INSPIRED ME TO OPT THIS NOBLE PROFESSION.

# PREFACE

As you all know that physical education is a very vast subject in which biological, psychological, physical health and functional aspects of sports, yoga and body are studied. It is noteworthy that it is such a subject with the help of which human body both internally and externally is kept healthy. As far as minor subject Health: Personal & Environmental is concerned with the help of this book students will study about personal health and various aspects of health with respect to personal and environmental.

This book is divided into eight units comprising of health and health education, nutrition, nutrients and diet, health problems, diseases: communicable and non-communicable, posture and postural deformities, first aid, psychological and mental health, and environmental health.

In the first unit the author had discussed health & health education, aim, objectives, importance principles and dimensions of health leading a way for the students to realize that health education plays a crucial role throughout their life and it is very important for them and they should make conscious effort in order to be healthy.

In the second unit nutrition nutrients and diet students will get an understanding about nutritional guidelines, balanced diet, types of nutrients and their sources. Also, they will learn about different food adultrants, malnutrition and dietary planning.

The third unit comprises of health problems and outcome from this unit will be that students will get to know about latest universal health problem which is engulfing the world i.e., obesity, also they will learn about personal hygiene and environmental sanitation and different types of pollutions.

In fourth unit author had reflected on different types of diseases so that students can remain healthy and disease free well in advance and spread awareness regarding diseases amongst their communities.

The fifth unit comprises of posture and postural deformities and their corrective measures through exercises and yoga. In this unit, after recognizing the postural deformities students can help the needy in correcting their postural deformities so that each individual can lead a health life style.

In sixth unit first aid had been discussed and students will gain the knowledge related to first aid box, its need qualities of first aider, dressing and bandages, different types of injuries, evacuation techniques, CPR etc. so they can helpful at the time of emergency and save some bodies precious life.

The seventh unit again comprises of psychological and mental health problems in India and its first aid plan and understanding of anxiety and disorder.

In the last unit author had discussed about environmental health which focuses on the inter-relationship between people and their environment so that world moves towards sustainability and promotes human health and well being, leading a way for healthy and safe communities.

**—Dr. Satish Gulia**

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