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Article on Health Hygiene

Health and hygiene are two essential concepts when it comes to the human body. Health

Health refers to the state of physically as well a mental well being. of an individual.

Health is not just about being fit but also having the appropriate resources to live

Having a sound body and mind is an indication of good health.

Hygiene refers to maintaining good health through practices that focus on cleanliness. Good Hygiene helps to prevent

the spread of diseases and illnesses. Hygiene and health go hand in hand. In today's world, where pollution levels are rising and numerous diseases are emerging, good health and hygiene are a necessity.

A ~~and~~ nutritious diet is a ~~prerequisite~~ prerequisite to good ~~health~~ health. A balanced diet involves consuming different kinds of foods like fruits, vegetables, staples, legumes and proteins. Fruits and vegetables contain minerals and vitamins that are important for the body. Drinking fluids help to keep our bodies hydrated. They flush out the toxins and make us stronger. Fats, oils and sugars provide us with energy, but we must consume them in limited quantities. Some people also include meat into their diet, which has sufficient

protein. Dairy products have calcium that helps strengthen bones. Washing fruits and cooking vegetables before consumption is essential for Hygiene.

Cleanliness is an essential hygienic practice towards being healthy. Showering regularly and wearing clean clothes is one form of personal Hygiene. Washing hands frequently, cutting nails, and brushing as well as flossing are some ways through which we can have good personal Hygiene.
