

HOW TO WRITE A PROFICIENCY BADGE NOTEBOOK?

1. THE PB SHOULD BE COVERED(WHITE/BROWN)
 2. THE EMBLEM OF THE PB SHOULD BE DRAWN/PASTED ON THE COVER
 3. THERE SHOULD BE A BIO-DATA PAGE
 4. FIRST COH GIVING YOU THE PERMISSION TO START WORKING ON THE PB
 5. SYLLAUBS OF THE PB (AS PER APRO PART 2)
 6. FOLLOW-UP (NOTES)
 7. SECOND COH CERTIFYING THAT YOU HAVE COMPLETED THE WORK
 8. PB CERTIFICATE SIGNED BY THE INDEPENDENT EXAMINER IN THE PRESCRIBED FORMAT
- (LET THE PICTURES GET PASTED ON THE LEFT SIDE PAGES OF THE PB NOTEBOOK)

Health



Name of Scout/Guide:

BIODATA

Name:

Troop:

District:

Patrol:

BADGE REQUIREMENTS

Date of Commencement:

Date of Completion:

Court of Honour

Permission to Earn Badge

Date:

Scout / Guide has

been given permission to work on

completing the requirements (as per

APRO Part II) towards earning the

.....badge.

Scout Master

Syllabus

(As per APRO Part III)

- 1. Know the general rules of health wrt eyes, ears, teeth, nose, eating, drinking, sleeping and breathing**
- 2. Know the importance of keeping lungs, skin, teeth, feet, digestive and pelvic organs in good order.**
- 3. Know the dangers of unhealthy diet, use of tobacco, alcohol and other intoxicating drugs.**
- 4. Know the value of fresh air and how to keep a room well ventilated.**



Personal Hygiene

Personal hygiene: Personal hygiene is very essential to lead a healthy life. Most of the infections and diseases can be prevented by personal hygiene. It should be developed since early years of life. Personal hygiene is a healthy way of living. Personal hygiene make a person comfort and confident. Personal hygiene include mouth care, skin care, hair care, nail care, eye care, care of ears, care of nose and care of perineum.

1. Mouth care

- Oral hygiene protects the teeth, gums and mucus membrane of an individual.
- Brush teeth twice day
- Wash mouth before and after taking food
- Be careful to avoid injury to gums during brushing
- Massage the teeth and gums after brushing with fingers. It increases blood circulation.
- Use good quality tooth pastes and brush
- Brush should reach all the surfaces of tooth while brushing
- Brushing should be done from gum to enamel
- Use emollients on cracked lips
- Mouth washes help to reduce unpleasant smell from mouth
- It is essential to take well balanced diet for healthy teeth and gums

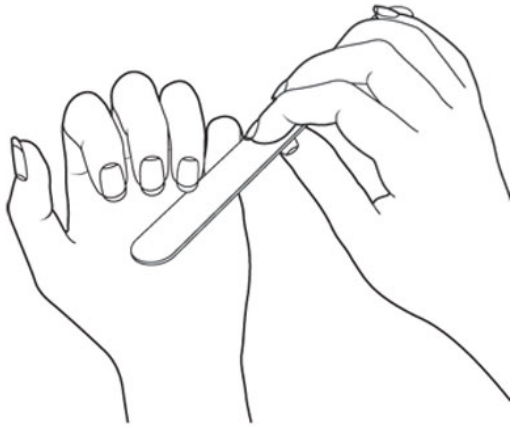


1.Skin care

- Skin is the largest organ in our body. It is essential to keep the skin clean and dry as it prevents entry of many pathogenic organisms in to our body.
- Take bath twice a day
- Take well balanced diet containing vitamin A, B,C and protein
- Massage of the skin increases blood circulation
- Take warm bath to increase blood circulation
- Take plenty of water
- Regular exercise
- Use moisturizer or lotions to keep skin smooth and healthy

2.Hair care

- Neat and healthy hair makes a good impression on others.
- Wash hair daily
- Keep the scalp clean
- Well balanced diet help in healthy hair growth
- Scalp massage stimulates hair growth
- Take more water
- Shampooing helps to keep the hair and scalp clean and to relieve dandruff
- Avoid scratching with finger on the scalp
- Use soft brushed comb
- Daily comb and tie the hair

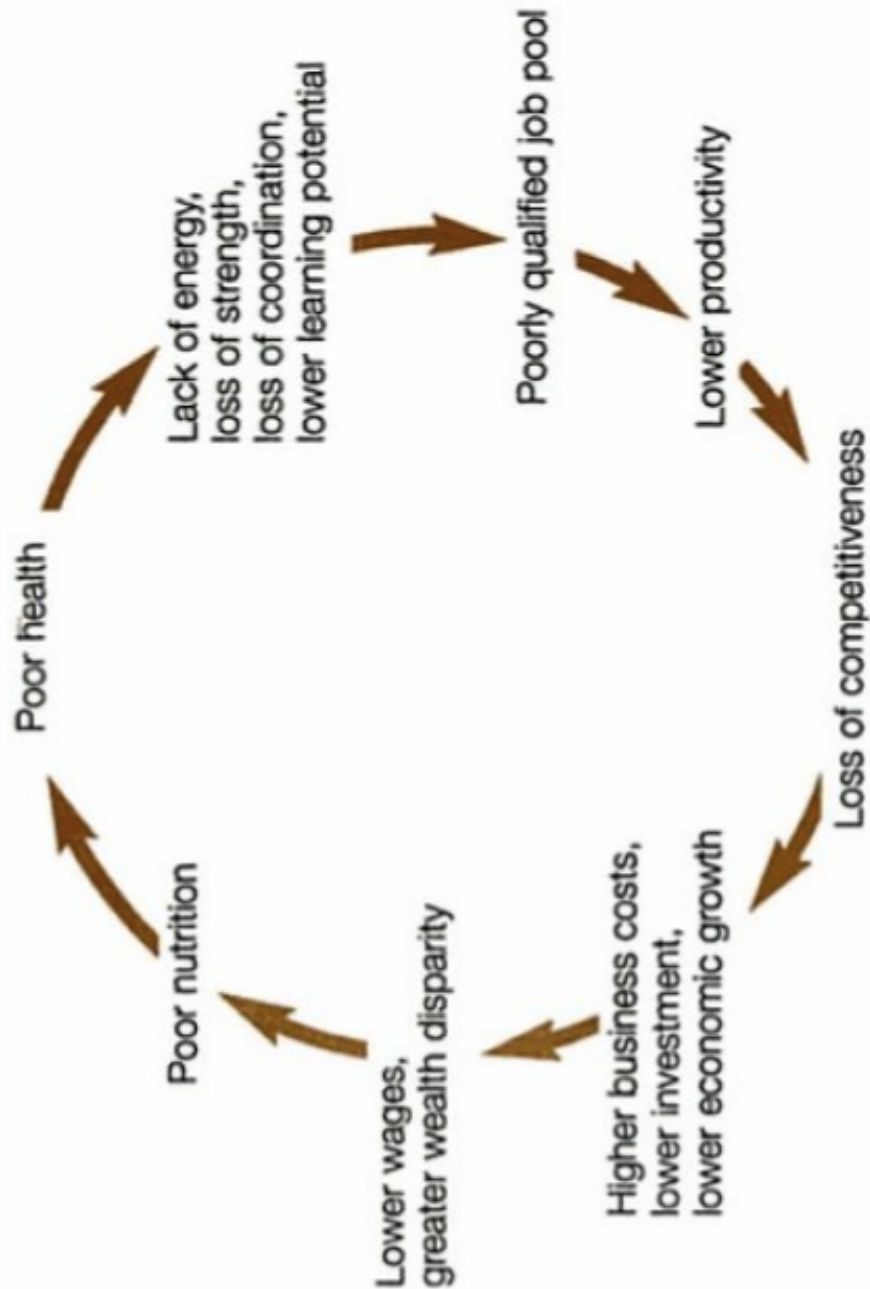


1.Nail care

- It is common to accumulate dirt and micro organisms under the nail which causes variety of infections.
- Cut short the nail
- Use nail brushes to clean the nails
- Wash hands before and after food and toileting
- Pedicure and manicure helps to keep the nails clean
- Apply emollients
- Avoid using low quality nail polish and nail polish remover
- Should not use blades or any sharp objects to remove nail polish
- Wash and brush the nail after toileting
- Avoid nail biting

2.Eye care

- Clean the secretions from eyes
- Cleaning should be done from inner canthus to the outer canthus of the eye
- Should not use same material to clean both eyes to prevent spread of infection
- Use protective devices while exposing to radiation
- Use protective glass during fire works
- Wear sun glasses while going out
- Wash eye with cool water in the morning
- Treat any infection to eye and surrounding areas



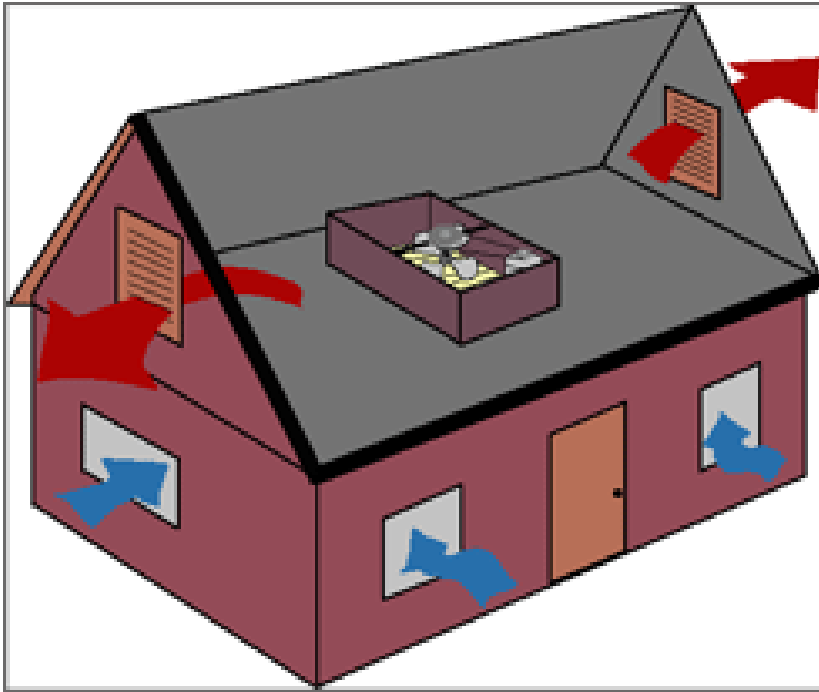
Dangers of Unhealthy Diet

How does poor nutrition affect us?

A healthy diet is one that provides adequate levels of vitamins, minerals, protein, carbohydrate and healthy fats from a variety of foods. An unhealthy diet, in contrast, is one that contains too much saturated and trans fats, cholesterol, sodium, added sugars and processed ingredients or contains too few nutrients.

- being overweight or obese.
- tooth decay.
- high blood pressure.
- high cholesterol.
- heart disease and stroke.
- type-2 diabetes.
- osteoporosis.
- some cancers.

Need for Good Ventilation



Proper interior ventilation is vital to your family's health and comfort. It helps your home rid itself of moisture, smoke, cooking odors, and indoor pollutants.

Interior ventilation: Kitchens, bathrooms, and laundries are the biggest sources of moisture and odors. Install exhaust fans. Airborne grease makes exhaust fans sticky, which in turn attracts dirt and dust. Clean the grill and fan blades twice a year, or whenever they start to look bad.

Structural ventilation: To keep heat and moisture from roasting and rotting your home over time, having adequate ventilation in the attic and the crawlspace.

In the attic, the idea is to create an upward flow of air. Cool air flows in through vents in the eaves and out through vent(s) nearer to, or at the peak of, the roof. In the crawlspace, cross-ventilation is used. If you notice that your vents are clogged, clear them immediately.