

# Health and Physical Education

## Contemporary Health

## Problems and Prevention

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## Introduction -

The prime aim of life is to have healthy life. Due to modernisation, the life style gets affected and paves ways for the unhealthy life styles. The main aim of this ~~work~~ is to make you to understand the concept of causes and prevention measures to a few threatening diseases. Let us see the objectives first and move to the concept gradually.

## Objectives -

- 1) Describe the life style disorders with reference to few diseases.
- 2) Know the concept of obesity and other disorders and its impact on human health.
- 3) Understand the basic nature of diseases - causes, symptoms and prevention in an understandable manner.



## Life Style ~~Order~~ disorders -

A particular lifestyle of person is a cumulative product of his/her physical capacity coordinate with psychological functioning, displayed in the form of habits, behavior, dietary and living pattern based on ~~the~~ his own training sought from childhood, and mimics he gained from his immediate companions including parents, siblings, peers etc. Thus, it involves a pure psychological and innate control over the physical and sensory activities. When this initiation, control and co-ordination are disturbed, it leads to the derangement of lifestyle and results in any lifestyle disorder. Improper removal of the waste products formed during metabolism leading to accumulation of toxins is the basic cause of a disease. Therefore, the habits of suppression of urge in improper lifestyle can be considered as one of the root cause of lifestyle disease.

These preventable chronic diseases are the outcome of our unhealthy choices. Identifying the cause of lifestyle disease is critical, because the elimination of the causes is the obvious and only way to achieve healing and enhanced health.

### Causes -

1. Dehydration - Dehydration of the muscles and tendons is a primary cause of muscle fatigue, strain, tendonitis, and other disorders of the musculoskeletal system.
2. Malnutrition - The lack of living foods in our diet along with the overconsumption of dead foods causes chronic diseases.
3. Inflammation - Inflammation is a primary cause of most related disorders, including heart disease and musculoskeletal disorders.



4. Fatigue - lack of sleep is associated with numerous, serious medical illnesses, including: high blood pressure, heart disease, strokes, obesity and mental impairment.

5. Poor Physical fitness - It's widely recognised that there's a direct correlation between poor levels of physical fitness and increased risks of chronic diseases.

### Prevention -

1. Regular health screening
2. Right choice of food
3. Cutting down your sugar intake unnecessary calorie intake that could lead to weight gain.
4. Using less salt in your meals; instead, spice up your food with herbs and spices.
5. Proper rest and relaxation
6. Avoid alcohol intake.

## Depression -

Loss of bone mass is leading cause of osteoporosis and bone fracture among the aged in general and among post-menopausal women in particular. People with major depression generally have a lower bone mass density. Depression may increase the risk of the bone disorder osteoporosis in premenopausal women.

Depressed women have overactive immune system that make too many inflammatory chemicals, one of which actually promotes bone loss. Depression is a common chronic condition.

## Sign of depression -

1. Depressed mood
2. Marked loss of interest or pleasure in activities
3. Significant weight loss or gain
4. Insomnia



5. lack of interest or concern about what's going on around you.
6. Feelings of agitation

### Prevention -

1. Built a strong social support network
2. Cultivate the habit of meditation
3. Have a deep sleep of 6 to 8 hours.
4. Make yourself physically fit
5. Nurture your body, mind and spirit in a positive and enjoyable way.

### Obesity -

Central obesity, in which a person has excess ~~also~~ abdominal fat, is a major risk factor not only for insulin resistance and type 2 diabetes.

### Prevention

1. Get more physical activity
2. Get plenty of fiber
3. Choose whole grains and whole grain products over highly processed carbohydrates.

4. Choose good fats instead of bad fats
5. Avoid smoking
6. Avoid alcohol content
7. Limit red meat and avoid processed meat, choose nuts, whole grains, poultry or fish instead.

Addiction: Alcoholism, Smoking and Drugs

Meaning of Addiction - The state of being enslaved to a habit or practice or to something that is psychologically or physically habit forming, as narcotics, to such an extent that its cessation cause severe trauma.

Compulsive physiological need for & use of a habit forming substance as heroin, nicotine or alcohol characterized by tolerance and by well defined physiological symptoms upon withdrawal.



## Smoking-

The relationship b/w smoking and longevity is so strong that, especially for men in their sixties, smoking is the single most accurate predictor of remaining life expectancy. On the average, cigarette smokers die ten years sooner than otherwise comparable non-smokers. In addition to causing lung cancer, heart disease, emphysema, & hypertension, cigarette smoking is also a major risk factor for cardiovascular disease, causing strokes and reducing mental functioning.

The body's first reaction to smoking may include sweating, nausea and even vomiting, but a tolerance to the effects of nicotine is soon developed and nicotine is strongly physically addictive. Both chronic bronchitis and emphysema are usually due to smoking. No therapy can reverse the lung destruction of emphysema. Emphysema produces holes in the lungs. People with emphysema may be constantly

struggling to breathe.

## Drinking-

Alcohol is the most widely used intoxicant known to humans. Alcohol use is also very often associated with physical illness, mental illness, family conflicts, other social problems, poverty, and crime.

Alcohol is a major factor in the causation of cirrhosis of the liver which is the responsible for over half of all deaths b/w the age of 45 and 65. Alcohol has been shown to injure the brain and heart. Alcohol is carried by the bloodstream to the central nervous system and has both physical and psychological effects. It is an anesthetic, a tranquilizer and a depressant. Because as a tranquilizer it reduces inhibitions - especially in social setting where its effects include increased conversation and activity. The way alcohol induces mood changes though, is to depress the part of the brain



involved in sending out instructions to the body. The resulting impairment of motor coordination is the most measurable of the effects of alcohol.

### Drug Abuse-

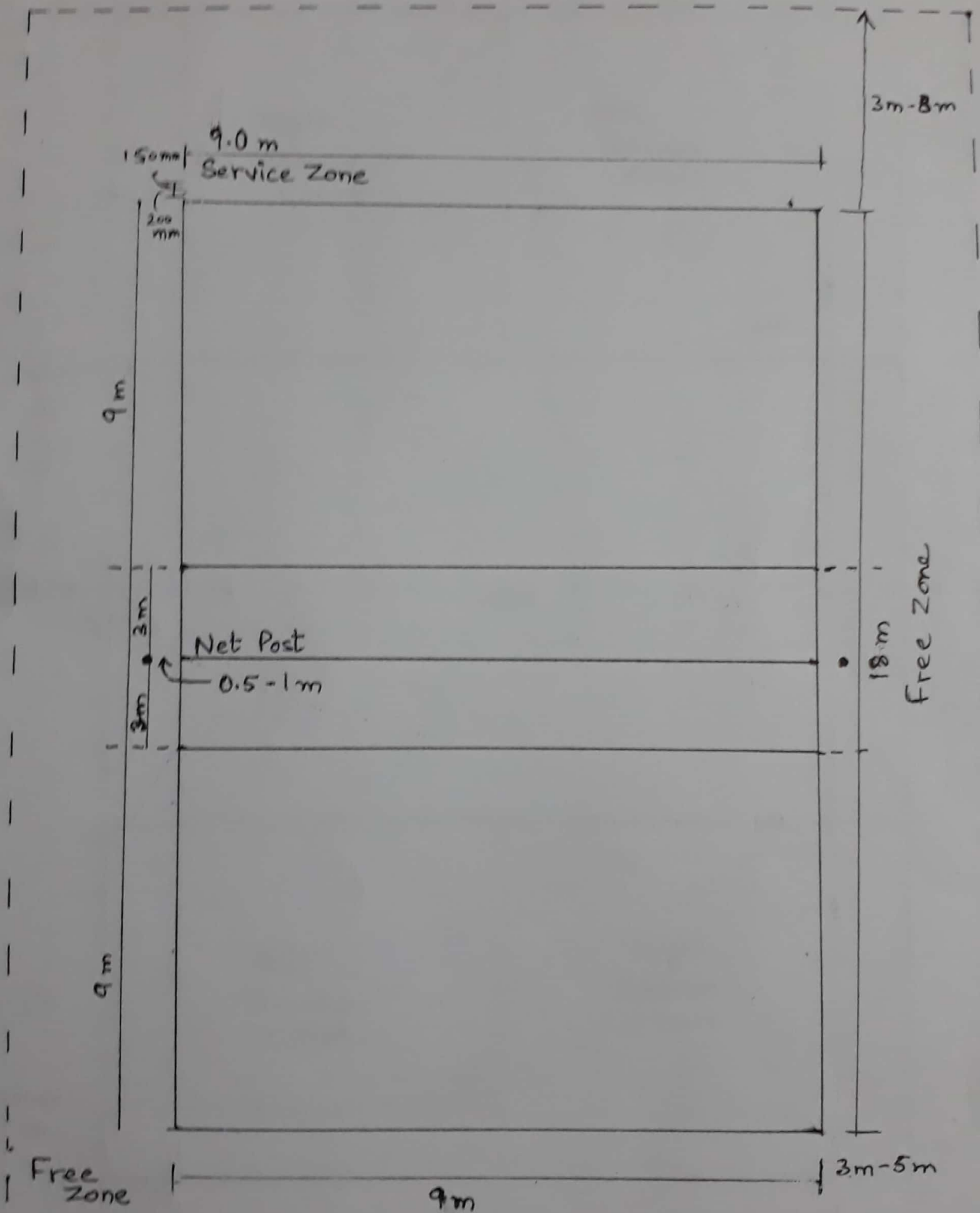
It is the habitual use of drugs to alter one's mood, emotion, or state of consciousness, this includes the destructive pattern of using substance or chemicals that leads to significant physical, mental, emotional problems or distress. Drug comes in many forms. People who consume drugs, chemicals or substances by swallowing, injecting, applying to skin or any other way to enhance their looks, mood, performance, or influence their thinking is committing an act of drug abuse, because inevitably, it will have some very bad results sooner or later.

## Prevention

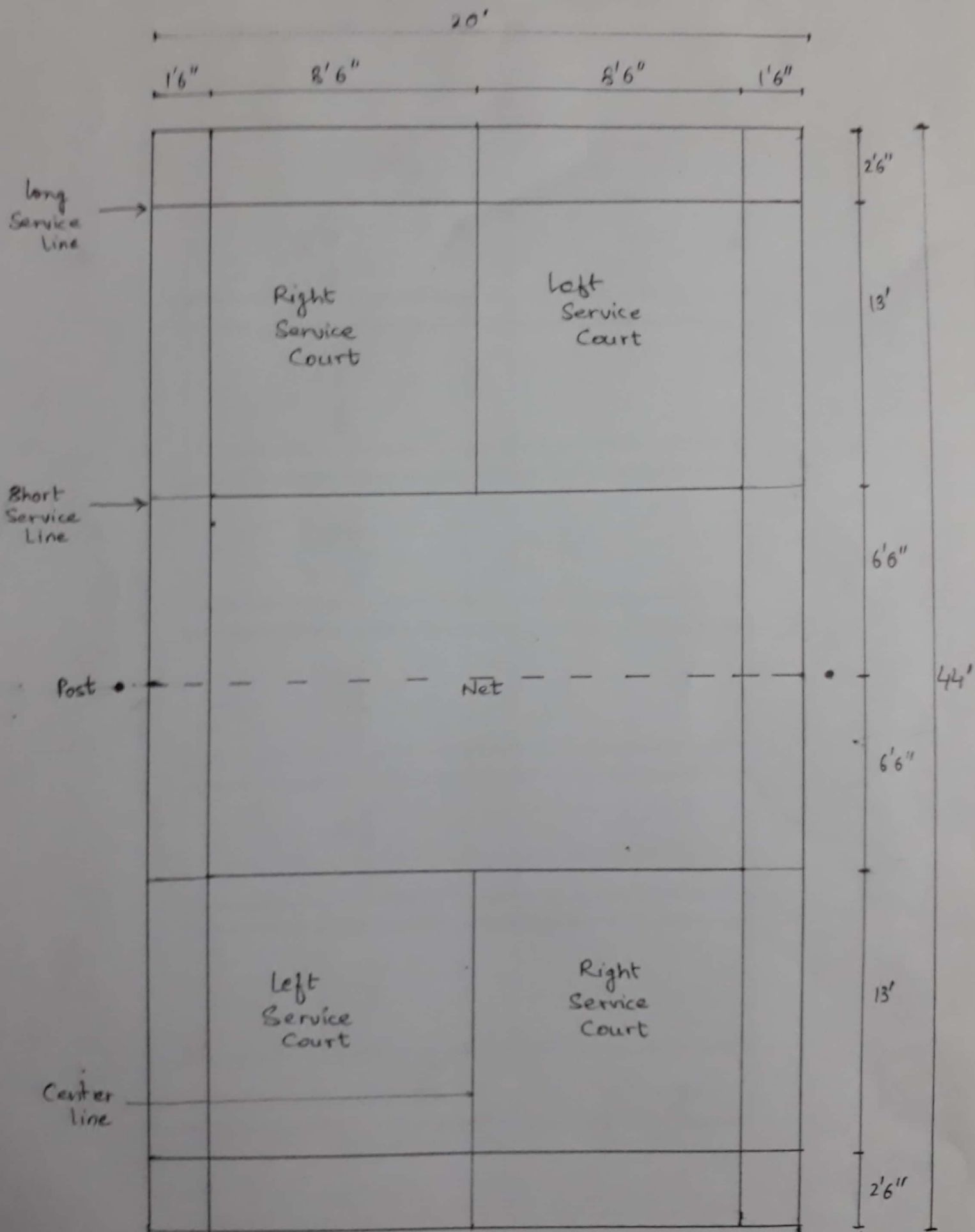
1. Educate yourself about drugs.
2. Set an example.
3. Set clear boundaries.
4. Always keep lines of communication open.



# Volleyball Ground



# Badminton Court





# KHO KHO GROUND

