

# CHARTS ON HEALTH EDUCATION SERIES

## **AIDS (SET OF 7)**

1. HIV, 2. Transmission of HIV, 3. Prevention, 4. How AIDS is not transmitted, 5. Progress of Infection, 6. Opportunistic Diseases, 7. Sexually Transmitted Diseases.

## **HEALTH CARE SERIES (SET OF 10)**

1. Health Rules, 2. Causes of Diseases, 3. Prevention of Diseases, 4. Effects of Alcohol, 5. Tobacco & Habit Forming Drugs, 6. Clean Body, 7. Clean Water, 8. Constituents of Food, 9. Malnutrition, 10. Immunization.

## **FOOD AND NUTRITION (SET OF 10)**

1. Our Food, 2. Proteins, 3. Fats, 4. Carbohydrates, 5. Vitamins, 6. Minerals, 7. Water & Roughage, 8. Deficiency Diseases, 9. Over nutrition Disorders, 10. Food's Nutritive Value.

## **FIRST AID CHARTS (SET OF 15)**

1. Skeleton & Circulatory System, 2. Triangular Bandages, 3. Roller Bandages, 4. Fractures, 5. Artificial Respiration, 6. Transport of the injured, 7. Unconsciousness, 8. Haemorrhage, 9. Electric Shock Treatment, 10. Emergency Resuscitation, 11. Removal of foreign bodies from eye, ear, nose, 12. Burns & Scalds, 13. Snakes & Their Bites, 14. Poisons and their Antidotes, 15. Outline of First Aid & Appliances.

## **YOGA CHARTS (SET OF 12)**

1. Shuddhi Kriyas-Shat Karmas, 2. Shankh Prakshalan, 3. Surya Namaskar, 4. Yog Mudras, Padmasan & Matsyasan, 5. Paschimottanasan & Ardh Matsyendrasan, 6. Vajrasan, Ustrasan & Supt Vajrasan, 7. Bhujangasan, Shalbhasan, Dhanurasan & Mayurasan, 8. Pawan Muktasan & Chakrasan, 9. Sarvangasan & Halsasan, 10. Bandhas & Pranayams, 11. Spine & Related Organs, 12. Healthy Eye.