

### HC01 : Health Rules

## Health Rules स्वास्थ्य के नियम

16 illustrations depicting health rules: waking up early, brushing teeth, exercising, eating healthy, drinking water, and maintaining hygiene.

### HC02 : Causes of Diseases

## Causes of Diseases रोग के कारण

16 illustrations depicting causes of diseases: mosquitoes, flies, unhygienic food, and poor sanitation.

### HC03 : Prevention of Diseases

## Prevention of Diseases रोग से बचाव

16 illustrations depicting prevention of diseases: wearing masks, handwashing, avoiding crowded places, and maintaining cleanliness.

### HC04 : Effects of Alcohol

## Effects of Alcohol मद्य (शराब) के परिणाम

16 illustrations depicting the effects of alcohol: liver damage, loss of control, and health deterioration.

### HC05 : Tobacco & Other Habit Forming Drugs

## Tobacco & Other Habit Forming Drugs तम्बाकू तथा अन्य मादक पदार्थ

Large illustration showing the harmful effects of tobacco and other habit-forming drugs on the body and mind.

### HC06 : Clean Body

## Clean Body स्वच्छ शरीर

16 illustrations depicting ways to keep the body clean: bathing, brushing teeth, and wearing clean clothes.

### HC07 : Clean Water

## Clean Water स्वच्छ पानी

16 illustrations depicting methods to obtain clean water: boiling, filtering, and using water purifiers.

### HC08 : Constituents of Food

## Constituents of Food अन्न के पौष्टिक अंश

Large illustration showing the nutritional components of food: Proteins, Salts, Carbohydrates, and Fats, along with a list of vitamins and their effects.

