Tobacco Kills

Stay away from Cigarettes, Bidi, Pan Masala, Gutka, Khaini and other forms of chewable tobacco

Tobacco contains more than 4000 chemicals including 43 known cancer causing compounds and 400 other toxic.

Use of tobacco leads to cancer, heart & lung diseases, stroke, blindness

Take steps to protect yourself and your family from second hand smoke

Good Personal Hygiene

The first step towards staying healthy

- Use soap and water
- Wet hands with water
- Apply soap on your hands
- Rub your palms
- Scrub each fingers and between fingers
- Scrub your nails and palms
- Rub your wrist
- Rinse with water
- Dry hand with clean towel/cloth
- Keep your nails short and clean
- Wear clean and tidy clothes
- Wear clean undergarments everyday
- Take bath everyday with soap
- Wash and comb your hair regularly
- Keep your face twice daily
- Brush your teeth everyday morning and bedtime
- Wash your face twice daily

Wash Your Hands With Soap

After Using Toilet
Before and after eating
After playing
After coughing & sneezing
When hands are dirty

Say goodbye to germs with good personal hygiene

Clean hands, safe hands

How to Wash Hands With Soap

Minimum 6-8 Hours of Night Sleep

Do what you love - take up a hobby, play a sport, read a book

Spend time with your family

Share your problems with family/teachers

Stand up & speak out against bullying & violence

Respect & help each other

Stay happy and feel good about yourself

Healthy Students Learn Better

Health Promoting Schools can make it happen

AROGYA

A Community Based Intervention on Prevention and Control of Non-Communicable Diseases

Enjoy Life and Do what you love - Don’t add Tobacco, Alcohol & Drugs to it

Alcohol and drugs are highly addictive. It affects your mind, body and emotions. It causes cancer, heart diseases, lung & liver diseases etc. It also causes poor school performance and affects your relationship with your family.