



GURUDUTT SHALEYA SAHITYA

HEALTH & HYGIENE SECTION

INDEX	
1.	Health & Hygiene Charts
2.	Physical Fitness Charts
3.	Food Charts
4.	Food & Nutrition Charts
5.	Charts On Scouting
6.	Yogasan Charts
7.	Pictorial First Aid Charts
8.	Common Disease & Their Prevention
9.	Mother craft & Child Welfare
10.	Family Planning Charts
11.	3-D Raised Embossed Plastic Charts

HEALTH AND HYGIENE SECTION

1. HEALTH & HYGIENE CHARTS
English + Hindi Size: 50 x 70cm

Laminated Sets: Rs.600/-

Set of 5 charts

1. Causes of Diseases
2. Prevention of Diseases
3. Health Rules
4. Tobacco & other Habit forming Drugs
5. Effects of Alcohol



2. PHYSICAL FITNESS CHARTS
English+ Hindi Size : 70 x 100 cm

Laminated: Rs.240/-

1. Physical Training (P.T.)
2. Gymnastics
3. Athletics



3. NEW FOOD CHARTS
(English/ Hindi/Tamil)

Size : 70 x 100 cm
Price : Rs.240 each

These Charts illustrate 110 items with their properties and values.

- Part - I:** Milk & Milk Products-Fruits-Food Grains
Part - II: Vegetables-Pulses-Meat Products

4. FOOD & NUTRITION CHART
(English/ Hindi/ Kannada/ Tamil)

Size : 70 x 100 cm
Price : Rs.240 each

A comprehensive chart showing the different food groups. The sources of all the vitamins and major minerals are clearly shown along with chief functions and their deficiency symptoms and ailments.

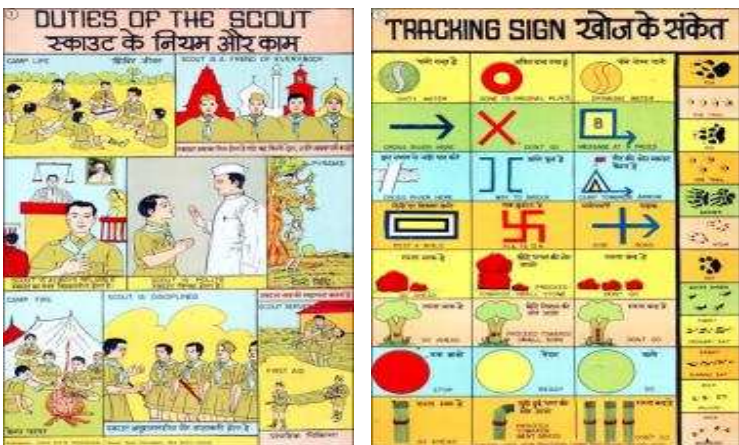


5. NEW CHARTS ON SCOUTING -Laminated Set of 8 charts..... Price : Rs.960/-
(English/ Hindi) Size : 50 x 75 cm

1. Duties of Scout
2. Knots-Lashing-Splige
3. Signaling
4. Pyramid
5. Tracking Signs
6. Pioneering Project
7. Camp Gadgets
8. Scout Uniforms of the World

LARGE LAMINATED SCOUTING CHARTS
(English-Hindi)

Size : 75 x 100 cm
Price : Rs.240 each



HEALTH AND HYGIENE SECTION

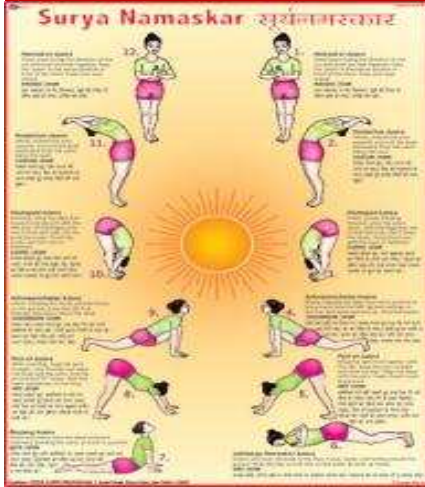
6. YOGASAN CHARTS (English- Hindi combined)

LARGE LAMINATED YOGASAN CHARTS

Laminated Set of 10 charts

Size : 50 x 70 cm

Price : Rs.1200 per set



3. Vajrasana, Supt Vajrasana, Ushtrasana, Vrushasana, Mandukasana, Shashankasana
4. Pavanmuktasana, Matsyasana, Sarvangasana, Halasana
5. Shalbhasana, Bhujangasana, Dhanurasana
6. Sheershasana, Mayurasana, Shavasana, Konasana
7. Trikonasana, Tadasana, Urdhva Hastasana, Padhastasana, Chakrasana
8. Purification of the body - Neti, Nauli, Dhauti, Tratak
9. Pranayam I - Anulom-Vilom, Kapal Bhati, Brahmari, Nadi Shuddhi, Agnisara
10. Pranayam II - The Three Bandhas, Ujjayi, Surya Bheda, Bhastrika , Sithali.

(English/ Hindi/ Tamil/ Kannada)

Size : 70 x 100 cm

Price : Rs.240 each



1. Surya Namaskar
2. Padmasana, Siddhasana, Yogmudra, Ardha Matsyendrasana, Paschimottanasana, Gomukhasana

7. PICTORIAL FIRST AID CHARTS

LARGE FIRST AID CHARTS

(English/ Hindi)

Size : 50 x 70 cm

Laminated Set of 14 charts

Price : Rs.1680/-

(English/ Hindi/ Tamil/ Kannada)



1. Skeleton and Circulatory System
2. Bandaging
3. Roller Bandages
4. Fractures
5. Artificial Respiration
6. Transport of Injured
7. Unconsciousness
8. Hemorrhage (Bleeding & Wounds)
9. Electric Shock & it's management
10. Emergency Resuscitation
11. Poisons & their Antidotes
12. Removal of Foreign bodies from Eye, Ear & Nose
13. Burns & Scalds
14. Snakes & Snake Bite

Size : 70 x 100 cm

Price : Rs.240 each

1. Electric Shock & it's management
2. First Aid
3. Fire Fighting



HEALTH AND HYGIENE SECTION

**8. COMMON DISEASES & THEIR PREVENTION (English/ Hindi) Size : 50 x 70 cm
Laminated Set of 23 charts Price: Rs.2760/- per set, Rs.120 each**



- | | | |
|-----------------|---|------------------|
| 1. Small Pox | 9. Jaundice | 17. Diabetes |
| 2. Cholera | 10. Cancer | 18. Asthma |
| 3. Malaria | 11. Viral Diseases | 19. Arthritis |
| 4. Plague | 12. Dysentery | 20. Chicken Pox |
| 5. Tuberculosis | 13. AIDS | 21. Hepatitis |
| 6. Leprosy | 14. Protein Energy Malnutrition | 22. Thyroid |
| 7. Typhoid | 15. Immunization chart for the new born | 23. Hypertension |
| 8. Influenza | 16. Heart Attack | |

**9. MOTHERCRAFT & CHILD WELFARE (English Hindi Combined) Size : 50 x 70 cm
Price Rs.960/- per set, Rs.120 each**



Laminated Set of 8 charts

1. Welfare of Mother (Diet in Pregnancy)
2. Preparation of Confinement
3. Ready for Confinement (Call a trained Dai)
4. Correct & Regular Feeding
5. Baby's Diet
6. Baby's Development
7. Baby's Weight
8. Welfare of Mother (Care in Pregnancy)

10. FAMILY PLANNING CHARTS (English Hindi Combined) Price Rs.480/- set, Rs.120 each

Size : 50 x 70 cm

Laminated Set of 4 charts

1. Unplanned Family
2. Small Family – Happy Family (Planned family)
3. Temporary methods of Family Planning
4. Space your Child's birth

11. 3-D Raised Relief Plastic Charts

3D RAISED RELIEF PLASTIC CHARTS (Set of 10)

Size: 12 X 16 inches
Price: Rs.650/- set



HEALTH & HYGIENE

1. Health & Hygiene
2. Balanced Diet
3. Vitamin Chart
4. Foods Nutritive Value
5. First Aid
6. Digestive System
7. Causes of Diseases – I
8. Causes of Diseases – II
9. Prevention of Diseases – I
10. Prevention of Diseases - II

HEALTH AND HYGIENE SECTION

3D RAISED RELIEF PLASTIC CHARTS (Set of 10) **Size: 12 X 16 inches**
Price: Rs.650/- set

FOOD & NUTRITION



1. Our Food
2. Foods Nutritive Value
3. Vitamins
4. Minerals
5. Fats
6. Proteins
7. Carbohydrates
8. Water
9. Roughage
10. Deficiency Diseases

3D RAISED RELIEF PLASTIC CHARTS (Set of 10) **Size: 12 X 16 inches**
Price: Rs.650/- set

FIRST AID



1. First Aid Kit
2. Fracture
3. Bleeding
4. Drowning
5. Fainting
6. Fires
7. Electric Shock
8. Removal Of Foreign Bodies
9. Transport Of The Injured
10. Cardiac Pulmonary Resuscitation (CPR)

3D RAISED RELIEF PLASTIC CHARTS (Set of 10) **Size: 12 X 16 inches**
Price: Rs.650/- set

DISEASES – I



1. Aids
2. Arthritis
3. Asthma
4. Cancer
5. Chicken Pox
6. Cholera
7. Diabetes
8. Heart Attack
9. Hepatitis
10. Hypertension

DISEASES – II



1. Influenza
2. Jaundice
3. Leprosy
4. Malaria
5. Malnutrition
6. Plague
7. Thyroid
8. Tuberculosis
9. Typhoid
10. Viral Diseases



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