



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.750/-



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

SPECIAL DISCOUNT OFFER 31%

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

Laminated: Rs.300/-



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

SPECIAL DISCOUNT OFFER 31%

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

Size : 70 x 100 cm
Price : Rs.300/- 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

SPECIAL DISCOUNT OFFER 31%

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

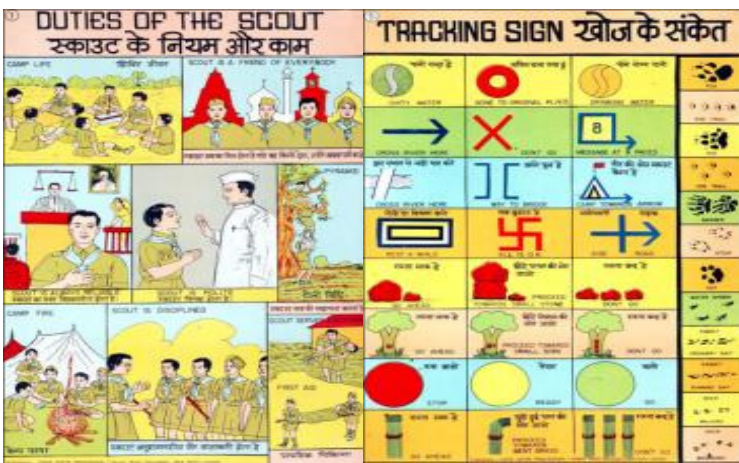
Size : 70 x 100 cm
Price : Rs.300/- each



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.

SPECIAL DISCOUNT OFFER 31%

5. NEW CHARTSON SCOUTING -Laminated Set of 8 charts..... Price : Rs.1,200/-
(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 SPECIAL DISCOUNT
Price : Rs.300/- each OFFER 31%

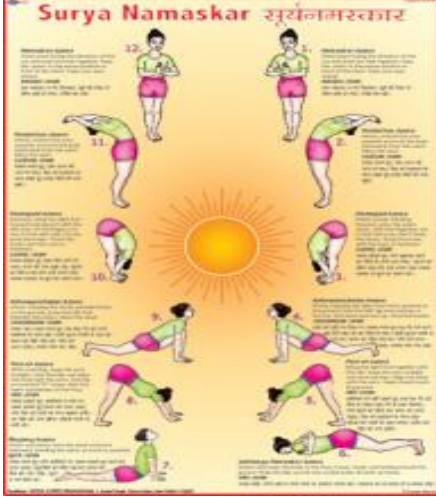


6. YOGASAN CHARTS (English-Hindi combined)

Size : 50 x 70 cm

Laminated Set of 10 charts

Price : Rs.1500/- per set



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

3. Vajrasana, Supt Vajrasana, Ushtrasana, Vrushasana, Mandukasana, Shashankasana
4. Pavanmuktasana, Matsyasana, Sarvangasana, Halasana
5. Shalabhasana, 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.

LARGE LAMINATED YOGASAN CHARTS

(English/ Hindi/ Tamil/ Kannada)

Size : 70 x 100 cm

Price : Rs.300/- each



SPECIAL DISCOUNT OFFER 31%



HEALTH AND HYGIENE SECTION

7. PICTORIAL FIRST AID CHARTS
(English/Hindi)Size : 50 x 70 cm
Laminated Set of 14 charts

Price : Rs.2100/-



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

LARGE FIRST AIDCHARTS
(English/ Hindi/ Tamil/
Kannada)

Size : 70 x 100 cm
Price : Rs.300/- each

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

SPECIAL DISCOUNT OFFER

31%

8. COMMON DISEASES & THEIR PREVENTION (English/Hindi)Size : 50 x 70 cm
Laminated Set of 23 charts

Price: Rs.3450/- per set, Rs.150/- 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(BP) |
| 8. Influenza | 16. Heart Attack | |

SPECIAL DISCOUNT OFFER

31%



HEALTH AND HYGIENE SECTION

9. MOTHERCRAFT & CHILD WELFARE
(English Hindi Combined) **Size : 50 x 70 cm**
Price Rs.1200/- per set, Rs.150/- 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.600/-set, Rs.150/- 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

SPECIAL DISCOUNT OFFER 31%

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 **SPECIAL DISCOUNT OFFER 31%**
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

3D RAISED RELIEF PLASTIC CHARTS **Size: 12 X 16 inches**
(Set of 10)

Price: Rs.650/- set



FOOD & NUTRITION

1. Our Food
2. Foods Nutritive Value
3. Vitamins and Minerals
4. Minerals
5. Fats **SPECIAL DISCOUNT OFFER 31%**
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)

SPECIAL DISCOUNT OFFER 31%

**3D RAISED RELIEF PLASTIC CHARTS
(Set of 10)**

Price: Rs.650/- set

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

**SPECIAL
DISCOUNT OFFER
31%**



DISEASES - II

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

**SPECIAL
DISCOUNT OFFER
31%**



HEALTH AND HYGIENE SECTION

Terms & Conditions

- ❖ Actual products may vary from the colors or pictures shown in the catalogue.
- ❖ All charts models and instruments depicted in the catalogue are copy right of their respective publishers and manufacturers.
- ❖ The company is not responsible for any misprinting or misrepresentation in the same.

- ❖ All the items of the catalogue are offered from ready stock, subject to availability at the time of supply.
- ❖ All Prices are NETT, Ex. Godown
- ❖ Packing and forwarding charges will be extra.
- ❖ Taxes as per govt. rules will be charged extra.
- ❖ Form, if any, required by the govt. for entry of goods in other states may be sent along with purchase order.
- ❖ Goods will be dispatched after the receipt of purchase order along with the payment.
- ❖ Please mention clearly the Catalogue Code and item code at the time of placing order.
- ❖ Write clearly the mode of dispatch Transport/Courier.
- ❖ MENTION your GST Registration No., Name and Address of your Bankers along with your Bank A/C NO.
- ❖ The warranty/responsibility for any quantity shortage or manufacturing defect in any product will considered only if the same is intimated to the company at the time of delivery of material or at most within one week (subject to situation so arising)
- ❖ Prices and specification are subject to change without any prior notice.
- ❖ All disputes are subject to Pune Jurisdiction only.