

NATIONAL CHILDREN SCIENCE CONGRESS

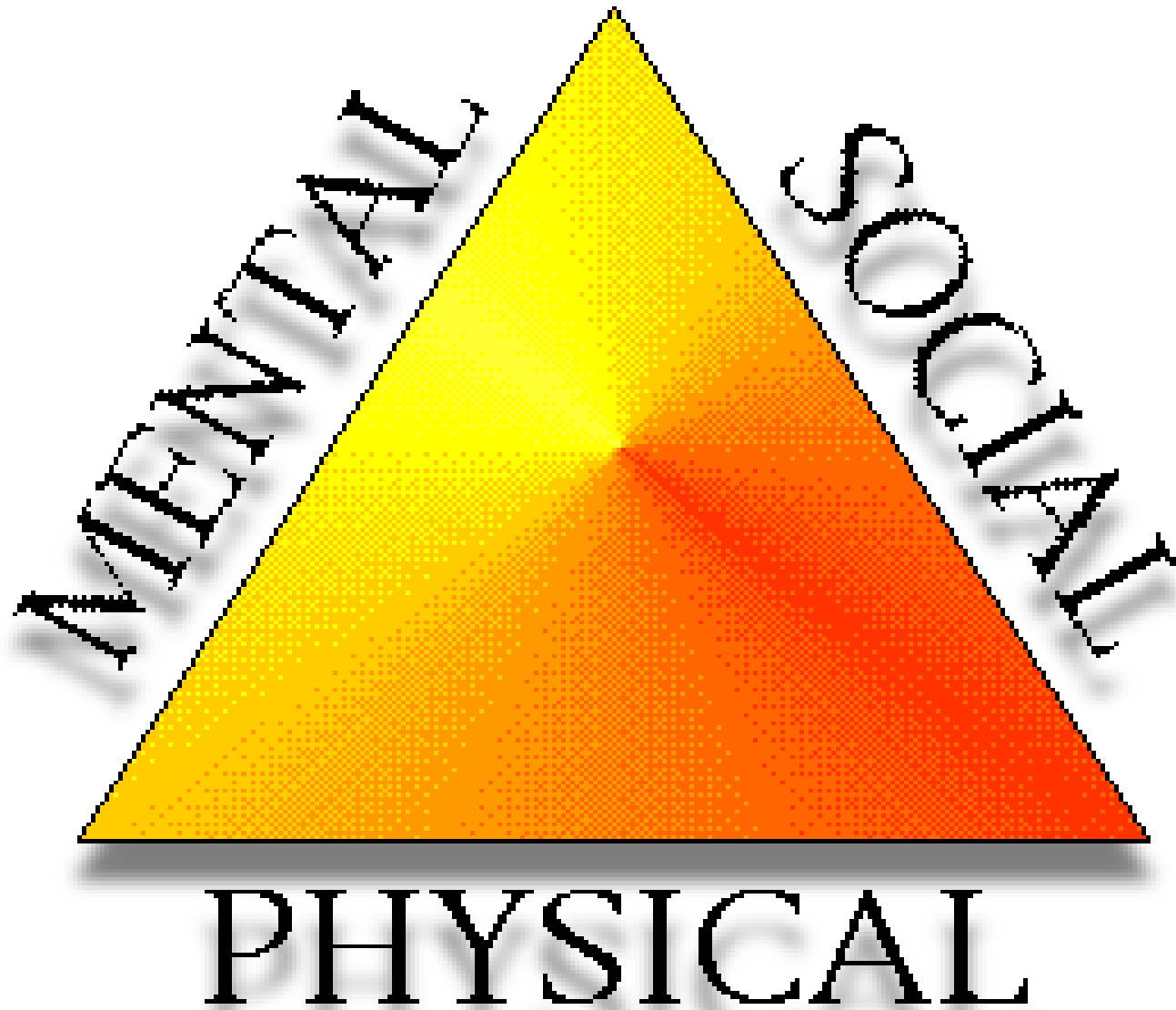
HEALTH, HYGIENE AND SANITATION

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ARUMUGAM PILLAI SEETHAI AMMAL COLLEGE

THIRUPPATHUR



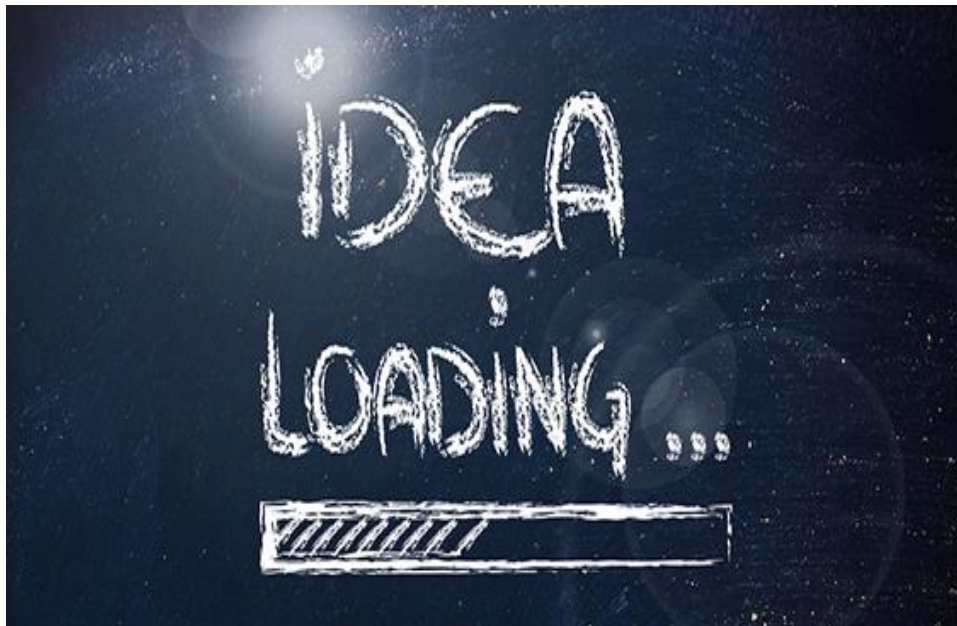
Levels of Health include:

- ◆ Physical
- ◆ Emotional
- ◆ Spiritual
- ◆ Intellectual/Mental
- ◆ Social
- ◆ Environmental
- ◆ Global

Sources for projects?

- Around you? Yes means?
- Near you? yes
- It is Within you

a different
approach...



OUTLINE

- Observations
- Information gathering
- Title
- Purpose
- Hypothesis
- Procedure
- Materials and methods
- Data or result
- Conclusion



25/07/2018



25/07/2018



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ENJOY
GOOD
HEALTH



HEALTH BENEFITS OF PALEO DIET

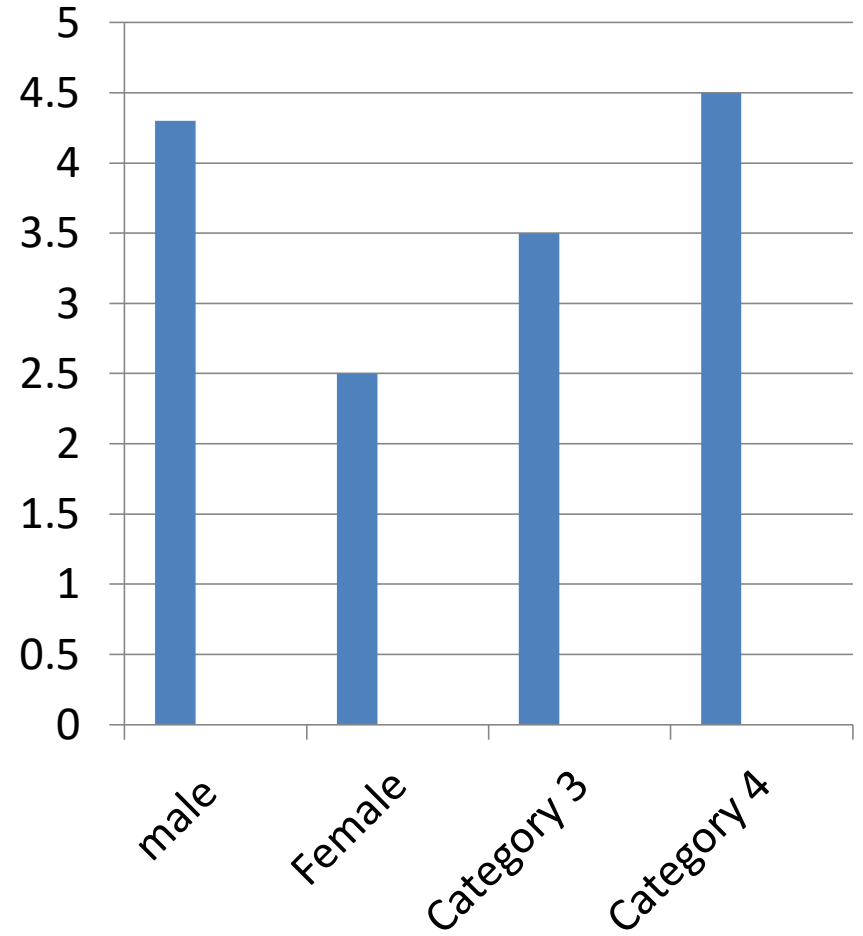
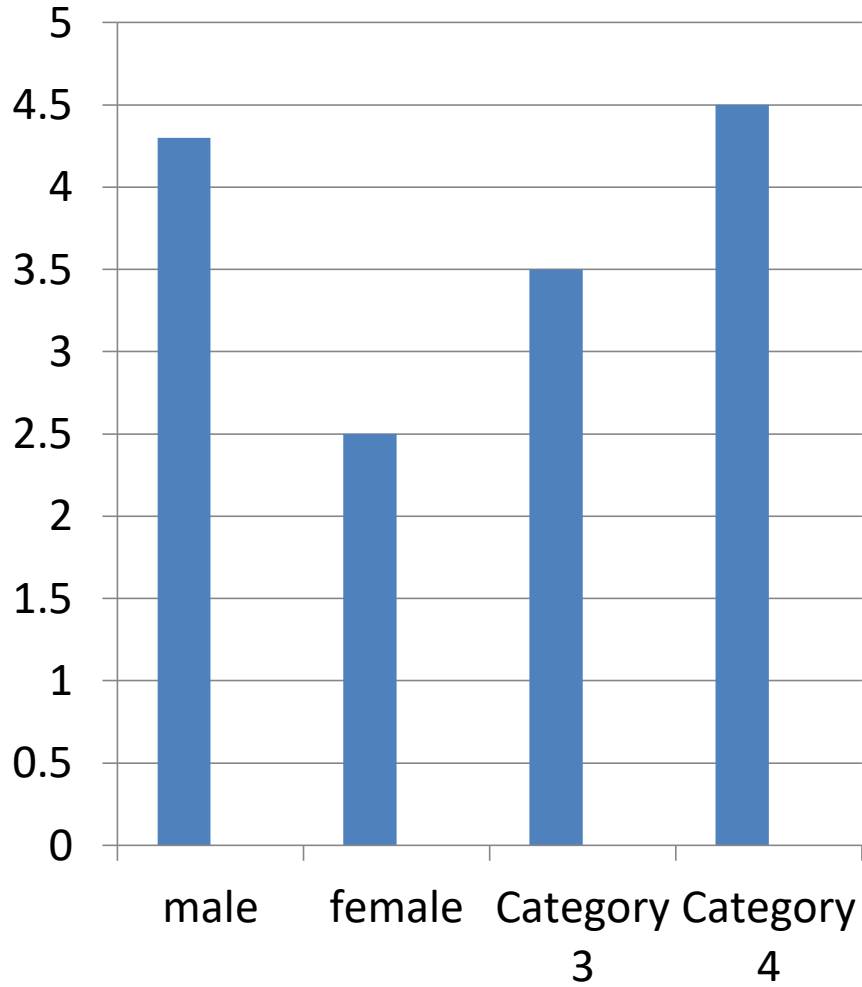
- ✓ More efficient workouts
- ✓ Stable blood sugar
- ✓ Burn off stored fat
- ✓ Reduced allergies
- ✓ Balanced energy throughout the day
- ✓ Anti inflammatory
- ✓ Clear skin
- ✓ Improved sleep pattern

COMPARE

- **The Paleo Diet**
- best omega-3 foods as well as protein foods.
- Diet Plan
- Natural Diet
- for improving energy levels
- Diet Plan

- Blood Glucose level
- Physical parameters
- Mental characters
- Diet Plan ingredients benefits
- Pros and Cons
- Conclusion

RESULTS





25/07/2018



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ALLERGIC

- How does your body respond to an allergy?
- What are different types of allergies?
- How can an allergist help people with their allergies?
- Do all people have allergies?
- Can allergies be hereditary?

- Site selection
- Group selection (Family)
- Parameter selection
- Prepare food and object allergic list
- questionnaire
 - For example : Pollen dust
: Pet







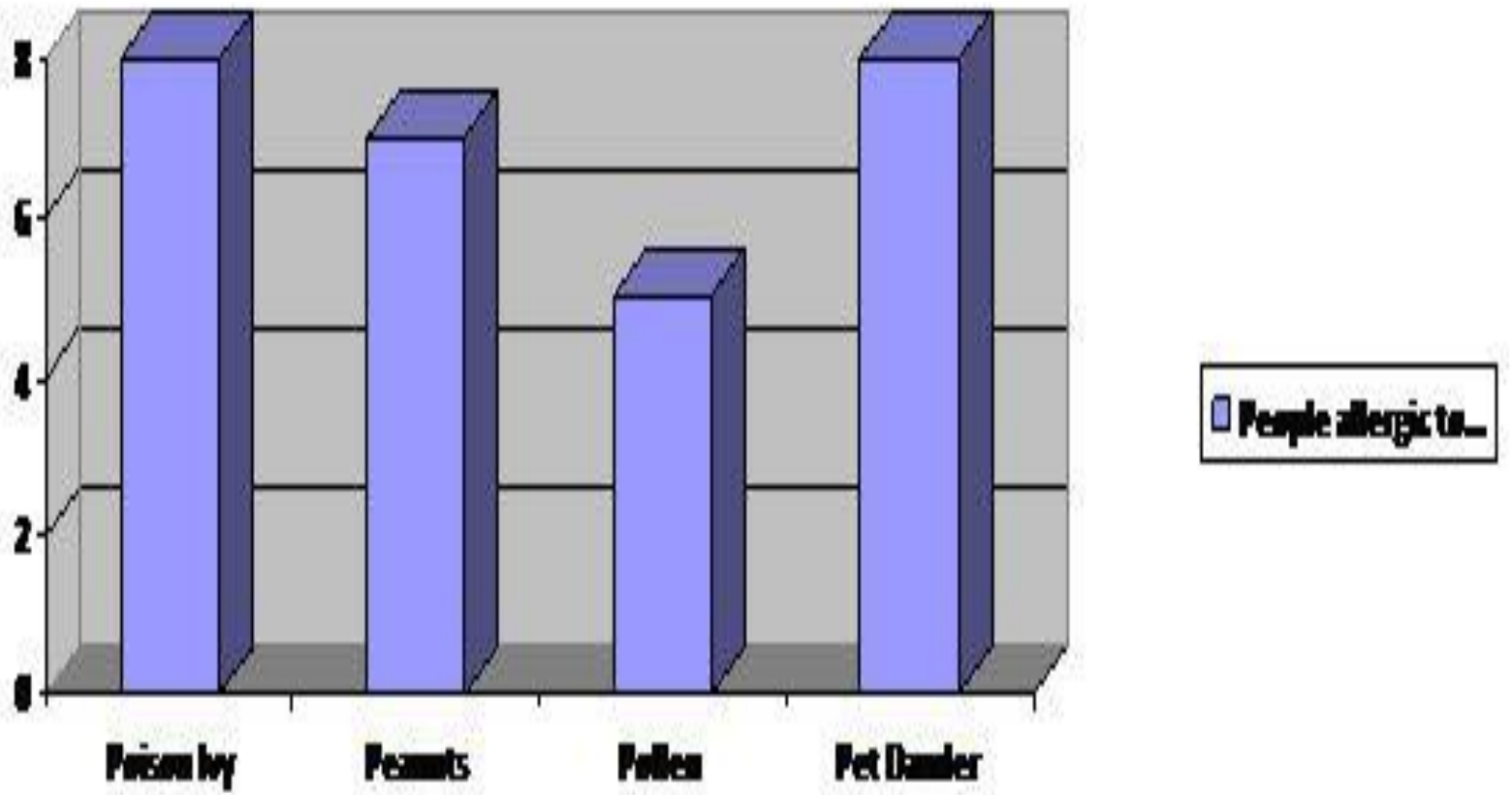
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questionnaire

I am allergic to	Body response	Any other information



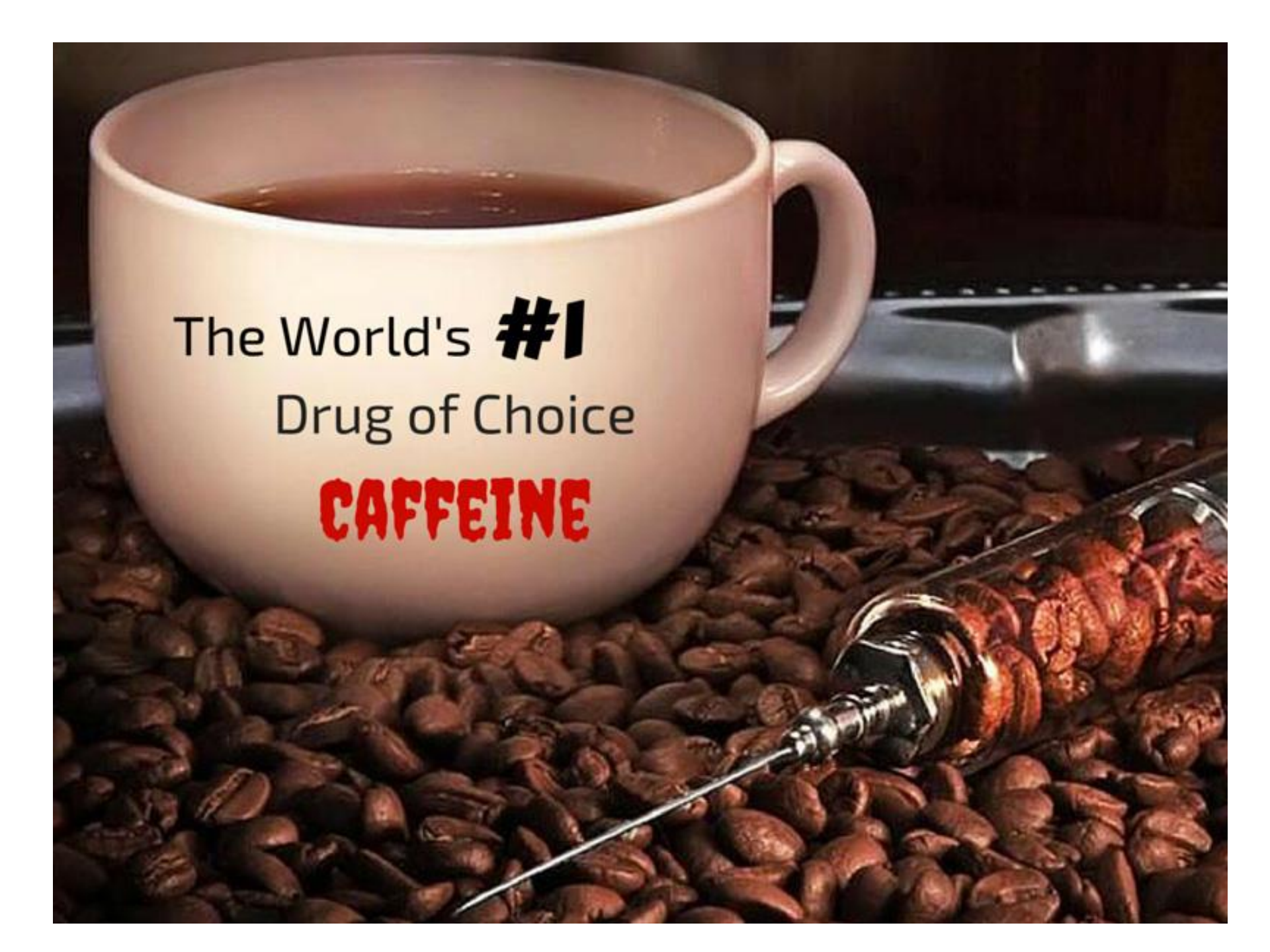
NATURAL TOOTHPASTE

- **COMMERCIAL TOOTHPASTE**
 - **Sweeteners:**
 - **Fluoride**
 - **Surfactants**
 - **Glycerin**

NATURAL TOOTHPASTE

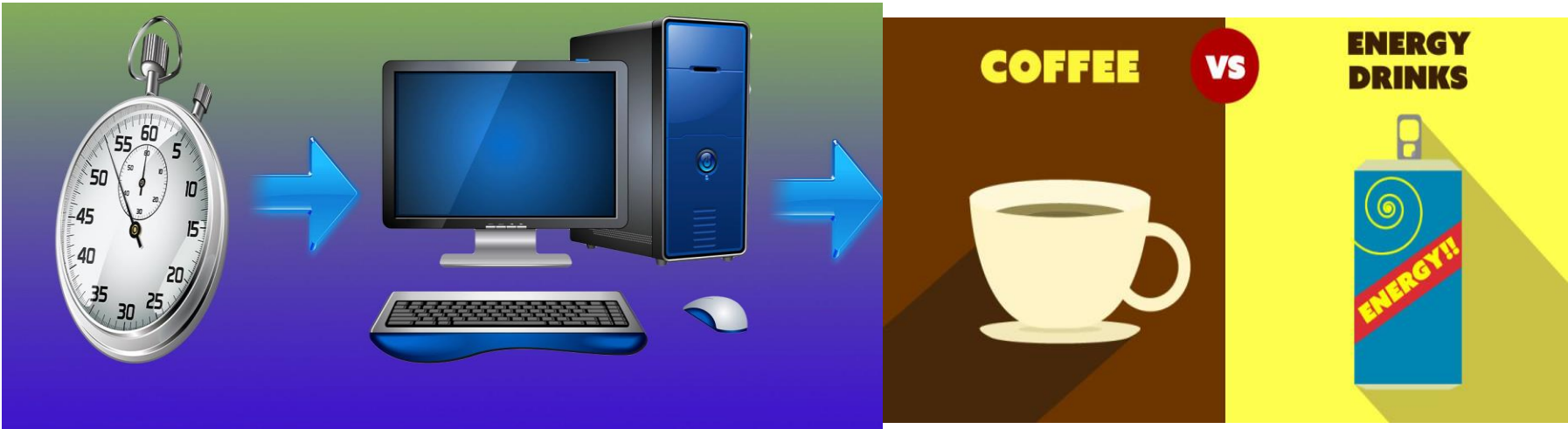
- 2/3 cup of baking soda,
- 1 teaspoon fine sea salt,
- 1 to 2 teaspoons peppermint extract or other [essential oil](#),
- filtered water.
- SELECT YOUR OWN EXTRACT
- YOU CAN PREPARE TOOTH POWDER



A white ceramic mug filled with coffee sits on a bed of dark brown coffee beans. A glass syringe with a needle is lying on the beans in the foreground. The background is dark and out of focus.

The World's **#1**
Drug of Choice

CAFFEINE



COFFEE VS NON CAFFEINE

- **Drink the non-caffeinated beverage.**
- **Wait 30 minutes.**
- **Type a selected sentences as many times as you can for 2 minutes**
- **MS WORD**
- **Drink the caffeinated beverage. Wait 30 minutes.**
- **Type a selected sentences as many times as you can for 2 minutes**
- **Compare the number of words you typed.**
- **Calculate words per minute by dividing the total number of words that were typed by the number of minutes (e.g., 120 words in 2 minutes would be 60 words per minute).**
- **Repeat the experiment, preferably a total of at least three times.**



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SWACHH BHARAT ABHIYAN

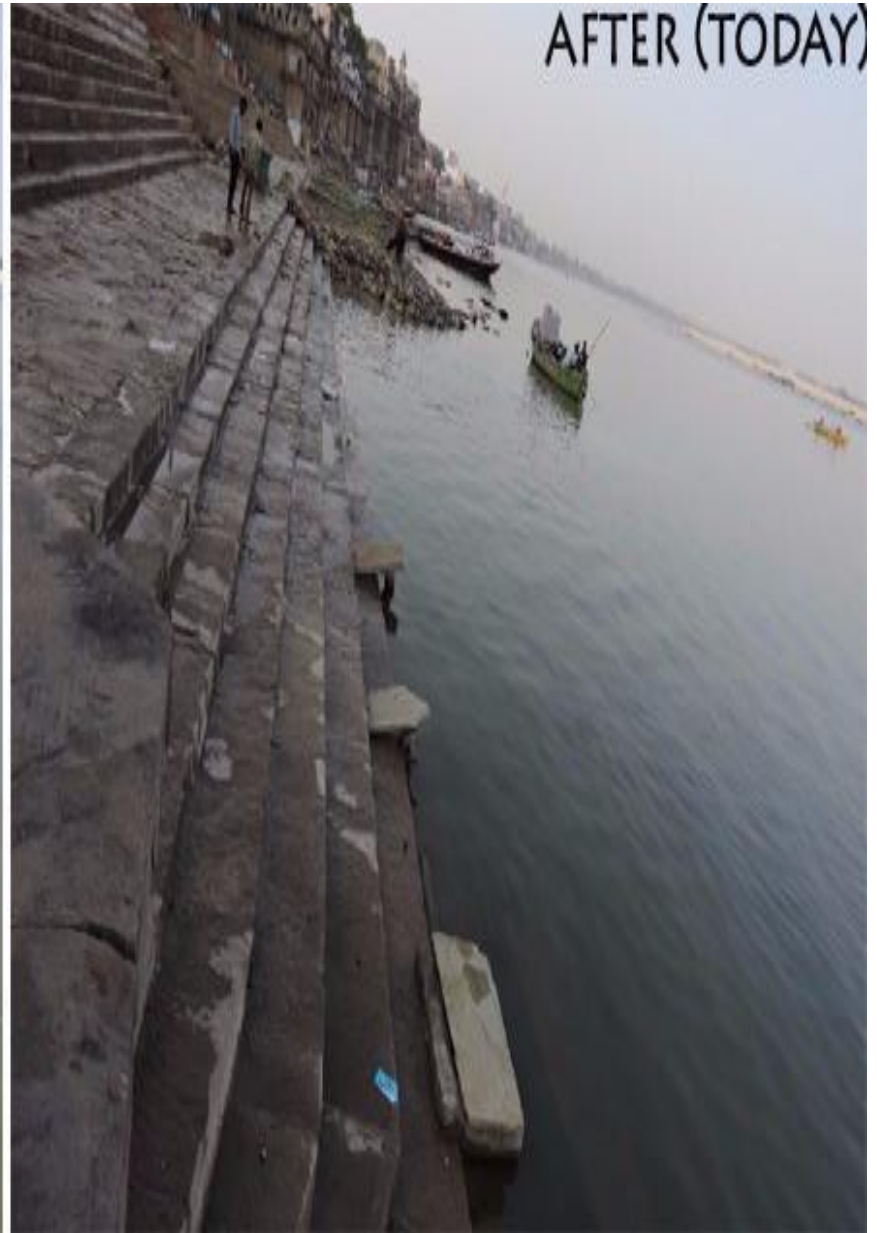
- Only 22% of Indian rural family had toilet facility
- govt of India has allocated Rs.62,009 crores of budget
- This gap between usability and availability
- Questionnaire can be prepared
- Select a place
- Execute
- Analysis
- Local persons
- Swachhta APP



BEFORE (WHEN WE STARTED)



AFTER (TODAY)



25/07/2018



DIAPERS

- Disposable diapers
- 20 trees to be cut down and 1,180 litres of crude oil.
- 42.6 million Indian women will conservatively throw 21.3 Billion sanitary napkins into a landfill
- Reusable diapers
- TWO LAYERS –DETACHABLE and one part washable

PROJECT 1



ECOFRIENDLY MOSQUITO CATCHER

Mosquito Trap

1 Remove cap and discard

2 Cut in half

3 Dissolve 60 ml Brown Sugar in 200 ml Hot water

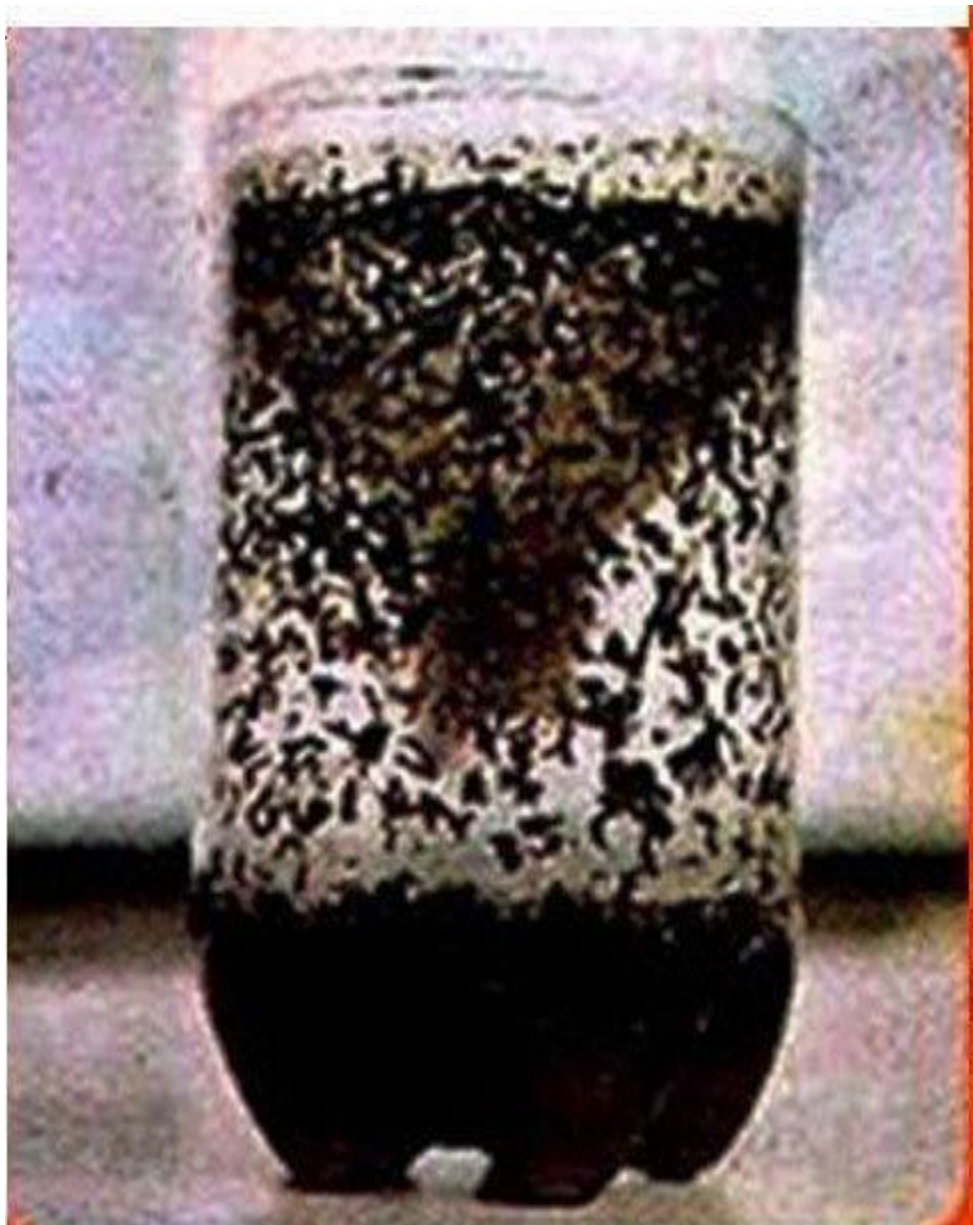
4 Once cooled Pour into bottom half of bottle

5 Add 1 ml Yeast
No need to mix. It creates carbon dioxide.

6

7 Wrap in a black cloth





BACKGROUND

- Eco friendly
- Costly
- Liquid can be easily replaced



sources

- T1 = Lemon grass
- T2= Commercial repellent
- T3 = Garlic paste
- T4 = Herbal – citronella oil
- T5 = Yeast + Sugar







USED drips being stuffed into a sack to be transported to another city.—Dawn

Recycling of hospital waste poses risk to public health, environment

By A.B. Arisar

UMERKOT, Dec 22: The Taluka Hospital Umerkot does not have any mechanism for disposing of hospital waste, it was learnt on Saturday.

The medical superintendent of Taluka Hospital Umerkot told Dawn said that sanitary workers sold used syringes, drips and other used disposable plastic equipment to junk dealers. The hospital did not own an incinerator and did not have funds to buy one, he added. In fact, a cursory survey by Dawn revealed that the same situation obtained in all 20 government or private hospitals in Umerkot district.

The district health officer, Abdul Aziz Kunbhar, confirmed that none of the hospitals had a waste management committee.

The official of Malir Medical Centre, Roop Medical Centre and other maternity homes also told Dawn that they had no mechanism for the disposal of medical waste which was dumped in municipal dustbins while the sanitary staff sold used equipment.

According to the Sindh vice president of the Pakistan Paramedical Staff Association, Doongerpuri Gosowami, the only hospital incinerator in all of Sindh province was in Karachi and other hospitals and healthcare centres were asked to transport medical waste there if they wanted it to be incinerated.

He said that hospital waste was thrown out in heaps in the middle of poor settlements, among people who were already economically, socially and medically vulnerable. Also, he said, the sanitary staff who dealt with the waste did not have any protective gear or any awareness of the diseases they might be exposed to.

The executive director of a local NGO, Allah Bux, said that sanitary workers earned Rs45 per kilogramme for syringes and Rs2 for every used drip they sold.

He said that the most dangerous waste item was syringes. "Used syringes harbour lethal diseases and they can be transferred to anyone who handles them if the needles prick fingers of the handler," he said. Burning of plastic waste

produced a chemical dioxin which caused cancer, birth defects, paralysis, hearing defects and behavioural problems in infants, he added.

According to Shahid Lutfi, an environmental consultant for the World Bank, rag-pickers picked up anything worth selling from the garbage. He said that syringes, infusion tubes and blood bags were among the most collected items by rag-pickers and sanitary workers who then sold them to plastic recycling factories. Pharmaceutical companies also bought used syringes, urine bags, drips and glass vials from waste sellers, he said, adding that selling hazardous hospital waste was a criminal offence under the Pakistan Environmental Protection Act, 1997.

Social activist Ali Akbar Rahimoon called for a crackdown on and stiff penalties for people who sold and bought hospital waste. He said that the reuse of infected waste not only polluted the environment but also put economic strain on society as people used their meagre savings to get treatment.

PROJECT II



10,000 steps a day

- Apps are there
- Compare with non walkers
- Office characters
- Peak hours in your house
- Managing the peak hours
- Behavior with others



Project





Attention Deficit Hyperactivity Disorder

CONCENTRATION

- Computer, printer, and paper
- Pencils for test-taking
- Chewing gum
- Timer Test subjects
Paper and pencil for recording and analyzing data

Procedure

- Write and print copies of two simple subtraction worksheets.
- Subjects 1 = should chew gum while doing ONE of the worksheets.
- Subjects 2 = without chewing gum doing worksheets
- Record how long it took each subject to complete each worksheet.
- Score the worksheets
- Analyze your results.

conclusion

- Did chewing gum increase people's speed and accuracy on subtraction tests?
- Try the experiment in different environments.
- (e.g. noisy, crowded, or otherwise distracting environments)?
- certain ages or genders?
- certain times of day (e.g. early morning or late afternoon)?
- before or after certain activities (e.g. just before lunchtime or after physical exercise)

BICYCLING VS MOTORBIKE – CASE STUDY

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Important



**THANK
YOU**

AND THIS

IS END OF MY

POWERPOINT PRESENTATION