

## Kovid-19 Week School Sabaragamuwa Subject - Health and Physical Education

Grade 9

Week 2 of January

Lesson - 01.Note

Let's build a healthy society

Health problems in society

1) Pollution.,

2) communicable diseases and non-communicable diseases

communicable Diseases - Diseases that are transmitted from one infected person to another.

Dengue - Malaria - Tuberculosis

Sexually Transmitted Diseases.

Non-Communicable Diseases -

High blood pressure - mental illness, neurological diseases, diabetes, cancer

03 Drugs and Cigarettes

04 Accidents and Disasters

05 Abuse, abuse

Abuse - The act of harassing others by violating what society considers to be good and immoral.

Abuse - Inducing another person to commit anti-social acts. Social Health Development is the process of enabling individuals to improve their social health by taking control of health factors.