

# Health, Hygiene and Sanitation

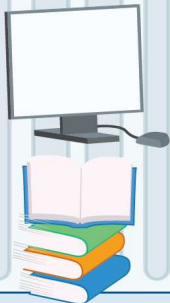
**Dst**  
Department of Science & Technology  
Government of Gujarat



## SEVEN PILLARS OF SELF-CARE

1

**Knowledge  
&  
Health  
Literacy**



2

**Mental  
wellbeing,  
Self-  
awareness  
& Agency**



3

**Physical  
Activity**



4

**Healthy  
Eating**



5

**Risk  
avoidance**



6

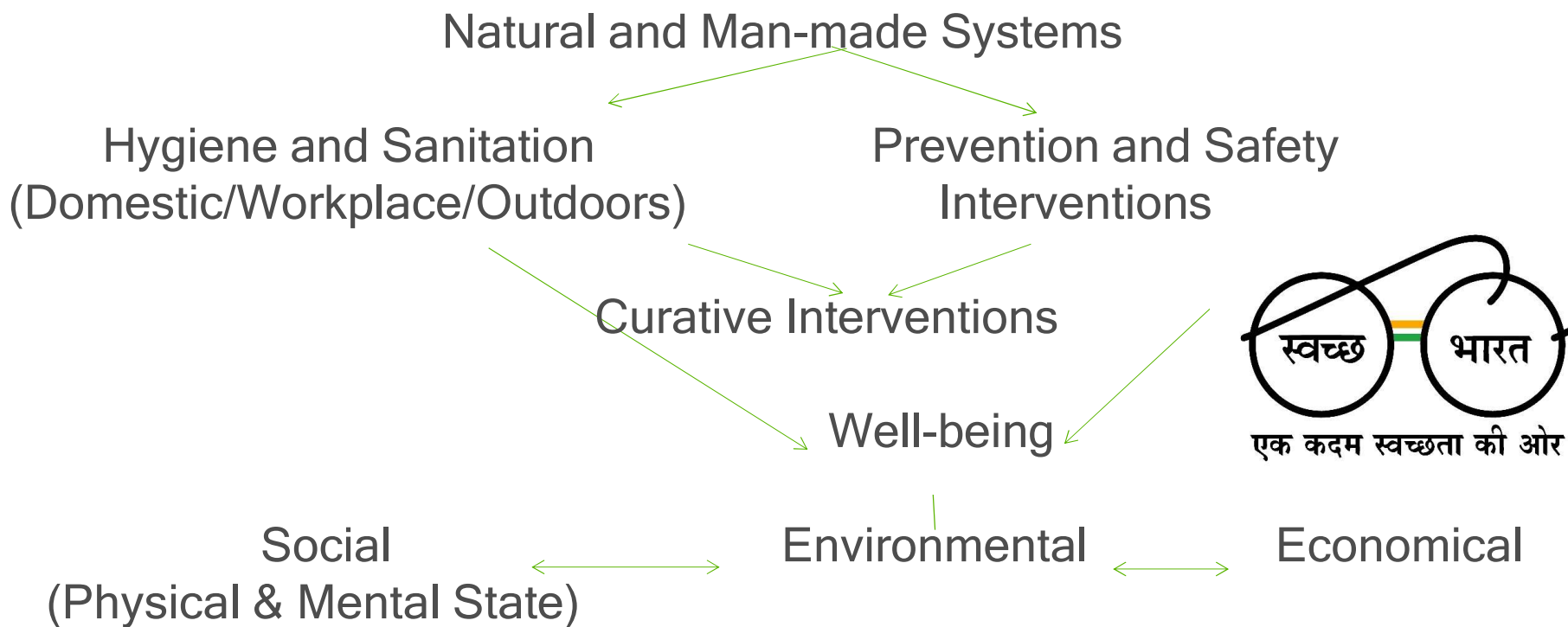
**Good  
hygiene**



7

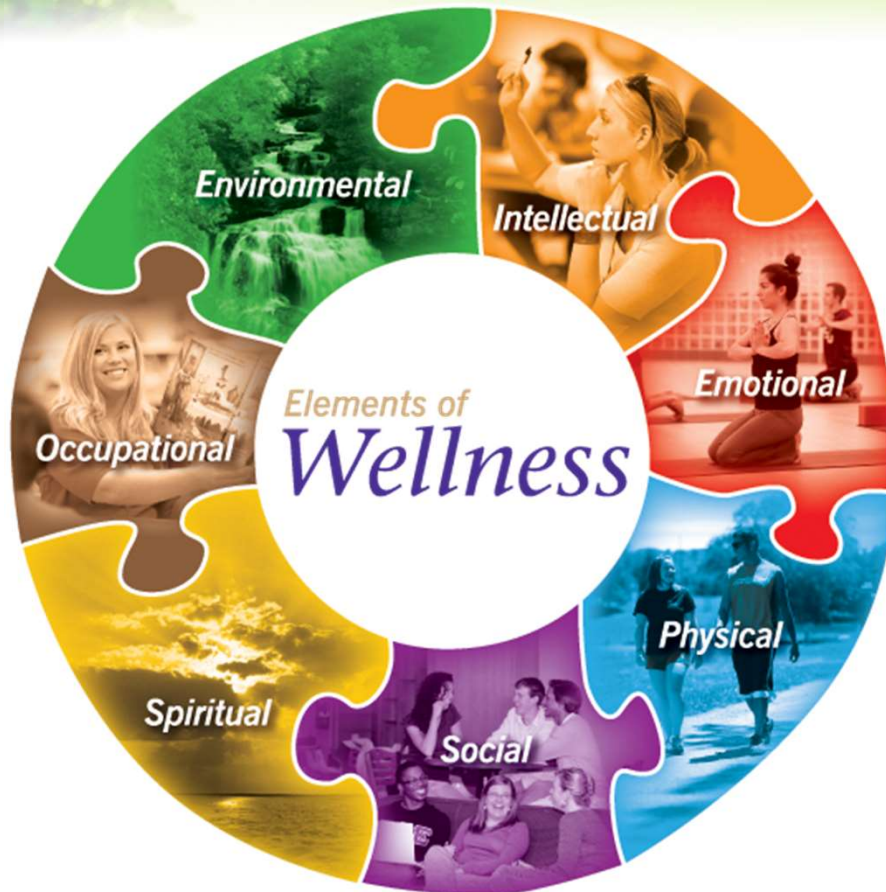
**Rational  
use of  
products  
& services**







# Health





# Hygiene



પહેલું સુખ તે,  
જાતે નર્યા...

શરીર માધ્યમ સ્વલુ ધર્મ સાધનં ।

(મહાકવિ કાલિદાસ વિરચિત 'કુમારસંભવમ્ ૫.૩૩')



# Sanitation

