



Question-1: What are the health rules to be followed by the girls at puberty?

Answer: The health rules to be followed by the girls at puberty are as follows:

1. Maintenance of cleanliness is the best among the health rules. During menstruation, it needs to take soap bath every day. Clean and germ-free soft cloth or soft cotton covered with clean cloth or sanitary pad is to be used.
2. The same cotton cloth can be used for several times and in this case, after each use it must be cleaned with soap water, Dettol or Savlon mixed water and then dry up in the sun.
3. If it is not used for second time, the used cloth, cotton or sanitary pad after having been wrapped up with a piece of paper, will be put into the dustbin.
4. The wet cloth or pad will be changed with a new, clean and dry piece of cloth or pad. Wet pad must not be used.
5. In order to get rid of infection or contagious disease, the most important thing for keeping safe is to wash reproductive organ with soap water after every change. To drink a lot of germ-free water and take nutritious and balanced food is very essential for health. It is necessary to eat plenty of food containing iron so that recovery of blood loss can be possible. During the time of period, one can do normal work and go for walking avoiding heavy work. It is also necessary to take sufficient sleep and rest at this time.

Dear Students, now you will try to solve the answer of the following questions:

Question-1: Why a girl faces a lot of changes during adolescence period?

Question-2: When menstruations of a girl start in our country?

Question-3: Why a girl gets panicked and suffer from ill feelings at puberty?

Question-4: What is to be done of a girl for having good health at age of puberty?

Question-5: What is very much necessary for the adolescent girls at puberty?

Question-6: What should be followed by the grown-up girl during at puberty?

Question-7: When a girl needs enough nutritious and balanced food to eat & drink pure water?

Question-8: When a girl needs good amount of rest and sleep?