

HEALTH COURSE

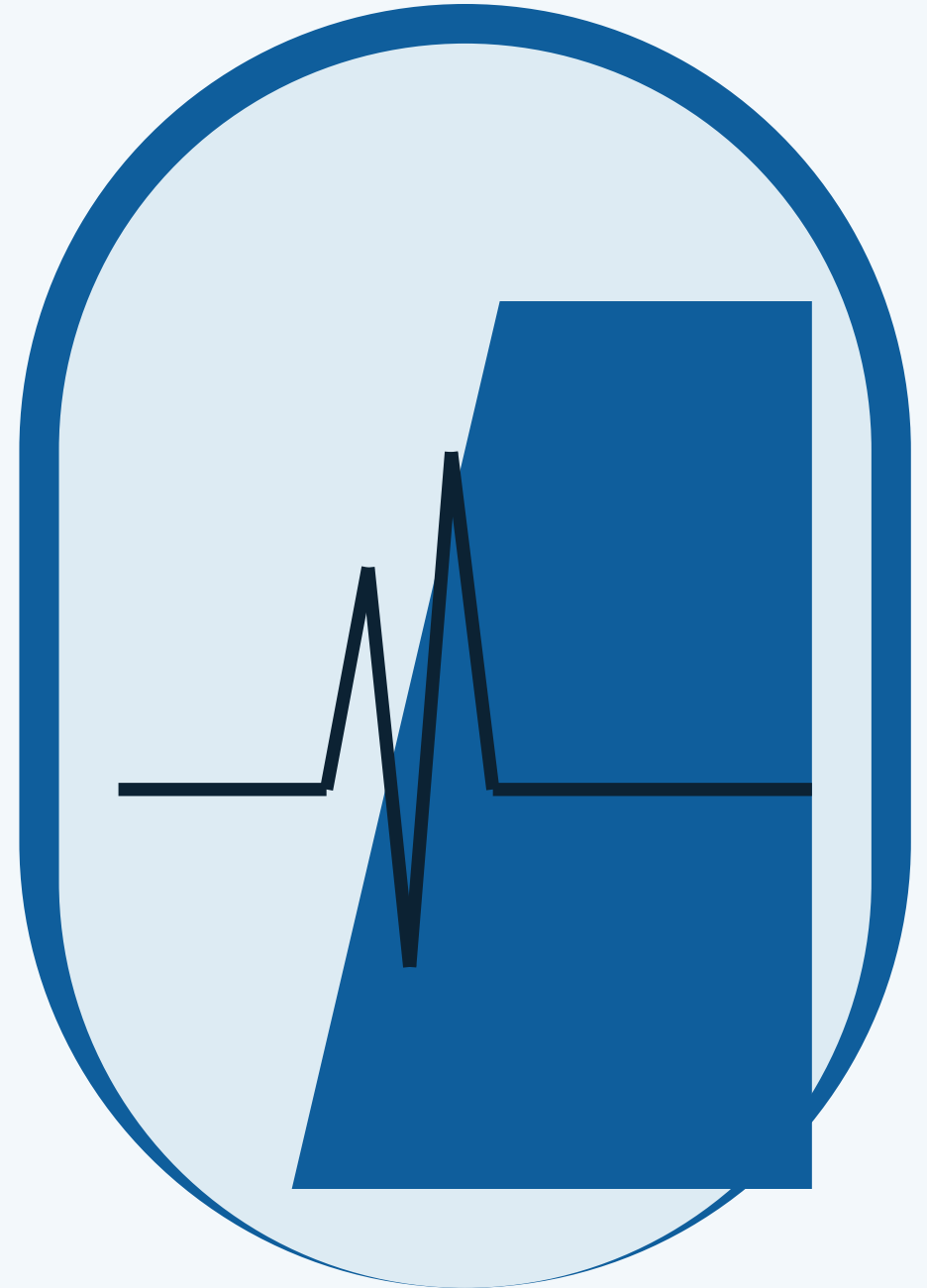
Health Education Course

Sessions on prevention, care and wellbeing

PRESENTED BY
Presenter Name

MODULES
5

EDITION
2026





Course map

01

Nutrition for Teenagers

02

Heart Health Matters

03

Nutrition for Teens

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**Mental Health and
Wellbeing**

05

**Hypertension: The Silent
Killer**

NUTRITION FOR TEENAGERS

01



Eating right for growth, energy and focus

Session 1 • Nutrition for Teenagers



What is teen nutrition?

Teen nutrition is about getting enough energy, protein, iron, calcium and vitamins for a fast-growing body.

The teenage years bring growth spurts, exams and sports. Balanced meals, regular breakfast and fewer junk foods support energy, focus and long-term health.



Medical illustration



Why it matters

2,200+

kcal a day for many active
teens (approx.)

1,300 mg

calcium needed daily

1 in 2

teen girls may be low in
iron (illustrative)

Illustrative figures — cite current guidelines for your audience.



Common symptoms

01

Tiredness

Low energy and focus.

02

Pale skin

Possible low iron.

03

Frequent illness

Weak immunity.



Risk factors

- Skipping breakfast
- Too much junk food
- Crash dieting
- Low fruit and vegetable intake

TIP

**Never skip
breakfast before
school.**



Diagnosis



Check

Height, weight, BMI



Ask

Eating habits



Test

Haemoglobin if needed



Plan

Balanced meal plan



Prevention and treatment

Prevention

- ✓ Eat a rainbow of vegetables
- ✓ Include dal, eggs or paneer
- ✓ Drink milk or curd daily
- ✓ Choose water over soft drinks

Treatment

- Balanced meals
- Iron-rich foods
- Supplements if advised
- Regular activity



When to see a doctor

Situation	Action
Fainting or extreme tiredness	See a doctor
Rapid weight loss	Talk to parents and a doctor
Constant hunger and thirst	Get a check-up

General information, not medical advice.



Healthy habits

01

Breakfast

Every single day.

02

Hydrate

Water bottle in your bag.

03

Snack smart

Fruit, nuts, chana.

HEART HEALTH MATTERS

02



Know the risks, protect your heart

Session 2 • Heart Health Matters



What is heart disease?

Heart disease covers conditions that affect the heart and blood vessels, such as blocked arteries and heart attacks.

Many heart problems can be prevented by controlling blood pressure, cholesterol, smoking and stress.



Medical illustration



Why it matters

#1

leading cause of death
worldwide

80%

of early heart disease is
preventable

120/80

healthy blood pressure

Illustrative figures — cite current guidelines for your audience.



Common symptoms

01

Chest pain

Pressure or tightness in the chest.

02

Breathlessness

Shortness of breath on exertion.

03

Fatigue

Unusual tiredness, sweating, nausea.



Risk factors

- Smoking and tobacco
- High blood pressure
- High cholesterol
- Diabetes and obesity

TIP

Learn the warning signs of a heart attack and call for help fast.



Diagnosis



Check

Blood pressure and pulse



Test

ECG and blood tests



Image

Echo or stress test



Treat

Medicines or procedures



Prevention and treatment

Prevention

- ✓ Quit tobacco completely
- ✓ Exercise most days
- ✓ Eat less salt and fried food
- ✓ Manage stress

Treatment

- Medicines for BP and cholesterol
- Cardiac rehabilitation
- Angioplasty or surgery if needed
- Regular follow-up



When to see a doctor

Situation	Action
Chest pain lasting minutes	Call emergency services
Breathless on light activity	See a doctor soon
BP above 140/90 often	Book a check-up

General information, not medical advice.



Healthy habits

01

Walk

10,000 steps a day.

02

Less salt

Under one teaspoon a day.

03

Check-ups

Yearly heart health check.

NUTRITION FOR TEENS

03



Eating right for energy, growth and focus

Session 3 • Nutrition for Teens



What is good nutrition?

Good nutrition means eating a balanced variety of foods that give the body the energy and nutrients it needs.

Teenage years are a time of rapid growth. Balanced meals improve energy, concentration, immunity and mood.



Medical illustration



Why it matters

5

food groups to include
daily

8

glasses of water a day

1

fruit with every meal

Illustrative figures — cite current guidelines for your audience.



Common symptoms

01

Low energy

Tired and unable to focus.

02

Frequent illness

Weak immunity.

03

Hair and skin

Dull skin, brittle hair.



Risk factors

- Skipping breakfast
- Too much junk food
- Sugary drinks
- Crash diets

TIP

Build a colourful plate – more colours, more nutrients.



Diagnosis



Track

Write what you eat for a week



Compare

Check against the food plate



Adjust

Swap one item at a time



Review

Notice energy and mood



Prevention and treatment

Prevention

- ✓ Eat breakfast every day
- ✓ Choose whole grains
- ✓ Add dal, eggs or paneer for protein
- ✓ Snack on fruit and nuts

Treatment

- Plan balanced meals
- Drink water, not soda
- Limit fried snacks
- Talk to a dietitian if needed



When to see a doctor

Situation	Action
Sudden weight loss	Talk to a doctor
Always tired	Check iron levels
Very restrictive eating	Seek support early

General information, not medical advice.



Healthy habits

01

Plan

Pack a healthy tiffin.

02

Hydrate

Carry a water bottle.

03

Balance

Half plate vegetables.

MENTAL HEALTH AND WELLBEING

04



Talking openly, caring early

Session 4 • Mental Health and Wellbeing



What is mental health?

Mental health is our emotional, psychological and social wellbeing – how we think, feel and cope with life.

Everyone has mental health, just like physical health. Stress, anxiety and depression are common and treatable, and asking for help is a sign of strength.



Medical illustration



Why it matters

1 in 7

people experience a mental
health condition
(illustrative)

75%

of conditions begin before
age 25

Treatable

with support and care

Illustrative figures — cite current guidelines for your audience.



Common symptoms

01

Low mood

Persistent sadness or emptiness.

02

Anxiety

Constant worry or panic.

03

Withdrawal

Losing interest in people and activities.



Risk factors

- Ongoing stress at work or study
- Isolation and loneliness
- Family history
- Major life changes

TIP

Talk to someone you trust – a friend, family member or counsellor.



Diagnosis



Notice

Changes in mood or
behaviour



Talk

Share with someone
trusted



Assess

Meet a counsellor or
doctor



Support

Therapy, self-care,
medicines



Prevention and treatment

Prevention

- ✓ Regular sleep and exercise
- ✓ Stay connected with people
- ✓ Limit screen time at night
- ✓ Practise mindfulness

Treatment

- Counselling and therapy
- Support groups
- Medicines when prescribed
- Workplace or school support



When to see a doctor

Situation	Action
Feeling low for two weeks	Talk to a counsellor
Panic attacks	See a doctor
Thoughts of self-harm	Contact a helpline immediately

General information, not medical advice.



Healthy habits

01

Pause

Five minutes of deep breathing.

02

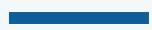
Connect

Call a friend this week.

03

Rest

Keep a regular sleep routine.



HYPERTENSION: THE SILENT KILLER





Measure, manage and live well

Session 5 • Hypertension: The Silent Killer



What is high blood pressure?

Hypertension means blood pressure that stays at or above 140/90 mmHg, straining the heart and blood vessels.

It often has no symptoms, so regular checks matter. Untreated, it raises the risk of stroke, heart attack and kidney disease.



Medical illustration



Why it matters

1 in 4

adults may have high BP
(illustrative)

120/80

is a healthy reading

5 g

daily salt limit advised

Illustrative figures — cite current guidelines for your audience.



Common symptoms

01

Usually none

Many feel completely well.

02

Headache

Sometimes in severe cases.

03

Dizziness

Occasional light-headedness.



Risk factors

- Too much salt
- Overweight
- Stress and poor sleep
- Family history

TIP

Check your blood pressure at least once a year.



Diagnosis



Measure

Seated, rested reading



Repeat

On different days



Test

Kidney and sugar tests



Treat

Lifestyle and medicines



Prevention and treatment

Prevention

- ✓ Cut salt and pickles
- ✓ Walk 30 minutes a day
- ✓ Keep a healthy weight
- ✓ Limit alcohol

Treatment

- DASH-style diet
- Regular exercise
- Medicines as prescribed
- Home monitoring



When to see a doctor

Situation	Action
BP above 180/120 with chest pain	Emergency care now
Readings above 140/90	See a doctor
Side effects from medicines	Talk to your doctor

General information, not medical advice.



Healthy habits

01

Measure

Home BP log.

02

Less salt

Taste food before adding.

03

Relax

Daily breathing practice.

Thank you

Questions and discussion.

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