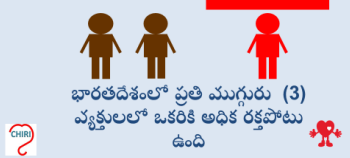
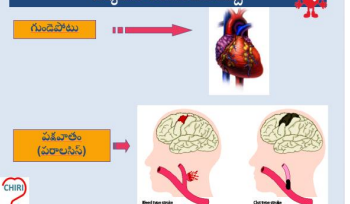
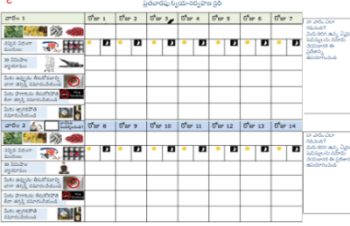
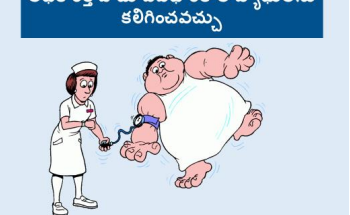


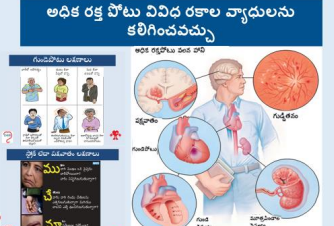
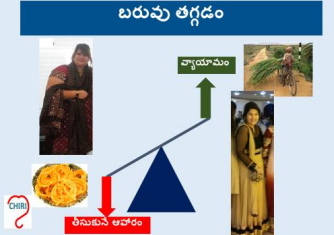
MODULE 1: Introduction to Hypertension Knowledge

Pg 55	రక్తపోటు అనగా ఏమిటి?  సాధారణ రక్తపోటు 120/80 కన్నా తక్కువగా ఉంటుంది	Circulatory system: https://1.bp.blogspot.com/-OBXTCB5QnIk/Vi8OPRjw8cl/AAAAAAAAAGUI/cPX6yrrgwzk/s640/circulatory-system-for-kids.jpg Hose diagram: adapted from https://biology-forums.com/index.php?action=gallery;sa=view;id=1216
Pg 56	అధిక రక్తపోటు  దీని స్థాయి 140/90 మిమీ హెచ్ కన్నా ఎక్కువగా ఉంటుంది	Hose diagram: adapted from https://biology-forums.com/index.php?action=gallery;sa=view;id=1216
Pg 56	అధిక రక్తపోటు  భారతదేశంలో ప్రతి ముగ్గురు (3) వ్యక్తులలో ఒకరికి అధిక రక్తపోటు ఉంది	No images sourced. Slide prepared by CHIRI study team ©Epidemiology and Prevention Unit School of Clinical Sciences at Monash Health
Pg 56	అధిక రక్తపోటు అనేది నిశ్శబ్దంగా ప్రాణాలను తీస్తుంది. 	Ninja: http://static.bitlanders.com/users/galleries//280100/image9434_fa_rszd.jpg Man having his blood pressure checked. Credit: Linda Braucht, R-M, Creative#: 84955302. Getty Images http://www.gettyimages.com.au/license/84955302
Pg 57	అధిక రక్తపోటు గుండె మరియు రక్తనాళాల ప్యాదినీ కలిగించవచ్చు  గుండెపోటు పక్షవాతం (పరాల్సస్)	Heart: https://www.smm.org/heart/Images/heart.jpg Stroke: Blamb, Shutterstock, Stock vector ID: 341762885
Pg 57	గుండెపోటు లక్షణాలు  చాకోలో ఆవరణ చాకోలో ఆవరణలో కొంత కాలం తీవ్రమైన బరువైన అనియోజితంగా ఉన్నాయి చాకోలో ఆవరణలో కొంత కాలం తీవ్రమైన బరువైన అనియోజితంగా ఉన్నాయి చాకోలో ఆవరణలో కొంత కాలం తీవ్రమైన బరువైన అనియోజితంగా ఉన్నాయి	https://s-media-cache-ak0.pinimg.com/564x/af/a1/2c/afa12ccf1487f4e6d163c2bfd19892f0.jpg
Pg 57	స్ట్రోక్ తీవ్ర పక్షవాతం లక్షణాలు  ముఖం చేతులు మాట	www.nhs.uk/actfast 301247 tp 10K. Feb 10 (MRP) downloaded from http://punjab2000.com/wp-content/uploads/2015/02/Stroke-Awareness_FAST.jpg

Pg 58		http://startwithyourheart.com/Resources/downloads/Prevention_Management/WhatHighBPCanDo.pdf
Pg 59		Man eating junk: ©AP http://www.dw.com/image/15527437_4.jpg downloaded from http://www.dw.com/en/diabetes-threatens-indias-economic-development/a-6659379 Fried food: ©Rie592 http://iapaneyes529.iugem.cc/?eid=400 Salt: https://3.imimg.com/data3/EQ/YG/MY-10321696/tata-salt-iodised-1-kg-pouch-250x250.jpg Alcohol: Igor Normann. Stock photo ID: 205124719. https://www.shutterstock.com/image-photo/glass-whiskey-ice-on-table-205124719 Bidi: http://img1.exportersindia.com/product_images/bc-small/dir_35/1040627/tobacco-bidi-1258165.jpg Gutka: http://hillpost.in/wp-content/uploads/2012/12/Gutka-Ban.jpg Skull smoking: http://www.keefeclinic.com/wp/wp-content/uploads/2014/04/stop-smoking-300x200.jpg Family TV: © Reuters http://static.indianexpress.com/m-images/M_Id_235835_Family.jpg Crying Heart: @umplau https://k26.kn3.net/taringa/1/0/6/7/7/4/20/noe_0911/9D3.jpg
Pg 59		Alcohol: Igor Normann/shutterstock.com https://www.shutterstock.com/image-photo/glass-whiskey-ice-on-table-205124719 Handful salt: © UNICEF Mozambique downloaded from http://www.dw.com/image/18008926_302.jpg Girl on Bike: http://www.stockpicturesforeveryone.com/2014/07/women-cycling-in-india.html Vegetables & BP machine: http://www.thenassauguardian.com/lifestyles/health-and-wellness/55037-the-epidemic-silent-killer Medication: https://guidelineshealth.com/wp-content/uploads/2016/01/Drugs-pills-medicine-XXX-high-res-300x188.jpg
Pg 60		Ghee: https://usercontent1.hubstatic.com/338704_f520.jpg Handful of salt: © UNICEF Mozambique downloaded from http://www.dw.com/image/18008926_302.jpg Nirav Jelebi: https://www.ishopindian.com/nirav-jilebi-pr-22622/ Gulab: https://i4.fnp.com/images/pr/l/flowers-and-gulab-jamun_1.jpg Fruit: http://znews-photo-tad.zadn.vn/w1024/Uploaded/pgi_xvaugbnau/2014_06_13/e.jpg Bananas: http://pics21.yamedia.tw/11/userfile/c/colorman/album/1487f536c7a070.jpg Eggplant: http://demandware.edgesuite.net/sits_pod38/dw/image/v2/ABAQ_PRD/on/demandware.static/-/Sites-masterCatalog_Burpee/default/dw9691da13/Images/Product%20Images/prod000711/prod000711.jpg?sw=322&sh=380&sm=fit Greens: http://www.specialtyproduce.com/sppics/677.png
Pg 60		Bidi smoker: http://www.tobacco-news.net/wp-content/uploads/2010/09/Native-Indians-and-cigarettes-300x199.jpg Smoke in face: http://m.blog.hu/at/atjaro-penta/image/dohany2.jpg Khaini: © 2010-2011 Afternoon Despatch & Courier Mumbai India http://afternooncd.in/Thumbnails.aspx?Filename=2013722233312.jpg&w=340&h=226 Mouth cancer: http://medicalpicturesinfo.com/wp-content/uploads/2011/09/Mouth-Cancer-Tabacco-4.jpg Smokers lungs: http://www.mecitsuerdem.com/tr/article/image/1343046934-636.jpg Gangrene feet: © 2011 Central PA Podiatry Associates, P.C. http://www.foothaven.com/services/images/diabetic.jpg

		No smoking heart: http://healthytipbypriteeka.com/wp-content/uploads/2015/12/SMOKE-CAR.jpg
Pg 60	 మద్యంను తాగవద్దు లేదా తక్కువగా తాగండి	Alcohol sachets: © AP https://ichef.bbci.co.uk/news/624/media/images/70606000/jpg_70606385_70606384.jpg Beer: http://www.pitchonnet.com/wp-content/uploads/2012/09/beer.jpg Toddy: https://qph.ec.quoracdn.net/main-qimg-f5b0f17b1368075ed07a5d44a2b2edbc-c No fill glass: https://s-media-cache-ak0.pinimg.com/564x/5c/75/f7/5c75f7e601b5449e7777996e38d58933.jpg
Pg 61	 ప్రతిరోజూ కనీసం 30 నిమిషాల పాటు చురుకుగా ఉండండి	Boy playing cricket: https://ramanagardenblog.files.wordpress.com/2012/09/ram_cricket11.jpg Man and woman walking: http://i.dailymail.co.uk/i/pix/2016/08/25/15/3793BA5600000578-0-image-a-113_1472135783985.jpg 2 men walking : Copyright © Karl Grobl Children running: The Times of India. http://timesofindia.indiatimes.com/photo/56993171.cms Young footballer: http://www.footballforpeace.no/historier/bilder/Kenya2.jpg Man carrying reeds on bike: http://1.bp.blogspot.com/_xr5zEgm1DBk/R5f22R6exrl/AAAAAAAAAF0/zBUtldQcPOs/s200/74.jpg Man carrying load on bike: © Kuntala Lahiri-Dutt. http://asiapacific.anu.edu.au/blogs/southasiamasala/files/2013/11/LahiriDutt_20131022_Blackdust_440x297.jpg
Pg 61		Family TV (top): © Reuters http://static.indianexpress.com/m-images/M_Id_235835_Family.jpg Family TV (bottom): © 2010 Globe Newspaper Company Photo by Jaydeep Bhatt http://cache.boston.com/bonzai-fba/Third_Party_Photo/2010/09/17/watchandlearn_1284748538_3011.jpg Mother and daughter in Park: Hemant Mehta © 123RF Stock Photo: 80731783 https://www.123rf.com/profile_mehta123 Indian family clip art: © Darrenw Dreamstime.com - Indian Family Photo
Pg 61	 నివారణ మరియు ముందు చికిత్స కొరకు మేకు ఆరోగ్య సందర్శనను అందించువారిని సందర్శించండి	Female BP Check: © Oduru Suresh, Rishi Valley Medical research Unit, Monash University Image: 20151224_091710.jpg Nurse BP Check: http://www.svnparamedics.com/uploads/1/0/1/3/10139749/2608482_orig.jpg Male BP Check: PHOTO: T. Vijaya Kumar http://www.thehindu.com/migration_catalog/article11113602.ece/alternates/FRE_660/VJ29ONGOLE3SCRIBE BP cuff measurement: © REUTERS/Lucy Nicholson http://a57.foxnews.com/images.foxnews.com/content/fox-news/health/2013/12/03/for-black-men-early-household-linked-to-blood-pressure/_jcr_content/par/featured-media/media-1.img.jpg/876/493/1422696985604.jpg?ve=1&tl=1
Pg 62	 5 రకప్రభును తగ్గించడానికి గల నియమాలు నియమం 1. అదనపు కొవ్వులు, నూనెలు మరియు ఉప్పును నిరోధించండి నియమం 2. మరింత తాజా పళ్ళు మరియు కూరగాయలను తీసుకోండి నియమం 3. పొగాకు మరియు మద్యంను వదిలివేయండి నియమం 4. శారీరకంగా మరియు తరచుగా ఉండండి	Ghee: https://us.v-cdn.net/5017260/uploads/FileUpload/c5/4af09899bdcdb1e34fc4fdf11d675d7.jpg Handful salt: © UNICEF Mozambique downloaded from http://www.dw.com/image/18008926_302.jpg Apple: © fotosearch.com http://www.embracinghealthblog.com/wp-content/uploads/2010/05/Apple-with-Heart.jpg Cigarette butt: http://www.mt02.org/dossieractions/dossier_tabac/images_tabac/ecrase_cigarette100.gif Alcohol: © Thinkstock http://www.irishtimes.com/polopoly_fs/1.1795566.1400506969!/image/image.jpg_gen/derivatives/box_620_330/image.jpg Young footballer: http://www.footballforpeace.no/historier/bilder/Kenya2.jpg Female BP Check: © Oduru Suresh, Rishi Valley Medical research Unit, Monash University Image: 20151224_091710.jpg

Pg 62		Waist measure: https://pedclerk.bsd.uchicago.edu/sites/pedclerk.uchicago.edu/files/uploads/untitled2_0.png Skull smoking: http://www.keefeclinic.com/wp-content/uploads/2014/04/stop-smoking-300x200.jpg Danger BP: https://healthtipsfromtheprofessor.com/wp-content/uploads/2014/04/High Blood Pressure-200x200.jpg Heart & BP: Used with permission - © Designpraxis Dreamstime.com https://www.dreamstime.com/stock-image-blood-pressure-monitoring-illustration-image34730141#res18524484 Blood Pressure Monitoring - Illustration Photo: http://doctormurray.com/wp-content/uploads/2014/03/highbloodpressure.jpg Fast Food selection: http://poojaholidays.com/data/ExclusiveFood/FasfoodItems.jpg Crying heart: Heart: @umplau https://k26.kn3.net/taringa/1/0/6/7/7/4/20/noe_0911/9D3.jpg Salt shaker: http://4.bp.blogspot.com/_o4l3SickGs4/SVpMF9PkM8I/AAAAAAACIO/VJscKBFezEw/s400/Salt+Shaker.jpg Man eating junk: ©AP http://www.dw.com/image/15527437_4.jpg downloaded from http://www.dw.com/en/diabetes-threatens-indias-economic-development/a-6659379 Family TV: © Reuters http://static.indianexpress.com/m-images/M_id_235835_Family.jpg Man on scales: http://www.sac.org.ar/wp-content/uploads/2014/09/img-post-encuesta-factores-de-riesgo.jpg BP check: http://4.bp.blogspot.com/-wiQsQk7h1-8/UbrjS8kuHAI/AAAAAAAQI/2a4VjQe6RSI/s400/bloodpressure.jpg
Pg 62		"Copyright nutritioneducationstore.com, reprinted with permission" https://nutritioneducationstore.com/products/low-sodium-choices-poster-12x18?variant=13766324547
Pg 63, 76		© Epidemiology and Prevention Unit, Stroke and Ageing Research, Department of Medicine, Monash University
MODULE 2: Recommendations for Self-management		
Pg 71		Used with permission - © Designpraxis Dreamstime.com https://www.dreamstime.com/stock-image-blood-pressure-monitoring-illustration-image34730141#res18524484 Blood Pressure Monitoring - Illustration Photo
Pg 72		https://img.clipartfest.com/4f092da528c448691b88f40de422b4f0_may-2009-congestive-heart-failure-nurse-taking-blood-pressure-cartoon_200-164.png

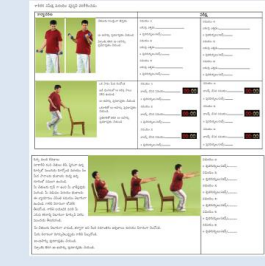
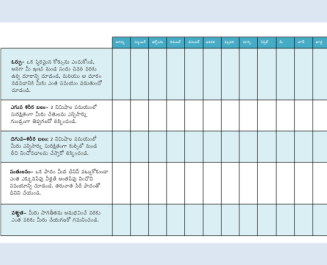
Pg 72		Symptoms: https://s-media-cache-ak0.pinimg.com/564x/af/a1/2c/afa12ccf1487f4e6d163c2bfd19892f0.jpg FAS: www.nhs.uk/actfast 301247 tp 10K. Feb 10 (MRP) downloaded from http://punjab2000.com/wp-content/uploads/2015/02/Stroke-Awareness_FAST.jpg Damage from high BP: http://www.health.harvard.edu/media/cr/205006.jpg
Pg 72		Alcohol: Igor Normann. Stock photo ID: 205124719. https://www.shutterstock.com/image-photo/glass-whiskey-ice-on-table-205124719 Handful salt: © UNICEF Mozambique downloaded from http://www.dw.com/image/18008926_302.jpg Girl on Bike: http://www.stockpicturesforeveryone.com/2014/07/women-cycling-in-india.html Vegetables & BP machine: http://www.thenassauguardian.com/lifestyles/health-and-wellness/55037-the-epidemic-silent-killer Medication: https://guidelineshealth.com/wp-content/uploads/2016/01/Drugs-pills-medicine-XXX-high-res-300x188.jpg
Pg 73		Before and After: http://www.fitnessvweightloss.com/wp-content/uploads/2014/03/How-I-Lost-Weight-By-Running.jpg Man carrying reeds on bike: http://1.bp.blogspot.com/_xr5zEgm1DBk/R5f22R6exrI/AAAAAAAAAF0/zBUtIdQcPOs/s200/74.jpg Nirav Jelebi: https://www.ishopindian.com/nirav-jilebi-pr-22622/
Pg 73		Greens (top left): https://3squaremealsblog.files.wordpress.com/2010/12/greens.jpg?w=300&h=193 Vegetables (centre): http://www.tribuneindia.com/2011/20110828/spectrum/main4.jpg Vegetables (top right): © fa14608843 freeart.com https://cdn-thumbs.freeart.com/fa14608843.jpg
Pg 74		Lady walking: Photo by Dr. V Mohan https://www.fic.nih.gov/News/GlobalHealthMatters/Sept-Oct-2011/Documents/ghmsept-oct2011.pdf School Yoga: Credit Sanjeev Gupta/European Pressphoto Agency https://static01.nyt.com/images/2007/01/26/world/600_yoga.jpg Heart: http://heartdiseasehelp.weebly.com/uploads/4/3/4/5/43454077/37463.jpg?395 Exercise sheet: http://ecx.images-amazon.com/images/I/81KJpplEGuL.png Cycling: http://www.thehindubusinessline.com/multimedia/dynamic/01484/BL07PANKAJ-INDIA_1_1484738f.jpg
Pg 74		Chutney/Pickle: https://keralasrecipes.files.wordpress.com/2012/06/avakayacopyrightedimage8.jpg?w=400&h=266 Indian gooseberry pickle: http://www.itslife.in/vegetarian-recipes/condiments/preservation/thokku-n-pickles-preservation-condiments-vegetarian-recipes/bettadanellikayi-uppinakayi Drumstick Pickle: http://www.indiamapped.com/recipes-in-india/common/images/Drumstick%20Pickle1.jpg Salted and Dried fish: ©Michaela Riddell orcid ID: https://orcid.org/0000-0001-8852-0569 Potato chips: http://www.chicagonow.com/get-fit-chicago/files/2014/01/Potato-chips.jpg Banana chips: https://4.imimg.com/data4/UN/LI/MY-7322614/banana-chips-250x250.jpg Salted cashews: https://www.qualitybazaar.in/1424-home_default/salted-cashew-kaju.jpg Hands of salt: Photo by Blogger Queenbee https://lh3.googleusercontent.com/-nb8UU4sgDpg/TAaWR4VN77I/AAAAAAAAAek/KBBeknMnf08/s400/IMG_2676.JPG Spoon of salt: http://cdn-image.myrecipes.com/sites/default/files/styles/300x300/public/styles/300x300/public/image/how-to/decrease-sugar-ate-x.jpg?itok=SfED_S3Z Papadams: http://thefoodpornographer.com/wp-content/uploads/2006/02/93590730.jpg Fried food stall: Photo by Allen Kornmesser http://www.travelersthalihouse.com/PB050457_small.jpg

Pg 74	అధిక రక్త పోటును మీరు ఎలా నియంత్రించవచ్చు? 	BP Check: https://nacchocommunique.files.wordpress.com/2016/07/measuring-blood-pressure_0.jpg Medication Pill box: https://www.discountdrugnetwork.com/wp-content/uploads/2014/02/Medication-Adherence.jpg
Pg 74	మీ బిపిని మీరు ఎక్కడ పరీక్షించుకోవచ్చు ? 	104 Ambulance: © 2014 Piramal Enterprises Limited http://www.piramalswasthya.com/wp-content/uploads/2014/08/ap_slider1.jpg BP check clipart: http://www.kostdoktor.se/wp-content/2008/01/withbp1-400x446.jpg Sub Centre (top middle): ©Michaela Riddell orcid ID: orcid.org/0000-0001-8852-0569 Women BP check: http://images.huffingtonpost.com/2014-04-15-BPcheck.png. Digital BP: http://www.pricelist.co.in/media/catalog/product/cache/1/image/500x600/9df78eab33525d08d6e5fb8d27136e95/o/1/o1_2.jpg Health Centre (bottom right): http://bhupalpally.weebly.com/uploads/6/8/5/1/6851838/4105999.jpg?394
Pg 75	మీకు మందులు ఎక్కడ దొరకవచ్చు? 	104 Ambulances: Photo Credit: RAJU V http://www.thehindu.com/migration_catalog/article13405522.ece/alternates/FRE_960/30VZVIJCITYREG2104 Pharmacy: Irekia under a CC License https://newint.org/features/web-exclusive/2012/10/17/2012-10-17%20india%20pharmacy%20270.jpg Pharmacy bottom left: NaturallyFunDays : Marcela https://naturallyfundays.files.wordpress.com/2012/01/dsc_0108-small.jpg?w=636&h=424 Jan Aushadhi, bottom right: http://www.livechennai.com/businesslistings/News_photo/Jan-Aushadhi-scheme-1.jpg
Pg 75	మందులను తీసుకోవడాన్ని గుర్తుచేసేది 	Medication pill box: http://www.npexcellence.com/images/pill%20box.jpg Alarm Clock: http://www.alkamalmed.com/wcms/HeaderImages/130554254858301320hb04.jpg Friends: https://i.blogs.es/435d2a/hope-phones/1366_2000.jpg
Pg 75	మందుల డైరీని కలిగి ఉండండి 	Medication diary: https://upload.wikimedia.org/wikipedia/commons/thumb/7/7a/Sleep_diary.svg/287px-Sleep_diary.svg.png
Pg 76	సాధారణ లేదా బ్రాండ్డ్ మందు అనగా ఏమిటి? 	Generic vs Branded: @CninMed http://cninmed.com/wp-content/uploads/2016/12/generic-vs-brand-170x124-1.png Losartan 50 mg: http://medilibrary.org/lib/images-rx/losartan-potassium-22/figure-10.jpg Zozopolo-H: https://3.imimg.com/data3/JX/KS/MY-9666900/zozopolo-h-tablets-250x250.jpg
Pg 76	జీర్ణాశయ వ్యవస్థ 	Right side: Salt: http://4.bp.blogspot.com/-6-WtNGDwY/UUjXrEuRdDI/AAAAAAAAACrQ/g_X4hA1MEu8/s320/spilled-salt.jpg Spicy Gram Chana Masala: Shutterstock Stock photo ID: 434973100 https://thumb1.shutterstock.com/display_pic_with_logo/4314331/434973100/stock-photo-spicy-gram-chana-masala-434973100.jpg Khasta Khachari: http://leutheuser.blogs.com/.a/6a00d834519c4c69e2011572523ba7970b-400wi Namkeen: Shutterstock Stock photo ID: 468376388 https://thumb9.shutterstock.com/display_pic_with_logo/4314331/468376388/stock-photo-indian-special-traditional-salty-food-mixture-namkeen-468376388.jpg BP Check: https://nacchocommunique.files.wordpress.com/2016/07/measuring-blood-pressure_0.jpg

		Centre: Lady walking: Photo by Dr. V Mohan https://www.fic.nih.gov/News/GlobalHealthMatters/Sept-Oct-2011/Documents/ghmsept-oct2011.pdf School Yoga: Credit Sanjeev Gupta/European Pressphoto Agency https://static01.nyt.com/images/2007/01/26/world/600_yoga.jpg Heart: http://heartdiseasehelp.weebly.com/uploads/4/3/4/5/43454077/37463.jpg?395 Exercise sheet: http://ecx.images-amazon.com/images/I/81KJpplEGuL.png Cycling: http://www.thehindubusinessline.com/multimedia/dynamic/01484/BL07PANKAJ-INDIA_1_1484738f.jpg Left side: Greens (top left): https://3squaremealsblog.files.wordpress.com/2010/12/greens.jpg?w=300&h=193 Vegetables (centre): http://www.tribuneindia.com/2011/20110828/spectrum/main4.jpg Vegetables (top right): © fa14608843 freeart.com https://cdn-thumbs.freeart.com/fa14608843.jpg Medication Pill box: https://www.discountdrugnetwork.com/wp-content/uploads/2014/02/Medication-Adherence.jpg												
MODULE 3: Physical Activity														
Pg 81	శారీరకంగా చేసే పనులు 	Vegetables & BP machine: http://www.thenassauguardian.com/lifestyles/health-and-wellness/55037-the-epidemic-silent-killer Medication: https://guidelineshealth.com/wp-content/uploads/2016/01/Drugs-pills-medicine-XXX-high-res-300x188.jpg Handful of salt: Handful salt: © UNICEF Mozambique downloaded from http://www.dw.com/image/18008926_302.jpg No smoking: ASHA Training Module #8 Role in Prevention and Control of Non Communicable Diseases (NCDs) Alcohol: Igor Normann. Stock photo ID: 205124719. https://www.shutterstock.com/image-photo/glass-whiskey-ice-on-table-205124719 Walking: http://healthy-india.org/images/practicle-tips.jpg												
Pg 82	శారీరకతన తీవ్రతను ప్రదర్శించడం ప్రతి ఒక్కరూ నిలబడండి! <table border="1"> <thead> <tr> <th>తీవ్రత</th> <th>అవసరమవుతున్న పరికరాలు</th> <th>వ్యాయామం</th> </tr> </thead> <tbody> <tr> <td>చేతికపాటి</td> <td>మాట్లాడటం మరియు పాటలు పాడటం</td> <td></td> </tr> <tr> <td>మధ్యస్థమైన</td> <td>మాట్లాడటం - మరింత కష్టతరం పాడటం సాధ్యమైనది</td> <td></td> </tr> <tr> <td>తీవ్రమైన</td> <td>మాట్లాడటం సాధ్యమైనది, ఆయాసం, అపరిచితుల బారంగా పోవడం</td> <td></td> </tr> </tbody> </table>	తీవ్రత	అవసరమవుతున్న పరికరాలు	వ్యాయామం	చేతికపాటి	మాట్లాడటం మరియు పాటలు పాడటం		మధ్యస్థమైన	మాట్లాడటం - మరింత కష్టతరం పాడటం సాధ్యమైనది		తీవ్రమైన	మాట్లాడటం సాధ్యమైనది, ఆయాసం, అపరిచితుల బారంగా పోవడం		Light activity: http://www.estaciongourmetvalladolid.com/wp-content/uploads/2013/11/caminando.png Moderate activity: https://blogdotsocialpacedotcom1.files.wordpress.com/2013/06/dynamicstretching1.png Vigorous activity: adapted from http://ywcaskatoon.com/wp-content/uploads/2015/12/dynamic-stretching.jpg
తీవ్రత	అవసరమవుతున్న పరికరాలు	వ్యాయామం												
చేతికపాటి	మాట్లాడటం మరియు పాటలు పాడటం													
మధ్యస్థమైన	మాట్లాడటం - మరింత కష్టతరం పాడటం సాధ్యమైనది													
తీవ్రమైన	మాట్లాడటం సాధ్యమైనది, ఆయాసం, అపరిచితుల బారంగా పోవడం													
Pg 83	నేను ఎంత కష్టపడి పనిచేయాలి? <table border="1"> <thead> <tr> <th>తీవ్రత (ఎంత కష్టం)</th> <th>వ్యవధి (ఎంతకాలం)</th> <th>తీరమైనది (ఎంత తరచుగా)</th> </tr> </thead> <tbody> <tr> <td>మధ్యస్థమైన</td> <td></td> <td></td> </tr> <tr> <td>తీవ్రమైన</td> <td></td> <td></td> </tr> <tr> <td>ఉండాలని అభీక్షించే రేటు</td> <td></td> <td></td> </tr> </tbody> </table>	తీవ్రత (ఎంత కష్టం)	వ్యవధి (ఎంతకాలం)	తీరమైనది (ఎంత తరచుగా)	మధ్యస్థమైన			తీవ్రమైన			ఉండాలని అభీక్షించే రేటు			Step up: https://blogdotsocialpacedotcom1.files.wordpress.com/2013/06/dynamicstretching1.png 30 minute clock (green): http://www.bodypower.eu/images/stories/virtuemart/category/resized/30_205x171.png 15 minute clock (yellow): https://www.jaysonlo.com/wp-content/uploads/2013/06/15-minutes1.jpg Running: http://ywcaskatoon.com/wp-content/uploads/2015/12/dynamic-stretching.jpg Woman triceps: Photos sourced from 'Your everyday guide from the National Institute on Aging at NIH Exercise and Physical Activity Publication No. 15-4258 May 2015 National Institute on Aging Photography by Doug Sanford, Photogroup
తీవ్రత (ఎంత కష్టం)	వ్యవధి (ఎంతకాలం)	తీరమైనది (ఎంత తరచుగా)												
మధ్యస్థమైన														
తీవ్రమైన														
ఉండాలని అభీక్షించే రేటు														
Pg 84	ప్రతిరోజు చురుకుగా ఉండండి 	30 minute clock (green): http://www.bodypower.eu/images/stories/virtuemart/category/resized/30_205x171.png Stair climbing: ASHA Training Module #8 Role in Prevention and Control of Non Communicable Diseases (NCDs) Walking: http://healthy-india.org/images/practicle-tips.jpg Cycling: http://www.gaadi.com/cycles/news/wp-content/uploads/2015/05/Cycling-to-office.jpg												

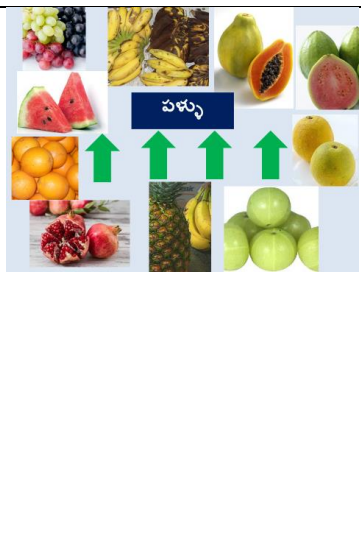
Pg 84	మధ్యస్థమైన వ్యాయామం 	Clockwise from left: Walking frame: http://ih.constantcontact.com/fs060/1109101676605/img/126.jpg?a=1110212396640 Gym exercise: File Photo: K. Ananthan http://www.thehindu.com/migration_catalog/article16425266.ece/alternates/FRE_660/VBK-HLTH.1 Yoga: https://cdn.shopify.com/s/files/1/0151/2429/files/International-Yoga-Day-Delhi_grande.jpg?14611475790830801345 Ballet: https://www.silverkris.com/sites/default/files/1206-destinations-5md-bangalore-nrityagram-630.jpg Step up: http://sportsmedforthemasses.com/wp-content/uploads/high-box-step-up.bmp Hula-Hoops: http://ecx.images-amazon.com/images/I/713ikWy6O7L. SY355 .jpg Walking: http://4.bp.blogspot.com/-7BVxy9g8IVQ/VVbzP1-vzJI/AAAAAAAAAFzY/2OomFEIDGik/s640/dhaka-ramna-park-3.jpg
Pg 84	తీవ్రమైన వ్యాయామం 	Clockwise from left: Girl on bike: http://www.stockpicturesforeveryone.com/2014/07/women-cycling-in-india.html Jogger: ASHA Training Module #8 Role in Prevention and Control of Non Communicable Diseases (NCDs) Soccer on beach: http://healthy-india.org/uploads/article_pid_2.png Volleyball: ©Daily Mail http://i.dailymail.co.uk/i/pix/2014/06/19/article-0-13EBF344000005DC-472_634x469.jpg Dancing: http://www.beatofindia.com/stills/kumbh-optimized/women-dancing.jpg Skipping: https://rdfblog.files.wordpress.com/2011/01/dscf5887.jpg
Pg 84	కండరాలను బలోపేతం చేయటం 	Woman triceps and Partner stretching: Photos sourced from 'Your everyday guide from the National Institute on Aging at NIH Exercise and Physical Activity Publication No. 15-4258 May 2015 National Institute on Aging Photography by Doug Sanford, Photogroup Push ups: http://www.worldrecordholdersclub.com/wp-content/uploads/2014/05/Golden-Book-of-World-Records-GBWR-Maximum-number-of-push-up-in-thumb-Anurag-Jha-300x225.jpg Lady stretching (Right): http://keyc.images.worldnow.com/images/23531211_BG1.jpg
Pg 85	ప్రశాంతంగా/ విశ్రాంతిగా ఉండండి 	Hands in the air: © CNN Traveller downloaded from http://i.cdn.travel.cnn.com/sites/default/files/styles/article_large/public/article-images/large/Mumbai-1_640x310.gif?itok=Ww_422gP Flute: © Simon Brooks: http://simonbrooks.com/index3.html Foot massage ball: https://images-na.ssl-images-amazon.com/images/I/41iK7e91T2L.jpg Back massage ball: https://i.ytimg.com/vi/foRNOWZcN8/maxresdefault.jpg from https://www.youtube.com/watch?v=foRNOWZcN8 Lying down yoga: http://scdn.archanaskitchen.com/images/eBooks/Illuminating_Lives_With_Yoga/Yoga_Asana_for_High_B_P.jpg Cross legged yoga: http://scdn.archanaskitchen.com/images/eBooks/Illuminating_Lives_With_Yoga/Yoga_Asana_for_High_B_P.jpg
Pg 85	శారీరకమైన క్రమను చేయండి 	Photo from Danish Siddiqui/Reuters downloaded from http://darkroom.baltimoresun.com/wp-content/uploads/2014/05/REU-INDIA_1-760x506.jpg
Pg 85	కన్నీంటిన ప్రయత్నిద్దాం 	Learning ZoneXpress Chair Activity Bingo picture downloaded from https://images-na.ssl-images-amazon.com/images/I/51Hj41S6CsL. SX425 .jpg

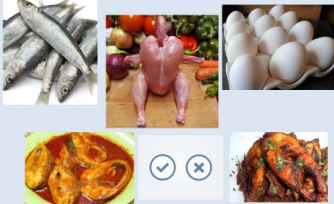
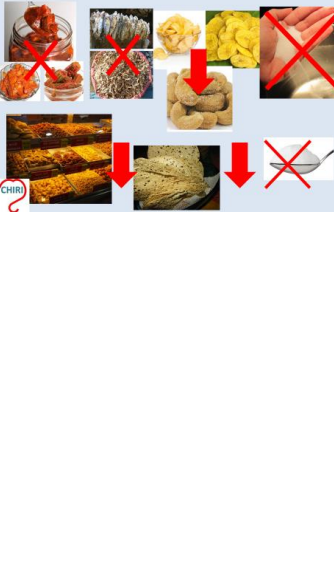
Pg 86		Photos sourced from 'Your everyday guide from the National Institute on Aging at NIH Exercise and Physical Activity Publication No. 15-4258 May 2015 National Institute on Aging Photography by Doug Sanford, Photogroup
Pg 86		Photos sourced from 'Your everyday guide from the National Institute on Aging at NIH Exercise and Physical Activity Publication No. 15-4258 May 2015 National Institute on Aging Photography by Doug Sanford, Photogroup
Pg 87	సాగదీయండి మరియు విశ్రాంతి 	Leg raise: http://www.dietasaluteonline.it/image.axd?picture=2014%2f8%2fsoluzione-crampi.jpg Hip roll: http://image.nanopress.it/donna/fotogallery/1200X0/268841/esercizio-con-braccia-stese.jpg Deep breathing: downloaded from https://www.clipartsgam.com/download/5ADndVx
Pg 87	ఒక్క రాత్రిలో ధారుడ్యం  ఇది ఒక్క రాత్రిలో జరగదు చేయలేరు	Before and After weight loss: https://uk.pinterest.com/pin/336081190916455357/ Night: http://cliparting.com/wp-content/uploads/2016/06/Half-moon-clipart-clipart-kid-3.png Day: https://s-media-cache-ak0.pinimg.com/736x/51/15/55/511555596d3c5824e8263ae0780c24b7.jpg
Pg 88	ఎలా కొనసాగించాలి 	Chair exercises 1: http://www.sbirtho.com/assets/exercise/two_chairs.jpg Chair exercises 2: http://www.shape.com/fitness/workouts/trainers-reveal-best-butt-exercises-all-time#slide-6 http://images.shape.mdpd.com/sites/shape.com/files/styles/slide/public/7.-uni-leg-chair-squat-420x420_0.jpg Side bends: https://www.seniorhealth365.com/wp-content/uploads/2011/10/pic62.jpg 1 Lady using weight: © Barcroft. https://s3-eu-west-1.amazonaws.com/assets.barcroft.tv/b2f9c101-17f1-41eb-8191-da4f11769824.jpg 1 Lady lifting weights: http://www.physiciansweekly.com/wp-content/uploads/2017/03/weight-lifting-exercise-health-workingout-elderly-old-women-aerobic-1080x663.png Walking lady: http://healthy-india.org/images/practicle-tips.jpg Jogging couple: © H Mehta, 123RF Stock Photo https://www.123rf.com/profile_mehta123
Pg 88		Exercise sheets: Copyright Drs Katik Kalyanram and Kamarkshi Kartik Rishi Valley Rural Health Centre And Chapter 4, Authors: JJ Jacob, SV Kumar in "A Practical guide to Diabetes mellitus" 7th Ed, Editors Nihal thomas, Nitin Kapoor, Jachin Velavan, Senthil Vasan K, Dept of Endocrinology, Diabetes and Metabolism, Christian Medical College, Vellore

Pg 88		Photos sourced from 'Your everyday guide from the National Institute on Aging at NIH Exercise and Physical Activity Publication No. 15-4258 May 2015 National Institute on Aging Photography by Doug Sanford, Photogroup
Pg 89		Chart sourced from 'Your everyday guide from the National Institute on Aging at NIH Exercise and Physical Activity Publication No. 15-4258 May 2015 National Institute on Aging Photography by Doug Sanford, Photogroup
Pg 89		Wall push ups and balance: Photos sourced from 'Your everyday guide from the National Institute on Aging at NIH Exercise and Physical Activity Publication No. 15-4258 May 2015 National Institute on Aging Photography by Doug Sanford, Photogroup Yoga: https://cdn.shopify.com/s/files/1/0151/2429/files/International-Yoga-Day-Delhi_grande.jpg?14611475790830801345 Girl on bike: http://www.stockpicturesforeveryone.com/2014/07/women-cycling-in-india.html Dancing: http://www.beatofindia.com/stills/kumbh-optimized/women-dancing.jpg Walking the dog: https://www.nia.nih.gov/sites/default/files/03_planforbreaks1.jpg Playing with grandchildren: http://maxpixel.freecatpicture.com/images/apple-touch-icon-57x57.png Stairs: http://mrsg-mbiology200.wikispaces.com/file/view/stairs.gif/250164290/stairs.gif Gardening with friends: http://2.bp.blogspot.com/-mG6LDPE_5vY/UfugBiiVQul/AAAAAAAAAAs/NZw0zO1qVhA/s1600/CP.jpg Visit friends: © Priti Bhatt, http://souls-of-my-shoes.tumblr.com/post/33005666894/gujarat-by-priti-bhatt Chores with friends: ©Albert Uriach /FVF http://www.wearewater.org/images/275211/collage.jpg http://www.wearewater.org/en/digging-of-wells-in-the-bathalapalli-region-andhra-pradesh-india_280791 Bus: http://cameronsminibushire.co.uk/communities/6/000/001/638/166//images/8032262.png Stick figure walking: http://www.estaciongourmetvalladolid.com/wp-content/uploads/2013/11/caminando.png Happy Heart: http://4.bp.blogspot.com/-0EoFSatpFWw/VBlul6gEfJl/AAAAAAAAAww/LBICxkFy-zo/s1600/HeartPost_WHPC.gif

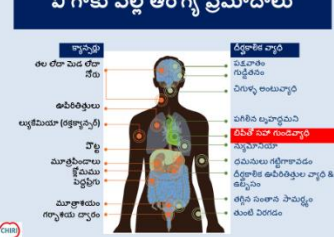
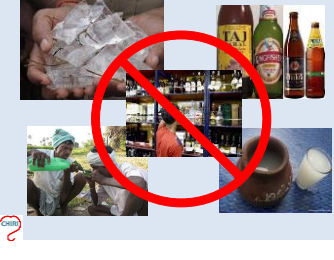
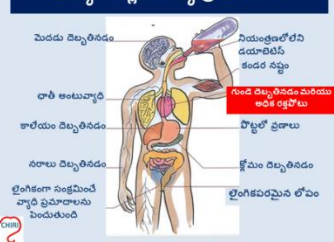
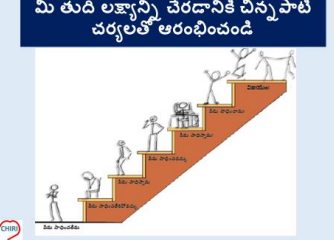
MODULE 4: Nutrition, Alcohol and Tobacco

Pg 97		Rice dishes: Unknown source. Grapefruit: https://lh3.googleusercontent.com/-Ld716gOfa54/TXi3HGn-fHJ/AAAAAAAAAPY/kczA4BbdKH0/s200/IMG_0633.JPG Vegetables: By Gpics at en.wikipedia - Own work, CC BY-SA 3.0, https://upload.wikimedia.org/wikipedia/commons/thumb/6/6c/Vegetable_Cart_in_Guntur.jpg/1024px-Vegetable_Cart_in_Guntur.jpg Fried snacks: http://www.thehealthsite.com/fitness/10-unhealthy-and-fattening-indian-snacks/
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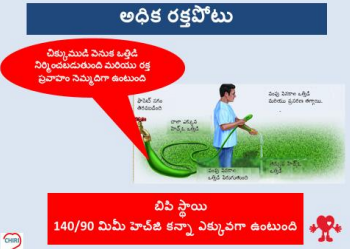
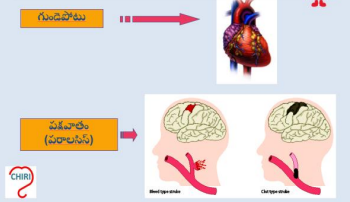
Pg 98		Left to right (from tip): Ragi: http://www.1mg.com/articles/wp-content/uploads/2016/07/ragi-2.jpg Sprouts: ©Southindianvegrecipes.com http://2.bp.blogspot.com/_1_lwnOeZF8/UnihRenUJ2I/AAAAAAAAAqM/tZ8ioCWnYSU/s1600/sprouted_ragi_finger_millet.jpg Ragi Millet: http://www.milletmiller.com/millet-agro/thumb_819368146.jpg Millet: http://www.exportersindia.com/ranawadiya-trading/millet-seeds-india-911646.htm Red rice: http://www.inharvest.com/products/specialty-rice/red-jasmine-rice/ Ragi seeds: https://3.imimg.com/data3/DI/WU/MY-3966004/ragi-flour-250x250.jpg Sorghum: © Copyright 2009 - 2010. Parkar Enterprise http://www.parkarenterprise.com/sorghum.htm Sorghum ears: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRbvShzp164rJvVg1ThHzG0-o1U-1U3E59T8wcSBY1wPlzErO5 Barley: http://2.imimg.com/data2/BI/VC/MY-2078826/barley-500x500.jpg
Pg 98		Clockwise from top left: http://www.yadtek.com/wp-content/uploads/2013/06/Vegetables-telugu-220613.jpg - Root vegetable: Photo WN/Aruna Mirasdar https://article.wn.com/view/2012/05/17/Healthy_eating_can_cost_less/ - Greens: http://img-aws.ehowcdn.com/350x235p/photos.demandstudios.com/74/242/fotolia_330953_XS.jpg - Okra © Michaela Riddell orcid.org/0000-0001-8852-0569 - African Spinach: http://3.bp.blogspot.com/_6zON8hFzc9c/TGqm-jocPfi/AAAAAAAAARQ/lwa5XW4tZr4/s320/efo+tete.JPG - Vegetables: By Gpics at en.wikipedia - Own work, CC BY-SA 3.0, https://upload.wikimedia.org/wikipedia/commons/thumb/6/6c/Vegetable_Cart_in_Guntur.jpg/1024px-Vegetable_Cart_in_Guntur.jpg - Basket of greens: ©itslife.in http://www.itslife.in/glossary/leafy-vegetables/leafy-vegetables - Drumstick leaf: https://4.imimg.com/data4/YO/AX/MY-4134588/drumstick-leaf-500x500.jpg
Pg 99		Clockwise from top left: Grapes: http://staging.agscientific.com/blog/wp-content/uploads/2015/09/grapes.jpg Bananas: © Michaela Riddell orcid.org/0000-0001-8852-0569 Papaya: © NaturalHealth365.com 2015 downloaded from http://www.naturalhealth365.com/health-secrets-of-papaya.html/ Guava: http://www.medindia.net/news/Gorge-on-Guavas-as-They-are-Simply-the-Best-for-Health-91894-1.htm Sweet Lime: https://3.imimg.com/data3/FW/PM/MY-9587736/sweet-lime-250x250.jpg Gooseberry: https://3.imimg.com/data3/CK/MA/MY-4456625/amla-fruit-250x250.jpg Pineapple/Banana; https://www.greenoptimistic.com/wp-content/uploads/2011/03/pineapples-bananas-300x200.jpg Pomegranate: http://scdn.archanaskitchen.com/media/k2/items/cache/e49f4d5c54da44a3936d5262e03bcd41_XL.jpg Oranges: © Michaela Riddell SDC10863.jpg orcid ID: orcid.org/0000-0001-8852-0569 Watermelon: http://www.dietasdeportivas.com/wp-content/uploads/2016/07/Frutas-faciles-de-digerir-696x388.jpg
Pg 99		Clockwise from top right: Dairy group: http://www.newhealthguide.org/images/10433986/image004.jpg Paneer: http://www.fitnessvsweightloss.com/wp-content/uploads/2014/06/Paneer-nutrition-facts.jpg Lite Milk: Photo by Nick Gray downloaded from https://www.flickr.com/photos/nickgray/1122683174 Good life Skim Milk: http://powermaxzone.com/wp-content/uploads/2016/01/56.png Yoghurt: https://s4.scoopwhoop.com/swet/sup/S10.jpg

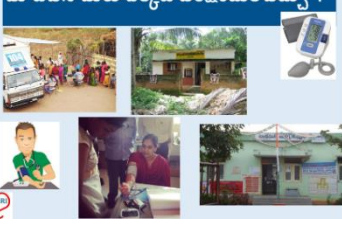
Pg 99	పలుచటి మాంసం మరియు గుడ్లు 	Clockwise from top right: Eggs: https://5.imimg.com/data5/OP/GN/MY-25310779/poultry-eggs-500x500.jpg Fried Fish: https://s-media-cache-ak0.pinimg.com/564x/82/b5/c8/82b5c8c6b3eaf6b4295cea6eeb4e359f.jpg Fish Curry: http://yummyrecipes.oneshot.in/wp-content/uploads/2015/10/Chepala-Pulusu.jpg Sardines: http://blog.onemedical.com/wp-content/uploads/2013/01/Sardines.jpg Chicken: https://www.mullaco.com/1172-large_default/chicken-whole-skinless-hmc-halal.jpg
Pg 100	పప్పులు మరియు చిక్కులు 	Clockwise from top right: Kidney Beans: http://www.mariettacurteanu.com/wp-content/uploads/2014/10/KIDNEY-BEANS.jpg Sprouts: http://laylasabourian.com/wp-content/uploads/2014/09/sprouts-mung-beans-green-gram-4422111.jpg Chick Peas: https://img1.etsystatic.com/162/0/11102110/il_570xN.1218563163_t7gu.jpg Sprout salad: http://img.werecipes.com/wp/wp-content/uploads/2014/04/sprouts-salad-recipe-sprouts.jpg Beans Basket: https://www.goift.com/wp-content/uploads/2013/10/131024-pulse-report-china-bean-production-overview-part-two-fairman-2.jpg Legume varieties: http://www.mahuna.eu/wp-content/uploads/2014/05/Over_bonen_265x305.jpg Black eye peas: http://4.bp.blogspot.com/-GyRT23A7DsU/UEQP1r7R-KI/AAAAAAAAAD8k/rCwdwI0eQdo/s320/DSC_0085.JPG
Pg 100	మీ ఆహారంలో ఉప్పును తగ్గించండి 	Chutney/Pickle: https://keralasrecipes.files.wordpress.com/2012/06/avakayacopyrightedimage8.jpg?w=400&h=266 Indian gooseberry pickle: http://www.itslife.in/vegetarian-recipes/condiments/preservation/thokku-n-pickles-preservation-condiments-vegetarian-recipes/bettadanellikayi-uppinakayi Drumstick Pickle: http://www.indiamapped.com/recipes-in-india/common/images/Drumstick%20Pickle1.jpg Salted and Dried fish: ©Michaela Riddell orcid ID: https://orcid.org/0000-0001-8852-0569 Potato chips: http://www.chicagonow.com/get-fit-chicago/files/2014/01/Potato-chips.jpg Banana chips: https://4.imimg.com/data4/UN/LI/MY-7322614/banana-chips-250x250.jpg Salted cashews: https://www.qualitybazaar.in/1424-home_default/salted-cashew-kaju.jpg Hands of salt: Photo by Blogger Queenbee https://lh3.googleusercontent.com/-nb8U04sgDpg/TXaWR4VN77I/AAAAAAAAAek/KBBeknMnfo8/s400/IMG_2676.JPG Spoon of salt: http://cdn-image.myrecipes.com/sites/default/files/styles/300x300/public/styles/300x300/public/image/how-to/decrease-sugar-ate-x.jpg?itok=SfED_S3Z Papadams: http://thefoodpornographer.com/wp-content/uploads/2006/02/93590730.jpg Fried food stall: Photo by Allen Kornmesser http://www.travelersthalihouse.com/PB050457_small.jpg
Pg 100	మీ ఆహారంలో చక్కెరను తగ్గించండి 	Left to right: Row 1: Indian Sweets: https://www.desiblit.com/wp-content/uploads/2011/04/guide-to-indian-sweets-f-300x147.jpg Sugar: https://qph.ec.quoracdn.net/main-qimg-88a82bbd9178cc365ec7e89bb21a09c8-c Tea: http://www.dulich4phuong.net/upload/Dulich/am-thuc-du-lich/am_thuc_cua_nguoi_an_5.jpg Row 2: Ice cream stick: http://www.thenibble.com/reviews/main/international/images/Saffron-w.jpg Ice cream cup: http://beta.roadfood.com/wp-content/uploads/2016/03/rfl_10427.jpg Cupcake: http://media2.sailusfood.com/wp-content/uploads/2010/08/tutti-frutti-cupcake.jpg Jaggery: http://i.imgur.com/eGOL2ej.png Row 3: Cake: http://cakesandrolls.com/image/cache/data/pastry/pineapple%20pastry-100x100-600x600.jpg Honey: http://www.playchilla.com/wp-content/uploads/2011/02/beehive.jpg Soda drinks: http://www.nadiakiderman.com/wp-content/uploads/2015/06/Soft-Drinks-1024x768.png

Pg 101	 నూనెతో కూడిన/పెయింబిన ఆహారాలను తినవద్దు	Top row L-R: Vada: https://raxacollective.files.wordpress.com/2013/08/404849_503724406344608_1682077396_n.jpg?w=676 Samosa: http://ushafoods.com/images/img1.jpg Bhaji: © Manjusha's Kitchen http://nalgondastore.com/foodimages/foodproduct-306.jpg Bottom Row L-R: Chicken Fry: https://i.ytimg.com/vi/r_auOCH5I5c/hqdefault.jpg Punugulu: https://sabithavantalu.files.wordpress.com/2013/11/img_4927.jpg?w=500&h=375 Frying papad: http://www.vegrecipessofindia.com/wp-content/uploads/2014/11/masala-papad-recipe8.jpg
Pg 101	 ఇంటిలో తయారైన ఆహారం యొక్క వాడుకను పెంచండి పాక్ చేయబడిన లేదా బోటల్ నుండి తీసుకున్న లేదా పిప్పిలో దొరికి ఆహార పదార్థాలను తినవద్దు లేదా తగ్గించండి	Clockwise top right: Cooking at home: Photo The Travel Hack http://thetravelhack.com/wp-content/uploads/2013/04/cooking-in-india.jpg Street Food Bottom right: Photo by Viaggio Routard http://www.responsibletravel.com/ImagesClient/asia-map-food.jpg Street Food: © AP http://i.dailymail.co.uk/i/pix/2013/12/05/article-2518851-19DBDBDC00000578-16_634x449.jpg Image 4 website expired ethicaltravelportal.squarespace.com/ansvarlig-turist
Pg 101		Diagram by Michaela Riddell orcid ID: orcid.org/0000-0001-8852-0569
Pg 102	 ఆహార సిఫారసులు ఆహార భాగాలు	Banana: captured from http://www.wisegeek.net/what-are-some-fiber-rich-foods.htm# Portion plate: https://www.herbalone.com/wp-content/uploads/2013/08/Portion.jpg Yoghurt: http://media2.intoday.in/wonderwoman/images/stories/feb2010/curd200_092011105423.jpg
Pg 102	 మీ రక్తపోటును మెరుగుపరచుకోవడానికి ఆహారం గురించిన ప్రధాన సందేశాలు	Clock wise from top right: Bok Choy: Photo WN/Sweet Radoc captured from https://article.wn.com/view/2010/08/20/Green+leafy+vegetables+cut+diabetes+risk+7/ Chick Peas: https://img1.etsystatic.com/162/0/11102110/il_570xN.1218563163_t7gu.jpg Greens: http://img-aws.ehowcdn.com/350x235p/photos.demandstudios.com/74/242/fotolia_330953_XS.jpg Vegetables: https://3.imimg.com/data3/LJ/QK/MY-19051933/all-indian-vegetables-fruits-250x250.jpg Sprout salad: http://img.werecipes.com/wp/wp-content/uploads/2014/04/sprouts-salad-recipe-sprouts.jpg Mango tree: http://ashapuraagriculturefarm.com/images/fullscreen/b6.jpg Guava: http://www.medindia.net/news/Gorge-on-Guavas-as-They-are-Simply-the-Best-for-Health-91894-1.htm Sapota fruit: https://pimg.tradeindia.com/02724981/b/1/Fresh-Sapota.jpg Papaya: © NaturalHealth365.com 2015 downloaded from http://www.naturalhealth365.com/health-secrets-of-papaya.html/ Custard Apple: http://www.24x7stores.com/images/products/t_image/20121109075741custard_apple.jpg

Pg 102		Gutka: http://hillpost.in/wp-content/uploads/2012/12/Gutka-Ban.jpg Bidi: http://img1.exportersindia.com/product_images/bc-small/dir_35/1040627/tobacco-bidi-1258165.jpg Chewing tobacco: http://www.tribuneindia.com/2012/20121116/edit2.jpg Toxic chemicals: Image credit: Wikimedia Commons/ Projectandi http://1.bp.blogspot.com/-z_367HMCROQ/T8s2-qZLT5I/AAAAAAAAABaM/LLwmvxU5pcw/s1600/CigaretteComponents600.jpg
Pg 103		http://www.treatcancer.com/wp-content/uploads/2014/11/SERO-Smoking-Article-Image-710x575.png
Pg 103		L-R – Alcohol sachets: © AP https://ichef.bbci.co.uk/news/624/media/images/70606000/jpg/_70606385_70606384.jpg Beers: https://secure.meetupstatic.com/photos/event/9/9/9/0/event_193899312.jpeg Bar shelves: http://cdn.deccanchronicle.com/sites/default/files/alcoholAFP.jpg Toddy: http://www.omnipundit.com/slr/w584/wp-content/uploads/2014/11/cocnut-palm-beer-toddy.jpg Local brew: http://cdn6.bigcommerce.com/s-bkb118y/product_images/uploaded_images/tadi.jpeg
Pg 103		© Bangladesh Preventive Welfare Society: Unique Picture No.00024 http://www.bdwarefareociety.org/wp-content/uploads/2016/02/Serious-Health-Complications-Role-Of-Alcoholism-And-Booze-Abuse-Collected-Unique-Picture-No-00024.....-300x180.jpg
Pg 103		http://4.bp.blogspot.com/-Xh_miR7GrEE/VNZLVEmdoAI/AAAAAAAAAC6Q/ES9hsKlpAAE/s1600/tortugas_de_tierra_-_consejos_de_alimentacion2.jpg
MODULE 5: Principles of Self-Management		
Pg 108		http://mrsg-mbiology200.wikispaces.com/file/view/stairs.gif/250164290/stairs.gif

Pg 109		L- R Ghee: https://usercontent1.hubstatic.com/338704_f520.jpg Bullseye Alcohol sachets (<i>content is no longer available</i>): https://encrypted-tbn0.gstatic.com/images?q=tbn:AND9GcS5zUJ5Ce8v5dFd8DHdi3-yD9jvUpIs3Rpub5FKIHrv45rH_d5 Beer: http://www.pitchonnet.com/wp-content/uploads/2012/09/beer.jpg Toddy: https://qph.ec.quoracdn.net/main-qimg-f5b0f17b1368075ed07a5d44a2b2edbc-c Vegetables & BP machine: http://www.thenassauguardian.com/lifestyles/health-and-wellness/55037-the-epidemic-silent-killer Sugar: https://qph.ec.quoracdn.net/main-qimg-88a82bbd9178cc365ec7e89bb21a09c8-c Heaped spoon: http://www.nestle.co.kr/asset-library/PublishingImages/Pentacle/whatiscsv-renewal/Nutrition/N6.png No smoking: http://worthlesswriting.files.wordpress.com/2007/12/no_smoking_sign.jpg Male BP Check: PHOTO: T. Vijaya Kumar http://www.thehindu.com/migration_catalog/article11113602.ece/alternates/FRE E_660/VJ29ONGOLE3SCRIBE Girl on Bike: http://www.stockpicturesforeveryone.com/2014/07/women-cycling-in-india.html Hands of salt: Photo by Blogger Queenbee https://lh3.googleusercontent.com/-nb8UU4sgDpg/TXaWR4VN77I/AAAAAAAAAek/KBBeknMnfo8/s400/IMG_2676.JPG Medications: https://guidelineshealth.com/wp-content/uploads/2016/01/Drugs-pills-medicine-XXX-high-res-300x188.jpg Night: http://cliparting.com/wp-content/uploads/2016/06/Half-moon-clipart-clipart-kid-3.png Day: https://s-media-cache-ak0.pinimg.com/736x/51/15/55/511555596d3c5824e8263ae0780c24b7.jpg Boy playing cricket: https://ramanasgardenblog.files.wordpress.com/2012/09/ram_cricket11.jpg Cross legged yoga: http://scdn.archanaskitchen.com/images/eBooks/Illuminating_Lives_With_Yoga/Yoga_Asana_for_High_B_P.jpg
Pg 109		L-R Healthy diet: Attribution DNA, http://static.dnaindia.com/sites/default/files/styles/half/public/1850763.jpg?itok=823yxcpp Physical Activity: AP https://gdb.voanews.com/23FD0590-990D-4D39-86D4-4797383F54E3_cx0_cy4_cw0_w1023_r1_s.jpg Medications: © Wikimedia creative commons Photo by Tom Varco https://upload.wikimedia.org/wikipedia/commons/f/fe/Prozac_pills.jpg Reduce Salt: Photo by Blogger Queenbee https://lh3.googleusercontent.com/-nb8UU4sgDpg/TXaWR4VN77I/AAAAAAAAAek/KBBeknMnfo8/s400/IMG_2676.JPG No Tobacco: http://www.utsa.edu/today/images/graphics/tobfree2.jpg No Alcohol: http://nancythai.weebly.com/uploads/2/3/7/5/23750252/7048426.gif?212
Pg 110		Medication pill box: http://www.npexcellence.com/images/pill%20box.jpg
Pg 110		Alarm Clock: http://www.seniorhomecareny.com/wp-content/uploads/2014/09/img_MedicationReminders.jpg Mobile Ph Reminders: https://www.experto.de/wp-content/uploads/fileadmin/assets/user_assets/8/tsx/2/Apps_Smartphone_sicher-810x769.jpg Mobile Ph Alarm: © 123RF, Maksim Kabakou: ID Number: 25062764 Pill Box: http://www.dhresource.com/0x0s/f2-albu-g3-M01-A7-E9-rBVaHFUBQKCAeelsAAALtryKZ3mQ298.jpg/3pcs-weekly-7-day-am-pm-14-compartment-pill.jpg Bed: http://www.ana-white.com/sites/default/files/058.JPG Email reminders: https://2.bp.blogspot.com/_ZaGO7GiCqAI/TJOZlQZubi/AAAAAAAAdRI/YxtFBGUeEI/s640/calendar-notifications.png Man brushing teeth: Picture: Kevin Frayer/AP http://www.themetrognome.in/wp-content/uploads/2013/12/tooth-care-600x350.jpg

		Pill packet: Photo by Carolyn Thomas https://czthomas.files.wordpress.com/2009/10/heart-pills-5.jpg?w=300&h=204
Pg 111	స్వయం-నియంత్రణను సులభతరం మీరు ఎలా చేస్తారు? 	L-R Group: https://c1.staticflickr.com/8/7299/10033894714_b3b63aacfb.jpg Women: http://www.alzheimer.org.in/assets/images/dementia_001_thumb.jpg Reach for star: https://www.nidcr.nih.gov/EducationalResources/DentalHealthProf/HealthyPeople2010/PublishingImages/ch3Selecting.gif Lying down yoga: http://scdn.archanaskitchen.com/images/eBooks/Illuminating_Lives_With_Yoga/Yoga_Asana_for_High_B_P.jpg Nurse BP Check: http://www.svnparamedics.com/uploads/1/0/1/3/10139749/2608482_orig.jpg
MODULE 6: Revision and Key messages		
Pg 118	అధిక రక్తపోటు 	Hose diagram: adapted from https://biology-forums.com/index.php?action=gallery;sa=view;id=1216
Pg 119	అధిక రక్తపోటు అనేది నిశ్శబ్దంగా ప్రాణాలను తీస్తుంది 	Ninja: http://static.bitlanders.com/users/galleries//280100/image9434_fa_rs2d.jpg Man having his blood pressure checked. Credit: Linda Braucht, R-M, Creative#: 84955302. Getty Images http://www.gettyimages.com.au/license/84955302
Pg 119	అధిక రక్తపోటు గుండె మరియు రక్తనాళాల వ్యాధిని కలిగించవచ్చు 	Heart: https://www.smm.org/heart/Images/heart.jpg Stroke: Blamb, Shutterstock, Stock vector ID: 341762885
Pg 120	ప్రమాదకారకాలు 	Man eating junk: ©AP http://www.dw.com/image/15527437_4.jpg downloaded from http://www.dw.com/en/diabetes-threatens-indias-economic-development/a-6659379 Fried food: ©Rie592 http://japaneyes529.jugem.cc/?eid=400 Salt: https://3.imimg.com/data3/EQ/YG/MY-10321696/tata-salt-iodised-1-kg-pouch-250x250.jpg Alcohol: Igor Normann. Stock photo ID: 205124719. https://www.shutterstock.com/image-photo/glass-whiskey-ice-on-table-205124719 Bidi: http://img1.exportersindia.com/product_images/bc-small/dir_35/1040627/tobacco-bidi-1258165.jpg Gutka: http://hillpost.in/wp-content/uploads/2012/12/Gutka-Ban.jpg Skull smoking: http://www.keefeclinic.com/wp-content/uploads/2014/04/stop-smoking-300x200.jpg Family TV: © Reuters http://static.indianexpress.com/m-images/M_Id_235835_Family.jpg Crying Heart: @umplau https://k26.kn3.net/taringa/1/0/6/7/7/4/20/noe_0911/9D3.jpg

Pg 120	మీ అధిక రక్తపోటును నియంత్రించుకోవడం 	Alcohol: Igor Normann. Stock photo ID: 205124719. https://www.shutterstock.com/image-photo/glass-whiskey-ice-on-table-205124719 Handful salt: © UNICEF Mozambique downloaded from http://www.dw.com/image/18008926_302.jpg Girl on Bike: http://www.stockpicturesforeveryone.com/2014/07/women-cycling-in-india.html Vegetables & BP machine: http://www.thenassauguardian.com/lifestyles/health-and-wellness/55037-the-epidemic-silent-killer Medication: https://guidelineshealth.com/wp-content/uploads/2016/01/Drugs-pills-medicine-XXX-high-res-300x188.jpg												
Pg 121	మీ బిపిని మీరు ఎక్కడ పరీక్షించుకోవచ్చు ? 	104 Ambulance: © 2014 Piramal Enterprises Limited http://www.piramalswasthya.com/wp-content/uploads/2014/08/ap_big-slider1.jpg BP check clipart: http://www.kostdoktor.se/wp-content/2008/01/withbp1-400x446.jpg Sub Centre (top middle): ©Michaela Riddell orcid ID: orcid.org/0000-0001-8852-0569 Women BP check: http://images.huffingtonpost.com/2014-04-15-BPcheck.png Digital BP: http://www.pricelist.co.in/media/catalog/product/cache/1/image/500x600/9df78eab33525d08d6e5fb8d27136e95/o/1/o1_2.jpg Health Centre (bottom right): http://bhupalpally.weebly.com/uploads/6/8/5/1/6851838/4105999.jpg?394												
Pg 121	మీకు మందులు ఎక్కడ దొరకవచ్చు? 	104 Ambulances: Photo Credit: RAJU V http://www.thehindu.com/migration_catalog/article13405522.ece/alternates/FRE_E_960/30VZVIJCITYREG2104 Pharmacy: Irekia under a CC License https://newint.org/features/web-exclusive/2012/10/17/2012-10-17%20india%20pharmacy%20270.jpg Pharmacy bottom left: NaturallyFunDays : Marcela https://naturallyfundays.files.wordpress.com/2012/01/dsc_0108-small.jpg?w=636&h=424 Jan Aushadhi, bottom right: http://www.livechennai.com/businesslistings/News_photo/Jan-Aushadhi-scheme-1.jpg												
Pg 122	సాధారణ లేదా బ్రాండ్డ్ మందు అనగా ఏమిటి? 	Generic vs Branded: @CninMed http://cninmed.com/wp-content/uploads/2016/12/generic-vs-brand-170x124-1.png Losartan 50 mg: http://medlibrary.org/lib/images-rx/losartan-potassium-22/figure-10.jpg Zozopolo-H: https://3.imimg.com/data3/JX/KS/MY-9666900/zozopolo-h-tablets-250x250.jpg												
Pg 122	శారీరకశ్రమ తీవ్రతను ప్రదర్శించడం ప్రతి ఒక్కరూ నిలబడండి! <table border="1"> <thead> <tr> <th>తీవ్రత</th> <th>ఉపసంహరించుకోవలసిన పరికరాలు</th> <th>వ్యాయామం</th> </tr> </thead> <tbody> <tr> <td>తేలికపాటి</td> <td>మోళ్ళాడటం మరియు పాటలు పాడటం</td> <td></td> </tr> <tr> <td>మధ్యస్థమైన</td> <td>మోళ్ళాడటం - మరింత కష్టతరం పాడటం సాధ్యమైనది</td> <td></td> </tr> <tr> <td>తీవ్రమైన</td> <td>మోళ్ళాడటం సాధ్యమైనది, ఆయాసం, ఉపసంహరించుకోవలసిన పరికరాలు</td> <td></td> </tr> </tbody> </table>	తీవ్రత	ఉపసంహరించుకోవలసిన పరికరాలు	వ్యాయామం	తేలికపాటి	మోళ్ళాడటం మరియు పాటలు పాడటం		మధ్యస్థమైన	మోళ్ళాడటం - మరింత కష్టతరం పాడటం సాధ్యమైనది		తీవ్రమైన	మోళ్ళాడటం సాధ్యమైనది, ఆయాసం, ఉపసంహరించుకోవలసిన పరికరాలు		Light activity: http://www.estaciongourmetvalladolid.com/wp-content/uploads/2013/11/caminando.png Moderate activity: https://blogdotsocialpacedotcom1.files.wordpress.com/2013/06/dynamicstretching1.png Vigorous activity: adapted from http://ywcaskatoon.com/wp-content/uploads/2015/12/dynamic-stretching.jpg
తీవ్రత	ఉపసంహరించుకోవలసిన పరికరాలు	వ్యాయామం												
తేలికపాటి	మోళ్ళాడటం మరియు పాటలు పాడటం													
మధ్యస్థమైన	మోళ్ళాడటం - మరింత కష్టతరం పాడటం సాధ్యమైనది													
తీవ్రమైన	మోళ్ళాడటం సాధ్యమైనది, ఆయాసం, ఉపసంహరించుకోవలసిన పరికరాలు													
Pg 122	నేను ఎంత కష్టపడి పనిచేయాలి? <table border="1"> <thead> <tr> <th>తీవ్రత (ఎంత కష్టం)</th> <th>వ్యవధి (ఎంతకాలం)</th> <th>తరచుదనం (ఎంత తరచుగా)</th> </tr> </thead> <tbody> <tr> <td>మధ్యస్థమైన</td> <td></td> <td></td> </tr> <tr> <td>శుభ్రమైన</td> <td></td> <td></td> </tr> <tr> <td>ఉదాహరణ బలోపేతం చేయటం</td> <td></td> <td></td> </tr> </tbody> </table>	తీవ్రత (ఎంత కష్టం)	వ్యవధి (ఎంతకాలం)	తరచుదనం (ఎంత తరచుగా)	మధ్యస్థమైన			శుభ్రమైన			ఉదాహరణ బలోపేతం చేయటం			Step up: https://blogdotsocialpacedotcom1.files.wordpress.com/2013/06/dynamicstretching1.png 30 minute clock (green): http://www.bodypower.eu/images/stories/virtuemart/category/resized/30_205x171.png 15 minute clock (yellow): https://www.jaysonlo.com/wp-content/uploads/2013/06/15-minutes1.jpg Running: http://ywcaskatoon.com/wp-content/uploads/2015/12/dynamic-stretching.jpg Woman triceps: Photos sourced from 'Your everyday guide from the National Institute on Aging at NIH Exercise and Physical Activity Publication No. 15-4258 May 2015 National Institute on Aging Photography by Doug Sanford, Photogroup
తీవ్రత (ఎంత కష్టం)	వ్యవధి (ఎంతకాలం)	తరచుదనం (ఎంత తరచుగా)												
మధ్యస్థమైన														
శుభ్రమైన														
ఉదాహరణ బలోపేతం చేయటం														

Pg 123	ప్రతిరోజు చురుకుగా ఉండండి 	30 minute clock (green): http://www.bodypower.eu/images/stories/virtuemart/category/resized/30_205x171.png Stair climbing: ASHA Training Module #8 Role in Prevention and Control of Non Communicable Diseases (NCDs) Walking: http://healthy-india.org/images/practicle-tips.jpg Cycling: http://www.gaadi.com/cycles/news/wp-content/uploads/2015/05/Cycling-to-office.jpg
Pg 123	ప్రశాంతంగా/ విశ్రాంతిగా ఉండండి 	Hands in the air: © CNN Traveller downloaded from http://i.cdn.travel.cnn.com/sites/default/files/styles/article_large/public/article-images/large/Mumbai-1_640x310.gif?itok=Ww_422gP Flute: © Simon Brooks: http://simonbrooks.com/index3.html Foot massage ball: https://images-na.ssl-images-amazon.com/images/I/41iK7e91T2L.jpg Back massage ball: https://i.ytimg.com/vi/foRNOWZcN8/maxresdefault.jpg from https://www.youtube.com/watch?v=foRNOWZcN8 Lying down yoga: http://scdn.archanaskitchen.com/images/eBooks/Illuminating_Lives_With_Yoga/Yoga_Asana_for_High_B_P.jpg Cross legged yoga: http://scdn.archanaskitchen.com/images/eBooks/Illuminating_Lives_With_Yoga/Yoga_Asana_for_High_B_P.jpg
Pg 124	ఒక్క రాత్రిలో ధారుడ్యం 	Before and After weight loss: https://s-media-cache-ak0.pinimg.com/564x/e0/8e/01/e08e014d9b0a2df8be8a37092d6f6ca7.jpg Night: http://cliparting.com/wp-content/uploads/2016/06/Half-moon-clipart-clipart-kid-3.png Day: https://s-media-cache-ak0.pinimg.com/736x/51/15/55/511555596d3c5824e8263ae0780c24b7.jpg
Pg 124	మీ రక్తపోటును మెరుగుపరచుకోవడానికి ఆహారం గురించిన ప్రధాన సందేశాలు 	Clock wise from top right: Bok Choy: Photo WN/Sweet Radoc captured from https://article.wn.com/view/2010/08/20/Green_leafy_vegetables_cut_diabetes_risk_7/ Chick Peas: https://img1.etsystatic.com/162/0/11102110/il_570xN.1218563163_t7gu.jpg Greens: http://img-aws.ehowcdn.com/350x235p/photos.demandstudios.com/74/242/fotolia_330953_XS.jpg Vegetables: https://3.imimg.com/data3/LJ/QK/MY-19051933/all-indian-vegetables-fruits-250x250.jpg Sprout salad: http://img.werrecipes.com/wp/wp-content/uploads/2014/04/sprouts-salad-recipe-sprouts.jpg Mango tree: http://ashapuraagriculturefarm.com/images/fullscreen/b6.jpg Guava: http://www.medindia.net/news/Gorge-on-Guavas-as-They-are-Simply-the-Best-for-Health-91894-1.htm Sapota fruit: https://pimg.tradeindia.com/02724981/b/1/Fresh-Sapota.jpg Papaya: © NaturalHealth365.com 2015 downloaded from http://www.naturalhealth365.com/health-secrets-of-papaya.html/ Custard Apple: http://www.24x7stores.com/images/products/t_image/20121109075741custard_apple.jpg
Pg 125	ఆహార సిఫారసులు ఆహార భాగాలు 	Banana: captured from http://www.wisegEEK.net/what-are-some-fiber-rich-foods.htm# Portion plate: https://www.herbalone.com/wp-content/uploads/2013/08/Portion.jpg Yoghurt: http://media2.intoday.in/wonderwoman/images/stories/feb2010/curd200_092011105423.jpg

Pg 125	 మీ ఆహారంలో ఉప్పును తగ్గించండి	Chutney/Pickle: https://keralasrecipes.files.wordpress.com/2012/06/avakayacopyrightedimage8.jpg?w=400&h=266 Indian gooseberry pickle: http://www.itslife.in/vegetarian-recipes/condiments/preservation/thokku-n-pickles-preservation-condiments-vegetarian-recipes/bettadanellikayi-uppinakayi Drumstick Pickle: http://www.indiamapped.com/recipes-in-india/common/images/Drumstick%20Pickle1.jpg Salted and Dried fish: ©Michaela Riddell orcid ID: orcid.org/0000-0001-8852-0569 Potato chips: http://www.chicagonow.com/get-fit-chicago/files/2014/01/Potato-chips.jpg Banana chips: https://4.imimg.com/data4/UN/LI/MY-7322614/banana-chips-250x250.jpg Salted cashews: https://www.qualitybazaar.in/1424-home_default/salted-cashew-kaju.jpg Hands of salt: Photo by Blogger Queenbee https://lh3.googleusercontent.com/-nb8UU4sgDpg/TXaWR4VN77I/AAAAAAAAAek/KBBeknMnfo8/s400/IMG_2676.JPG Spoon of salt: http://cdn-image.myrecipes.com/sites/default/files/styles/300x300/public/styles/300x300/public/image/how-to/decrease-sugar-ate-x.jpg?itok=SfED_S3Z Papadams: http://thefoodpornographer.com/wp-content/uploads/2006/02/93590730.jpg Fried food stall: Photo by Allen Kornmesser http://www.travelersthalihouse.com/PB050457_small.jpg
Pg 125	 మీ ఆహారంలో చక్కెరను తగ్గించండి	Left to right: Row 1: Indian Sweets: https://www.desiblit.com/wp-content/uploads/2011/04/guide-to-indian-sweets-f-300x147.jpg Sugar: https://qph.ec.quoracdn.net/main-qimg-88a82bbd9178cc365ec7e89bb21a09c8-c Tea: http://www.dulich4phuong.net/upload/Dulich/am-thuc-du-lich/am_thuc_cua_nguoi_an_5.jpg Row 2: Ice cream stick: http://www.thenibble.com/reviews/main/international/images/Saffron-w.jpg Ice cream cup: http://beta.roadfood.com/wp-content/uploads/2016/03/rfl_10427.jpg Cupcake: http://media2.sailusfood.com/wp-content/uploads/2010/08/tutti-frutti-cupcake.jpg Jaggery: http://i.imgur.com/eGOL2ei.png Row 3: Cake: http://cakesandrolls.com/image/cache/data/pastry/pineapple%20pastry-100x100-600x600.jpg Honey: http://www.playchilla.com/wp-content/uploads/2011/02/beehive.jpg Soda drinks: http://www.nadiakiderman.com/wp-content/uploads/2015/06/Soft-Drinks-1024x768.png
Pg 126	 నూనెతో కూడిన/వేయించిన ఆహారాలను తినవద్దు	Vada: https://raxacollective.files.wordpress.com/2013/08/404849_503724406344608_1682077396_n.jpg?w=676 Samosa: http://ushafoods.com/images/img1.jpg Bhaji: ©Manjusha's Kitchen http://nalgondastore.com/foodimages/foodproduct-306.jpg Bottom Row L-R: Chicken Fry: https://i.ytimg.com/vi/r_auOCH5I5c/hqdefault.jpg Punugulu: https://sabithavantalu.files.wordpress.com/2013/11/img_4927.jpg?w=500&h=375 Frying papad: http://www.vegrecipesofindia.com/wp-content/uploads/2014/11/masala-papad-recipe8.jpg
Pg 126	 పొగాకు వాడకాన్ని ఆపివేయండి	Gutka: http://hillpost.in/wp-content/uploads/2012/12/Gutka-Ban.jpg Bidi: http://img1.exportersindia.com/product_images/bc-small/dir_35/1040627/tobacco-bidi-1258165.jpg Chewing tobacco: http://www.tribuneindia.com/2012/20121116/edit2.jpg Toxic chemicals: Image credit: Wikimedia Commons/ Projectandi http://1.bp.blogspot.com/-z_367HMCROQ/T8s2-qZLT5I/AAAAAAAAABaM/LLwmvxU5pcw/s1600/CigaretteComponents600.jpg

Pg 127		Alcohol sachets: © AP https://ichef.bbci.co.uk/news/624/media/images/70606000/jpg/_70606385_70606384.jpg Beers: https://secure.meetupstatic.com/photos/event/9/9/9/0/event_193899312.jpeg Bar shelves: http://cdn.deccanchronicle.com/sites/default/files/alcoholAFP.jpg Toddy: http://www.omnipundit.com/slir/w584/wp-content/uploads/2014/11/cocnut-palm-beer-toddy.jpg Local brew: http://cdn6.bigcommerce.com/s-bkb118y/product_images/uploaded_images/tadi.jpeg
Pg 127	5 రక్తపోటును తగ్గించడానికి గల నియమాలు నియమం 1. అరిసెట్టు కొద్దుగా, సానిటలు మరియు ఉప్పును నిరోధించండి నియమం 2. మరింత తాజా పళ్ళు మరియు కూరగాయలను తినండి నియమం 3. పొగాకు మరియు మద్యంను వదిలివేయండి నియమం 4. శారీరకంగా చురుకుగా ఉండండి నియమం 5. క్రమంగా మీ రక్తపోటును నిర్ధారించుకోండి	Ghee: https://us.v-cdn.net/5017260/uploads/FileUpload/c5/4af09899bdc1e34fc4fdf11d675d7.jpg Handful salt: © UNICEF Mozambique downloaded from http://www.dw.com/image/18008926_302.jpg Apple: © fotosearch.com http://www.embracinghealthblog.com/wp-content/uploads/2010/05/Apple-with-Heart.jpg Cigarette butt: http://www.mt02.org/dossieractions/dossier_tabac/images_tabac/ecrase_cigarette100.gif Alcohol: © Thinkstock http://www.irishtimes.com/polopoly_fs/1.1795566.1400506969!/image/image.jpg_gen/derivatives/box_620_330/image.jpg Young footballer: http://www.footballforpeace.no/historier/bilder/Kenya2.jpg Female BP Check: © Oduru Suresh, Rishi Valley Medical research Unit, Monash University Image: 20151224_091710.jpg
Pg 127		Clockwise from Left: At the beach: https://www.indianholiday.co.uk/holiday-themes.html Gardening: Photo: AFP http://www.thestar.com.my/lifestyle/family/features/2015/04/09/seniors-in-india-want-the-freedom-to-live-on-their-own/~media/EBAD5B2C2BEC4278B1412D96957A4987.ashx Crowd dancing: https://arrangedmarriage2015.files.wordpress.com/2016/02/indian-wedding-dance-floor.jpg?w=442&h=215 Paint fight: Photo by asingh http://www.southasianpost.com/sites/default/files/styles/large/public/images/article/201311/Diwali-drinking-games-takes-the-sting-out-of-pricey-outings.jpg?itok= SX7c1U2 Mother and Son: http://actioninternationalministries.org/uploads/thumbs/friends%20having%20fun.jpg Senior woman: Photo by oochappan https://www.flickr.com/photos/oochappan/2651576850/in/album-72157606062748865/ Senior women (centre): Photo by Mahesh Kumar A./ Associated Press https://static01.nyt.com/images/2013/10/01/world/asia/01-POD-elderly-day-IndiaInk/01-POD-elderly-day-IndiaInk-blog480.jpg Man in Blue shirt: http://www.counseelpakistan.com/images/2011/ads_ppf.jpg