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There are various methods to infuse colour into one's life, including solarized water, coloured light boxes, silk colours, and hands-on healing techniques. Colour therapy has been proven to have a positive effect on physical health but also addresses deeper psychological and spiritual aspects of our being. Our wellbeing is not solely a physical concern; numerous practitioners are now adopting holistic approaches. Colour Therapy is a non-invasive, holistic practice that can be integrated into daily life. Rather than just experiencing colour in therapeutic sessions, it's essential to recognize its presence throughout nature. By heightening awareness of the energy of colours and absorbing them, we can transform our lives. Moreover, this platform offers free NIOS 12th Class Assignments for the academic year 2025-26. These resources are designed to enhance learning and boost chances of success. We provide NIOS Assignment Answers & Solutions for various courses, including solutions for previous years' assignments. Our website also allows for the download of solved assignments in PDF format and handwriting. Additionally, we offer a WhatsApp number for inquiries related to our content. Given text: assignments, for that you have to order us ahead of time, already on the website, the number is given. If any students are outsiders, we will send post assignments to them ". Burn Treatment Steps: Stop burning process by removing person from heat source, then cool burn with cool water or damp cloth for 10-20 minutes. Next, cover burn with sterile bandage or clean cloth to prevent infection. Avoid popping blisters and seek medical help if burn is severe or affects sensitive areas. Gross Motor Development in Young Children: Promote gross motor skills through activities like running, jumping on trampolines, climbing, dancing, throwing/catching balls, biking/tricycle riding, and swimming. These exercises improve balance, strength, coordination, and flexibility while enhancing overall body awareness. Maintaining Good Health: Define health as a state of complete physical, mental, and social well-being. To maintain good health, follow these practices: Eat a balanced diet with variety of nutritious foods; engage in regular physical activity like walking or swimming; get adequate sleep (7-9 hours) for recovery and function; practice stress management techniques like meditation to reduce stress. Health Awareness Messages: Wash Hands Regularly to prevent infection spread; Exercise for a Healthy Body and Mind to maintain weight, strengthen heart, and boost mental well-being by releasing endorphins. Limit screen time in children to promote physical activity and outdoor play. Get vaccinated against diseases to protect personal and community health. 1. Eat healthy food. 2. Get vaccinated. 1. What is the primary purpose of winding yarn onto spools or cones? 2. Identify the major food groups present in each of the packaged food items listed and explain their significance. 3. Classify each of the given packaged food items into one or more major food groups and justify your classification. 4. How can understanding the different major food groups help in building a balanced diet? A person's age significantly impacts their meal planning needs, as different stages of life require varying amounts of nutrients for growth, maintenance, and health. Infants from 0 to 2 years need high amounts of fats, proteins, and carbohydrates for growth and brain development. They are typically given breast milk or formula, supplemented with solid foods like mashed vegetables, fruits, and iron-fortified cereals. Children between the ages of 3 and 12 require adequate protein, calcium, and vitamin D for bone development, as well as iron for energy. Their meals often consist of dairy products, lean proteins, whole grains, and vegetables. Adolescents (13-19 years) need an increased caloric intake to support rapid growth, along with more protein, iron, calcium, and vitamins. A balanced diet with lean meats, dairy, fruits, and vegetables is crucial for energy, muscle development, and bone health. Adults between the ages of 20 and 60 require a balanced intake of all macronutrients and essential vitamins and minerals for overall health. Their meals should include lean meats, whole grains, healthy fats, fruits, and vegetables to maintain weight and prevent chronic diseases. Older adults (60+ years) need increased amounts of fiber for digestive health, calcium and vitamin D for bone health, and more protein to prevent muscle loss. They should eat meals rich in fiber, low in sodium, with a focus on calcium-rich foods and lean proteins. handful of peanuts with a balance of macronutrients and micronutrients, ensuring adequate fiber, vitamins, and minerals while keeping costs low. This meal plan utilizes affordable ingredients such as oats, eggs, lentils, and vegetables to meet daily nutritional needs without overspending.