



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2021; 6(1): 23-24

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www.theyogicjournal.com

Received: 18-11-2020

Accepted: 28-12-2020

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Health and wellness

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Abstract

Health is the level of functional and (or) metabolic efficiency of a living being. In humans it is the general condition of a person in mind, body and spirit, usually meaning to be free from illness, injury or pain. The World Health Organization (WHO) defined health in its broader sense in 1946 as a state of complete physical, mental, and social well-being and not merely the absence of disease.

Personal health depends partially on the active, passive, and assisted cues people observe and adopt about their own health. These include personal actions for preventing or minimizing the effects of a disease, usually a chronic condition, through integrative care.

Keywords: Health, wellness, functional, broader, WHO

Introduction

Health is the level of functional and (or) metabolic efficiency of a living being. In humans it is the general condition of a person in mind, body and spirit, usually meaning to be free from illness, injury or pain. The World Health Organization (WHO) defined health in its broader sense in 1946 as a state of complete physical, mental, and social well-being and not merely the absence of disease.

Personal health depends partially on the active, passive, and assisted cues people observe and adopt about their own health. These include personal actions for preventing or minimizing the effects of a disease, usually a chronic condition, through integrative care. They also include personal hygiene practices to prevent infection and illness, such as bathing and washing hands with soap; brushing and flossing teeth storing, preparing and handling food safely and many others. The information gleaned from personal observations of daily living - such as about sleep patterns, exercise behaviour, nutritional intake, and environmental features - may be used to inform personal decisions and actions. Personal health also depends partially on the social structure of a person's life. The maintenance of strong social relationships, volunteering and other social activities have been linked to positive mental health and even increased longevity.

Wellness is a term that has become extremely popular in recent years. So much so that the definition of wellness has also been rendered different meanings to different people. Some say it is a state of mind that is experienced as tranquillity; others define wellness as a luxury lifestyle concept associated with fitness. All inclusive, the generally accepted definition of wellness is: To stay in good condition physically, mentally, and spiritually, especially through healthy choices in those areas. Having a balanced state of these parts of the psyche. And it defines wellness to include not just being healthy physically but embraces holistic concept of health that encompasses our whole being - body, mind and spirit.

In order to fully appreciate wellness as a life purpose, as a way of life, we must look at what affects our natural condition of well-being. These would involve looking at those factors that can disrupt our natural balance. To live up to the definition of wellness, we must attain physical, mental, emotional, spiritual, social, occupational and intellectual wellness.

Stress is a dangerous, venomous enemy of wellness. It can lay its hands on us without us even knowing in some cases. Stress counteracts everything that wellness is. Basically, stress un-defines wellness.

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This is where mental wellness is very important. If we are mentally well, we can recognize the symptoms of stress so we are able to deal with it. Learn to communicate wellness. Communicate wellness to yourself, your family, friends and especially at the workplace - the source of most stress. Another way of saying this is: Be life giving. Communicate encouragement, cooperation and confidence to your fellow workers. Another significant aspect in our definition of wellness that ought to be given your undivided attention. You must have something to believe in, something to hold onto. This gives you a base to work from. Finally, if you have achieved a level of wellness as describe above, then it would not be long before you come to realize living and organizing your life around love simplifies and converges everything I have attempted to explain on the definition of wellness.

Conclusions

In a few words, wellness means the state of being fully human; yet fully alive to life. In a sense, this level of attainment epitomizes the definition of wellness Health and Wellness are very important to the human being to lead happy and joyful life.

References

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