

Indian Systems of Health and Wellness (SEC-301)

Unit 1 Introduction to Health and Wellness

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2. Importance of health in daily life
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2. Health System of India-AYUSH
3. Perspective of Indigenous People towards health

Suggested References

1. Carr, A. *Positive Psychology The Science of Happiness and Human Strengths*.
2. Nyambichu, C. & Lumiri, J. *Lifestyle Disease Lifestyle Disease Management*.

Practical Component

- Visit to a Vipassana Meditation Centre.
- Observation and reporting on wellness practices.
- Participation in health and well-being activities.

Unit 1 Introduction to Health and Wellness

1.1 Meaning and Definition of Health

According to the World Health Organization (WHO), health is defined as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. This definition highlights that health involves the harmonious functioning of the body, mind, and social life.

1.2 Importance of Health in Daily Life

1. Physical Efficiency and Energy

When a person maintains good health through proper nutrition, regular exercise, adequate sleep, and healthy habits, the body's systems function more effectively. Healthy individuals are generally more energetic, productive, and capable of participating in various activities such as studying, working, travelling, and sports.

Example A student who gets sufficient sleep, consumes nutritious food, and exercises regularly can attend classes attentively, participate in activities, and complete assignments more effectively than a student who frequently experiences fatigue due to poor health habits.

2. Improved Academic and Professional Performance

Health plays a crucial role in educational and professional success. Good health enhances concentration, memory, learning ability, creativity, and productivity. Students with good health can absorb information more effectively and perform better in examinations and academic activities.

Poor health often results in absenteeism, reduced concentration, and lower performance levels. Therefore, maintaining good health is essential for achieving academic excellence and career growth.

Example An employee who maintains physical fitness and mental well-being is more likely to complete projects on time and perform effectively in the workplace.

3. Mental Alertness and Decision-Making

Mental alertness improves problem-solving abilities, judgement, reasoning, and creativity. Individuals who enjoy good health can process information more effectively and respond appropriately to challenges and opportunities.

In today's fast-changing world, decision-making skills are important in education, business, family life, and society. Maintaining good health helps individuals remain mentally sharp and capable of making rational choices.

Example A business manager who follows a healthy lifestyle is more likely to remain focused during stressful situations and make sound decisions that benefit the organisation.

4. Emotional Stability and Stress Management

Good health contributes significantly to emotional well-being and psychological resilience. Healthy individuals are generally better able to manage stress, anxiety, frustration, and other emotional challenges. Physical activity, proper nutrition, and adequate rest positively influence mood and emotional balance.

In modern society, where academic pressure, workplace competition, and social challenges are common, emotional well-being has become increasingly important.

Example A person who practises yoga, meditation, or relaxation techniques regularly may remain calm and composed even during difficult situations.

5. Prevention of Diseases

One of the most significant benefits of good health is disease prevention. Healthy lifestyle practices such as balanced nutrition, regular exercise, personal hygiene, vaccination, and health check-ups reduce the risk of many illnesses.

Preventive healthcare is often more effective and less expensive than treating diseases after they develop. Therefore, adopting healthy habits is essential for long-term well-being.

Example Individuals who engage in regular physical activity and maintain a healthy diet are less likely to develop obesity and cardiovascular diseases.

6. Economic Benefits

Good health has important economic advantages for individuals, families, organisations, and society. Healthy individuals generally incur lower healthcare expenses because they require fewer medical treatments, medications, and hospital visits.

In addition, healthy people are more productive at work and less likely to miss educational or employment opportunities due to illness. This contributes to increased income, financial stability, and improved living standards.

Example A person who maintains a healthy lifestyle may save significant amounts of money by avoiding frequent medical consultations and hospital admissions.

7. Better Social Relationships

Health influences an individual's ability to communicate, interact, and build meaningful relationships with others. Healthy individuals are generally more confident, active, and willing to participate in social activities.

Social support networks also contribute to overall well-being by providing emotional encouragement and assistance during difficult times.

Example A physically and mentally healthy person is more likely to participate in community programmes, social gatherings, and family events, thereby strengthening social connections.

8. Higher Quality of Life

Good health enables individuals to enjoy life more fully and pursue their personal goals with confidence. A healthy person can participate in recreational activities, travel, engage in hobbies, and spend quality time with family and friends.

Example Healthy senior citizens often remain active and independent, allowing them to enjoy their retirement years and maintain meaningful social relationships.

9. Increased Life Expectancy

Medical research consistently shows that individuals who maintain healthy lifestyles tend to live longer and experience better health during old age. They are also more likely to remain physically active and mentally alert throughout their lives.

Increased life expectancy not only benefits individuals but also enables them to contribute to their families and communities for a longer period.

Example Individuals who avoid smoking, limit alcohol consumption, and engage in regular physical activity often enjoy better health and longevity.

10. Contribution to Society and Nation

The health of individuals directly affects the progress and development of society. Healthy citizens are more productive, innovative, and capable of contributing to economic growth, social development, and national prosperity.

A healthy workforce improves industrial productivity, educational achievement, and public service delivery. Furthermore, healthy communities experience lower healthcare costs, reduced absenteeism, and improved quality of life. **Example** A healthy workforce contributes to increased production, better service quality, and stronger economic growth, ultimately supporting national development.

1.3 Components/Dimensions of Health

Health is a multidimensional concept consisting of various interconnected aspects that together determine an individual's overall well-being.

1. Physical Health

Physical health refers to the proper functioning of the body and its organs. It involves maintaining fitness through balanced nutrition, regular exercise, adequate sleep, and healthy lifestyle practices.

Characteristics

- Strong immune system
- Good physical fitness
- Adequate energy levels
- Freedom from major diseases

Example A person who exercises daily, eats a balanced diet, and gets sufficient sleep enjoys good physical health.

2. Mental Health

Mental health refers to an individual's ability to think clearly, learn effectively, make decisions, and cope with life's challenges.

Characteristics

- Positive thinking
- Good concentration
- Sound judgement
- Ability to manage stress

Example A student who remains focused during examinations and handles academic pressure effectively demonstrates good mental health.

3. Social Health

Social health refers to the ability to establish and maintain healthy relationships with family, friends, colleagues, and society.

Characteristics

- Effective communication
- Cooperation with others

- Respect for diversity
- Strong social support networks

Example A person who maintains positive relationships with colleagues and family members exhibits good social health.

4. Emotional Health

Emotional health is the ability to recognise, understand, express, and manage emotions appropriately.

Characteristics

- Self-awareness
- Emotional control
- Self-confidence
- Positive self-esteem

Example An individual who remains calm during conflicts and expresses feelings respectfully demonstrates emotional health.

5. Spiritual Health

Spiritual health involves having a sense of purpose, values, ethics, and inner peace in life.

Characteristics

- Strong personal values
- Sense of meaning and purpose
- Inner peace
- Compassion towards others

Example A person who practises meditation and follows ethical principles in daily life exhibits spiritual well-being.

6. Intellectual Health

Intellectual health refers to the ability to learn, think critically, solve problems, and continuously acquire knowledge.

Characteristics

- Curiosity
- Creativity
- Critical thinking
- Lifelong learning

Example A person who regularly reads books, attends workshops, and learns new skills demonstrates intellectual health.

7. Environmental Health

Environmental health refers to living in surroundings that support physical and mental well-being while protecting natural resources.

Characteristics

- Clean air and water
- Safe housing
- Healthy workplace
- Environmental awareness

Example People living in clean and pollution-free environments generally experience better health outcomes.

1.4 Concept and Significance of Wellness

Wellness refers to a conscious and continuous process of making choices that support a healthy, balanced, and fulfilling life. It goes beyond being free from illness and focuses on achieving optimal physical, mental, emotional, social, and spiritual well-being. Wellness is not a one-time achievement but a lifelong journey that requires personal responsibility, self-awareness, and healthy lifestyle practices.

Significance of Wellness

1. Promotes Overall Health

Wellness helps individuals maintain good physical, mental, and emotional health. By adopting healthy habits, people can improve their overall quality of life and reduce the likelihood of illness.

Wellness encourages balanced nutrition, regular exercise, sufficient rest, and positive mental habits, which contribute to better health outcomes.

Example A person who exercises regularly and follows a nutritious diet is likely to experience better health and higher energy levels.

2. Encourages Healthy Lifestyle Choices

Wellness motivates individuals to make informed decisions regarding their daily habits and behaviours. It promotes responsibility towards personal health and well-being.

Individuals who focus on wellness are more likely to avoid harmful habits such as smoking, excessive alcohol consumption, and unhealthy eating patterns.

Example Choosing fresh fruits and vegetables instead of fast food demonstrates a wellness-oriented lifestyle.

3. Reduces the Risk of Diseases

One of the major benefits of wellness is disease prevention. Healthy lifestyle practices help reduce the risk of chronic illnesses and health complications.

Wellness promotes preventive healthcare through proper nutrition, physical activity, stress management, and regular health check-ups.

Example Regular walking and maintaining a healthy weight can reduce the risk of diabetes and heart disease.

4. Improves Mental Health

Wellness supports psychological well-being by helping individuals manage stress, anxiety, and emotional challenges effectively.

Wellness activities such as meditation, mindfulness, relaxation techniques, and positive thinking improve mental resilience and emotional balance.

Example Practising meditation for a few minutes daily can help reduce stress and improve concentration.

5. Enhances Emotional Well-Being

Wellness enables individuals to recognise, understand, and manage their emotions in a healthy manner.

Emotional wellness improves self-confidence, self-awareness, and the ability to cope with difficult situations without becoming overwhelmed.

Example A person who handles criticism constructively rather than reacting negatively demonstrates emotional wellness.

6. Increases Productivity and Performance

Healthy individuals are generally more energetic, focused, and productive in their academic, professional, and personal lives.

Wellness improves concentration, memory, motivation, and work efficiency, leading to better performance in various activities.

Example An employee who maintains a healthy routine is often more productive and efficient at work.

7. Strengthens Social Relationships

Wellness contributes to positive interactions and healthy relationships with family members, friends, colleagues, and society.

Social wellness encourages effective communication, cooperation, empathy, and respect for others.

Example Participating in community events and maintaining strong friendships promotes social wellness.

8. Supports Work-Life Balance

Wellness helps individuals maintain a healthy balance between personal responsibilities, family life, and professional commitments.

A balanced lifestyle reduces stress and prevents burnout, enabling individuals to enjoy different aspects of life.

Example A working professional who allocates time for family, exercise, and relaxation maintains better work-life balance.

9. Promotes Personal Growth and Self-Development

Wellness encourages continuous learning, self-improvement, and the development of personal strengths and abilities. It motivates individuals to set goals, acquire new skills, and strive for personal excellence.

Example Learning a new language, attending workshops, or developing a hobby contributes to personal wellness.

10. Improves Quality of Life

Wellness enhances life satisfaction by helping individuals achieve balance, happiness, and fulfilment in various areas of life.

Individuals who practise wellness experience greater physical comfort, emotional stability, and overall happiness.**Example** A healthy retiree who remains active and socially engaged often enjoys a higher quality of life.

11. Promotes Preventive Healthcare

Wellness focuses on preventing health problems before they occur rather than only treating illnesses after they develop.

Preventive measures such as vaccination, regular medical check-ups, healthy eating, and physical activity help maintain long-term health.

Example Regular health screenings can detect potential health issues at an early stage and prevent complications.

12. Contributes to Long-Term Happiness and Fulfilment

Wellness encourages individuals to live purposefully and maintain balance in all dimensions of life.

By nurturing physical, mental, emotional, social, and spiritual well-being, wellness promotes lasting happiness and personal fulfilment.

Example A person who maintains healthy relationships, meaningful work, and a positive outlook on life is more likely to experience long-term happiness.

1.5 Mental Health and Wellness

Meaning of Mental Health

Mental health refers to a person's emotional, psychological, and social well-being. It affects how people think, feel, and act in different situations. Good mental health helps individuals cope with stress, build positive relationships, make informed decisions, and contribute effectively to society.

Example: A student who remains calm during examinations, manages study pressure effectively, and maintains positive relationships with friends demonstrates good mental health.

Meaning of Mental Wellness

Mental wellness is the active process of maintaining and improving mental health through healthy habits and positive lifestyle choices. It focuses on achieving balance, resilience, emotional stability, and personal growth.

Example:

An individual who regularly practises meditation, exercises, and maintains healthy social relationships is actively promoting mental wellness.

Importance of Mental Health and Wellness

1. Promotes Positive Thinking

Good mental health encourages optimism, confidence, and a positive outlook towards life. It helps individuals focus on opportunities rather than difficulties.

Example: A student who views academic challenges as learning opportunities demonstrates positive thinking.

2. Improves Emotional Stability

Mental wellness helps individuals recognise, understand, and manage emotions effectively. It promotes emotional balance and self-control.

Example: A person who remains calm during disagreements and responds thoughtfully rather than reacting impulsively shows emotional stability.

3. Enhances Stress Management

Good mental health enables individuals to cope effectively with stress, pressure, and unexpected challenges.

Example: An employee who manages workload pressure through proper planning and relaxation techniques demonstrates effective stress management.

4. Supports Healthy Relationships

Mental wellness improves communication, empathy, understanding, and cooperation in personal and professional relationships.

Example: A person who listens attentively and provides emotional support to friends maintains healthy relationships.

5. Improves Academic Performance

Good mental health enhances concentration, memory, creativity, and learning ability, leading to better academic outcomes.

Example: Students who manage stress effectively often perform better in examinations and classroom activities.

6. Increases Workplace Productivity

Mentally healthy individuals are generally more focused, motivated, and productive in their professional lives.

Example: A manager who maintains emotional balance can make effective decisions and lead teams successfully.

7. Builds Self-Confidence and Self-Esteem

Mental wellness helps individuals develop a positive self-image and confidence in their abilities.

Example: A person who participates actively in discussions and public speaking activities demonstrates healthy self-esteem.

8. Encourages Personal Growth

Good mental health motivates individuals to learn new skills, pursue goals, and continuously improve themselves.

Example: Enrolling in a new course to develop professional skills reflects personal growth and development.

9. Supports Physical Health

Mental and physical health are closely connected. Positive mental health often encourages healthier lifestyle behaviours.

Example: Individuals with good mental health are more likely to exercise regularly and maintain balanced diets.

10. Improves Quality of Life

Mental wellness contributes to happiness, life satisfaction, and overall well-being.

Example: People who maintain emotional balance and positive relationships generally enjoy greater life satisfaction.

Factors Influencing Mental Health and Wellness

1. Family Environment

Supportive family relationships provide emotional security and stability. **Example** Children raised in caring and encouraging families often develop stronger emotional resilience.

2. Education

Education improves self-confidence, knowledge, and problem-solving abilities. **Example** Educational opportunities help individuals develop skills necessary for personal and professional success.

3. Employment and Financial Security

Stable employment and financial resources reduce stress and provide a sense of security.

Example Individuals with secure jobs generally experience lower levels of financial anxiety.

4. Social Support

Strong friendships and community relationships contribute to emotional well-being. **Example**

Having supportive friends during difficult times can reduce feelings of loneliness.

5. Physical Health

Good physical health positively affects mental and emotional well-being. **Example** Regular exercise releases endorphins that improve mood and reduce stress.

6. Life Experiences

Positive and negative life events influence emotional health and psychological resilience.

Example Coping successfully with challenges often strengthens emotional maturity.

Strategies for Maintaining Mental Health and Emotional Well-Being

1. Regular Physical Activity

Exercise improves mood, reduces stress, and enhances overall well-being.

2. Adequate Sleep

Proper sleep helps maintain emotional balance and cognitive functioning.

3. Healthy Nutrition

A balanced diet supports brain function and emotional health.

4. Stress Management Techniques

Yoga, meditation, deep breathing, and relaxation exercises help reduce stress.

5. Social Interaction

Maintaining healthy relationships provides emotional support and a sense of belonging.

6. Mindfulness and Meditation

Mindfulness practices improve self-awareness and emotional control.

7. Seeking Professional Help

Consulting counsellors, psychologists, or mental health professionals can provide support when needed.

1.6 Determinants Influencing Health Behaviour

Health behaviour refers to the actions, habits, and decisions that individuals make regarding their health and well-being. These behaviours may promote good health or increase the risk of illness and disease. Health behaviour is not determined by a single factor but is influenced by a combination of biological, social, economic, environmental, educational, and psychological factors. Understanding these determinants helps individuals make informed decisions and enables governments and healthcare professionals to develop effective health promotion strategies.

1. Biological Factors

Biological factors are personal characteristics that individuals inherit or develop naturally. These factors influence health status and health-related behaviours throughout life.

Age, gender, genetics, and hereditary conditions significantly affect an individual's health needs and health risks. Certain diseases and health conditions may occur due to genetic predisposition. Biological factors also influence physical growth, metabolism, immunity, and susceptibility to illness.

Example: A person with a family history of diabetes may be more careful about diet and exercise to reduce the risk of developing the disease.

2. Lifestyle Factors

Lifestyle factors refer to the daily habits and routines that directly affect health and well-being. These are among the most important determinants of health behaviour because they are largely within an individual's control.

Healthy lifestyle practices include balanced nutrition, regular physical activity, adequate sleep, personal hygiene, stress management, and avoidance of harmful substances such as tobacco and excessive alcohol. Unhealthy lifestyle choices can increase the risk of obesity, heart disease, diabetes, and other chronic illnesses.

Modern lifestyles often involve long hours of sitting, excessive screen time, irregular eating habits, and lack of physical activity, which negatively affect health.

Example: An individual who exercises regularly, consumes nutritious meals, and gets sufficient sleep is more likely to enjoy better health than someone with unhealthy habits.

3. Social and Cultural Factors

Social and cultural factors influence attitudes, beliefs, values, and behaviours related to health and wellness.

Family members, friends, peers, cultural traditions, religious beliefs, and community norms shape an individual's understanding of health and health-related practices. People often adopt behaviours that are accepted and encouraged within their social environment.

Supportive social relationships can encourage healthy habits, whereas negative social influences may contribute to unhealthy behaviours. Cultural beliefs may also affect dietary practices, healthcare decisions, and attitudes towards physical activity.

Example: A family that regularly engages in physical activities together is likely to encourage healthy lifestyle habits among its members.

4. Economic Factors

Economic factors play a significant role in determining access to resources that support good health. Income level, employment status, occupation, and financial security affect an individual's ability to obtain nutritious food, quality healthcare, safe housing, and education. People with stable financial resources generally have greater opportunities to maintain healthy lifestyles.

Example: A person with a stable income can afford regular medical check-ups, nutritious food, and health insurance, which contribute to better health outcomes.

5. Environmental Factors

Environmental factors include the physical surroundings in which individuals live, work, and interact. The quality of air, water, housing, sanitation, workplace conditions, transportation facilities, and recreational spaces significantly affects health behaviour and overall well-being. Clean and safe environments promote healthy living, while polluted and unsafe environments increase health risks.

Access to parks, sports facilities, and green spaces encourages physical activity. Similarly, a clean environment helps prevent infectious diseases and promotes better physical and mental health.

Example: People living in areas with clean drinking water and proper sanitation facilities generally experience fewer health problems than those living in polluted environments.

6. Educational Factors

Education is a powerful determinant of health behaviour because it enhances knowledge, awareness, and decision-making abilities.

Higher levels of education are often associated with healthier lifestyles and better health outcomes because educated individuals tend to have greater awareness of health risks and protective behaviours.

Example: A person who understands the importance of vaccination is more likely to participate in immunisation programmes and encourage others to do the same.

7. Psychological Factors

Psychological factors relate to an individual's thoughts, beliefs, emotions, attitudes, and personality characteristics.

Health behaviour is strongly influenced by motivation, self-esteem, confidence, emotional stability, and personal beliefs. Individuals with positive attitudes towards health are more likely to engage in healthy behaviours and adopt preventive healthcare practices.

Example: A person who believes that regular exercise improves health is more likely to maintain a consistent fitness routine.

8. Technological Factors

Technological advancements increasingly influence health behaviour in modern society.

Technology provides access to health information, telemedicine services, fitness applications, wearable health devices, and online healthcare resources. These tools help individuals monitor and improve their health.

However, excessive dependence on technology may also contribute to sedentary lifestyles, digital addiction, and reduced physical activity. Therefore, technology should be used responsibly to support health and wellness.

Example: Using a fitness tracking application to monitor daily steps and physical activity encourages healthier behaviour.

9. Government and Healthcare Policies

Government initiatives and healthcare systems significantly influence public health behaviour. Government regulations regarding food safety, tobacco control, environmental protection, and public health education also influence individual health behaviour.

Health policies, public awareness campaigns, vaccination programmes, healthcare infrastructure, and disease prevention initiatives encourage healthier lifestyles and improve access to healthcare services.

Example: Anti-smoking campaigns and regulations restricting tobacco use encourage people to adopt healthier habits.

10. Media and Information Sources

Mass media and digital platforms play an important role in shaping health awareness and behaviour.

Television, newspapers, radio, social media, websites, and health campaigns provide information about nutrition, disease prevention, fitness, and healthy lifestyles. Accurate information can encourage positive health behaviours, while misinformation may lead to harmful practices.

Example: A public awareness campaign promoting regular handwashing can encourage better hygiene practices within communities.

Unit 2 Mind, Body and Well-Being

1. Understanding the mind-body connection
2. Implication of Mind-Body Connection
3. Well-being – Why it matters?
4. Digital well-being

RELATIONSHIP BETWEEN MIND AND BODY

- The mind and body are closely connected and continuously influence each other.
- Stress and negative thoughts can lead to physical problems like headaches, fatigue, and high blood pressure. Physical illness can affect mood, concentration, and emotional stability. Positive thinking and good mental health improve immunity and physical recovery. Regular exercise improves mood by releasing endorphins (“feel-good” hormones).

Effect of Mind on Body

- Mental states can directly influence physical health:
- **Stress** may lead to headaches, high blood pressure, and weak immunity.
- **Anxiety** can cause stomach problems, rapid heartbeat, and fatigue.
- **Positive emotions** can improve immunity and healing capacity.
- **Depression** may lead to low energy, sleep problems, and reduced appetite.

Effect of Body on Mind

- Physical health also affects mental well-being:
- Regular exercise improves mood by releasing endorphins.
- Poor nutrition can affect concentration and emotional stability.
- Chronic illness may lead to stress, sadness, or frustration.
- Adequate sleep improves memory, focus, and emotional balance.

Bidirectional Relationship

- The mind and body influence each other continuously:
- Stress → weak immunity → illness → emotional distress
- Exercise → better mood → reduced stress → improved health
- Poor sleep → irritability → poor performance → increased stress
- This cycle shows that improving one area positively affects the other.

Indian Perspective on the Mind Body Connection

- Vipassana is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body, which can be experienced directly by disciplined attention to the physical sensations that form the life of the body, and that continuously interconnect and condition the life of the mind. It is this observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion.
- **Implications of mind-body connection**

Holistic Approach to Health

- One major implication is that health must be viewed holistically.
- Health is not only physical or only mental.
- Doctors and health systems must consider both mind and body together.
- Treatment becomes more effective when emotional and psychological factors are included.

Stress as a Major Health Factor

- The mind–body connection shows that stress has direct physical effects.
- Chronic stress can lead to high blood pressure, heart disease, headaches, and weakened immunity.
- Managing stress becomes essential for preventing many illnesses.
- Stress management is now a key part of healthcare.

Lifestyle as a Health Determinant

- Lifestyle choices affect both mind and body.
- Exercise improves mood and physical fitness.
- Poor diet can affect brain function and emotional stability.
- Sleep quality influences both mental focus and immunity.
- This leads to the idea that **healthy lifestyle = better mind + better body**.
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Role of Positive Thinking

- Thought patterns influence physical health.
- Positive thinking can reduce stress hormones and improve immunity.
- Negative thinking may increase anxiety and worsen physical symptoms.
- Mental attitude becomes an important part of health management.

Development of Mind–Body Therapies

- The connection has led to new treatment methods such as:
- Yoga and meditation
- Breathing exercises (pranayama)
- Cognitive Behavioural Therapy (CBT)
- Relaxation and mindfulness techniques
- These therapies treat both mental and physical aspects of health

Patient Recovery and Healing

- The mind–body connection improves understanding of recovery:
- Emotional support improves healing outcomes.

- Fear and stress can delay recovery.
- A calm and confident mind supports faster healing.

Prevention of Diseases

- It highlights the role of mental well-being in disease prevention.
- Chronic stress increases risk of lifestyle diseases.
- Good mental health promotes healthy behaviours like exercise and proper diet.
- Emotional balance reduces harmful habits such as smoking or overeating.

Need for Integrated Healthcare

- Healthcare systems must integrate psychological care with medical treatment.
- Doctors, psychologists, and counsellors should work together.
- Mental health screening becomes part of routine check-ups.
- Patient care becomes more comprehensive.

Personal Responsibility for Health

- Individuals must take responsibility for both mind and body.
- Managing emotions is as important as physical fitness.
- Stress control, positive thinking, and healthy habits are essential.
- Self-care becomes a key part of wellness.

WELL-BEING: WHY IT MATTERS

Well-being refers to a state of being comfortable, healthy, happy, and satisfied in life. It includes physical, mental, emotional, social, and spiritual balance. Well-being is not just about avoiding illness, but about living a meaningful and fulfilling life. It matters because it influences every aspect of human functioning and quality of life.

○ **Improves Overall Health**

- Well-being directly affects physical and mental health.
- Good well-being supports strong immunity and reduces disease risk.
- It helps prevent stress-related illnesses such as hypertension and diabetes.
- Balanced mental and emotional health supports the body's proper functioning.

○ **Enhances Quality of Life**

- Well-being improves how people experience daily life.
- Increases happiness and life satisfaction
- Helps individuals enjoy relationships and activities
- Promotes a sense of purpose and fulfillment
- A person with high well-being feels more positive about life in general.

○ **Increases Productivity and Performance**

- Well-being plays a key role in success at work and study.
- Improves concentration and decision-making
- Increases motivation and energy levels
- Reduces absenteeism due to illness or stress
- Healthy and balanced individuals perform better in all areas of life.

○ **Strengthens Mental and Emotional Health**

- Well-being helps maintain emotional stability.
- Reduces anxiety, stress, and depression
- Improves emotional control and resilience
- Encourages positive thinking and self-confidence

○ **Builds Strong Relationships**

- Good well-being supports healthy social interactions.
- Improves communication and empathy
- Helps maintain supportive relationships with family and friends
- Reduces conflicts and misunderstandings
- Social well-being contributes greatly to emotional happiness.
 - **Supports Healthy Lifestyle Choices**
 - People with better well-being are more likely to:
 - Eat balanced and nutritious food
 - Exercise regularly
 - Avoid harmful habits like smoking or alcohol misuse
 - Maintain proper sleep routines
 - Thus, well-being encourages healthier living habits.
 - **Helps in Stress Management**
 - Well-being acts as a buffer against stress.
 - Enables individuals to handle pressure effectively
 - Promotes relaxation and emotional balance
 - Reduces negative impact of daily challenges
 - This improves long-term mental and physical health.
 - **Promotes Longevity**
 - Good well-being is linked to longer life expectancy.
 - Reduces risk of chronic diseases
 - Encourages preventive health behaviours
 - Supports healthier aging and independence in later life
 - **Encourages Personal Growth**
 - Well-being supports continuous self-improvement.
 - Helps individuals set and achieve goals
 - Increases self-awareness and confidence
 - Encourages learning and adaptability
 - **Contributes to a Better Society**
 - When individuals are well, society also benefits.
 - More productive and responsible citizens
 - Lower healthcare burden
 - Stronger communities and better social harmony

DIGITAL WELLBEING

Negative effects of poor digital habit

Physical Health

Sleep disruption: Blue light from screens tricks your brain and ruins your rest.

Strain and pain: Long hours looking at devices cause dry eyes, neck pain, and headaches.

Inactivity: Sitting for too long leads to reduced physical movement and fatigue.

Mental Health and Mood

Anxiety and stress: Constant notifications and doom scrolling raise your stress levels.

Low self-esteem: Comparing yourself to curated online profiles often triggers feelings of inadequacy.

Burnout: Blurring work and personal time leaves you feeling mentally drained.

Cognitive Function and Focus

Shorter attention span: Quick, bite-sized content makes deep focus difficult.

Memory issues: Constant digital distractions reduce your ability to retain information

Relationships

Isolation: Choosing online engagement over face-to-face time weakens real-world bonds.

Ways to Improve Digital Wellbeing

Manage Screen Time

Set daily limits for phone and social media use

Take regular breaks from screens

Use Technology Mindfully

Avoid unnecessary scrolling

Focus on meaningful and productive content

Maintain Offline Activities

Engage in sports, hobbies, and outdoor activities

Spend time with family and friends

Improve Sleep Habits

Avoid screens 1 hour before bedtime

Keep devices away while sleeping

Control Notifications

Turn off unnecessary alerts

Reduce distractions from apps

Practice Digital Detox

Take breaks from devices for a few hours or days

Reconnect with real-world activities

Unit 3: Deficiency & Diseases

- **Malnutrition under and over nutrition**
- **Body system and common diseases**
- **Sedentary lifestyle and risk of disease**
- **Modern lifestyle and associated health risks**

Malnutrition refers to a condition in which the body receives either too little or too much of the nutrients needed for proper growth, development, and health. It includes undernutrition (deficiency of nutrients) and overnutrition (excess intake of nutrients).

UNDERNUTRITION

Meaning

Undernutrition occurs when a person does not consume enough energy, protein, vitamins, and minerals to meet the body's requirements. It is most common among children, pregnant women, and people living in poverty.

Causes of Undernutrition

- **Inadequate Food Intake**
 - Insufficient quantity of food due to poverty or food shortage.
 - Poor-quality diets lacking essential nutrients.
- **Poverty and Food Insecurity**
 - Low-income limits access to nutritious foods.
 - Natural disasters and conflicts can reduce food availability.
- **Diseases and Infections**
 - Diarrhea, tuberculosis, HIV/AIDS, and intestinal parasites reduce nutrient absorption.
 - Frequent illness increases nutrient requirements.
- **Poor Maternal and Child Nutrition**
 - Inadequate nutrition during pregnancy.
 - Lack of breastfeeding and improper complementary feeding.
- **Poor Sanitation and Hygiene**
 - Contaminated water and unhygienic conditions increase infections and nutrient loss.
- **Lack of Nutrition Knowledge**
 - Poor dietary choices due to limited awareness about balanced nutrition.

Effect of Undernutritions

- Low body weight
- Weakness and fatigue
- Loss of muscle mass
- Frequent illness
- poor concentration
- dry skin and hair fall
- Delayed wound healing
- Anemia

- Irritability and mood Changes

Prevention

People can be educated on

- The nutritional quality of common foods
- Importance and nutritional quality of various locally available and culturally accepted low cost foods
- Importance of exclusive breastfeeding for six months and continuing to breast feed up to two years or beyond.
- Damage caused by irrational beliefs and cultural practices of feeding
- Recipes for preparing proper weaning foods and good supplementary food from locally available low cost foods.
- Importance of including milk, eggs, meat or pulses in sufficient quantities in the diet to enhance the net dietary protein value.
- Importance of feeding children and adults during illness
- Importance and advantages of growing a kitchen garden
- Importance of immunizing their children and following proper sanitation in their day to day life.

OVERNUTRITION

Meaning

Overnutrition occurs when a person consumes more calories and nutrients than the body requires, leading to excessive body fat and obesity.

CAUSES OF OVERNUTRITION

1. Excessive Calorie Intake

- Eating large amounts of food beyond energy needs.
- Frequent consumption of high-calorie foods.

2. Unhealthy Diet

Excess intake of: Fast foods

Sugary beverages

Processed foods

Foods high in saturated fats and salt

3. Physical Inactivity

- Sedentary lifestyle.
- Increased screen time and reduced exercise.

4. Genetic Factors

- Family history may increase the risk of obesity.

5. Psychological Factors

- Emotional eating due to stress, anxiety, or depression.

6. Urbanization and Lifestyle Changes

- Easy availability of processed foods.
- Reduced physical labor and active transportation.

Common Signs

- Excess body weight
- Increased Waist circumference
- Breathlessness on exertion
- Tiredness and laziness
- high blood pressure
- High blood sugar

- High cholesterol
- Joint Pain
- Fatty liver
- Sleep disturbance

Effect

- Food poisoning
- hardening of the arteries
- increased susceptibility to infectious diseases
- gallstones
- cardiac arrest
- heart problems
- metabolic disturbances
- stomach problems
- numbness
- allergic reactions

Preventing Overnutrition

- Eat smaller portions
- Choose high-fiber foods:
- Avoid sugary drinks and processed food
- Practice mindful eating
- Move daily
- Stay hydrated
- Plan your meals
- Choose food items carefully
- Avoid supplements without prescription
- Do not skip meals
- Slow down while you are eating

BODY SYSTEMS AND COMMON DISEASES

Body System

The human body is a biological machine made of body systems; groups of organs that work together to produce and sustain life.

Diseases

Disease, any harmful deviation from the healthy structural or functional state of an organism, generally associated with certain signs and symptoms and differing in nature from physical injury.

Types of Diseases

Communicable Diseases

These diseases are spread from one person to another through air, water, food, insect or physical contact

Common Cold, influenza, Malaria, Covid-19, Dengue, Cholera, Typhoid

Non Communicable Diseases

These diseases are not spread from one person to another through air, water, food, insect or physical contact.

Diabetes, Hypertension, Heart Disease, Cancer, Asthma, Obesity, Stroke

Major Body System

Digestion is a complicated process. It involves many organs working together. It breaks down and absorbs nutrients from the food and liquids you consume. Your digestive system also takes care of food waste.

Key Organs: mouth, esophagus, liver, stomach, gallbladder, pancreas, small intestine, large intestine, rectum, and anus.

Common Disease of the Digestive System

Acidity

- Acidity occurs when your stomach overproduces acid to digest food. it may slip up into the esophagus, which then results in the burning phenomenon of heartburn.
- Causes of Acidity
 - Unusual mealtimes
 - Eating too much or too fast
 - Foods that are full of fats, fried, or spicy
 - Carbonated and caffeinated beverages
 - Stress and inactivity
- Common Symptoms of Acidity
 - Heartburn
 - Bloating and Burping:
 - Nausea and Vomiting
 - Persistent Cough and Hiccups
 - Sour Taste in the Mouth
- Prevention
 - Eat smaller, more frequent meals.
 - Avoid lying down right after eating.
 - Maintain a healthy weight.
 - Manage stress with yoga, meditation, or exercise.
 - Elevate the head of your bed to prevent nighttime reflux.

Constipation

- Constipation occurs when your bowel movements become less frequent and stools become difficult to pass.
- Causes
 - Not eating enough fiber.
 - Not drinking enough water (dehydration).
 - Not getting enough exercise.
 - Changes in your regular routine, such as traveling or eating, or going to bed at different times.
 - Consuming large amounts of milk or cheese.
 - Stress.
 - Resisting the urge to have a bowel movement
- Symptoms
 - stools are dry, hard and/or lumpy.
 - stomachache or cramps.
 - feel bloated and nauseated.
 - feel that you haven't completely emptied your bowels after a movement.
 - Loss of appetite
- Prevention
 - Eat fruits, Vegetables and Whole grain
 - Drink enough water
 - Regular Exercise
 - Avoid long hours sitting
 - Maintain Regular toilet habit

● Diarrhoea

- Diarrhea means having a loose, watery stool during a bowel movement.
- Causes
 - Infections.
 - Food poisoning.
 - Medications.
 - Foods that upset your digestive system.
 - Procedures on your bowels.
- Symptoms
 - Frequent loose motion
 - Weakness
 - Dehydration
 - Cramps
 - Fever
- Prevention
 - Drink clean water
 - Wash hand before eating

Eat good food
Maintain sanitation

Fatty liver

- Fatty liver disease happens when extra fat builds up in your liver. It is often linked to being overweight, type 2 diabetes, high cholesterol, or drinking too much alcohol.
- Symptoms
 - Feeling very tired, also called fatigue.
 - Not feeling well
 - Pain or discomfort in the upper right belly area.
 - Weight Gain
- Causes
 - Obesity
 - High Fat Diet
 - Excess Sugar intake
 - Alcohol
 - Diabetes
 - Lack of exercise
- Prevention
 - Maintain Healthy body weight
 - Exercise regularly
 - Avoid Alcohol
 - Good Diet