

YOUTH for seva
experience the joy of giving

Health & Wellness



Health & Well-Being as supreme goal for a sustainable society; **Health is Wealth**

What is health?



In 1948, the [World Health Organization \(WHO\)](#) defined health with a phrase that modern authorities still apply.

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

In 1986, the [WHO](#) made further clarifications

“A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities.”

This means that health is a resource to support an individual’s function in wider society, rather than an end in itself. A healthful lifestyle provides the means to lead a full life with meaning and purpose.

What is Wellness?

The [WHO](#) define wellness as follows:

“Wellness is the optimal state of health of individuals and groups. There are two focal concerns: the realization of the fullest potential of an individual physically, psychologically, socially, spiritually, and economically, and the fulfillment of one’s roles and expectations in the family, community, place of worship, and other settings.”

Preserving health

The best way to maintain health is to preserve it through a **healthful lifestyle** rather than waiting until sickness or infirmity to address health problems. People use the name wellness to describe this continuous state of enhanced well-being.

LIFESTYLE

LIFESTYLE means sum of all the activities that we perform in our daily life.

This includes

- Our diet
- Exercise, walking or paying
- Our behaviour which includes interaction with family, friends, neighbours, co-workers and strangers.
- Lifestyle changes are defined as changes that are made in our daily activities including diet, physical activity, behaviour like aggressive or passive & habits like smoking, alcohol consumption, thoughts of our mind etc.,
- Good lifestyle changes keep us in good health.
- Lifestyle affects disorders like obesity, diabetes, hypertension, mental disorders like anorexia, bulimia, depression, anxiety etc.,
- Hence a healthy lifestyle leads to healthy life.

OBJECTIVES



- To make a student understand present lifestyle & its effects.
- To give an information of lifestyle changes which can promote physical, mental & social health.
- The affect of technology in our lives.

HEALTHY LIFESTYLE

A healthy lifestyle is a way of living that lowers the risk of being seriously ill or dying early. Health is not only just about avoiding disease. It is also about physical, mental and social wellbeing.

Key Elements Of A Healthy Lifestyle

- If you wish to acquire a healthy lifestyle, you will certainly have to make some changes in your life. Maintaining a healthy lifestyle demands consistent habits and disciplined life.
- There are various good habits that you can adopt like exercising regularly which will maintain your physical fitness. It also affects your mental health as when your appearance enhances, your confidence will automatically get boosted.
- Further, it will prevent obesity and help you burn out extra fat from your body. After that, a [balanced diet](#) is of great importance. When you intake appropriate amounts of nutrition, vitamins, proteins, calories and more, your immune system will strengthen. This will, in turn, help you fight off [diseases](#) powerfully resultant in a disease-free life.
- Above all, cleanliness plays a significant role in maintaining a healthy lifestyle. Your balanced diet and regular exercise will be completely useless if you live in an unhealthy environment. One must always maintain cleanliness in their surroundings so as to avoid the risk of catching communicable diseases.

Benefits of A Healthy Lifestyle

- ❖ As it is clear by now, good health is a luxury which everyone wants but some of them cannot afford. This point itself states the importance of a healthy lifestyle. When a person leads a healthy lifestyle, he/she will be free from the tension of seeking medical attention every now and then.
- ❖ On the contrary, if you have poor health, you will usually spend your time in a hospital and the bills will take away your mental peace. Therefore, a healthy lifestyle means you will be able to enjoy your life freely. Similarly, when you have a relaxed mind at all times, you will be able to keep your loved ones happy.
- ❖ Moreover, a healthy lifestyle will push you to do better in life and motivate you to achieve higher targets. It usually happens that people who are extremely wealthy in terms of money often lack good health. This just proves that all the riches in the world will do you no good if there is an absence of a healthy lifestyle.
- ❖ In short, a healthy life is the highest blessing which must not be taken for granted. It is truly the source of all happiness. Money may buy you all the luxuries in the world but it cannot buy you good health. You are solely responsible for that, so for your well-being and happiness, it is better to switch to a healthy lifestyle.

Similarly, maintaining good health is dependent on a lot of factors. It ranges from the air you breathe to the type of people you choose to spend your time with. Health has a lot of components that carry equal importance. If even one of them is missing, a person cannot be completely healthy.

HEALTHY LIFESTYLE

Food habits

- Never skip meals. Do not starve
- Have proper breakfast & an early dinner.
- Chew the food properly.
- Limit fast food intake to a minimum.
- Have at least one fruit a day.
- Have salads often & vegetables daily which are iron rich.
- Drink plenty of water.

Exercise & Physical activity

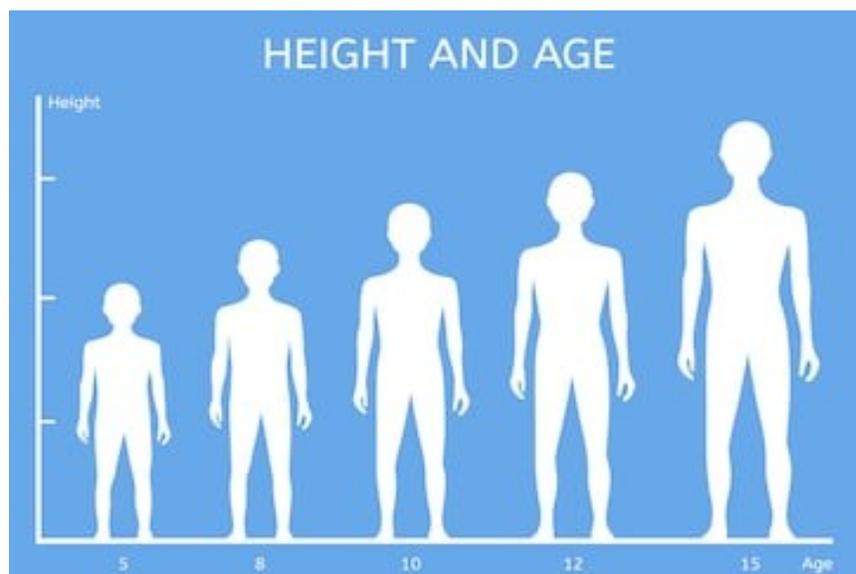
- Improves strength & endurance
- Bones & muscles become more strong.
- Avoids weight gain
- Reduces anxiety & stress
- Increases self-esteem, confidence.
- Enjoy outdoor games.
- 8- 9 hrs of sleep

Constituents of Good Health

PHYSICAL HEALTH

Physical health means being fit physically and in the absence of any kind of [disease or illness](#). When you have good physical health, you will have a longer life span. One may maintain their physical health by having a [balanced diet](#).

- Do not miss out on the essential nutrients; take each of them in appropriate quantities.
- Secondly, you must exercise daily. It may be for ten minutes only but never miss it. It will help your body maintain physical fitness.
- Moreover, do not consume junk food all the time.
- Do not smoke or drink as it has serious harmful consequences.
- Lastly, try to take adequate sleep regularly instead of using your phone.
- **Nutrition** is a basic human need and a prerequisite for healthy life.
- A proper diet **balanced diet** is essential from very early age of life for growth, development and active life.

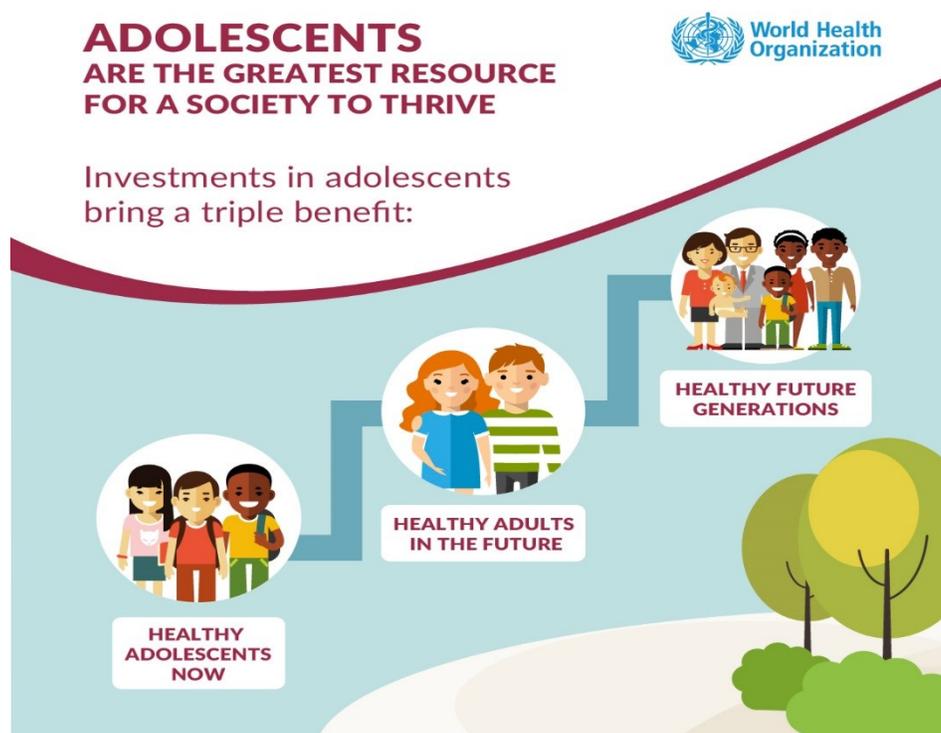


Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health.

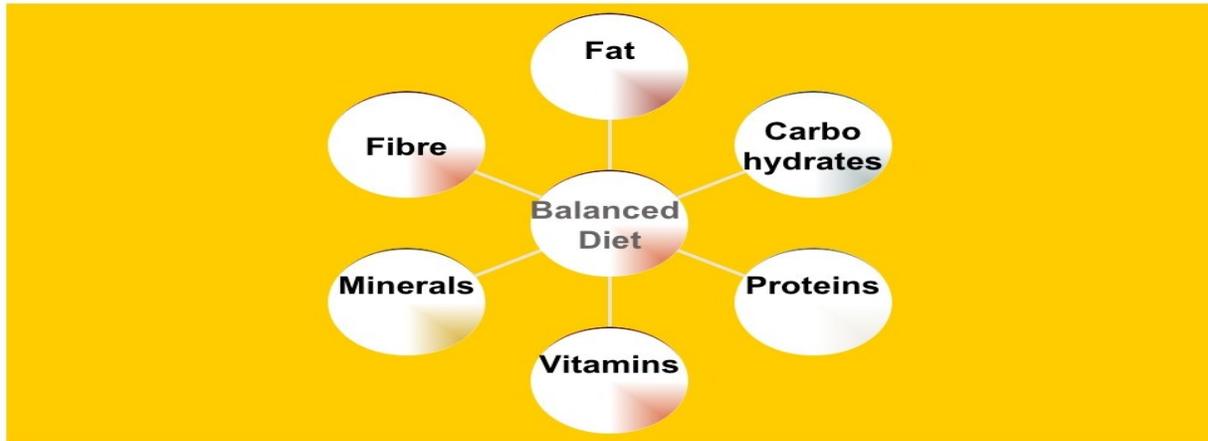
Growth, Development & Nutrition

Adequate nutrition is critical for growth spurt during adolescence. Poor nutrition is often cited as one of the reasons for delay in the onset of puberty, especially among Indian adolescent girls. Growth spurt that signals the onset of puberty depends on the girl's attaining a critical weight of 30 kg and a critical body composition of 10% body fat.

There is an increased demand for energy, protein, minerals and vitamins during adolescence.



COMPONENTS OF BALANCED DIET



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Age group	Energy kcal/day	Protein g/day	Fat g/day	Calcium mg/day	Iron mg/day	Vitamin A µg/day (Beta caroten)
10-12 yrs. Boys	2190	54	22	600	34	2400
10-12 yrs. Girls	1970	57	22	600	19	2400
13-15 yrs. Boys	2450	70	22	600	41	2400
13-15 yrs. Girls	2060	65	22	600	28	2400
16-18 yrs. Boys	2640	78	22	500	50	2400
16-18 yrs. Girls	2060	63	22	500	30	2400

Source: Recommended Dietary Allowances for Indians, NIN, ICMR, Year: 1989.

Every integrant has its part to play in maintaining, growth and development of an human body

Water is essential for the correct functioning of the kidneys and bowels

At least 6-8 glasses of water should be drink each day, more in hot weather

Why do we need energy?

- Human beings need adequate energy to carry out their daily routine physical work, maintain body temperature, metabolic activity and to support growth.
- Energy requirement of an individual is based on daily energy expenditure. It is also dependent on age, body weight, level of physical activity, growth and physical status
- Children including adolescents obtain 55-60% of their daily requirement of calories from carbohydrates.
- Adolescents require more energy for healthy growth.
- Energy inadequacy leads to under-nutrition and at the same time excess intake results in obesity.

Energy-Rich Food

- Include cereals, millets, pulses, tubers, vegetable oils, ghee, butter, oil seeds, nuts, sugar, jaggery, etc.
- Since we get most of our calories from cereals, consumption of different varieties of cereals and millets should be encouraged.
- Coarse cereals like jowar and bajra, and millets like ragi are inexpensive and good sources of energy



Protein: It's importance

Proteins are vital for living beings to carry out a wide range of functions essential for life. Almost half of the protein in our body is in the form of muscles.

Functions

- Protein in the form of enzymes and hormones is required for a wide range of vital metabolic processes in the body
- Proteins supply the body-building material and help body growth and development in children and adolescents.

Sources of proteins

Some of the rich sources of protein are pulses, legumes, nuts and oil seeds, milk and milk products, meat, fish and poultry.

Among the plant foods soybean is the richest source of protein, containing over 40% of protein.



Fat: Human Health

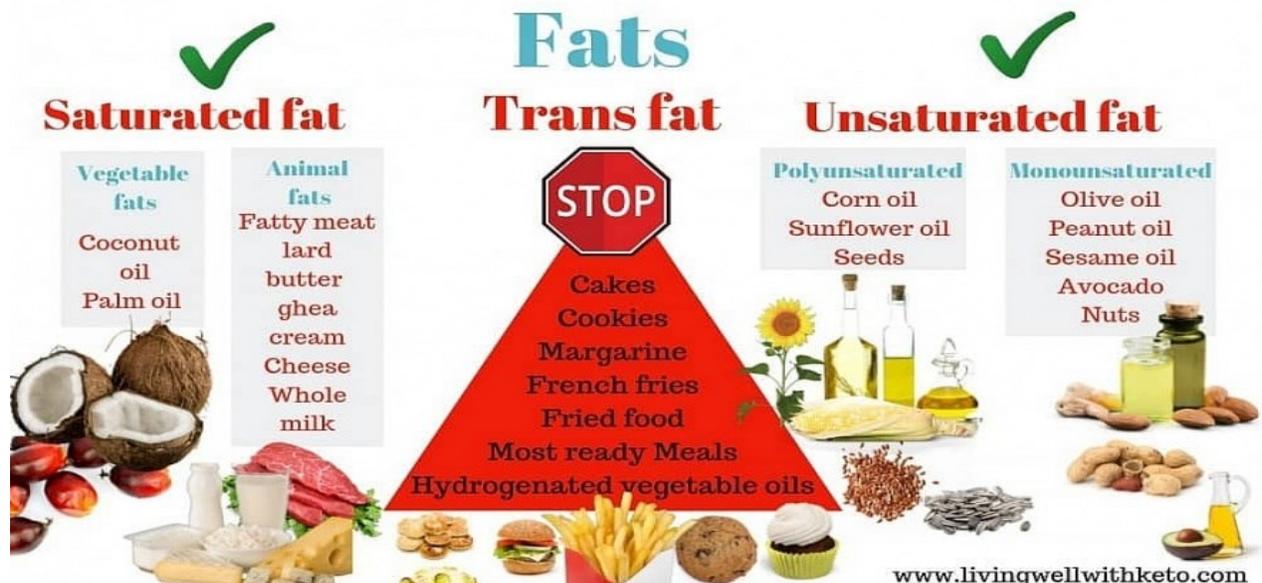
A small amount of fat is an essential part of a **healthy, balanced diet**. Fat is a source of essential fatty acids, which the body cannot make itself.

Fat helps the body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats.

Foods contain Fat:

The main types of fat found in food are:

- **saturated fats:** Most of them come from animal sources, including meat and dairy products, as well as some plant foods, such as palm oil and coconut oil.
- **unsaturated fats:** Mostly found in oils from plants and fish
- **Trans fat:** also called **trans-unsaturated fatty acids** or **trans fatty acids**, is a type of unsaturated fat that occurs in small amounts in meat and milk fat.



Any fat that's not used by your body's cells or turned into energy is converted into body fat. Likewise, unused carbohydrates and proteins are also converted into body fat.

As part of a healthy diet, you should try to cut down on foods and drinks that are high in saturated fats and trans fats and replace some of them with unsaturated fats.

Micronutrients: The Protective Foods

Micronutrients are vitamins and minerals which are compounds necessary for the healthy functioning of our bodies. We need vitamins and minerals to help us grow, to see correctly, to form bones, muscles, skin and organs, as well as to help us battle infections. Deficiencies in certain vitamins and minerals can lead to severe problems. The best way to receive enough vitamins and minerals for healthy growth and development is to provide a wide variety of fresh foods from the five food groups including whole grain bread and cereals, vegetables, fruit, meat, fish, poultry, eggs, nuts and legumes, and dairy products such as milk, cheese and yoghurt.

- The known vitamins include A, C, D, E, and K, and the B vitamins: thiamin (B₁), riboflavin (B₂), niacin (B₃), pantothenic acid (B₅), pyridoxal (B₆), cobalamin (B₁₂), biotin, and folate/folic acid.
- A number of minerals are essential for health: calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, sulfur, cobalt, copper, fluoride, manganese, and selenium.

Vitamins and Minerals

Vitamins and minerals are essential for a healthy body and to prevent certain diseases.

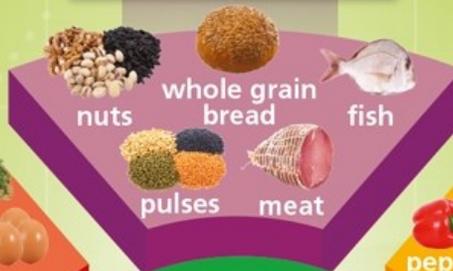
Vitamin A

Retinol and carotene are forms of vitamin A that are found in food.
Vitamin A is needed for good eyesight, growth, and healthy skin and tissue.



B Vitamins

- B1, thiamin, helps the nervous system and with the release of energy.
- B2, riboflavin, helps with the release of energy and repairing of tissue.
- B3, niacin, helps with the release of energy.
- B9, folic acid, is crucial for growth and for women during pregnancy.

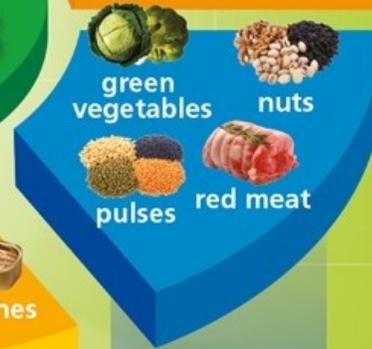


Vitamin C

Vitamin C helps protect the body from infection, heal wounds and absorb calcium and iron from food.



Vitamins & Minerals



Vitamin D

We get most of our vitamin D from sunlight.
Vitamin D helps absorb calcium for strong teeth and bones.
A lack of vitamin D can lead to bone diseases such as osteoporosis.

Calcium

Calcium is important for the growth of strong bones and teeth in children.
A lack of calcium can lead to weak bones and diseases such as osteoporosis.

Iron

Iron is needed for the formation of red blood cells.
A lack of iron can cause a condition called anaemia.



Fruit and vegetables have a high nutritional value and are packed full of vitamins and minerals. You should try to eat at least five portions of fruit and veg a day.



MENTAL HEALTH

Mental health is an integral and essential component of health. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities.

- Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.
- Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world.

SOURCE;<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>



Ways to stay mentally healthy

We need good mental health to develop in a healthy way, build strong relationships, adapt to change and deal with life's challenges.

- ✓ **Physical health** is a big part of mental health. Yoga and exercise are essential in maintaining good health physically as well as mentally.
- ✓ **Get plenty of sleep:** Sleep helps to regulate the chemicals in our brain that transmit information. These chemicals are important in managing our moods and emotions.
- ✓ **Get plenty of sunlight** is a great source of vitamin D. Vitamin D is a really important vitamin for our bodies and our brains. It helps our brains to release chemicals which improve our mood
- ✓ **Do something you enjoy** Try to make time for doing the fun things you enjoy. If you like going for a walk, painting or a specific TV show, try to set aside time to enjoy yourself. If we don't spend any time doing things we enjoy, we can become irritable and unhappy.
- ✓ **Connect with others and be sociable** Make an effort to maintain good relationships and talk to people whenever you get the chance. Having friends is important not just for your self-esteem, but also for providing support when you're not feeling too great.
- ✓ **Do things for others** Helping others isn't just good for the people you're helping; it's good for you too. Helping someone can help with your self-esteem and make you feel good about your place in the world. Feeling as though you're part of a community is a really important part of your mental health. You could try volunteering for a local charity, or just being neighbourly.

- ✓ **Ask for help** One of the most important ways to keep yourself mentally healthy is to recognize when you're not feeling good, and to know when to ask for help. There's no shame in asking someone for support if you're feeling low or stressed. Everyone goes through patches where they don't feel as good as they should. You can try speaking to your friends or family
- ✓ **Avoid alcohol, smoking and drugs**
- ✓ **Read biographies of eminent personalities** inspires you to create goals and projects that accelerate your growth. It makes you feel positive.

This puts you in an optimal mindset for your day and raises your vibration

YOGA AND MEDITATION

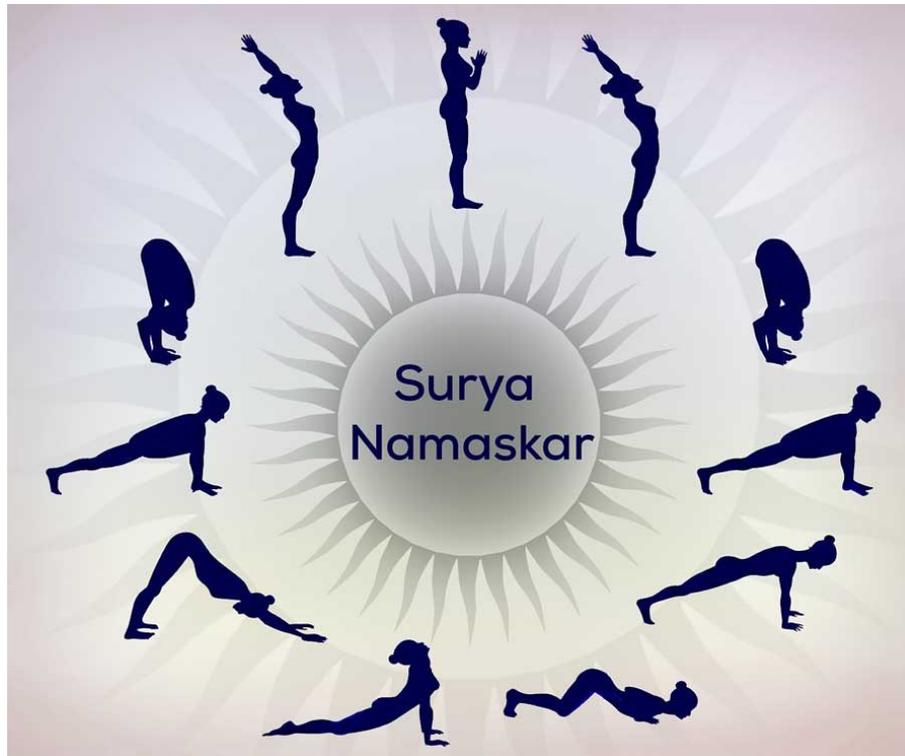
- With growing complexities of the real and virtual world, mental health has become a significant area of interest and concern. Observing World Mental Health Day on the 10th of October every year is not without a reason. The World Health Organization (WHO) says that half of mental illness begins as early as 14 years of age and has serious consequences on the society at large.
- **What is Yoga**
- Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.
- Today it is practiced in various forms around the world and continues to grow in popularity.

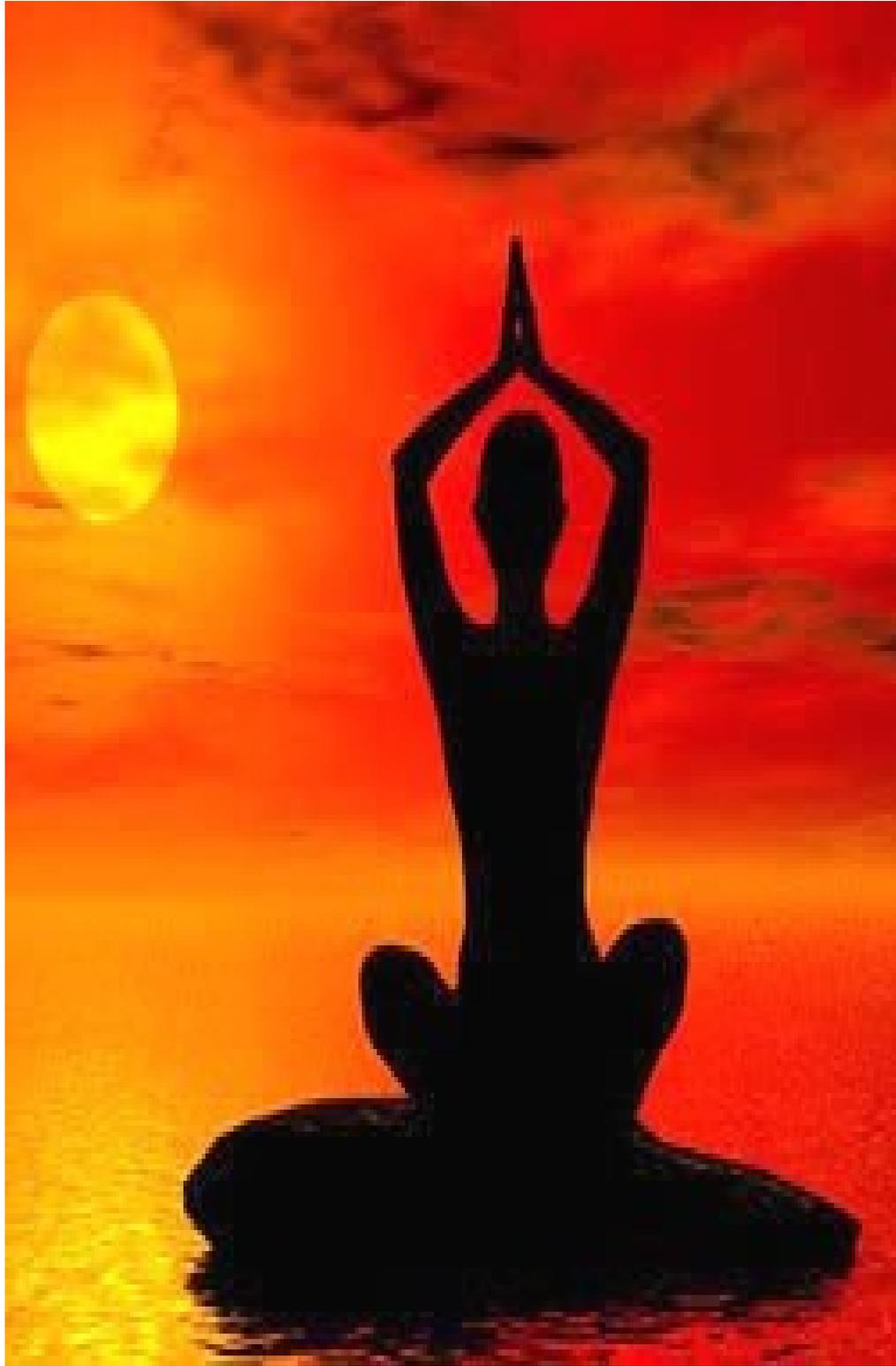
- Yoga is a physical and mental health system practices for thousands of years, originally in India, its place of origin and now increasingly

throughout the globe. One of the features of its popularity is the fact that even doctors are advising patients on the worth of yoga and it is being intensively studied by scientists. In a nutshell, yoga calms and relaxes both mind and body and uplifts the spirit. It is an exceptional discipline for getting well and keeping healthy.

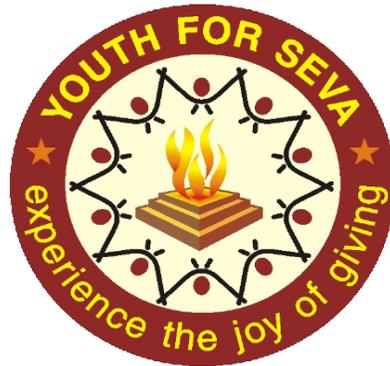
- **Meditation** is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state. It is the means for fathoming all the levels of ourselves and finally experiencing the center of consciousness within.
- In meditation, the mind is clear, relaxed, and inwardly focused. When you meditate, you are fully awake and alert, but your mind is not focused on the external world or on the events taking place around you. Meditation requires an inner state that is still and one-pointed so that the mind becomes silent. When the mind is silent and no longer distracts you, meditation deepens.
- Yoga benefits are healing as well as precautionary. Regular yoga exercise makes the body strong both from inside and outside. As the body is in full harmony, the rate of getting any disease is reduced. Morning and evening practices can effect in great benefit to the mind and body. Practising the exercises in the morning can add to a balanced body and mind throughout the day and improves liveliness. An even session helps stimulate restful and calm sleep.

Yoga asanas





Thank You!



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