

## Health

Health term derived from an old Anglo-Saxon word 'HAELTH' or 'HALE' mean that condition of being 'safe and sound or whole'.

### 'Aarogyam paramo Lavah'

Health is the greatest blessings of all.

But we are generally it considered as –

**It only by its reverse as disease, ill health or misery.**

**Health is not just the absence of disease.**

No **Doctor** can prescribe health, No **Govt.** can ordain health by statue, No **International** agency can administer health.

## Meaning of Health

**Meaning of health vary people to people-**

**General man** –free from disease

**A Child** –Washing of hands, face and teeth

**A mother-** Connote a happy family

**School or college student-** Body build and athletic skill

**A teacher** – A sound mind in a sound body in a sound environment

**Physiologist:** It is a product of the normal function of cells, organism and system

**Physical Culturist :** It is an art of making the body

**Researchers** – The ability of spending long periods to solve an experiment in a laboratory.

## What is Health Actually?

- Health is basic to learning, to happiness, success, effective citizenship, Worth-while living.
- **Ayurveda 'Swasthya' denote as-**

Well balanced metabolism, happy state of being, the senses and the mind.

- **According to Swami Vivekananda-**

A weak person who has weak body or weak mind can never be master of a strong soul.

**So, Health is the way there was no way to health. Let all the habits of living be health promoting.**

## Definition of Health

- Health means soundness of body or mind that condition in which its functions are duly and efficiently discharge. ----- Oxford English Dictionary
- Health is a quality of life that enables the individual to live most and serve best. --J F Williams

- Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity. WHO (1948)
- In 1995 WHO extended the definition

Attainment of a level of health that will enable every individual to lead a socially and economically productive life

### **Factors Effecting on Health (Determinants)**

- Heredity
- Environment
- Social Habits
- Proper Nutrition
- Professional Health Service
- Freedom from disease
- Accident

### **Dimensions of Health**

- Physical
- Mental
- Social
- Educational
- Nutritional
- Vocational

## **Yoga & Health**

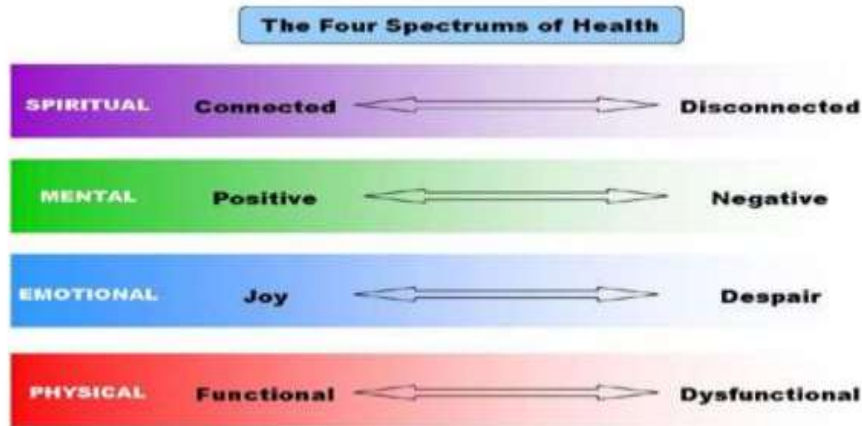
- **Yama & Niyama**-Social, Emotional Spiritual Health, Educational Health
- **Asana & Pranayama**-Physical and Mental Health, Nutritional Health, Vocational Health
- **Pratyahara**: Mental Health
- **Dharana, Dhyana & Samadhi**: Mental, Emotional and Spiritual Health

### **Importance of Health**

- Improve Fitness
- Build good behaviour
- Healthful living
- Safety measures
- Personal hygiene
- Quality of life

### **Spectrum of Health**

- **The spectrum concept of health emphasizes that the health of an individual is not static; is a dynamic phenomenon & a process of continuous change, subject to frequent subtle variations.**
- **What is considered maximum may be considered minimum tomorrow.**



### **Aims of Health Education:**

Major aims of health education are listed hereunder: i) to provide information about health and its value as a community asset. ii) to maintain norms of good health. iii) to take precautionary and preventive measures against communicable diseases. iv) to develop and promote mental and emotional health. v) to develop a sense of civic responsibility.

### **Objectives of Health Education:**

The objectives of health education in the context of primary education are: i) to enable the children to develop an objective point of view of health with respect to traditional and modern concepts of health, ii) to enable the children to identify health problems and understand their own role of health and medical agencies in meeting those problems. iii) to enable the children to take interest in the latest events related to health, iv) to enable the children to set an example of desirable health behaviour, v) to prepare the children to understand the causes of the various types of pollutions and their means of prevention, vi) to enable the children to gain adequate knowledge of First-Aid, vii) to help children to understand the importance of movement education, sports, games, yogic exercises as well as their linkages with health education programme, viii) to inform children with the functioning of various organisations working for the maintenance of health.

### **Yoga for Positive/Holistic Health**

- Holistic Health is actually an approach to life. It is based on the law of nature that a whole is made up of intra and inter dependent parts - the microcosm and the macrocosm.
- This ancient approach to health considers the whole person and how he or she interacts with his or her environment.
- It emphasizes the connection of mind, body, and spirit.
- The goal is to achieve maximum well-being, where everything is functioning the very best that is possible.
- Relaxation practices – Shavasana, Makarasana – relaxation of the constriction in the muscles due to the stress response, increases your threshold of taking stress
- Shuddhikriyas/Shatkriyas – purification by removal of accumulated toxins in the body
- Stress has weaker effect on a strong body and mind. Yama, Niyama - the social and personal codes of conduct help create a strong mind, Asanas help create a strong body

### **Warming Up & Cooling Down:**

Warm-up gradually increases cardiovascular system by raising body temperature and increasing blood flow to muscles. Warming up may also help reduce muscle soreness and lessen risk of injury. Cooling down after workout allows for a gradual recovery of pre-exercise heart rate and blood pressure.

Warming Up and Cooling Down Is So Important. A warm-up and a cool-down both involve doing exercises at a lower intensity and slower pace, which improves your athletic performance, prevents injuries, and helps with recovery from exercise.

Warm up activities include light jogging, or cycling slowly on a bike. Warming up before exercise prepares your cardiovascular system for physical activity, by increasing the blood flow to your muscles, and raising the temperature of your body. It also helps to lower the risk of getting injured — when your muscles are adequately warmed up, the movements, stretches, and strain you put on them during your workout is less severe. This also minimizes muscle soreness.

Cooling down after your workout aims to gradually bring your heart rate and blood pressure to its normal level — the level it was at prior to exercising. During your workout, your heart rate has been pumping much higher than it does normally, and it's important to ease it back down instead of abruptly stopping all motion. Cooling down also helps to regulate your blood flow, which is especially important for people who undertake endurance sports such as long distance running. To safely cool down, gradually reduce the pace of your exercise during the last 10 minutes of your session — for example, if you're jogging, reduce your pace to a brisk walk for the last 10 minutes.