

HEALTH AND WELLNESS

CONTENTS

Sl.No.	Title of the Chapter	Pages
01	INTRODUCTION TO HEALTH & WELLNESS	9-79
	1.0 Introduction to Health and Wellness	9
	1.1 Definition of Health- WHO definition	10
	1.2 Importance of Health in Everyday Life	22
	1.3 Components of Health– Physical, Social, Mental, Spiritual and its Relevance	22
	1.3.1 Relevance of Health; Physical, Mental, Social, Spiritual	26
	1.4 Concept of Wellness	28
	1.5 Mental Health & Wellness	40
	1.6 Determinants of Health Behaviours	61
	1.7 Using the Mass Media for Health Promotion	65
02	MIND-BODY AND WELL-BEING	80-167
	2.0 Introduction	80
	2.1 Mind-Body Connection in Health– Concept and Relation	84
	2.2 Implications of Mind-Body Connections	98
	2.3 Well-being : Why it Matters?	112
	2.4 Digital Well-being	126
	2.5 Understanding Health Beliefs, and Perspectives of Indigenous People Pertaining to Assam and North-East India	145
	2.6 Promoting Human Strengths and Life Enhancement: Classification of Human Strengths and Virtues; Cultivating Inner Strengths: Hope and Optimism	149
Solved Paper 2023		168