

KUNDAN KUMAR
Women's Training College, Patna
Mobile
No.- 9372916933
Email Id –
fitnesskumarmanu91@gmail.com

Course No. : 11(B)

Course Name : HEALTH & PHYSICAL EDUCATION

Topic – Meaning and Importance of Health

HEALTH

MEANING OF HEALTH

- Health is “freedom from disease, sound body and mind etc; that condition in which functions of body and mind are duly discharged”. Earlier’ health was considered as a condition of being ‘hale’, i.e. safe and sound.
- Health is the ability of the body to sustain adaptive efforts and is used to imply body power, vitality, and ability to resist fatigue. Health is sometimes considered as the total outcome of the organic, neuro-muscular, interpretive, and emotional development.

- Health is basic to learning, to happiness, to success, to effective citizenship, and to worthwhile living. In Ayurveda, 'Swastihya' (health) has been defined as a well balanced metabolism, a happy state of being, the senses and the mind. Swami Vivekanand has said, "a weak person who has weak body or weak mind can never be master of a strong soul". Aristotle has also stated that a sound mind lives in a sound body.
- Health is that quality of life that enables an individual to live most and serve best. Health can be achieved, maintained and improved by supplying the basic physical, mental, emotional and social needs in proper proportion. In fact health is the key to education, success, good citizenship and a happy life. Now a days health and its maintenance is being considered as a major social investment and it is being felt that health involves individual, state and international responsibility.

DEFINITION OF HEALTH

- "Health means soundness of body or mind; that condition in which its functions are duly and efficiently discharged."
- **Oxford English Dictionary**
- "Health is a state of complete physical, mental and social well being and not merely an absence of diseases or infirmity." Recently this definition has been amplified and it has been added, "attainment of a level of health that will enable every individual to lead a socially and economically productive life."
- **World Health Organisation**
- "Health is the condition of being sound in body, mind or spirit, especially freedom from physical disease of pain."

– Webster

- “ It is the quality of life that enables and individual to live most and serve best.”

– J.F. Williams

- “Health is a condition or quality of the human organism expressing the adequate functioning of the organism in given conditions, genetic and environmental.”

– W.H.O. Tech. Rep.(1957)

- “Health is that state in which the individual is able to mobilize all his resources intellectual, emotional, and physical, for optimum daily living.”

– Encyclopaedia of Health

IMPORTANCE OF HEALTH

Health is important because it helps:

1. Maintain and improve the employee performance both quantitatively and qualitatively.
2. Reduce employee absenteeism and turnover.
3. Minimize industrial unrest and indiscipline.
4. Improve employee morale and motivation.
5. It battles diseases
6. It boosts energy
7. It maintain a healthy weight
8. It improve productivity
9. It increases endurance