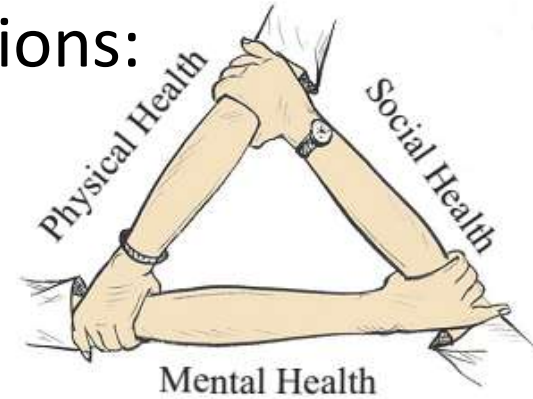


CONCEPT OF HEALTH

Dimensions of Health

- Conventionally health has three dimensions:
 - Physical
 - Mental
 - Social
- These are like length, breadth, and height of a box that are interdependent.
- **Physical health:** health of the body - the normal functioning and well-being of the organs and systems of the body in relation to age and sex.
- **Mental health:**
 - It is not merely the absence of mental illness.
 - It is the ability of a person to understand himself or herself or the self knowledge.



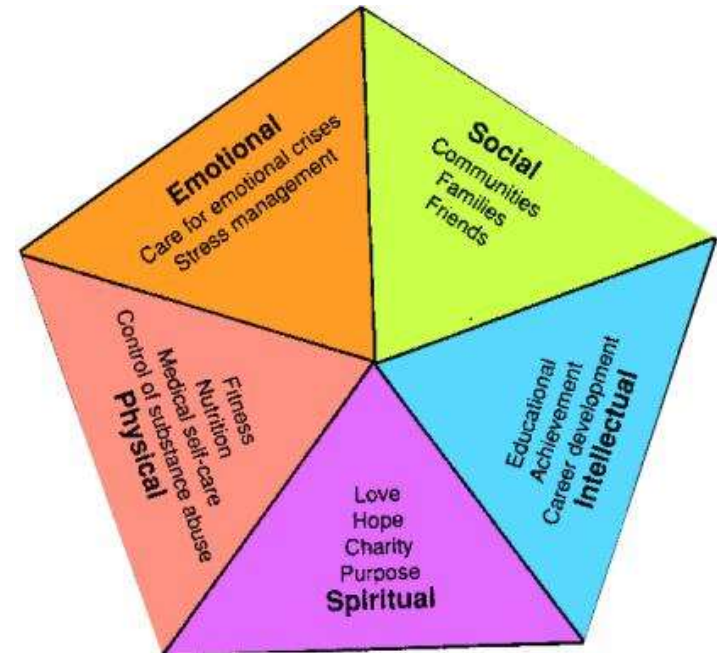
Dimensions of Health

- **Mental health:**
- This means that he/she has no internal conflicts, well-adjusted, has self-esteem & has self-control.
- Knowing well about your own strengths and weaknesses makes you effective to meet the daily demands of living.
- **Social health:**
- Abilities which help you in adjusting socially in a productive manner fulfilling ones responsibilities toward oneself, one's own family, community and the country.

Dimensions of Health

- WHO (1948) redefined the above concept and accordingly overall good health and wellness are inter-dependent on five dimensions:

- Physical
- Intellectual
- Emotional
- Social
- spiritual.



- Our body and mind are tuned to send us signals for any nonfunctional activity, generally called as symptoms.
- It is important to read and understand them in time, to ensure balance of mind, spirit and body.