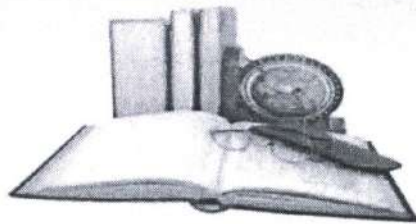
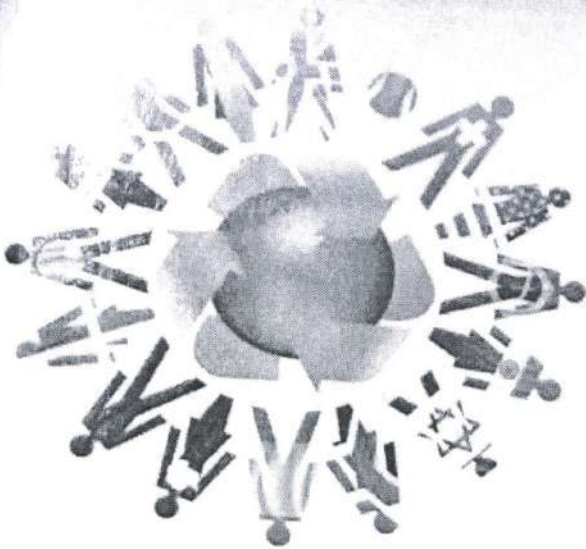


ISBN - 978-81-951099-0-6

Current Trends in Humanities & Commerce

Peer-Reviewed Book Chapter

Chief Editor : Prof. Virag.S.Gawande
Editor : Dr.Dinesh W.Nichit



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Wellness – A Need Of Hour

Dr. Shirish V. Topare

Wellness defined:

It is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving.

The Global Wellness Institute defines wellness as the **active pursuit of activities, choices and lifestyles that lead to a state of holistic health.**

Wellness is holistic concept comprising all aspects of life. All these aspects are interconnected with each other and every aspect affects all other aspects. Wellness cannot be achieved in parts, it has to be achieved by adopting collective approach. Wellness is not only about feeling better, freedom from illness, having proper health; it is about thriving in life at optimum level. It is an active process that leads to awareness and making choices leading to optimal holistic health and wellbeing

Nowadays, a great importance is being given to wellness by the society. In today's modern life everyone is facing new challenges on daily basis. This is leading not only to physical stress but mental stress also. This is creating imbalance in all aspects of everyone's life. This is creating negative effects on health of the person. Most of the people are suffering from heart related problems and diabetes which has its origin in stress. This is also creating social problems such as stressful relationship in family members, other members of society. This

has resulted in increased rate of crime and social instability. Thus, wellness has a great importance in everyone's life.

There are several dimensions of wellness which can be categorized as

The Seven Dimensions of Wellness

- **Physical:** This is prominent dimension of wellness. It is related to having excellent physiological condition, freedom from illness, having excessive energy for facing emergency situations. This can be achieved through proper nutrition, exercise, sleep and regular daily routine. The physical wellness leads to better quality of life that allows you to get the best out of your daily activities without undue tiredness or stress.
- **Mental:** It is about having sound mind which is able to learn and explore new things. It is about having proper and rational thinking process. It helps us for engaging in creative and mentally-stimulating activities. It is about lifelong learning and curiosity. It can be developed through academic pursuits, participation in cultural events, community participations and having hobbies leading to exploration of new skills and habits.
- **Emotional:** It is about managing emotions. Having well balanced emotional state is very important for excellence in life. It is related to your behavior with others. It helps in developing an awareness of your feelings and your reactions to everyday interactions. Emotional wellness helps you in better understanding about why you are feeling in some or the other way and can actively respond to your feelings.

- **Spiritual:** Having purpose in life is very important. A person with purpose can lead life very effectively.
- **Social:** A man is social animal. It is very important to have connection and interaction with members of community. It mainly focuses on creation and nurture of meaningful and healthy relationships with other individuals, groups and communities. It helps in having better communication, mutual trust and divergence management. It is about respecting other's values and cultures.
- **Environmental:** It is also an important aspect of wellness. A healthy environment can lead to wellness in all aspects of life.

By adopting healthy way of life as prescribe in ancient literature of India and Yoga sutras, one can achieve wellness; have healthy life, freedom from illness, nice relations with others, purposeful life.

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