

Definition of Health and health education

Health is a state of complete physical, mental, social, emotional and spiritual well-being, not merely the absence of disease or infirmity.

WHO

A solid orange horizontal bar at the bottom of the slide.

a healthy mind resides within a healthy body

'एक स्वस्थ शरीर में स्वस्थ मस्तिष्क निवास करता है'।

harmony - proper attunement of the body.

ARISTOTLE SAW HEALTH AS

it's the situation in which an individual is able to use his intellectual and emotional resources for his life.

यह वह स्थिति है जिसमें एक व्यक्ति अपने जीवन के लिए अपने बौद्धिक और भावनात्मक संसाधनों का उपयोग करने में सक्षम होता है।

ENCYCLOPAEDIA OF HEALTH

health is that quality of life which enables the individual to give most and serve best.

स्वास्थ्य जीवन की वह गणवत्ता है जो व्यक्ति को सबसे अधिक देने और सर्वोत्तम सेवा करने में सक्षम बनाती है।

J.F. WILLIAMS

a sound mind can live only in a
sound body.

एक स्वस्थ मस्तिष्क केवल स्वस्थ
शरीर में ही रह सकता है।

JOHN LOCKE

Health has been defined in many ways by different agencies from time to time.

The Oxford dictionary defines it as “state of being well in body or mind”.

The Webster’s dictionary defines health as the “condition of being sound in body, mind or spirit especially freedom from physical disease or pain.”

As defined by Perkins, health is “a state of relative equilibrium of body, form and function which result from its successful dynamic adjustment to forces tending to disturb it. It is not passive interplay between body substance and forces impinging upon it but an active response of body forces working towards readjustment.”

Health education

“comprising of consciously constructed opportunities for learning, involving some form of communication designed to improve health literacy, including improving knowledge, and developing life skills which are conducive to individual and community health”

"सीखने के लिए सचेत रूप से निर्मित अवसरों से युक्त, स्वास्थ्य साक्षरता में सुधार के लिए डिज़ाइन किए गए कुछ प्रकार के संचार को शामिल करना, जिसमें ज्ञान में सुधार करना और जीवन कौशल विकसित करना शामिल है जो व्यक्तिगत और सामुदायिक स्वास्थ्य के लिए अनुकूल है।"

THE WORLD HEALTH ORGANIZATION DEFINED HEALTH EDUCATION AS

"Health education is the sum of experience which favorably influence, habit, attitude and knowledge relating to individual community and social health."

DR THOMAS WOOD

"Health education is the translation of what is known about health into desirable individual and community behaviour pattern by means of education process."

"स्वास्थ्य शिक्षा शिक्षा प्रक्रिया के माध्यम से स्वास्थ्य के बारे में जो कुछ भी ज्ञात है उसका वांछनीय व्यक्तिगत और सामुदायिक व्यवहार पैटर्न में अनुवाद है।"

GROUNT