

Promoting Good Health and Well-being: Essential in Leading to Up-gradation of Living Conditions

Radhika Kapur



Abstract: *The main objective of this research paper is to generate information in terms of meaning and significance of promoting good health and well-being. The individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds need to augment information in terms of various factors, which are facilitating in promoting good health and well-being, physically and psychologically. All types of factors are required to be put into operation in a well-organized and regimented manner. In other words, positivity needs to be reinforced in all the factors. It is apparently understood that leading to up-gradation of overall living conditions is regarded as one of the major goals individuals, belonging to all communities and socio-economic backgrounds. In order to achieve this goal, one needs to pay attention on number of factors, i.e. education, careers, employment opportunities, resources, assets, property, health, well-being, family, relationships, personality traits and overall living conditions. All factors are required to be implemented in an adequate manner, when one will be healthy, physically and psychologically. Hence, in order to carry out all tasks and activities in a successful manner, one may not be free from health problems and illnesses, but one needs to be psychologically sound. Therefore, it is well-understood, promoting good health and well-being is essential in leading to up-gradation of living conditions. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of promoting good health and well-being, measures to be put into practice in promoting good health and well-being and advantages of promoting good health and well-being.*

Keywords: *Effective, Enhancement, Health, Personality Traits, Physical, Psychological, Standards of Living, Well-being*

I. INTRODUCTION

The individuals are different from each other in terms of number of factors, i.e. castes, creeds, races, genders, age groups, religions, ethnicities, cultures, educational qualifications, occupations, communities and socio-economic backgrounds. In spite of these differences, they have one of the major goals of bringing about improvements in their overall quality of lives. In order to achieve this goal, one needs to put emphasis on promoting good health and well-being, physically and psychologically (Cohut, 2018) [1].

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During the stage of early childhood, the parents are vested with the authority and responsibility of taking care of health care needs and requirements of their children, whereas, during the stage of adulthood, the individuals are required to pay attention towards this aspect on their own. They need to augment information in terms of all the factors, which are considered essential in taking care of one's health from physical and psychological perspectives. Therefore, it is understood on a comprehensive basis that taking care of health conditions is considered vital in leading to up-gradation of overall personality traits and standards of living.

Diet and nutrition is considered to be of utmost significance. The individuals are required to obtain the essential nutrients of carbohydrates, proteins, vitamins, minerals, fats, sugar and water. The nutrients are necessary in leading to effective growth and development. Furthermore, the individuals will be able to prevent various types of health problems and illnesses, which take place from lack of nutrients (Food, Nutrition and Health, 2020) [3]. The individuals are different from each other in terms of their food habits. Some individuals consume their meals, every two hours; some consume one big meal for lunch, whereas, for dinner, they consume light snacks; some consume meals four times in a day and some consume certain food items after every two hours. One of the important aspects that needs to be taken into account is, meals need to be prepared in a clean and hygienic environment. Furthermore, one needs to be well-informed in terms of methods that are to be implemented to prepare the meals. Therefore, diet and nutrition is considered to be vital in promoting good health and well-being from physical and psychological perspectives.

A. Understanding the Meaning and Significance of Promoting Good Health and Well-being

From the stage of early childhood, throughout the lives of the individuals, they get engaged in different types of exercises and physical activities, i.e., stretching, sit-ups, push-ups, running, jogging, walking, swimming and so forth. The individuals participate in these in order to promote good health and well-being, physically and psychologically. The parents encourage their children to get engaged in various types of exercises and physical activities in an effective manner. On the other hand, in the stage of adulthood, one needs to be well-informed in terms of techniques, which are facilitating in getting engaged in different types of exercises and physical activities. All types of techniques are required to be put into operation in a well-ordered manner. The various factors that influence the participation of individuals in various types of exercises and physical activities are, health conditions of

individuals, mind-sets and overall personality traits.

The individuals get engaged in different types of exercises and physical activities within homes, parks or obtain gym memberships. Furthermore, one needs to set a certain time. Normally one or two hours is considered to be effective. In some cases, one gets engaged in these six days, in some cases five days and in other cases, even thrice a week. One of the important aspects that needs to be taken into account is, these should not have unfavourable effects on the overall health conditions of the individuals. Therefore, individuals are able to acquire an efficient understanding of the meaning and significance of promoting good health and well-being, when they get engaged in various types of exercises and physical activities.

It is apparently understood that individuals, belonging to all occupations, communities and socio-economic backgrounds experience various types of health problems and illnesses, i.e. pain in the joints, heart problems, kidney disorders, low blood pressure, high blood pressure, eating disorders, sleeping disorders, injuries, wounds and so forth. Furthermore, these need to be treated in an effective manner. The individuals are required to make visits to medical and health care centres. Furthermore, they are required to consult medical practitioners and health care specialists in order to generate information in terms of medical treatment. In addition, medicines are obtained, which are necessary in treating different types of health problems and illnesses. Furthermore, information is generated in terms of different types of techniques, which are facilitating in treating various types of health problems and illnesses.

In urban communities, medical and health care facilities are in a well-developed condition, whereas, in rural communities, these are in an under-developed condition. In rural communities, the individuals are dependent on the natural environmental conditions. Herbs and medicinal plants are obtained from the forests in order to treat various types of health problems and illnesses. Hence, treating different types of health problems and illnesses is regarded to be of utmost significance in promoting good health and well-being. Furthermore, individuals will render an important contribution in promoting a normal mind-set. As a consequence, various types of psychological problems will be coped with in an effective manner. Therefore, one is able to acquire an understanding of the meaning and significance of promoting good health and well-being, when individuals are able to treat different types of health problems and illnesses.

The individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds experience various types of psychological problems of anger, stress, anxiety, frustration and depression. The individuals experience various types of incidents in their personal and professional lives, which enable them to be overwhelmed by these problems. Furthermore, one needs to be well-informed in terms of various types of techniques, which would be facilitating in coping with different types of psychological problems in an adequate manner. In addition, these are prevented from giving rise to impediments within the course of promoting a normal mind-set. Hence, in order to lead to up-gradation of overall personality traits and standards of

living, it is necessary to cope with different types of psychological problems in a satisfactory manner.

The individuals are required to generate information in terms of techniques, which would be facilitating in coping with different types of psychological problems in an adequate manner. All types of techniques are required to be put into practice in a well-ordered and satisfactory manner. Furthermore, positivity needs to be reinforced in all types of techniques. One of the important aspects that needs to be taken into account is, all types of techniques need to prove to be useful to individuals and other members. Hence, possession of information in terms of various types of techniques and inculcation of traits of morality, ethics, diligence and conscientiousness is regarded as vital in coping with different types of psychological problems in an adequate manner. Therefore, an understanding of the meaning and significance of promoting good health and well-being is acquired, when individuals are coping with various types of psychological problems in an appropriate manner.

B. Measures to be Put into Practice in Promoting Good Health and Well-being

An aimless life is a meaningless life. Hence, individuals, belonging to all occupations, communities and socio-economic backgrounds have different types of goals and objectives to achieve, i.e. education, employment opportunities, careers, travelling, settlement, assets, property, health, well-being, family, relationships, personality traits and standards of living. In order to achieve all types of goals and objectives, one needs to be well-prepared. Furthermore, one needs to promote good health and well-being, physically and psychologically. It is not necessary that individuals will have to be free from various types of health problems and illnesses, but one needs to promote a normal mind-set. Furthermore, one needs to cope with various types of psychological problems in an adequate manner (Curriculum for Excellence: Health and Well-being Principles and Practice, n.d.) [2].

Throughout the lives of the individuals, they need to be well-informed in terms of measures to be put into practice in promoting good health and well-being. All types of measures are required to be implemented in a well-ordered and satisfactory manner. Furthermore, positivity needs to be reinforced in all types of measures. One of the important aspects that needs to be taken into account is, all types of measures are to be approving to individuals and others, including family and community members. Therefore, measures to be put into practice in promoting good health and well-being are stated as follows:

II. DIET AND NUTRITION

Diet and nutrition is considered to be of utmost significance. The individuals are required to obtain the essential nutrients of carbohydrates, proteins, vitamins, minerals, fats, sugar and water. The nutrients are necessary in leading to effective growth and development. Furthermore, the individuals will be able to prevent various types of

health problems and illnesses, which take place due to lack of nutrients. The individuals are different from each other in terms of their food habits. Some individuals consume their meals, every two hours; some consume one big meal for lunch, whereas, for dinner, they consume light snacks; some consume meals for times in a day and some consume certain food items after every two hours. Furthermore, some are vegetarians, some are non-vegetarians and some are mixed, i.e. vegetarians and non-vegetarians.

One of the important aspects that needs to be taken into account is, meals need to be prepared in a clean and hygienic environment. Furthermore, one needs to be well-informed in terms of methods that are to be implemented to prepare the meals. When individuals are having certain types of health problems and illnesses, one needs to put emphasis on diet and nutrition in an adequate manner. For example, in cases of heart problems, less oil should be used in preparation of meals. Hence, diet and nutrition is considered to be essential in promoting good health and well-being from physical and psychological perspectives. Therefore, diet and nutrition is regarded as one of the indispensable measures to be put into practice in promoting good health and well-being.

A. Exercises and Physical Activities

From the stage of early childhood, throughout the lives of the individuals, they get engaged in different types of exercises and physical activities, i.e., stretching, sit-ups, push-ups, running, jogging, walking, swimming and so forth. The individuals participate in these in order to promote good health and well-being, physically and psychologically. The parents encourage their children to get engaged in various types of exercises and physical activities in an effective manner. On the other hand, in the stage of adulthood, one needs to be well-aware in terms of various types of techniques, which are facilitating in getting engaged in different types of exercises and physical activities. All types of techniques are required to be put into operation in a well-organized and disciplined manner. The various factors that influence the participation of individuals in various types of exercises and physical activities are, health conditions of individuals, both physical and psychological and overall personality traits.

The individuals get engaged in different types of exercises and physical activities within homes, parks or obtain gym memberships. Furthermore, one needs to set a certain time. Normally one or two hours is considered to be worthwhile. In some cases, one gets engaged in these six days, in some cases five days and in other cases, even thrice a week. One of the important aspects that needs to be taken into account is, these should not have unfavourable effects on the overall health conditions of the individuals. Therefore, exercises and physical activities is one of the significant measures to be put into practice in promoting good health and well-being.

B. Yoga and Meditation

Yoga is a healthy way of life. It originated in India. It is a practice that renders a significant contribution in promoting good health of the individuals, physically, mentally and spiritually. In the present existence, it is recognized as the form of science and is recognized throughout the world. The word yoga is derived from the Sanskrit word yuj, which means join or unite. This is regarded as the union of body,

mind and soul. It is used in literature, both as an end and as means. As an end, yoga signifies integration of personality at the highest level. On the other hand, as means, yoga includes various practices and techniques, which are put into operation to achieve the development of such integration. These practices and techniques are the means in the yogic literature and are referred to as yoga. The main aim of yoga is to encourage a positive and healthy lifestyle for physical, mental and emotional health of the individuals. Yoga helps in the development of stamina, strength, endurance and high energy at the physical level. It allows oneself with increasing concentration, calm, peace and contentment at the mental level, leading to inner and outer harmony.

Meditation is the practice, which helps in the concentration of the body and mind. In meditation, concentration is focused on for a long time. It may be on a particular object or other things. The important benefits of meditation are, it develops a sense of well-being and decision-making power among individuals. In the practice of meditation, there are certain guidelines, which need to be followed. As a consequence, one will render an important contribution in generating desired outcomes. Therefore, yoga and meditation is a renowned measure to be put into practice in promoting good health and well-being.

C. Treating Health Problems and Illnesses

Individuals, belonging to all age groups experience various types of health problems and illnesses, i.e. pain in the joints, heart problems, kidney disorders, low blood pressure, high blood pressure, eating disorders, sleeping disorders, injuries, wounds and so forth. Furthermore, these need to be treated in a satisfactory manner. The individuals are required to make visits to medical and health care centres. Furthermore, they are required to consult medical practitioners and health care specialists in order to generate information in terms of medical treatment. In addition, medicines are obtained, which are necessary in treating different types of health problems and illnesses. Furthermore, information is generated in terms of different types of techniques, which are facilitating in treating different types of health problems and illnesses.

In urban communities, medical and health care facilities are in a well-developed condition, whereas, in rural communities, these are in an undeveloped condition. In rural communities, the individuals are dependent on the natural environmental conditions. Herbs and medicinal plants are obtained from the forests in order to treat various types of health problems and illnesses. Hence, treating different types of health problems and illnesses is regarded to be of utmost significance in promoting good health and well-being. Furthermore, individuals will render an important contribution in promoting a normal mind-set. Therefore, treating health problems and illnesses is an eminent measure to be put into practice in promoting good health and well-being.

D. Providing Solutions to Psychological Problems

The individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds experience various types of psychological problems of anger, stress, anxiety,

frustration and depression. The individuals experience various types of incidents in their personal and professional lives, which enable them to experience these problems. Furthermore, one needs to be well-informed in terms of various types of techniques, which would be facilitating in coping with different types of psychological problems in a satisfactory manner. In addition, these are prevented from giving rise to impediments within the course of promoting a normal mind-set. Hence, in order to lead to up-gradation of overall personality traits and standards of living, it is necessary to cope with different types of psychological problems in an appropriate manner.

The individuals are required to generate information in terms of techniques, which would be facilitating in coping with different types of psychological problems in an adequate manner. All types of techniques are required to be put into practice in a well-organized and satisfactory manner. Furthermore, positivity needs to be reinforced in all types of techniques. One of the important aspects that needs to be taken into account is, all types of techniques need to prove to be useful to individuals and other members. Hence, possession of information in terms of various types of techniques and inculcation of traits of morality, ethics, diligence and conscientiousness is regarded as vital in coping with different types of psychological problems. Therefore, providing solutions to psychological problems is an expedient measure to be put into practice in promoting good health and well-being.

III. MAINTAINING CLEANLINESS

Within and outside the homes, the individuals need to acknowledge the meaning and significance of cleanliness. Within homes, the individuals are required to carry out the tasks of cleaning and sweeping in an effective manner. Furthermore, they need to be well-informed in terms of ways of curbing all types of pollution, i.e. air, water and land. Air pollution is caused due to emission of gaseous fumes into the air. These are from vehicles, factories and industries. Hence, it is necessary for individuals to get their vehicles checked. Furthermore, the methods need to be used in factories and industries in a manner that would be facilitating in curbing air pollution. The individuals need to ensure, waste materials should not be thrown on land or in water bodies. These are necessary in curbing land and water pollution. Furthermore, one will render an important contribution in keeping them clean.

As a consequence of keeping the home environment and physical environmental conditions clean, one will render an important contribution in promoting good health and well-being. There are health problems and illnesses that take place due to unclean air, land and contaminated water. On the other hand, when individuals are residing in clean and green environment, they will contribute effectively in promoting good health and well-being. Therefore, maintaining cleanliness is a vital measure to be put into practice in promoting good health and well-being.

A. Forming an Effective Social Circle

From the stage of early childhood, throughout the lives of the individuals, they need to form an effective social circle. This comprises of family and community members. The community members include, friends, neighbours, educators,

employers, classmates, colleagues, and service providers. The communication processes are required to take place in an effective manner in order to form an effective social circle. Furthermore, one needs to be well-informed in terms of various factors, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of factual information; reinforcing the traits of efficiency, honesty and truthfulness; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude. As a consequence of acknowledging and implementing all these factors, one will contribute in an effective manner in reinforcing contacts.

Loneliness is regarded as one of the chronic and distressful conditions. It has detrimental effects on the overall health conditions of the individuals, both physically and psychologically. Hence, one needs to put emphasis on forming an effective social circle. This needs to be acknowledged and reinforced throughout the lives of the individuals. Furthermore, this is regarded as vital in promoting good health and well-being. Furthermore, one incurs the feelings of pleasure and contentment. Therefore, forming an effective social circle is a crucial measure to be put into practice in promoting good health and well-being.

B. Being well-aware of Job Duties and Responsibilities

The individuals need to be well-informed in terms of their job duties and responsibilities. These are put into operation in one's personal and professional lives, i.e. homes, educational institutions of all levels and in various types of employment settings. These are manageable and complicated, these are implemented in less amount of time or can be more time-consuming and these are carried out on one's own or through working in co-ordination with family and community members. Furthermore, it is vital for individuals to acquire an efficient understanding of the methods to carry these out in a well-ordered and satisfactory manner. Hence, it is well-understood; generating information in terms of various types of job duties and responsibilities is regarded to be of utmost significance in promoting good health and well-being, physically and psychologically (Govil, 2018) [5].

As a consequence of carrying these out in a well-ordered and satisfactory manner, one will render an important contribution in meeting the expectations of family members [6], educators and employers [7]. Furthermore, one will acquire appreciation and reverence from others. In addition, one will incur the feelings of pleasure and contentment [8]. These are considered to be vital in promoting good health and well-being from physical and psychological perspectives [9]. Therefore, being well-aware of job duties and responsibilities is a favourable measure to be put into practice in promoting good health and well-being.

C. Being well-informed regarding Methodologies and Procedures

Within homes, educational institutions of all levels and in different types of employment settings, the individuals are required to be well-informed in terms of various types of

methodologies and procedures. These are referred to the ways of carrying out all types of job duties and responsibilities in a well-ordered and regimented manner. Unawareness is regarded as one of the perils, which affects the health of the individuals, both from physical and psychological perspectives. The individuals need to acquire an efficient understanding of the concepts. Furthermore, one needs to get engaged in regular practice. This is essential in augmenting confidence levels. In addition, one will be able to overcome the feelings of apprehensiveness and vulnerability. Hence, possession of adequate information in terms of methodologies and procedures is regarded as vital in carrying out all types of job duties and responsibilities in a successful manner.

As a consequence, one will render an important contribution in meeting the expectations of family members, educators and employers. Furthermore, one will acquire appreciation and reverence from others. In addition, one will incur the feelings of pleasure and contentment. These are considered to be vital in promoting good health and well-being from physical and psychological perspectives. Therefore, being well-informed regarding methodologies and procedures is an advantageous measure to be put into practice in promoting good health and well-being.

D. Creating Pleasant Environment within Homes and Professional Settings

From the stage of early childhood, throughout the lives of the individuals, they need to be well-informed in terms of various factors, which are necessary in creating pleasant environment within homes and professional settings. The different factors are, implementing effective communication processes; making wise and productive decisions; augmenting various types of skills and abilities; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; reinforcing the traits of efficiency, honesty and truthfulness; providing solutions to various types of problems and challenging situations; being well-aware of job duties and responsibilities; being well-informed regarding methodologies and procedures; utilizing various types of modern, scientific and innovative methods and materials and carrying out all types of job duties and responsibilities in a well-ordered and regimented manner. As a consequence of acknowledging and implementing all these factors, one will render an important contribution in generating desired outcomes.

As a consequence, one will render an important contribution in forming cordial and amiable terms and relationships with family members, educators and employers. Furthermore, one will acquire appreciation and reverence from others. In addition, one will incur the feelings of pleasure and contentment. These are considered to be vital in promoting good health and well-being from physical and psychological perspectives. Therefore, creating pleasant environment within homes and professional settings is a useful measure to be put into practice in promoting good health and well-being.

E. Advantages of Promoting Good Health and Well-being

Throughout the lives of the individuals, they are required to be well-informed in terms of different types of techniques,

which are considered vital in promoting good health and well-being. All types of techniques are required to be put into practice in a well-ordered and satisfactory manner. One of the important aspects that needs to be taken into account is, positivity needs to be reinforced in all types of techniques (Goodman, 2015) [4]. Good health and well-being needs to be promoted from physical and psychological perspectives. This is considered to be advantageous on a comprehensive basis. Therefore, advantages of promoting good health and well-being are, leading to up-gradation of motivation and concentration levels; promoting enhancement of career prospects; leading to up-gradation of overall personality traits and bringing about improvements in one's overall living conditions. These are stated as follows:

F. Leading to Up-gradation of Motivation and Concentration Levels

As a consequence of promoting good health and well-being from physical and psychological perspectives, one will be able to lead to up-gradation of motivation and concentration levels. In this manner, the mind-sets of the individuals will be stimulated. Furthermore, one will be able to put in efforts to their best abilities in doing well in one's job duties and generating desired outcomes. In this manner, one will render an important contribution in forming cordial and amiable terms and relationships with family members, educators and employers. The main reason being, job duties and responsibilities will be carried out in accordance to their expectations. Furthermore, one will acquire appreciation and reverence from others. As a consequence, one will incur the feelings of pleasure and contentment. Therefore, leading to up-gradation of motivation and concentration levels is regarded as one of the indispensable advantages of promoting good health and well-being.

IV. PROMOTING ENHANCEMENT OF CAREER PROSPECTS

Promoting enhancement of career prospects is regarded as one of the major goals of individuals, belonging to all occupations, communities and socio-economic backgrounds. The individuals make selection of various fields in accordance to their interests and abilities. In all fields, one needs to be well-informed in terms of various types of job duties and responsibilities. Furthermore, individuals are required to be well-informed in terms of various types of methodologies and procedures. These are referred to the ways of carrying out all types of job duties and responsibilities in a well-organized and disciplined manner. As a consequence, one will meet the expectations of educators and employers. Furthermore, one will incur the feelings of pleasure and contentment. Hence, good health and well-being will be promoted, physically and psychologically. Therefore, promoting enhancement of career prospects is one of the significant advantages of promoting good health and well-being.

A. Leading to Up-gradation of overall Personality Traits

Leading to up-gradation of overall personality traits is regarded as one of the major goals of individuals, belonging to all occupations, communities and socio-economic

backgrounds. In order to achieve this goal, the various factors that need to be taken into account are, diet and nutrition; exercises and physical activities; yoga and meditation; obtaining medical and health care facilities; forming an effective social circle; alleviating loneliness; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; reinforcing the traits of efficiency, honesty and truthfulness and reinforcing a constructive approach. As a consequence of promoting good health and well-being from physical and psychological perspectives, one will contribute in generating information in terms of all these factors. Therefore, leading to up-gradation of overall personality traits is an eminent advantage of promoting good health and well-being.

B. Bringing about Improvements in one's overall Living Conditions

Bringing about improvements in one's overall living conditions is regarded as one of the major goals of individuals, belonging to all occupations, communities and socio-economic backgrounds. In order to achieve this goal, the various factors that need to be taken into account are, making wise and productive decisions; implementing effective communication processes; acquiring education; getting engaged in employment opportunities; promoting enhancement of career prospects; augmenting different types of skills and abilities; managing financial, technical, material and information resources; making provision of infrastructure, amenities and facilities; developing mutual understanding with family and community members; reinforcing a constructive approach and creating an amiable and pleasant environment within homes. As a consequence of promoting good health and well-being from physical and psychological perspectives, one will contribute in generating information in terms of all these factors. Therefore, bringing about improvements in one's overall living conditions is an expedient advantage of promoting good health and well-being.

V. CONCLUSION

Individuals, belonging to all age groups, communities and socio-economic backgrounds focus on promoting good health and well-being, physically and psychologically. Measures to be put into practice in promoting good health and well-being are, diet and nutrition, exercises and physical activities, yoga and meditation, treating health problems and illnesses, providing solutions to psychological problems, maintaining cleanliness, forming an effective social circle, being well-aware of job duties and responsibilities, being well-informed regarding methodologies and procedures and creating pleasant environment within homes and professional settings. Advantages of promoting good health and well-being are, leading to up-gradation of motivation and concentration levels; promoting enhancement of career prospects; leading to up-gradation of overall personality traits and bringing about improvements in one's overall living conditions. Finally, it can be stated, promoting good

health and well-being is vital in leading to progression of individuals.

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