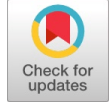




Health and Well-being: Indispensable in the Lives of all Individuals



Radhika Kapur

Abstract: *The individuals, belonging to all age groups, genders, occupations, communities, and socio-economic backgrounds, are required to pay attention to health and well-being. This needs to be from physical and psychological perspectives. Throughout individuals' lives, they need to augment their knowledge of factors that promote good health and well-being. All types of factors should be implemented appropriately to generate the desired outcomes. Family members carry out this task during childhood, whereas during adulthood, individuals need to focus on it themselves. As a consequence of promoting good health and well-being from physical and psychological perspectives, individuals will contribute to the upgradation of various skills and abilities. Furthermore, they will perform well in a wide range of job duties and responsibilities in personal life, in educational programs at institutions of all levels, and across a wide range of employment settings. In addition, they will contribute to the upgradation of overall personality traits and standards of living. Hence, individuals need to put in their best efforts to carry out this task in an adequate and well-organised manner. Therefore, it is well-understood that health and well-being are indispensable to the lives of all individuals. The main concepts addressed in this research paper are: understanding the meaning and significance of promoting health and well-being, measures to implement to achieve this, and the advantages of promoting health and well-being.*

Keywords: *Health, Individuals, Information, Physical, Psychological, Skills, Up-Gradation, Well-Being*

I. INTRODUCTION

The individuals, belonging to all age groups, genders, occupations, communities, and socio-economic backgrounds, have one of the major goals of improving their overall quality of life. As a consequence of being wholeheartedly committed towards the achievement of this goal, promoting health and well-being is regarded as of utmost significance. This needs to be from physical and psychological perspectives. Throughout individuals' lives, they need to augment their knowledge of factors that promote good health and well-being (Healthcare Industry in India, 2020) [4].

As a consequence, individuals will be able to use a range of skills and abilities effectively. During the childhood stage, parents implement all the factors to carry out this task, whereas during the adulthood stage, individuals generate information about various factors on their own. Hence, desired outcomes will be generated when all the factors are put into operation in a well-ordered manner. Therefore, promoting good health and well-being from physical and psychological perspectives is regarded as of utmost significance in advancing individuals.

Diet and nutrition are considered important aspects in promoting physical and psychological health and well-being. The individuals need to obtain essential nutrients such as carbohydrates, proteins, vitamins, minerals, sugar, fats, and water. They differ in their food habits. Some individuals consume meals twice a day, some four times a day, some have one big meal at lunch and another at dinner, and others have light snacks at different times. Some individuals are vegetarians, some are non-vegetarians, and some are mixed, i.e. both vegetarians and non-vegetarians (Dietary Fibre, n.d.) [2].

The individuals need to be well-informed about meal preparation methods. Furthermore, these need to be prepared in a clean and hygienic environment. Hence, diet and nutrition are regarded as essential factors in managing body weight. In cases of any health problems or illnesses, diet and nutrition are considered vital to appropriate treatment. Furthermore, these are facilitating the promotion of normal mindsets. Therefore, in promoting good health and well-being, diet and nutrition are important factors to focus on regularly.

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

The individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds experience various types of health problems and illnesses. These are pain in the joints, eating disorders, sleeping disorders, headaches, backaches, kidney disorders, heart problems, diabetes and so forth. The individuals need to treat these effectively. These are treated either on one's own or with help from other individuals. The individuals consult family members, relatives, or friends, or visit medical centres. Medical practitioners and health care specialists are consulted to treat various medical conditions. As a consequence, not only do physical health conditions of the individuals get affected, but they also experience psychological problems. Hence, treating various health problems and illnesses is of utmost significance for promoting health and well-being-being-being from both physical and psychological perspectives.

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Health and Well-being: Indispensable in the Lives of all Individuals

During the childhood stage, parents implement all necessary measures to treat various health problems and illnesses. In contrast, during the adulthood stage, individuals independently generate information about various factors. Hence, desired outcomes will be generated when all the factors are put into operation in a well-ordered manner. The different factors include diet and nutrition, attire, heating and cooling equipment in accordance with the weather, promoting normal mind-sets, alleviating loneliness, and so forth. All types of factors must be applied effectively to treat various health problems and illnesses. Therefore, individuals can acquire an efficient understanding of the meaning and significance of promoting health and well-being when different types of health problems and illnesses are treated appropriately.

The individuals, belonging to all age groups, occupations, communities, and socio-economic backgrounds, engage in various types of exercises and physical activities. These include jogging, running, sit-ups, push-ups, stretching, yoga, meditation, and various sports. The individuals get engaged in these activities in parks, playgrounds, homes, or by obtaining gym memberships. To benefit from these, individuals need to augment their information with various techniques. The information regarding techniques is obtained through effective communication with family and community members and through research using various sources and experience. All techniques must be implemented in a well-ordered manner to achieve the desired outcomes.

As a result of engaging in various types of exercise and physical activity, individuals will make an important contribution to managing body weight. This is regarded as of utmost significance in the upgradation of overall personality traits. The individuals experience various types of health problems and illnesses due to obesity, i.e. heart problems and so forth. Hence, engaging in various types of exercises and physical activities helps shed unwanted kilos. Research studies have indicated that when individuals engage in different types of exercise and physical activities, their mindsets are stimulated and their energy levels increase. The individuals exercise in parks to get some fresh air, which is essential for rejuvenating their mindsets. Furthermore, good health and well-being will be promoted from physical and psychological perspectives. Therefore, one can gain an understanding of the meaning and significance of promoting health and well-being by engaging in various types of exercise and physical activity.

Individuals from all age groups, occupations, communities, and socio-economic backgrounds need to form an effective social circle comprising family members, relatives, friends, neighbours, educators, employers, classmates, colleagues, and service providers. Loneliness is regarded as a chronic and distressing condition. It has detrimental effects on individuals' overall health; hence, individuals need to be provided with information on measures that alleviate loneliness. Hence, they need to augment information on techniques for forming an effective social circle. The individuals need to use polite language and appropriate words; treat others with respect and courtesy; provide factual information; demonstrate helpfulness and co-operation; and possess an approachable

nature and an amiable attitude. These are referred to as communication ethics, which need to be implemented by individuals in their personal and professional lives.

As a consequence, not only will the social circle be enhanced, but individuals will also contribute to the feelings of pleasure and contentment. The individuals will feel happy when they have individuals to share their joys and sorrows with. Furthermore, loneliness will be prevented from giving rise to impediments to promoting good health and well-being from both physical and psychological perspectives. One of the major benefits is that, within homes, educational institutions of all levels, and in all types of employment settings, individuals will obtain help and support from others to overcome various setbacks. As a consequence, they will be successful in their job duties and responsibilities, both personally and professionally. In this manner, individuals will lead to the up-gradation of their overall personality traits and standards of living. Therefore, an understanding of the meaning and significance of promoting health and well-being develops when individuals form effective social circles.

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

The individuals, belonging to all occupations, communities and socio-economic backgrounds, have goals and objectives to achieve. The various factors that inform these formulations include education, careers, employment opportunities, family, relationships, settlement, visits to various places, assets, property, resources, personality traits, and overall standards of living. To achieve all types of goals and objectives, individuals need to be well-informed about techniques for promoting health and well-being. These need to be promoted from physical and psychological perspectives. As a consequence, individuals will contribute to the upgradation of various competencies and abilities. Furthermore, they will succeed in their work in both their personal and professional lives (Healthy Weight, Nutrition, and Physical Activity, 2022) [3].

Throughout their lives, individuals need to augment their knowledge of measures to promote health and well-being. All types of measures must be implemented in a well-organised manner. Furthermore, positivity needs to be reinforced across all measures. One important aspect to consider is that these measures need to improve individuals' overall standard of living. As individuals' growth and development take place, the implementation of effective communication processes with others, conducting research through various sources and experiences, and utilising these measures are factors that facilitate the generation of information in these areas. Therefore, measures to be put into operation in promoting health and well-being are stated as follows:

II. FOCUSING ON DIET AND NUTRITION

Diet and nutrition are considered important aspects for promoting health and well-being. from both physical and psychological perspectives. The individuals need to obtain



essential nutrients such as carbohydrates, proteins, vitamins, minerals, sugar, fats, and water. They differ in their food habits. Some individuals consume meals twice a day, some four times a day, some have one big meal at lunch and dinner, and others consume light snacks. Some individuals are vegetarians, some are non-vegetarians, and some are mixed, i.e. both vegetarians and non-vegetarians.

The individuals need to be well-informed about meal preparation methods. Furthermore, these need to be prepared in a clean and hygienic environment. In addition, the utensils used should be clean. Hence, diet and nutrition are regarded as essential factors in managing body weight. In cases of any health problems or illnesses, diet and nutrition are considered vital to appropriate treatment. Furthermore, these are facilitating the promotion of normal mindsets. When individuals consume their favourite foods under stress, it is termed comfort food. Hence, in promoting good health and well-being, diet and nutrition are important factors to focus on regularly. Therefore, focusing on diet and nutrition is considered an indispensable measure for promoting health and well-being.

A. Treating Health Problems and Illnesses

The individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds experience various types of health problems and illnesses. These are pain in the joints, eating disorders, sleeping disorders, headaches, backaches, kidney disorders, heart problems, diabetes, high blood pressure, low blood pressure and so forth. The individuals need to treat these appropriately. These are treated either on one's own or with help from other individuals. The individuals consult family members, relatives, or friends, or visit medical centres. Medical practitioners and health care specialists are consulted to treat various medical conditions. As a consequence, not only do physical health conditions of the individuals get affected, but they also experience psychological problems. Hence, it is widely understood that treating various health problems and illnesses is of utmost significance for promoting health and well-being from both physical and psychological perspectives.

During the childhood stage, parents implement all necessary measures to treat various health problems and illnesses. In contrast, during the adulthood stage, individuals independently generate information about various factors. Hence, desired outcomes will be generated when all the factors are implemented in a well-ordered manner. The different factors are diet and nutrition, attire, heating and cooling equipment in accordance with the weather, promoting normal mind-sets, alleviating loneliness, being happy and contented, and so forth. All types of factors must be applied in a well-organised manner to treat various health problems and illnesses. Therefore, treating health problems and illnesses is one of the key measures to implement to promote health and well-being.

B. Getting engaged in Exercises and Physical Activities.

The individuals, belonging to all age groups, occupations, communities, and socio-economic backgrounds, engage in various types of exercises and physical activities. These include jogging, running, sit-ups, push-ups, stretching, yoga, meditation, and various sports. The individuals get engaged

in these activities in parks, playgrounds, homes, or by obtaining gym memberships. To benefit from these, individuals need to implement various techniques. The information regarding techniques is obtained through effective communication with family and community members and through research using various sources and experience. All techniques are implemented in a well-ordered manner to achieve the desired outcomes.

By engaging in various types of exercises and physical activities, individuals will make an important contribution by emphasising body weight. This is regarded as of utmost significance in the upgradation of overall personality traits. The individuals experience various types of health problems and illnesses due to obesity, i.e. disfigurement, heart problems and so forth. Hence, engaging in various types of exercises and physical activities helps shed unwanted kilos. When individuals engage in different types of exercise and physical activities, they will increase their energy levels. Furthermore, good health and well-being will be promoted from physical and psychological perspectives. Therefore, engaging in physical activity is an effective measure to promote health and well-being.

C. Managing Body Weight

Managing body weight is vital in promoting health and well-being from physical and psychological perspectives. In this case, certain factors need to be taken into account, i.e., diet and nutrition, exercise and physical activity, yoga and meditation, and so forth. As a consequence of generating information and implementing these factors, individuals will make an important contribution to managing body weight. This is regarded as of utmost significance in the upgradation of overall personality traits. Furthermore, individuals will promote normal mindsets, as obesity causes stress and frustration. Hence, being well-aware of techniques for managing body weight is regarded as essential for promoting calm, composed mindsets.

The individuals experience various types of health problems and illnesses due to obesity, i.e. heart problems and so forth. Hence, focusing on diet and nutrition, engaging in various types of exercises and physical activities, and practising yoga and meditation techniques are facilitating the shedding of unwanted kilos. As a consequence, individuals will be able to contribute to the satisfactory management of body weight. In this manner, individuals are not only enhancing overall personality traits but also experiencing pleasure and contentment. Furthermore, good health and well-being will be promoted from physical and psychological perspectives. Therefore, managing body weight is an effective measure to promote health and well-being.

D. Forming an Effective Social Circle

Individuals from all age groups, occupations, communities, and socio-economic backgrounds need to form an effective social circle comprising family and community members. Throughout individuals' lives, they need to augment their knowledge of techniques that facilitate the formation of an effective social circle.

Health and Well-being: Indispensable in the Lives of all Individuals

The individuals need to use polite language and appropriate words; treat others with respect and courtesy; provide factual information; build trust and understanding; reinforce the traits of efficiency, honesty, and truthfulness; depict helpfulness and co-operation; and possess an approachable nature and an amiable attitude. These are referred to as communication ethics, which need to be implemented by individuals in their personal and professional lives.

As a consequence, not only will the social circle be enhanced, but individuals will also contribute to the feelings of pleasure and contentment. The individuals will feel happy when they have others to share their joys and sorrows with. Furthermore, seclusion will be prevented from giving rise to impediments to promoting good health and well-being from both physical and psychological perspectives. One of the major benefits is that, within homes, educational institutions of all levels, and in all types of employment settings, individuals will obtain help and support from others in solving various problems. As a consequence, they will be successful in their job duties and responsibilities. As a consequence, individuals will lead to the up-gradation of their overall personality traits and living conditions. Therefore, forming an effective social circle is a well-established approach to promoting health and well-being.

III. ALLEVIATING LONELINESS

Loneliness is regarded as a chronic and distressing condition. It has detrimental effects on individuals' overall health; hence, they need to be provided with information on measures to alleviate loneliness. Hence, they need to augment information on techniques for forming an effective social circle. It comprises family and community members. At some point in their lives, individuals experience loneliness, but they need to ensure it does not adversely affect their personality traits and standards of living.

As a consequence of having an effective social circle, individuals will help alleviate loneliness. The individuals will feel happy when they have others to share their joys and sorrows with. Furthermore, loneliness will be prevented from giving rise to impediments to promoting good health and well-being from both physical and psychological perspectives. One of the major benefits is that, within homes, educational institutions of all levels, and across all types of employment settings, individuals will receive help and support from others to carry out their job duties and responsibilities successfully. As a consequence, individuals will lead to the up-gradation of their overall personality traits and standards of living. Therefore, alleviating loneliness is a decisive measure for promoting health and well-being.

A. Coping with Psychological Problems

The individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds experience psychological problems of anger, stress, anxiety, frustration and depression. These are experienced in both major and minor forms. The individuals need to augment their knowledge of techniques for coping with various psychological problems. The implementation of effective communication processes with other individuals and conducting research by utilising various sources and

experience are factors that facilitate the generation of information in these techniques. The various techniques are implemented either individually or with support from family and community members. In homes, educational institutions at all levels, and across all types of employment settings, it is apparently understood that individuals aspire to be successful in their work. Hence, coping with psychological problems is regarded as of utmost significance.

The individuals need to ensure that psychological problems do not impede their competencies and abilities. Furthermore, they will make every effort to achieve the desired outcomes and meet the expectations of family and community members. One of the major benefits is that individuals will make an important contribution to promoting normal mindsets. As a consequence, they will be successful in their job duties and responsibilities. Furthermore, individuals will lead to the up-gradation of their overall personality traits and living conditions. Therefore, coping with psychological problems is an imperative measure to be put into operation in promoting health and well-being.

B. Practising the Techniques of Yoga and Meditation

Yoga is a healthy way of life. It originated in India. It is a practice that significantly contributes to promoting the good health and well-being of individuals, both physically and mentally, and spiritually. Today, it is recognised as a science and is widely practised worldwide. The word yoga is derived from the Sanskrit word yuj, meaning "to join" or "to unite". This is regarded as the union of body, mind and soul. It is used in literature, both as an end and as a means. Ultimately, yoga signifies the integration of personality at the highest level. As such, yoga includes various practices and techniques used to achieve such integration. These practices and techniques are the means in the yogic literature and are also referred to as yoga. The main aim of yoga is to promote a positive, healthy lifestyle for individuals' physical, mental, and emotional health. Yoga helps develop stamina, strength, endurance, and high energy at the physical level. It allows one to cultivate increasing concentration, calm, peace, and contentment at the mental level, leading to inner and outer harmony.

Meditation is a practice that helps the body and mind focus. In meditation, concentration is focused on for a long time. It may be on particular objects or other things. The important benefits of meditation are that it develops a sense of well-being and decision-making power among individuals. In practising meditation, certain guidelines need to be followed. Hence, practising yoga and meditation is well-understood to be vital for promoting good health and well-being, both physically and psychologically. Therefore, practising yoga and meditation is a notable measure to promote health and well-being.

C. Promoting Enhancement of Career Prospects

Promoting career enhancement is regarded as one of the major goals of individuals across all occupations, communities, and socio-economic backgrounds. To achieve this goal, individuals need to be well-



prepared. They are enrolled in educational institutions at all levels and engage in employment opportunities. As a consequence, individuals will contribute to the upgradation of various competencies and abilities. Furthermore, individuals will have to inculcate the traits of morality, ethics, diligence and conscientiousness. As a consequence, individuals will succeed in their work across all types of professional settings. Furthermore, they will meet the expectations of individuals in leadership positions. This is regarded as one of the essential factors in enhancing career prospects (Deb, Clarke, & Unwin, 2006) [1].

As a consequence of achieving this goal, individuals will contribute to promoting good health and well-being from physical and psychological perspectives. They incur feelings of pleasure and contentment. Furthermore, they will contribute to the upgradation of overall personality traits and standards of living. One important benefit is that individuals will put into practice techniques to promote well-being and goodwill among family and community members. Hence, individuals from all fields and professions must work diligently to enhance career prospects. Therefore, promoting career prospects is a noteworthy approach to improving health and well-being.

D. Maintaining Cleanliness

To promote health and well-being, individuals must maintain cleanliness. This needs to be within and outside the homes. In homes across all communities, individuals need to carry out regular dusting and cleaning. In rural communities, individuals carry out these tasks, whereas in urban communities, domestic helpers do so. On the other hand, within the external environmental conditions, individuals are required to be well-informed about techniques for curbing various forms of pollution, i.e., air, water, and land. Air pollution is caused by the emission of gaseous and toxic fumes into the air. This is from industries, factories and vehicles. Hence, individuals need to implement job duties in industries and factories in such a manner as to eliminate air pollution. Water and land pollution is caused by the dumping of waste materials in water bodies or on land. The individuals need to prevent pollution by not dumping waste into water bodies or on land.

The individuals experience various health problems and illnesses due to air, water, and land pollution. As a consequence, they experience various psychological problems. Individuals' stress levels get inflated. Hence, maintaining cleanliness within and outside the home is regarded as an essential measure to promote good health and well-being, both physically and psychologically. Therefore, maintaining cleanliness is a favourable measure for promoting health and well-being.

IV. MAINTAINING DIARIES

The individuals, belonging to all age groups, occupations, communities and socio-economic backgrounds experience psychological problems of anger, stress, anxiety, frustration and depression. These are experienced in both major and minor forms. These also have detrimental effects on individuals' physical health. They cause various types of health problems and illnesses. The individuals need to augment their knowledge of techniques for effectively

coping with various psychological problems. The implementation of effective communication processes with other individuals and conducting research by utilising various sources and experience are factors that facilitate the generation of information in these techniques.

Maintaining diaries is regarded as a meaningful technique. This is the technique individuals use when they are wholeheartedly determined to promote calm, composed mindsets. The individuals record the instances and cause of various types of psychological problems. As a consequence, they can generate information about the reasons for experiencing these. Furthermore, they will be able to implement the essential techniques to solve these. In addition, these are prevented from causing impediments to upgrading overall personality traits and standards of living. In addition, individuals will make an important contribution to promoting good health and well-being, both physically and psychologically. Therefore, maintaining diaries is an effective way to promote health and well-being.

A. Generating Information Regarding Various Factors

Throughout their lives, individuals need to generate information about various factors, irrespective of age group, occupation, community, and socio-economic background. The different factors are implementing effective communication processes; honing analytical and critical-thinking skills; making wise and productive decisions in terms of various factors; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; taking out sufficient amount of time for all job duties and responsibilities; forming cordial and amiable terms and relationships with other individuals; being well-aware in terms of various types of job duties and responsibilities; being well-equipped in terms of different types of methodologies and procedures; utilizing various types of pioneering methods and materials; providing solutions to various types of problems and carrying out various types of job duties and responsibilities in a satisfactory manner.

As a consequence of generating information on all these factors, individuals will help promote good health and well-being from both physical and psychological perspectives. They will be successful in their work, meet the expectations of family members, educators, and employers, and experience pleasure and contentment. Furthermore, they will contribute to the upgradation of overall personality traits and standards of living. One important benefit is that individuals will put into practice techniques to promote well-being and goodwill among family and community members. Hence, individuals across all fields and professions must work diligently to augment information on these factors. Therefore, generating information on various factors is a useful measure for promoting health and well-being.

B. Advantages of Promoting Health and Well-being

The individuals, belonging to all age groups, genders, occupations, communities, and Socio-economic backgrounds, have one of the major goals of improving their overall standards of living. As a consequence of

being wholeheartedly committed towards the achievement of this goal, promoting health and well-being is regarded as of utmost significance. This needs to be from physical and psychological perspectives. Throughout their lives, individuals need to augment their knowledge of factors that promote good health and well-being (Health and Physical Education, 2016) [5]. In personal lives, in the pursuit of educational programs, and in the performance of job duties across all types of employment settings, good health and well-being need to be promoted physically and psychologically. This is considered advantageous to individuals on a comprehensive basis. Therefore, the advantages of promoting health and well-being are stated as follows:

- i. Implementing effective communication processes.
- ii. Honing analytical and critical-thinking skills.
- iii. Making wise and productive decisions in terms of various factors.
- iv. Reinforcing a constructive approach.
- v. Augmenting various types of skills and abilities.
- vi. Leading to an upgradation of motivation and concentration levels towards work.
- vii. Inculcating the traits of morality and ethics.
- viii. Implementing the traits of diligence, resourcefulness and conscientiousness.
- ix. Taking out sufficient time for all job duties and responsibilities.
- x. Forming cordial and amiable terms and relationships with other individuals.
- xi. Being well-aware of various types of job duties and responsibilities.
- xii. Being well-equipped in terms of different types of methodologies and procedures.
- xiii. Utilising various types of pioneering methods and materials.
- xiv. Providing solutions to various types of problems.
- xv. Carrying out various types of job duties and responsibilities in a satisfactory manner.
- xvi. Meeting expectations of family members, educators and employers.
- xvii. Promoting enhancement of career prospects.
- xviii. Promoting family and community well-being.
- xix. Leading to the up-gradation of overall personality traits.
- xx. Bringing about improvements in one's overall quality of life.

V. CONCLUSION

Throughout individuals' lives, they need to augment their knowledge of factors that promote good health and well-being. This needs to be from physical and psychological perspectives. Furthermore, individuals need to be well-informed about measures to promote health and well-being. Furthermore, individuals need to be well-informed about measures to promote health and well-being. In addition, individuals need to augment information on the advantages of promoting health and well-being. Finally, promoting health and well-being is essential to individuals' progression.

DECLARATION STATEMENT

I must verify the accuracy of the following information as the article's author.

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