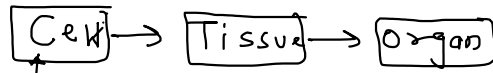


Health

WHO, 1978



→ A state of complete Physical, mental and Social well being is called health.



The functional & structural unit of all life forms

- i) Lungs → breathing
- ii) Kidney → Filtration
- iii) Brain → thinking

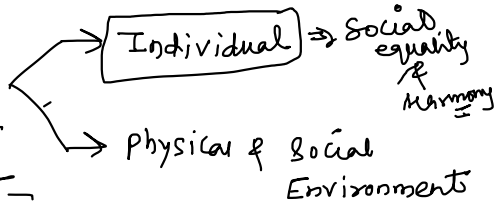
Significance → 'Health is wealth'

↓
Purposful existence in this world.

Health

① Def →

② Dependency



③ A Healthy person is disease free as well,

④ Performance → The person is energetic and able to perform as per requirement.

Disease free (Disturb ease)

① Def → Ab. of discomfort in any part of body

② Individual only

③ A disease free person can be Healthy or Unhealthy.

④ Performance of a disease free person depends upon environment and personal attitude.