

ABOUT THE AUTHOR

Raof Ahmad Bhat is working as Head Department of Physical Education & Sports at Govt. Degree College Vailoo Larnoo, Anantnag and has completed his Masters and Ph.D degree from Aligarh Muslim University, Aligarh. The author has over 6 years experience in university & college teaching and research, has published and presented papers widely, given invited lectures and is working for the advocacy and promotion of physical activity.

ABOUT THE BOOK

The Implementation of National Education Policy (NEP), 2020 provided the opportunity to write this book on Health & Wellness. The text based on syllabus prescribed by University of Kashmir is mainly designed for undergraduate students having Health & Wellness as one of the value added course in semesters 1st to 3rd in colleges of Jammu & Kashmir and may be used as a comprehensive stand-alone resource and reference.



Raof Ahmad Bhat
Principal
Govt. Degree College
Vailoo Larnoo, Kashmir



Health and Wellness: An Introduction

Raof Ahmad Bhat, Ph.D

HEALTH AND WELLNESS

AN INTRODUCTION

Raof Ahmad Bhat, Ph.D



Printed & Published by
Wular Publishing House
Halmulla, Sangam Anantnag. (192124)
Phone: 6005053729,8082130273
Email: wularpublishinghouse@gmail.com

Cover page and book layout By
Wph Graphics
Copyright @Raof Ahmad Bhat
ISBN: 978-93-90666-21-8
Printed at: **Wular Publishing House**
Halmulla Sangam (Sports Town) Anantnag.
For book orders contact on : 6005053729

All rights reserved, No part of this publication may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording or other electronic and mechanical method, without the prior written permission of the publisher, except in case of brief quotations embodied in critical reviews and certain commercial uses permitted by copyright law.

G. yedlovir
Principal
Govt. Degree College
Vailoo Larnoo, Kashmir

Contents

Understanding Health and Wellness	1
Health.....	1
Wellness.....	3
Health versus Wellness	4
Health and Wellness Education	4
Health and Wellness Education in Schools.....	5
1.Development of confidence	6
2.Achieving optimal health and wellbeing	6
3.Facilitate to realize the true full potential	7
Factors affecting Health and Wellness.....	8
a. Genetics and Biology	8
b. Environment.....	9
c. Behavioural risk factors/lifestyle.....	11
Yoga, Asana and Mediation for Health and Wellness	12
Diet and Nutrition for Health & Wellness	15
Components of a Balanced Diet.....	16
Malnutrition, under-nutrition and Overnutrition.....	26
Modern lifestyle, health and disease risk (physical inactivity, sedentary time and unhealthy eating habits).....	28
Hypo kinetic diseases, prevention and management.....	29
Consequences of Hypo kinetic diseases.....	38
Prevention and Management of Hypo- kinetic Diseases	38
Healthy foods for prevention and progression of Non- communicable diseases (NCDs)	40

Gyedlanvir
Principal
Govt. Degree Colleg
Vailoo Larnoo, Kashmir

Cancer; Prevention and Progression through Diet	41
Dietary exposures and the hallmarks of cancer.....	43
Diet- Cardiovascular and Metabolic Diseases	49
Metabolic Diseases	52
Mental Health.....	58
Spirituality and Mental Health.....	60
✓ Sleep, Physical and Mental Health	62
✓ Stress, Anxiety and Depression	64
✓ Suicide and Suicidal thoughts/ Ideation/ Tendencies.....	72
Substance/ Drug Abuse.....	75
Physical Fitness.....	82
Overview of Body Systems	86
Postural Deformities.....	90

Gyadbnir
Principal
Govt. Degree College
Vailoo Larnoo, Kashmir

POSTS PAR EXCELLENCE

A book of more than
thousand inspirational and
motivational write-ups

DR. SYED TANVIR AHMAD INDRABI

Syed Tanvir
Principal
Govt. Degree College
Vailoo Larnoo, Kashmir

ISBN: 9798696855325

Publisher: Amazon Kindle Direct
Publishing

Number of Pages: 84

Dimensions: 6"x9"

Interior Pages: B&W

Binding: Paperback (Perfect Binding)

Availability: In Stock (Print on Demand)

Handwritten signature
Principal
Govt. Degree College
Vaidoo Larnoo, Kashmir

**English Commentary on
Mustafa Jan e Rehmat Pai
Lakhoo Salaam**



Dr. Syed Tanvir Ahmad Indrabi

Syed Tanvir
Principal
Govt. Degree College
Vailoo Laroo, Kashmir

Mustafa Jan e Rehmat Pai Lakhoo Salaam

Copyright 2023 © Dr. Syed Tanvir Ahmad Indrabi, Mustafa Jan e
Rehmat Pai Lakhoo Salaam

ALL RIGHTS RESERVED

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the express written permission of the author.

ISBN: 9798366347297

**Principal
Govt. Degree College
Larnoo, Anantnag
Jammu & Kashmir**

Contact: +91 7780816335

e - Mail: indrabitanvirsyed@rediffmail.com

Syed Tanvir
Principal
Govt. Degree College
Vasila Larnoo, Kashmir