



## **FAQs**

### **1. What is health?**

Ans: Health is a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity

### **2. What is the goal of positive health?**

Ans: The goal of positive health is to ensure the absence of illness.

### **3. Why is health so important?**

Ans: Because everyone needs it at several points in their life.

### **4. What are the key dimensions of health?**

Ans: Health is commonly viewed as having seven dimensions - Physical Dimension, Emotional Dimension, Intellectual Dimension, Social Dimension, Spiritual Dimension, Environmental Wellness and Occupational Dimension.

### **5. What are the important physical characteristics which we can call on to aid us?**

Ans: The physical characteristics are our body weight, visual ability, strength, coordination, level of endurance, level of susceptibility to disease and powers of recuperation.

### **6. What is the benefit of meditation?**

Ans: Meditation heals the body and mind improving the overall health of a person.

### **7. What is the key element physical dimension recognize?**

Ans: The physical dimension recognizes the need for regular physical activity.

### **8. What characterizes Intellectual wellness?**

Ans: Intellectual wellness is characterized by the ability to make sound decisions and to think critically.

### **9. What are the initial factors which foster social skill development?**

Ans: Family interactions, school experiences and peer group interactions are the factors which initially foster social skill development.

**10. What are the main environmental threats which we must be aware of?**

Ans: The environmental threats include ultraviolet radiation in the sunlight, air, chemical, noise, water pollution and second-hand smoke.