



Summary

The most commonly quoted definition of health is that formalized by the World Health Organization (WHO) over half a century ago. This definition is widely accepted as physical, mental and social healths are all interrelated. Physical health is essential for a healthy living. Other than physical and mental health, social health is also equally essential. Historically, the word health appeared approximately in the year 1000 A. D. The word originally came from old English word 'hoelth', which meant a state of being sound, and was generally used to infer a soundness of the body. A man in good health can only enjoys the happiness of life. Persons in ill health are liable to suffer physically and mentally. Health is now considered to be one of our most important values. Health as a well-being, is an important aspect of health that the body and mind are well, both in order and function. Health is commonly viewed as having seven dimensions viz. physical, emotional, intellectual, social, spiritual, environmental and occupational dimensions. Each dimension contributes to our own sense of wellness or quality of life, and each affects and overlaps the others. At times one may be more prominent than others, but neglect of any one dimension for any length of time has adverse effects on overall health.