

EDU TRACKS

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Health is Wealth

In almost every language, we have a proverb which says 'Health is Wealth'. But in actual life situations, in many places and times, we see behaviors which are not conducive to good health. It is to understand the minds of people and to help them to understand what is good for them in thought and action that the study of human behavior gains much importance. We are concerned in Health Education very much about -why people do certain things correctly to safeguard their health, or fail to do things which are necessary for health, or do things which are harmful for health. The concept of health is somewhat difficult to understand. When we say a person is healthy, it means to the layman that the person is normally doing his activities and does not outwardly show any signs of any disease in him. However, for the medical man it denotes the conformity to certain standards like physical measurements, biochemical norms and rates, physiological standards, etc. Even these standards vary with race, rest, exercise, food, habits, starvation, climate, altitude, latitude, etc.

In the OXFORD DICTIONARY 'Health' means -the state of being free from sickness, injury or disease, bodily conditions; something indicating good bodily condition. The WORLD HEALTH ORGANISATION (WHO -1948) defines health as -a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity. DISEASE is a little less difficult to define than HEALTH. It denotes -the condition of the human body in which something has gone wrong and has upset the normal functions of the body including the mind. Health Education has been defined in many ways by different writers. In a World Health Organisation Technical Report (No. 89 of 1954) it was defined as -Health Education, like general education is concerned with changes in knowledge, feelings and behaviour of people. In its most usual forms it concentrates on developing such health practices as are believed to being about the best possible state of wellbeing. We mean -Health Education should be an active process of learning and doing by oneself. The individual has to assimilate and internalize the information and ideas and adopt behaviour necessary for health. The Health Education process must result in permanent change or sustained behaviour.

Aims

Health is not just the absence of disease. The philosophy of the Health Education curriculum can be expressed in the form of a challenge. Health Education must be; education for health, not just about health. Health impacts on many aspects of school life, from academic achievement to student's behaviour, to social interaction among students or between students and staff. The Health Education program must promote and facilitate voluntary application of health knowledge to health-enhancing actions in daily life. There are many aims of Health Education, such as:

- Health Education is a continuing education process.
- It can be organized as a self-learning process.
- Health Education can be a process of learning from others.
- It consists of proper communication of ideas.
- Health Education is not like teaching of medical and health subjects to undergraduate medical, nursing and paramedical students etc.
- It can be -acquire and evaluate health-related information.
- Health Education aims at change of behavior; a health educator has to acquire and develop skills to

educate, to communicate, to motivate and involve the client.

- It can be -make knowledgeable decisions to improve their health.
- Health Education must bear in mind that human behavior is governed by various influences and therefore, Health Education must take full cognizance of all the influencing factors in any given situation.
- Students and people can apply their decisions to improve their physical, mental, and social wellbeing and that of their peers, families and communities.
- All the theories of education and learning are fully applicable in Health Education.

Principles

There are many principles of Health Education, such as:

- Health Education is primarily education and its purpose is to ensure a desired health related behavior.
- All Health Education should be need-based.
- Health Education should not become an artificial situation or formal teaching-learning.

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