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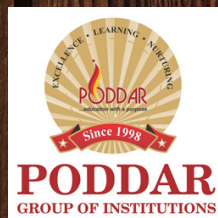
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NATIONAL ONLINE WORKSHOP ON "GOOD HEALTH FOR BETTER LIVING"

Presented By

SAKSHAM SOCIETY, JAIPUR

RAJASTHAN, INDIA

IN ASSOCIATION WITH

**NARASINGH CHOUDHURY
AUTONOMOUS**

COLLEGE, JAJPUR, ODISHA, INDIA

PODDAR GROUP OF INSTITUTIONS

JAIPUR, RAJASTHAN

Date: 13th to 14th JUNE 2020

Time: 3.00pm to 5.00pm



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INTRODUCTION:

Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships. Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics.

One of the most comprehensive and impactful definitions comes from the World Health Organization (WHO): "Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." Taking care of our emotional well-being has always been important, but it's imperative now more than ever. Generation Z, which comprises teens and young adults born between the mid-1990s and mid-2000s, are the most likely of all generations to have poor mental health, according to a 2018 survey conducted by the American Psychological Association (APA).

Your mental health impacts every element of your life, from your performance at work to your relationships with your significant other, family members and friends. It can also impact your ability to sleep, as well as less tangible things, like the likelihood you'll take risks, push yourself intellectually, and feel emotions like gratitude, happiness and fulfillment. Sound physical and mental health is a prerequisite for a human life with dignity. India is a signatory to the 2030 Agenda for Sustainable Development and committed to achieve the Sustainable Development Goals (SDGs) including SDG 3 to "Ensure healthy lives and promote well-being for all at all ages". Understanding and accepting your emotions, especially those unpleasant ones many of us try to ignore can make a huge difference in your ability to manage stress and balance your moods. Eat a brain-healthy diet to support strong mental health. Unless you've tried to change your diet in the past, you may not be aware how much of what you eat and don't eat affects the way you think and feel.

An unhealthy diet can take a toll on your brain and mood, disrupt your sleep, sap your energy, and weaken your immune system. Conversely, switching to a wholesome diet, low in sugar and rich in healthy fats, can give you more energy, improve your sleep and mood, and help you to look and feel your best. People respond slightly differently to certain foods, depending on genetics and other health factors, so experiment with how the food you include in or cut from your diet changes the way you feel. The best place to start is by cutting out the "bad fats" that can damage your mood and outlook, and replace them with "good fats" that support brain-health.

Mental health and physical health have a lot in common. Both benefit from basic and regular maintenance. Nutrition and exercise are the basic maintenance for both a healthy mind and a healthy body. Without mental wellness, people can be unable to fulfil their full potential or play an active part in everyday life. Mental health issues can include many areas, from enhancing our emotional.

Sub Themes:

1. Self-rated physical and mental health
2. Participation in society
3. Healthy minds live in healthy bodies.
4. Mental Health Problem and Benefits of Mental Wellness
5. Psychosocial and cultural Influences on physical and mental health
6. The role of religion and spirituality in physical and mental health
7. Inability to address our mental health needs
8. Social connection a priority
9. Access and affordability to health systems.

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