

SCIENCE

INTRODUCTION OF WHY DO WE FALL ILL

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- Health does not simply means "absence of disease" or "physical fitness". It could be defined as state of complete physical, social and mental well being.
- The term '**health**' always implies the idea of being well. The World Health Organization (WHO), in 1948, has defined health is "**a state of complete physical, mental and social well-being, and not merely an absence of disease, or infirmity.**"

Do you know?

Hippocrates is called as the father of medicine and the doctors take 'Hippocratic oath' at the beginning of medical practice. This oath is taken so as to affirm their obligation to their noble profession and also proper conduct.

IMPORTANCE OF GOOD HEALTH:

- (i) It increases our efficiency for doing work. This increases productivity and brings economic prosperity.
 - (ii) It makes the man happy and cheerful.
 - (iii) Healthy person can give proper attention to others in the family.
 - (iv) It gives a condition for our purposeful existence in this world.
 - (v) It also increases the longevity of people and reduces infant and maternal mortality.
- **Personal health** is a state of complete physical, mental and social well being.
 - **Community health** comprises of maintaining, improving and protecting the health of entire community.
 - Good health may mean different things to different people. For example to a coal miner it means being fit enough to do hard physical labour. And to office worker it may mean having the mental alertness to deal with people, take decisions etc.