

ASSIGNMENT NO:3

Aim: To understand how to ensure health vs dealing with disease by discussion on – “Harmony of Self/'I' with Body. What is the current practice towards health and its disadvantages?

Session to discuss programs for ensuring health vsdealing with the disease.

Health promotion is the process of empowering people to increase control over their health and its determinants through health literacy efforts and multisectoral action to increase healthy behaviors. This process includes activities for the community at large or for populations at increased risk of negative health outcomes. Health promotion usually addresses behavioral risk factors such as tobacco use, obesity, diet, and physical inactivity, as well as the areas of mental health, injury prevention, drug abuse control, alcohol control, health behavior related to HIV, and sexual health.

Disease prevention and health promotion share many goals, and there is considerable overlap between functions. On a conceptual level, it is

useful to characterize disease prevention services as those primarily concentrated within the health care sector, and health promotion services as those that depend on intersectoral actions and/or are concerned with the social determinants of health.

Primary prevention refers to actions aimed at avoiding the manifestation of a disease (this may include actions to improve health through changing the impact of social and economic determinants on health; the provision of information on behavioral and medical health risks, alongside consultation and measures to decrease them at the personal and community level; nutritional and food supplementation; oral and dental hygiene education; and clinical preventive services such as immunization and vaccination of children, adults and the elderly

Dikshit Sharma

22110148

SY c (c1)

223021