

Health, Education & Research

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Abstract

Health refers to a state of complete emotional and physical well-being. Good health is central to handling stress and living a longer, more active life. In this article we explain the meaning of good health, how health is important. Being a healthy person is the only key success for living a life. In 1948, the WHO defined health: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." In 1986 the WHO made further clarification: "A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities." But overall meaning of health is a resource to support an individual function. Healthy life that means to lead a full life with meaning and purpose. In 2009, researchers publishing in THE LANCET defined health as the ability of a body to adapt to new threats and infirmities. Health is more important than education. But education can improve health knowledge. Health education is a social science that we have to spread the knowledge to promote health and prevent disease. A better education can lead to better skills, develops self improvement or confident level. So, we can say that health and education are related to each other. At present time everyone is busy in life so they do not care of own health. They forget that health is the primary source of success. We can understand it by phrase: "Health is Wealth." Conclusion: Through this article we want to spread the knowledge of health importance. Biography: I completed in M.Sc with life science background from Bhagalpur University, R.D. & D.J college, Munger. I publish 2 papers.