



ADOPTING A HEALTHY LIFESTYLE FOR A HOLISTIC WELL- BEING AND HAPPY LIFE FOR WOMEN IN UTTARASASAN OF PIPILI BLOCK

Dr. Madhusmita Das* Jhunu Muduli**

**Assistant Professor, HoD of Home Science, Kamala Nehru Women's College Bhubaneswar.*

***Ph.D Scholar, PG Department of Home Science, Rama Devi Women's University Bhubaneswar.*

Abstract

Holistic living is a lifestyle that focuses on nurturing the body, mind, and spirit, ensuring overall good health. It involves a balance between mental, spiritual, and physical health. To obtain a holistic wellness a healthy lifestyle should be incorporated. Environmental wellness is also essential for maintaining a healthy lifestyle. A Regular exercise, a balanced diet, and a positive mindset can help in maintaining a healthy balance in both the body and mind. The healthy lifestyle in this study involves balanced diet, physical exercise, yoga, meditation, visiting natural sites. An intervention made in Uttarasasasn of Pipili block with an aim to spread awareness on healthy lifestyle. This study comprised of 50 women, both working women and housewives aged 30-50 years. They all participated in the intervention program. The program encompassed as per the following sessions:

- An introduction session on healthy lifestyle,
- Yoga sessions, morning walk and meditation,
- Awareness and counseling session on balanced diet and healthy foods
- Natural site visit

The prime objective of the study is to make the focus group aware on healthy life style and through an intervention it was made possible. The developed a clear understanding on healthy diets, locality available nutritious foods, importance of balanced diet for them. They started adopting these dietary habits for them and for their family members. After 7 days regular practice of yoga, meditation and morning walk they adopted a habit of involved all these things in regular basis. They responded that they are feeling enjoyable after the sessions. They were also instructed to make it a regularly practice in their day to day life. In the contemporary society people are far from “real life happiness”. This study concluded that “Health is Wealth” a good physical and mental health is the prime necessarily for everybody. Keeping in view we impacted awareness among women of the Uttarasasan in Pipili Block. It is found that they showed a lot of interest and eagerness for the sessions and the topic was very much accepted among them.. Women are more interest to know all the aspects of nutrition dense foods and balanced diet. They asked many questions to clarify their doubts regarding the healthy foods and their health benefits. During the yoga, meditation, and morning walk sessions they relished a lot. The social belongingness also devolved noticeably and they happiness is unanticipated.

Key Word: Healthy life style, Holistic, Well- being, Happy life, Women, Uttarasasan , Pipili Block.

Introduction

Holistic living is a lifestyle that focuses on nurturing the body, mind, and spirit, ensuring overall good health. It involves a balance between physical, mental, social and spiritual health and wellbeing . To obtain a holistic wellness a healthy lifestyle should be incorporated. A balanced diet, regular exercise, and a positive mindset can help in maintaining a healthy balance in both the body and the mind. The healthy lifestyle in this study involves adopting a balanced diet, practicing exercise, yoga, meditation and visiting natural sites. Holistic wellness is a multidimensional concept that considers all aspects of



your health. It encompasses our physical, mental, emotional, intellectual, spiritual, social, occupational, as well as environmental wellbeing.

- **Important Balanced Diet**

A balanced diet contains different kinds of foods in certain quantities and proportions so that the requirement for calories, proteins, minerals, vitamins and alternative nutrients is adequate.

- **Important of Physical Health**

It has been said that “we are what we eat” but did we know that can mean our physical health can affect your mental health? If we are feeling low or stressed, but don’t know why? It could be that your physical health is affecting aspects of our mental health. This is a misunderstood connection that many people are simply unconscious of. There are a few things to take into consideration when thinking about how our physical health affects our mental health, including eating healthy, getting consistent exercise, and having quality sleep.

- **Important of Mental Health**

Mental health is an important part of our well-being. This aspects of our welfare determines how we are able to operate psychologically, emotionally, and socially among others. Considering how much of a role our mental health plays in each aspect of our life, it’s important to guard and improve psychological wellness using appropriate measures.

- **Important of Social Health**

Social health refers to the relationships we have and how we interact with others. Social health enables us to create boundaries that encourage communication, trust, and conflict management. Having good social wellness is critical to building emotional resilience.

Why Holistic Wellness is Important

Holistic wellness is very important because it helps to reduce stress and anxiety levels, improve physical elements and illnesses, and improve overall mental and emotional health. In order to lead a balanced life, it is essential to prioritize holistic wellness. When it comes to achieving holistic wellness, nutrition is an important factor. Eating a balanced diet that is rich in vitamins, minerals, and other nutrients is essential for promoting physical health, as well as and emotional wellbeing. Eating the right kinds of foods that provide the necessary nourishment can help to maintain energy levels and support overall health.

What is Real Life Happiness

True happiness is a feeling. It is an immersive feeling that everything is good inside. It is not just about riches or wealth: it is a state of mind in which one has a fulfilling and satisfying feeling that is our heart truly at rest. Happiness is more or less a fantasy of the mind. The moment we try to connect with our inner World and focus on inner contentment, we will experience true happiness. To understand the meaning of Real Happiness, we need to explore this term by splitting it and delving deeper into the word “Real”, defining real is tricky still if we try to define it, we can say real is long-lasting and able to exist without any stimuli or context. Real happiness is complete in it and gives a sense of fulfillment and effortless peace.



Contemporary Society

Contemporary society, according to social and political scientists is characterized by at least three fundamental directions: These are some examples, but they are many more. These presentation are the result of a number of fundamental changes that are irreversibly transforming our daily lives, our way of thinking and perceiving the world and our way of living together.

Among these fundamental changes are

- Fast Life
- Skipping Meals
- Lack of Time
- Less Effort
- Lack Awareness on Healthy Diets
- Less time for Exercise
- Materialistic Happiness

Holistic wellness aims to promote overall well-being by addressing the various aspects of a person's life, including physical, mental, emotional, and spiritual dimensions. At the individual level, interventions to promote health and well-being might focus on health behaviors, employment, housing, food security, or childcare. These interventions also would apply to the community level. Here are some ways in which holistic wellness can benefit health.

Objectives

An intervention made in Uttarasan of Pipili block with an aim to spread awareness on healthy lifestyle for women.

1. To introduce a healthy life style awareness among the women of Uttarasan of Pipili Block.
2. To spread awareness on balanced diet, nutritious locally available foods, healthy eating habits and exercise for physical wellbeing.
3. To acquaint them with yoga and meditation techniques for a sound mental health and mental happiness.
4. To develop a worthy social life by visiting natural sites altogether.

Methodology

A study was carried out focusing the women in Uttarasan of Pipili Block. Both the working women and housewives are taken for the study. Out of them 10 housewives, 30 working in SHG, 10 working in different private and public sector. An intervention was made in Uttarasan of Pipili block with an aim to spread awareness on healthy lifestyle. The program was planned for 7 days .The program was comprised as per the following sessions:

1. Awareness sessions on healthy lifestyle (2 sessions)
2. Awareness and counseling sessions on healthy foods, balanced diet, locally available nutritious foods, benefits of good food for good health etc.(4 sessions)
3. Yoga sessions and morning walk
4. Meditation (Guided meditation for 45 minutes)
5. Natural site visit near our village a social get together

The sessions were planned according their convince, so the time of the sessions were from 2 pm to 5.30 pm every day. At last the feedbacks were taken from all the participants.



A feedback format was filled by all the samples of the study to assess and evaluate their level of satisfaction and worth of the study.

Review of Literature

A review of scientific literature published in 2015 was conducted, involving online data base keyword searches, additional searches of other studies and resources, screening abstracts, assessing their relevance to the review and integrating the findings with regard to the topic of wellness education.

- Research that examines the combined effect of lifestyle factors on mortality is plentiful and data have been gathered in a research that examines the combined effect of lifestyle factors on mortality is plentiful, and data have been gathered in a meta-analysis that validated that adherence to a healthy lifestyle is associated with a lower risk of mortality. (Loef & Walach, 2012).
- “The ideal qualities of a healthy lifestyle illustrates an individual that is physically active to optimal levels on a daily basis, consuming a healthy and nutritious diet, maintaining a healthy body weight and not smoking: particularly in combination with associated ideal health metrics: normal blood lipid and glucose levels and normal resting blood pressure.” (Arena, Lavie, Hivert, et al., 2015, p. 2).
- Shipway and Holloway (2010) proposed that physical activity in their research, as represented by running, is essential to a healthy lifestyle. This positive outcome doesn’t necessarily work both ways, though. The findings of a study on distance education students indicated that healthy lifestyle behaviors were not indicators of physical activity level in the examined group.
- Bezner defines wellness as “the sense that one is living in a manner that permits the experience of consistent, balanced growth in the physical, spiritual, emotional, intellectual, social, and psychological dimensions of human existence”. (Bezner, 2015).
- A recurring topic in the literature review was “wellness programming.” Various intervention programs are conducted for different groups of participants including: employees (Buer, 2015; Thompson & Rew, 2015);
- In a year-long research study from the University of Michigan, participants who adhered to a long-time exercise regime did not want to lose weight, but rather to “enhance their daily life and wellness”. (Segar et al., 2011)
- The scientific approach to health and wellness is mostly recognized in the medical sense, as the common goal is the healthy and satisfied human being. If we want to educate towards wellness, it is necessary to incorporate wellness programming into society generally, and into the everyday life of people, so that they are not reactive and waiting to become sick (Arena, Lavie, Cahalin, et al., 2015).

Findings

Wellness is a holistic model of health and as such broadens the former physical notion of health. It integrates the body, mind and spirit of an individual within the social context in which he or she exists while empowering him/her to take responsibility for the state of health at the very moment. Ultimately, when we promote education towards wellness, it is necessary to do so with regard to an individual’s actual state and needs, using designs and methods that not only spread and support practices and knowledge about healthy living, but that empower inner motivation and responsibility across all dimensions of health and wellness.



The study consist of 50 women respondents of Uttarasasan in Pipili Block it was an intervention to spread awareness on healthy lifestyle with a target to adopt the same in their day to day life.

The program was planned for 7 days. It consists of 6 days sessions and one day social get together at a natural site nearest to the village. On the last day of the program a feedback form was given to all the respondents to evaluate the study. The findings of the study are as follows:

- They are so happy to be part of this study.
- The regular exercise and morning walk not only enhanced their mental health but also strengthened their social belongingness.
- The guided meditation was highly acceptable away them.
- The awareness and locality sessions are also interesting for them as they showed highest level of interest to know about the healthy foods and balanced diets.
- During the session they were also carries to ask different questions. They also asked questions regarding the extending myths.
- The get together was appreciated by them. They enjoyed the natural beauty all together, cooked together rather than lots of fun.

Finding of their feedbacks

- It was an amazing program for them.
- They learned a lot of on healthy foods in balanced diet.
- They were to know many unknown things and aspects of health and foods.
- The yoga sessions was helping them in making relaxed both their body and mind.
- Meditation helped them to bring calmness to their state of mind and at worked good, at their day start.
- They recommended more sessions line this in future.
- They got a very nice experience of seven days which was never possible for them for their busy life schedule.
- It helps them to break their monotonous work actively.
- They got relaxed from their daily stressed life.
- They also demanded for a stress reduction sessions.
- They adopted all the beauty habiting for their family members.

Conclusion

We forget what is life? We are far from happiness. We have concluded that game lessons to the whole world that “Health is Wealth” a good physical and mental health is the prime important for everybody. Keeping in this view we impacted awareness among the Uttarasasan in Pipili Block. Women’s are more interest to ask more question. When they are doing also the improve their social health. They also do the sessions every day and feeling happy in their life. Some women also feeling better of their health after doing the morning walk, yoga and eat balance diet.

The developed an external ideas on healthy diets, locality available nutritious foods importance of balanced diet for them. They started adopting these dietary habits for them and for their family members. After 7 days practice of yoga meditation and morning walk they adopted a habit of practicing all these things. They responded that they are feeling nice after the sessions. They are also instructed to make it a regularly practice in their day to day life. . Regular practice can help them to



fight with different diseases and live a healthy life with happiness. A delightful and a Positive feedback from the participants suggest that the intervention is feasible and acceptable.

Suggestion

After corona (Covid-19) we all learn one thing all the things should be clean and sanitizing. So that is very important we should proper care of our health and also our mind. Hence we should eat balanced diet, exercise regularly, do the yoga regularly, meditation need our body. Everyday walking in the morning and evening. That is also very important we should live neat and clean.

References

1. Arena, R., Lavie, C. J., Cahalin, L. P., Briggs, P. D., Guizilini, S., Daugherty, J., ... Borghi-Silva, A. (2015). Transforming cardiac rehabilitation into broad-based healthy lifestyle programs to combat noncommunicable disease. *Expert Review of Cardiovascular Therapy*, 1–14. <http://doi.org/10.1586/14779072.2016.1107475>.
2. Arena, R., Lavie, C. J., Hivert, M.-F., Williams, M. A., Briggs, P. D., & Guazzi, M. (2015). Who will deliver comprehensive healthy lifestyle interventions to combat non-communicable disease? Introducing the healthy lifestyle practitioner discipline. *Expert Review of Cardiovascular Therapy*, 1–8. <http://doi.org/10.1586/14779072.2016.1107477>.
3. Bezner, J. R. (2015). Promoting Health and Wellness: Implications for Physical Therapist Practice. *Physical Therapy*, 95(10), 1433–1444.
4. Buer, R. (2015). Wellness and Safety Programs Expand to Embrace Employee Well-being. *Occupational Health & Safety (Waco, Tex.)*, 84(9), 70–71.
5. Loeff, M., & Walach, H. (2012). Review: The combined effects of healthy lifestyle behaviors on all-cause mortality: A systematic review and meta-analysis. *Preventive Medicine*, 55, 163–170. <http://doi.org/10.1016/j.ypmed.2012.06.017>.
6. Segar, M., Eccles, J. S., & Richardson, C. R. (2011). Rebranding exercise: closing the gap between values and behavior. *International Journal of Behavioral Nutrition & Physical Activity*, 8(1), 94–107. <http://doi.org/10.1186/1479-5868-8-94>.
7. Shipway, R., & Holloway, I. (2010). Running free: Embracing a healthy lifestyle through distance running. *Perspectives in Public Health*, 130(6), 270–276. <http://doi.org/10.1177/1757913910379191>.