

VARIOUS ASPECTS OF HEALTH AND HAPPINESS

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1. INTRODUCTION :

Life cannot be sustained without adequate nourishment. Man needs adequate food for growth and development and to lead an active and healthy life. Nutrition is the science of foods, the nutrients and other substances therein, their action, interaction and balance in relationship to health and disease. Health is the level of functional or metabolic efficiency of a living organism. In humans it is the ability of individuals or communities to adapt and self-manage when facing physical, mental or social challenges. The World Health Organization (WHO) defined health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or in firmity. This definition has been subject to controversy, in particular as lacking operational value and because of the problem created by use of the word "complete" Other definitions have been proposed, among which a recent definition that correlates health and personal satisfaction. Classification systems such as the WHO Family of International Classifications, including the International Classification of Functioning, Disability and Health (ICF) and the International Classification of Diseases (ICD), are commonly used to define and measure the components of health. Health is that balanced condition of the living organism in which the integral, harmonious performance of the vital functions tends to the preservation of the organism and the normal development of the individual.

Systematic activities to prevent or care health problems and promote good health in humans are undertaken by health care providers. Applications with regard to animal health are covered by the veterinary sciences. The term "healthy" is also widely used in the context of many types of non-living organizations and their impacts for the benefit of humans, such as in the sense of healthy communities, healthy cities or healthy environments. In addition to health care interventions and a person's surroundings, a number of other factors are known to influence the health status of individuals, including their background, lifestyle, and economic, social conditions, and spirituality; these are referred to as "determinants of health." Studies have shown that high levels of stress can affect human health.

2. DETERMINANTS

Generally, the context in which an individual lives is of great importance for both his health status and quality of their life. It is increasingly recognized that health is maintained and improved not only through the advancement and application of health science, but also through the efforts and intelligent lifestyle choices of the individual and society. According to the World Health Organization, the main determinants of health include the social and economic environment, the physical environment, and the person's individual characteristics and behaviors.

More specifically, key factors that have been found to influence whether people are healthy or unhealthy include the following

Income and social status, Social support Network, Education and literacy, Employment/working condition, Social Environments, Physical Environments, Personal health practices and coping skills, Healthy child development, Biology and genetics, Health care services, Gender, Culture

An increasing number of studies and reports from different organizations and contexts examine the linkages between health and different factors, including lifestyles, environments, health care organization, and health policy – such as the 1974 Lalonde report from Canada; the Alameda County Study in California; and the series of World Health Reports of the World Health Organization, which focuses on global health issues including access to health care and improving public health outcomes, especially in developing countries.

The concept of the "health field," as distinct from medical care, emerged from the Lalonde report from Canada. The report identified three interdependent fields as key determinants of an individual's health. These are:

- Lifestyle: the aggregation of personal decisions (i.e., over which the individual has control) that can be said to contribute to, or cause, illness or death;
- Environmental: all matters related to health external to the human body and over which the individual has little or no control;
- Biomedical: all aspects of health, physical and mental, developed within the human body as influenced by genetic make-up.

The maintenance and promotion of health is achieved through different combination of physical, mental, and social well-being, together sometimes referred to as the "health triangle." The WHO's 1986 Ottawa Charter for Health Promotion further stated that health is not just a state, but also "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."

Focusing more on lifestyle issues and their relationships with functional health, data from the Alameda County Study suggested that people can improve their health via exercise, enough sleep, maintaining a healthy body weight, limiting alcohol use, and avoiding smoking. Health and illness can co-exist, as even people with multiple chronic diseases or terminal illnesses can consider themselves healthy.

3. POTENTIAL ISSUES

There are a lot of types of health issues common with many people across the globe. Disease is one of the most common. According to Global Issues Organization approximately 36 million people die each year from non-communicable (not contagious) disease including cardiovascular disease cancer, diabetes, and chronic lung disease

(Shah, 2014).

As for communicable diseases, both viral and bacterial, AIDS/HIV, tuberculosis, and malaria are the most common also causing millions of deaths every year (2014).

Another health issue that causes death or contributes to other health problems is malnutrition majorly among children. One of the groups malnutrition affects most is young children. Approximately 7.5 million children under the age of 5 die from malnutrition, and it is usually brought on by not having the money to find or make food (2014).

Bodily injuries are also a common health issue worldwide. These injuries, including broken bones, fractures, and burns can reduce a person's quality of life or can cause fatalities including infections that resulted from the injury or the severity injury in general.

(Moffett, 2013)

Some contributing factors to poor health are lifestyle choices. These include smoking cigarettes, which according to LIVESTRONG.com kills 443,000 people each year (2013). It also can include a poor diet, whether it is overeating or an overly constrictive diet. Inactivity can also contribute to health issues and also a lack of sleep, excessive alcohol consumption, and neglect of oral hygiene (2013). There are also genetic disorders that are inherited by the person and can vary in how much they effect the person and when they surface (2013).

The one health issue that is the most unfortunate because the majority of these health issues are preventable is that approximately 1 billion people lack access to health care systems (Shah, 2014). It is easy to say that the most common and harmful health issue is that a lot of people do not have access to quality remedies.

4. MENTAL HEALTH

The World Health Organization describes mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

Mental Health is not just the absence of mental illness.

Mental illness is described as the spectrum of cognitive, emotional, and behavioral conditions that interfere with social and emotional well-being and the lives and productivity of people. Having a mental illness can seriously impair, temporarily or permanently, the mental functioning of a person. Other terms include: 'mental health problem', 'illness', 'disorder', 'dysfunction'.

Roughly a quarter of all adults 18 and over in the US suffer from a diagnosable mental illness. Mental illnesses are the leading cause of disability in the US and Canada. Examples include, schizophrenia, ADHD, major depressive disorder, bipolar disorder, anxiety disorder, post-traumatic stress disorder and autism.

Many teens suffer from mental health issues in response to the pressures of society and social problems they encounter. Some of the key mental health issues seen in teens are depression, eating disorders, and drug abuse. There are many ways to prevent these health issues from occurring such as communicating well with a teen suffering from mental health issues. Mental health can be treated and be attentive to teens' behavior.

5. MAINTAINING HEALTH

An important way to maintain your personal health is to have a healthy diet. A healthy diet includes a variety of plant-based and animal-based foods that provide nutrients to your body. Such nutrients give you energy and keep your body running. Nutrients help build and strengthen bones, muscles, and tendons and also regulate body processes (i.e. blood pressure). The food guide pyramid is a pyramid-shaped guide of healthy foods divided into sections. Each section shows the recommended intake for each food group (i.e. Protein, Fat, Carbohydrates, and Sugars). Making healthy food choices is important because it can lower your risk of heart disease, developing some types of cancer, and it will contribute to maintaining a healthy weight.

Exercise

Physical exercise enhances or maintains physical fitness and overall health and wellness. It strengthens muscles and improves the cardiovascular.

Sleep

Sleep is an essential component to maintaining health. In children, sleep is also vital for growth and development. Ongoing sleep deprivation has been linked to an increased risk for some chronic health problems. In addition, sleep deprivation has been shown to correlate with both increased susceptibility to illness and slower recovery times from illness. In one study, people with chronic insufficient sleep, set as six hours of sleep a night or less, were found to be four times more likely to catch a cold compared to those who reported sleeping for seven hours or more a night. Due to the role of sleep in regulating metabolism, insufficient sleep may also play a role in weight gain or, conversely, in impeding weight loss. Additionally, in 2007, the International Agency for Research on Cancer, which is the cancer research agency for the World Health Organization, declared that "shift work that involves circadian disruption is probably carcinogenic to humans," speaking to the dangers of long-term nighttime work due to its intrusion on sleep. In 2015, the National Sleep Foundation released updated recommendations for sleep duration requirements based on age and concluded that "Individuals who habitually sleep outside the normal range may be exhibiting signs or symptoms of serious health problems or, if done volitionally, may be compromising their health and well-being."

Age and Condition	Sleep Needs
Newborns (0 to 3 Months)	14 to 17 Hours
Infants (4 to 11 Months)	12 to 15 Hours
Toddlers(1-2 Years)	11 to 14 Hours
Preschoolers (3-5 Years)	10 to 13 Hours
School age children(6-13 years)	9 to 11 Hours
Teenagers(14 to 17 years)	8 to 10 Hours
Adults (18- 64 years)	7 to 9 Hours
Older Adults (65 years and over)	7 to 8 Hours

6. ROLE OF SCIENCE

Health science is the branch of science focused on health. There are two main approaches to health science: the study and research of the body and health-related issues to understand how humans (and animals) function, and the application of that knowledge to improve health and to prevent and cure diseases and other physical and mental impairments. The science builds on many sub-fields, including biology, biochemistry, physics, epidemiology, pharmacology, medical sociology. Applied health sciences endeavor to better understand and improve human health through biotechnology and public applications in areas such as health education, biomedical engineering, health.

7. BASIC KNOWLEDGE OF IMPORTANT NUTRIENTS FOR HEALTH

Nutrients are the constituents in food that must be supplied to the body in suitable amounts. These include carbohydrates, fats, proteins, minerals and vitamins.

Carbohydrates

Carbohydrates are sugars or polymers of sugars such as starch that can be hydrolyzed to simple sugars by the action of digestive enzymes or by heating with dilute acids.

Carbohydrates are classified as monosaccharides or simple sugars (glucose, fructose), disaccharides or double sugars (sucrose, lactose) and polysaccharides which include many molecules of simple sugars (starches, dextrans).

Functions

- 1 The body uses carbohydrate as a source of energy. One gm of carbohydrate provides 4 kilocalories.
- 2 They are the major source of energy for muscular work.
- 3 The main source of energy for the central nervous system is glucose.
- 4 The body mainly uses carbohydrate as the source of energy, thus sparing the tissue protein breakdown for energy purpose. This is called "protein sparing action of carbohydrates".
- 5 In the liver, carbohydrates have special functions to perform. They include detoxifying action and a regulating influence on protein and fat metabolism.
- 6 The heart muscle mainly uses glucose as a source of energy.
- 7 Excess of calories is stored in the form of fat in the adipose tissue.
- 8 Consumption of indigestible polysaccharides or fiber prevents constipation and reduces the incidence of heart diseases, diabetes mellitus and colon cancer.

Fats

The term lipid or fat is applied to a group of naturally occurring substances characterized by their insolubility in water. The lipids present in the diet of animal and human body includes triglycerides, phospholipids and cholesterol.

Functions

- 1 Fats are a concentrated source of energy. One gram of fat provides 9 calories.
- 2 Fat is essential for the absorption of fat soluble vitamins like vitamin A, D, E and K.
- 3 Fats improve the palatability and give a satiety value (i.e.) feeling of fullness in the stomach.
- 4 Fats are deposited in adipose tissue and thus serve as a reserve source of energy during starvation and illness.
- 5 They protect vital organs in the body by forming a lining on top.
- 6 They act as insulators against heat and cold.
- 7 They are the essential constituent of the membrane of every cell.
- 8 Phospholipids are present in the plasma in combination with proteins as lipoproteins which are involved in the transport of fat and cholesterol.
- 9 Phospholipids are present in large amounts in the nervous system and essential for its function.
- 10 Cholesterol serves as a precursor for the formation of bile acids.

Proteins

Dietary protein performs all three functions of nutrients. It is needed for growth, maintenance, and repair of body tissues. It regulates key processes within the body and only excess protein can be used as a source of energy.

Functions

1. Proteins are required for the growth and maintenance of tissues.
2. It is needed for the formation of essential body compounds.
3. It regulates water balance in the body.
4. It helps in the transport of nutrients.
5. It is required for the maintenance of appropriate Ph.
6. It is also a source of energy. One gram of protein provides 4 calories.
7. It fights the body against diseases.

Minerals

1. Calcium

Calcium makes up between 1.5 – 2 % of body weight. Almost 99 % of this calcium is found in the hard tissues of the body, namely the bones and teeth.

Functions:

1. It is essential for the formation of bones and teeth.
2. It is essential for clotting of blood.
3. It regulates the permeability of capillary walls.
4. It is essential for the contraction of heart and muscle.
5. It regulates the excitability of nerve fibers and nerve centers.
6. It acts as an activator for the enzymes present in the gastric juice.

2. Phosphorus

Phosphorus constitutes approximately 1 % of the weight of the human body, Up to 90 % of this is found within calcium phosphate crystals in the bones and teeth.

Functions

1. It is necessary for the formation of bones and teeth.
2. It is essential for carbohydrate metabolism.
3. It is a constituent of certain co-enzymes.
4. It is an essential constituent of nucleic acids and nucleoproteins which are integral parts of the cell.

3. Iron

Most of the iron in the body is found in the blood, but some is present in every cell bound to iron containing enzymes.

Functions

1. It is required for the transport and storage of oxygen in cells & tissues.
2. It acts as co-factors of enzymes and other proteins.
3. It is required for the formation of red blood cells.

4. Iodine

Functions

Iodine is a constituent of thyroxin. The active principle of the thyroid gland. The thyroid gland plays an important role in energy metabolism and in the growth of the body.

Sources

Iodine is present only in small amounts in common foods, the quantity of iodine present depending on the iodine content of the soil. Iodized salt and sea fish are good sources of iodine.

Fat soluble vitamins

Vitamin A

Functions

- 1 Vitamin A plays a critical role in vision in dim light.
- 2 Vitamin A is essential for the integrity of the mucous secreting cells of epithelial tissues.
- 3 It is essential for normal bone formation.
- 4 Vitamin A deficiency causes degeneration of the myelin sheath.
- 5 Vitamin A is essential for the synthesis of mucoproteins and glycoprotein.
- 6 It is essential for normal reproduction.

Sources

Vitamin A is present only in foods of animal origin, such as liver, eggs, milk and fatty fish. All plant foods contain only carotenoid which is converted to vitamin A in the body. Papaya, mango, carrots, green leafy vegetables and other yellow, orange colored fruits and vegetables are good sources of β -carotene.

Vitamin D

Functions

1. Vitamin D promotes the absorption of calcium and phosphate from the small intestines.
2. This also acts on the bones directly promoting calcification.
3. It regulates the concentration of calcium in blood plasma.

Source

The good sources of vitamin D include sunlight, fish liver oils, butter, cheese, ghee and milk.

Vitamin E

Functions

1. It essential for normal reproduction in man.
2. It is required for the normal functioning of the immune system.
3. It is an antioxidant, which reduces the incidence of heart diseases.

Sources

Vegetables oils and fats, nuts and oilseeds and whole grams are the richest natural sources of vitamin E.

Vitamin K

Functions

Vitamin K is essential for blood coagulation. It is required for the synthesis of various substances needed for the blood clotting.

Sources

The concentration of vitamin K is highest in dark green leafy vegetables, but it is also found in liver, pulses, cereals and some tubers.

Water soluble vitamins

Vitamin C or Ascorbic acid

Functions

Vitamin C is essential for

1. Formation of collagens and intercellular cement substances.
2. Absorption of iron and in incorporation of plasma iron in ferritin.
3. Bone formation.
4. Adrenal cortex function.
5. Neurons transmitter synthesis.
6. Aids in calcium absorption.
7. Drug detoxification.
8. Activation of hormones.

Sources

The rich resource of vitamin C includes alma, guava and other citrus fruits. Good sources include green leafy vegetables and fruits like papaya and tomato.

B complex Vitamins

Thiamine or Vitamin B₁

Functions

1. Thiamine is essential for growth.
2. It is essential for maintaining the nerves in the condition.
3. It plays an important role in carbohydrate metabolism.

Sources

Diet based on whole wheat, millets, raw hand pounded rice or parboiled rice usually supplies thiamine in the diet. Organ meat, pork, liver, eggs and whole grams are fair sources of thiamine.

Riboflavin or Vitamin B₂

Functions

1. Riboflavin is involved in the regulatory functions of some hormones involved in carbohydrate metabolism.
2. The retina contains free riboflavin, which is converted by light to a compound involved in stimulation of the optic nerve.
3. Riboflavin plays an important role in many enzyme systems involved in the metabolism of carbohydrates, fats and proteins.
4. It is involved in the formation of red blood cells in the bone marrow.

Sources

Rich sources of riboflavin include milk and milk products, eggs, liver, and dried yeast. Good sources are green leafy vegetables, whole cereal and millets, meat and fish. Fair sources include milled cereals, cereal products and roots and tubers.

Niacin or Nicotinic Acid

1. Nicotinic acid is essential for the normal functioning of the skin, intestinal tract and the nervous system.
2. Nicotinic acid is a component of coenzymes NAD and NADP, which take part in several enzymatic reactions.

Sources

The rich sources of niacin are groundnuts, dried yeast and liver, good sources are whole cereals, legumes, meat and fish. The fair sources include milled cereals, maize, milk and eggs.

Pyridoxine or Vitamin B₆

Functions

1. Pyridoxine like other vitamins functions as a co-enzyme.
2. It is essential for growth of infants and prevention of macrocytic anemia.

Sources

Meat, pulses, wheat and dried yeast are good sources while green leafy vegetables other cereals are fair sources of this vitamin.

Folic acid

Functions

1. It is essential for the maturation of red blood cells.
2. It is required for the normal growth and division of all cells.
3. It plays a role in the metabolism of some amino acids.
4. It prevents megaloblastic anemia.

Sources

Fresh green leafy vegetables, yeast, liver and eggs are rich sources of this vitamin. Cereals, pulses, nuts, oilseeds and other vegetables like ladies finger and cluster are good sources of this vitamin.

Vitamin B₁₂

1. It promotes the maturation of erythroid cells.
2. It is involved in biochemical processes essential for DNA synthesis and division of cells.
3. It is required for the synthesis of myelin, the white sheath that covers the nerve fibers.
4. It stimulates appetite and improves the general health of the patient.
5. It cures the neurological symptoms of pernicious anemia.

Sources

Vitamin B₁₂ is normally present only in animal foods like liver, egg, mutton and milk.

Pantothenic Acid

Functions

It is involved in the synthesis of amino acids, B₁₂ and hemoglobin.

Sources

The best sources of Pantothenic acid are liver, kidney, egg yolk, yeast and fresh vegetables. Milk and meat are fairly good sources.

Biotin

Functions

Biotin takes part as a coenzyme in several metabolic functions of carbohydrate and lipid metabolism.

Sources

Liver, kidney and yeast extracts are good sources Pulses, nuts and chocolate fair sources of this vitamin.

8.HAPPINESS

What is happiness?

It is a feeling of inner peace and satisfaction. It is a usually experienced, when there are no worries, fears or obsessing thoughts. This is usually happens, When we do something we love to do, or when we get, win, gain, or achieve something that we value. It seems to be the outcome of positive events, but it actually comes from the inside, triggered by external events.

For most people, happiness seems fleeting and temporary, because they allow external love circumstances to affect it. One of the best way to keep it, is by gaining inner peace through daily meditation. As the mind becomes more peaceful, it becomes easier to choose the happiness habit.

It is your attitude that makes you feel happy or unhappy.

We meet various situations every day, and some of them may not contribute to happiness. However, we can choose to keep thinking about the unhappy events, and we can choose to refuse to think about them, and instead, think about and relish the happy moments.

All of us go through various situations and circumstances, but we do not have to let them influence our reactions and feelings.

If we let outer events influence our moods, we become their slaves. We lose our freedom. We let our happiness be determined by outer forces. On the other hand, we can free ourselves from outer influences. We can choose to be happy, and we can do a lot to add happiness to our lives.

Tips of Happiness

Top 7 Tips for How to Be Happy

1.) Let go of negativity.

- Learn to forgive and forget.
- See every challenge as an opportunity for further growth.
- Express gratitude for what you have.
- Be more optimistic about the future and your ability to accomplish life goals.
- Open yourself up to success and embrace failures or mistakes that happen along the way.
- Know that none of us are perfect; we are all here to entertain and be entertained.
- Don't worry about the little things. Take plenty of "worry vacations" where you train your mind not to worry for a certain lengths of time.
- If you want to be more positive, surround yourself with positive energy and people. Nurture the positive relationships that you have, seeking out more of those relationships that help uplift you.
- Accept and love yourself for the unique gifts and talents that you bring to life. Spend less time trying to please others and spend more time trying to please your higher self.
- See the humor in life and in our experiences. Take life less seriously and learn to laugh at yourself.

2.) Serve and be kind to others.

- Treat everyone with kindness. Not only does it help others to feel better, but you will notice that you too feel good after having a positive interaction with others.
- Speak well of others. When you speak negatively of others you will attract more negativity to yourself, but when you speak positively of others, you will attract more positivity.
- Truly listen to others. Be present and mindful to what others are really saying when they speak. Support them without bringing yourself into it.
- Be careful with your words. Speak gentler, kinder, and wiser.
- Respect others and their free will.
- Put your trust in others and be trusted in return. Enjoy the sense of community and friendship that comes from this openness and faith in one another.
- Work as part of a whole. See others as partners in your efforts. Unite your efforts with them to create a synergy more powerful than anything you could do alone.
- Practice generosity and giving without expecting anything in return. Get involved with service opportunities and offer what you can to a greater cause.
- Smile more– to family, to co-workers, to neighbors, to strangers– and watch it not only change how you feel but also how they feel too.

3.) Live in the present.

- Don't replay negative events or worry about the future.

- Accept and celebrate impermanence. Be grateful for your life, for each moment of every day. Observe the constant and natural flow of change that surrounds us, and your small yet important part in the natural, divine flow of life.
- Observe yourself in the moment. Work on your reactions to outer circumstances and learn how to approach life harmoniously.

4.) Choose a healthy lifestyle.

- Keep a daily routine. Wake up at the same time every morning, preferably early. Setting yourself to a natural biorhythm will make it easier to wake up and feel energized.
- Get enough sleep. Proper sleep is linked to positive personality characteristics like optimism, improved self-esteem, and even problem solving.
- Expose yourself to cold temperatures (especially first thing in the morning with perhaps a cold shower). It increases your circulation, helps minimize inflammation in the body, enhances weight loss, and energizes and invigorates you to start your day.
- Turn off the TV. For every hour of TV you watch, you reduce 22 minutes of your life expectancy.
- Eat properly. What you eat has a direct effect on your mood and energy levels. Eat plenty of organic, locally grown fruits and vegetables, nuts, whole grains, and dairy products that are both vitamin and mineral infused. Don't overeat and try to practice healthy self-control.
- Exercise daily to the point of sweating. It not only helps to purify the body, but also releases endorphins which help to prevent stress, relieve depression, and positively improve your mood.
- Laugh more. Laughter is the best medicine. Like exercise, it releases endorphins that battle the negative effects of stress and promote a sense of well-being and joy.
- Practice deep breathing and yoga. The body and mind are connected. Emotions affect the physical systems in the body, and the state of the body also affects the mind. By relaxing and releasing tension through the breath or yoga practice you feel more calm and centered throughout the day.

5.) Take care of your spirit.

- Strive to always learn new things. Constantly expand your awareness and discover new ways of expressing your divine gifts.
- Get creative. This will not only challenge you to learn new things, but will also help to keep your mind in a positive place. Practice living in the present moment and being a channel for the divine flow of creativity.
- Practice meditation. Research has proven that even as little as 10 minutes of meditation a day can lead to physical changes in the brain that improve concentration and focus, calm the nervous system, and help you to become more kind and compassionate, and even more humorous. Then bring the joy and peace you receive from meditation into your daily life and activity.
- Be honest. Telling the truth keeps you free inside, builds trust in relationships, and improves your will power and the ability to attract success.
- Surrender to the Universe Divine and allow it to take care of the littlest things in life to the greatest and most important.

6.) Be inwardly free.

- Live minimally and simply. Often extravagant living brings more stress not more satisfaction.
- De-clutter your home to de-clutter your mind. Clutter is an often unrecognized source of stress that promotes feelings of anxiety, frustration, distraction, and guilt. Feel good in your own home. Make it your sanctuary by keeping it clean, organized, and uplifting.
- Go without certain things you think you need. Travel to new places where not everything is as easily accessible or readily available, and learn to appreciate what you have by expanding your world.
- Take some time away from life's complicated outer involvements to get to know your family, your neighbors, and your loved ones better; and to get to know yourself.

7.) Reconnect with Nature.

- Take some time every week to recharge your body battery. On the weekend, escape to nature or a place where you can feel peace in time for a fresh start to the work week.
- Get outside whenever possible to breathe in the fresh air and feel the sunshine. Both of which studies have shown to have a positive effect on our health and our mood.
- Take some time to be silent. Be silent and calm every night for at least 10 minutes (longer if possible) and again in the morning before rising. This will produce an unbreakable habit of inner happiness to help you meet challenges in life.

- Observe the natural beauty that surrounds you and feel a sense of connection. Appreciate the details and miracles that can be found in nature.

9. TAKING THE NEXT STEPS TO FINDING HAPPINESS:

Ask yourself what makes you happy, and find ways to restructure your life so that you are able to do more of those things.

Then ask why you struggle to do the things that you know will make you happy. Why are you not yet happy? Why haven't you taken the next steps to find your happiness? Why are you here? And what do you need to do to feel a sense of accomplishment in this life?

Visualize yourself happy, doing the things that will bring you inner and outer success in life and write down the things you need to do to create a Happiness Bucket List. Start with the little things you know you can do each day that will bring you joy. Then move on to accomplish greater and greater things on your happiness bucket list.

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