



Power of Health

“ The groundwork for all happiness is good health ”

- Leigh Hunt

The value of health is vital for every human on earth. The well-being of a person is way greater than the wealth they have.

Health is a state of complete physical, mental, social and spiritual wellbeing and not merely the absence of disease. Health is the most important thing a person should possess. Without health, all the wealth we have is just a waste. So, Staying healthy is very important.

A good health reduces the stress level and promotes healthy life without any sufferings. We should always be aware about health so we need to go for regular health check-up. We should eat balanced food having fresh fruits, salad, green leafy vegetables, milk etc in order to maintain good health. A good health also need some daily physical activities, proper rest and sleep, cleanliness, healthy environment, fresh air and water, personal hygiene etc. It promotes the proper growth and development of our body which keeps us mentally, physically and socially healthy. With the help of our good health we can fight any situations in the life.

A good health provides us freedom from all the sickness and diseases.. It is a most precious gift of the life and necessary for living a purposeful life. Once a person is healthy, the mind becomes calm, positive thoughts flow into the brain and a person is determined. The body is fit and healthy, ready for another day. Being physically, mentally, emotionally, and socially healthy will bring good changes in life. A healthy and active mind is important for balancing your daily goals.

With Best Wishes

Health & Wellness Department

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