

Why Wellness Olympiad?

The purpose of wellness Olympiad is to sensitize the young generation about the key focus area of human life & development which is depending on over all wellness of person, family and society.

What is Wellness?

Wellness is not the absence of Disease, illness or stress put the purpose in life; active involvement in satisfying work and play; joyful relationship; a healthy body and living environment. Wellness means over all well being.

Why Wellness is so important?

Wellness is the greatest need of the hour. All our personal, emotional, occupational, social and environmental issues are directly connected to it. Problems are due to lack of wellness at physical, emotional, intellectual spiritual and social level.

What are the different dimensions of Wellness?

The different dimensions of wellness include Physical Wellness, Emotional Wellness, Intellectual Wellness, Spiritual Wellness, Occupational Wellness, Social Wellness and Environmental Wellness.

Why then it has not been given proper attention?

It has not been given proper attention due to ignorance and lack of awareness. If people become physically, emotionally and intellectually healthy, the entire society and environment around us will be healthy and fragrance of wellness will spread all over.

What am I supposed to do?

You must have awareness and adequate knowledge about wellness and its various dimensions. You should then work out a plan to keep yourself physically, mentally and emotionally healthy. You can acquire adequate knowledge about wellness Olympiad, the first of its kind in the country introduced by IHF Wellness Orbitarium, an organization committed to the cause of wellness.

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