

GOOD HEALTH AND IT'S IMPORTANCE

Today I am in front of you to speak on GOOD HEALTH AND ITS IMPORTANCE.

Good health does not only involve physical health but also mental health. WHO defines health as mental, physical, social and spiritual well being of a person. A mind which is free from tension and worries will only be possible if we have a healthy body. For this we should try to involve ourselves in various physical activities which also promote growth and development. We should try to participate in various school activities which besides keeping us fit also keep us involved in school. Sitting in front of television or playing games on computer for a long time hampers our physical and mental growth. So these activities should be limited to a specific time period. In the end I would like to say that a healthy mind always resides in a healthy body.

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