

Journey to quality of life

Dr. Shalini Menon



JOURNEY TO QUALITY OF LIFE

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CONTENTS

PART - A CONCEPT OF QUALITY OF LIFE

PART - B CHAPTERS ON VARIOUS DIMENSIONS OF QUALITY OF LIFE

QUALITY OF LIFE THROUGH FITNESS

1. Concept of Quality of Life 2-8
2. Did You Know Dance Can Boost the Quality of Life? 9-21
3. "Journey to Quality of Life with Fitness" 22-32
4. Nourish Your Body and Gain Energy through Yogic Diet 33-46
5. Exercise & Fitness Enhance the Level of Quality of Life 47-51

QUALITY OF LIFE ON ELDERLY AND AGEING GRACEFULLY

6. High Intensity Interval Training (Hiit) for Fat Loss & Better Life 52-60
7. Role of Pakalveedu (Day care for the aged) on the enhancement of mental health and quality of life in Elderly. 61-79
7. Quality of Life With Healthy Ageing 80-87
8. Forest Environment is the Key to Spend "Quality Life" 88-96

FOREST ENVIRONMENT IS THE KEY TO SPEND "QUALITY LIFE"

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Life begins and ended with the environment. It provides all kinds of opportunities to the all living organisms like positive responses from our surroundings for the survival as well as all negative outcomes for their unlawful acts. It's really exigency to understand that what the individual's preferences for their life. There are choices to live our life as happier as or with lots of stress it depends on our choice. Live life stress free may consider as happy and healthy life. Healthy environment provides comfort lifestyle to the people. Pleasant surroundings give us comfort life, good health, fresh mind with innovative ideas. Forest provides us shelter, food, fodder, nutrients, fresh air, aesthetic and recreational value which contributes to provide healthy and happy life.