

MODERN WELLNESS

Article by Acharya V Venkat

Modules of Modern Wellness - II

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Globally, the situation of healthcare insufficiency during the past few years while challenged by COVID pandemic has established the paramount necessity of modern wellness and its holistic treatment towards all the aspects of life. This article delineates and presents the elements or dimensions of wellness that need to be proportionally addressed for prosperous health and lifestyle.

Dimensions of Individual Wellness: Every individual is distinct and exhibit specific association with various components of wellness. The integrity and comprehensive manner of complete wellbeing can be achieved when all the aspects are practiced in a balanced proportion without neglecting or over-attending some of the dimensions. The dimensions of individual wellness are:

Physical wellness: Modern wellness emphasizes physical health through various means such as:

- Fitness programs and exercises tailored to meet individual needs and goals.
- Nutritional guidance and personalized diet plans.
- Sleep tracking and optimization for better rest and recovery.
- Prevention and management of chronic diseases through lifestyle modifications.

Mental wellness: Modern wellness recognizes the importance and offers strategies to maintain and improve mental health through:

- Mindfulness and meditation practices to cultivate mental clarity, reduce stress, and enhance focus.
- Cognitive-behavioral techniques to address negative thought patterns and promote positive thinking.
- Mental health apps that provide tools for relaxation, stress management, and mood tracking.
- Access to mental health professionals through teletherapy and online counseling services.
- Visiting the wellness centre or profesionales for one to one sessions.

Emotional wellness: Modern wellness acknowledges the significance of emotional well-being and provides resources for emotional support and growth, such as:

- Emotional intelligence training to enhance self-awareness and emotional regulation.
- Techniques for managing and expressing emotions effectively, including journaling or artistic outlets.
- Support networks and online communities that foster emotional connection and provide a safe space for sharing experiences.
- Mind-body practices like yoga , self introspection that promote emotional balance and resilience.



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Dimensions of Social Wellness: Modern wellness accounts for wellbeing of society in addition to wellbeing of individuals. The social hierarchy that comprises families, corporates, and communities are included in the concept of collective wellness.

Modern wellness recognizes the impact of social connections on overall well- being and promotes healthy relationships and community service including:

- Social support networks that encourage positive interactions and provide a sense of belonging to eachother.
- Online platforms and communities focused on wellness, where individuals can connect, share experiences, and find support.
- Volunteer opportunities and community engagement initiatives that foster a sense of purpose and connection.
- Strategies for healthy communication, conflict resolution, and boundary-setting in relationships

Nature-related wellness: Modern wellness emphasizes the importance of connecting with nature for improved well-being, including:

- Nature-based therapies like ecotherapy or forest bathing, which involve spending time in natural environments for relaxation and stress reduction.
- Outdoor physical activities and exercises, such as hiking, biking, or gardening, that promote physical fitness while enjoying nature.
- Environmental awareness and sustainability practices that encourage individuals to make choices aligned with the well-being of both themselves and the planet.
- Incorporation of biophilic design elements in living and working spaces, bringing elements of nature indoors to promote a sense of calm and connection.

Family wellness: Family wellness is a holistic approach that involves nurturing the physical, emotional, social, and mental health of all the members of family. It creates a healthy and harmonious environment within the family unit, where every member supports and encourages each other in maintaining a healthy lifestyle and emotional wellbeing. Here are the main aspects of family wellness:

Physical & Emotional Wellness: This aspect emphasizes regular physical activity, a balanced and nutritious diet, adequate sleep, and regular medical check-ups for each family member. It promotes habits that lead to long-term benefits for physical health. Emotional part of family wellness focuses on the expression and management of emotions in a healthy way. It encourages open communication, emotional support, and mutual understanding within the family.

Mental Wellness: Mental wellness in a family context includes promoting a positive mindset, effective stress management, and seeking professional help when necessary. It also includes supporting family members with mental health issues.

Social Wellness: This component of family wellness is about building strong and healthy relationships both within and outside the family. It includes developing good communication skills, conflict resolution, and active participation in social activities and community events.

Spiritual Wellness: In some families, spiritual wellness may also be important. This could include shared religious activities, meditation, or simply a shared sense of purpose or values. In essence, family wellness is about creating an environment where each family member feels supported and encouraged in their wellness journey. The family, as a unit, plays a vital role in the health and wellbeing of its individual members. This can be nurtured through shared activities, open communication, mutual support, and shared goals.

Corporate wellness: Corporate wellness refers to the initiatives taken by organizations to promote health and well-being among their employees. These initiatives include a wide range of programs, such as physical fitness benefits, mental health resources, healthy food options, ergonomic workstations, flexible work hours, stress management programs, and more. Even though corporate wellness theory is highly popular, it is not necessarily being implemented in all organizations. However, the concept of corporate wellness is relevant to all the organizations. Even if some small companies do not have a formal wellness program, every company must show concern and take steps towards employee wellness.

Implementation of a corporate wellness program leads to numerous benefits for an organization. Healthy employees unlike neglected workers, tend to possess higher productivity, lower absenteeism, and improved morale. In addition, corporate wellness programs will reduce healthcare costs and enhance the company's image which makes it more attractive to prospective employees and clients. However, it is also true that even when an organization provides a corporate wellness program, it might not be fully utilized or even recognized by the employees. This underutilization can be due to a variety of factors

Lack of Awareness: Employees may not be aware of the availability and features of various wellness resources.

Limited Accessibility: The resources might not be easily accessible to all employees. For example, fitness classes being conducted at improper timings that are inconvenient for some employees.

Perceived Lack of Time: Employees may feel that they are too busy with their work and personal responsibilities to take advantage of wellness resources.

Insufficient Promotion: The organization may not adequately promote its wellness programs, leading to low participation.

Lack of Personalization: Wellness programs that are not tailored to meet diverse needs of employees can lead to low participation

“LET’S TOGETHER ENSURE THE WELLBEING OF OUR LIFE”
The wellness of ourselves and our world is our responsibility.

For a corporate wellness program to be successful, it is essential that the organization actively promotes it and ensures that it is accessible, inclusive, and aligns with the needs and preferences of the employees. It is also crucial to foster a culture of wellness in the organization, where healthy behaviours are encouraged and supported at all levels of the company.

Community wellness: Community wellness refers to the overall health and wellbeing of a community or population. It is a broad and inclusive concept that acknowledges the variety of factors that contribute to collective health of society, from individual behaviors to social determinants like income and education. Here are key aspects of community wellness.

Physical Health: This includes access to healthcare services, opportunities for physical activity, and availability of healthy food. Communities that promote physical health have access to public parks, recreational centers, farmer’s markets, and health clinics.

Mental and Emotional Health: Community wellness programs often provide resources for mental health, including counseling centers and support groups. A healthy community supports the emotional wellbeing of its members through various initiatives and awareness campaigns.

Social and Cultural Wellness: This aspect of community wellness focuses on fostering strong social networks, community events, and cultural inclusivity. It promotes a sense of belonging and community cohesion by cultivating respect towards diversity and differences among people.

Environmental & Economic Health: A community's wellness is directly influenced by its environment. This includes the quality of air and water, access to green spaces, and efforts towards environmental sustainability. Economic stability significantly affects community wellness. This includes job opportunities, income equality, affordable housing, and financial literacy programs.

Educational Opportunities: Access to quality education and lifelong learning opportunities contribute to the overall-wellbeing of a community.

Public Safety: A sense of safety is essential for community wellness. This includes effective law enforcement, public health initiatives, disaster preparedness, and crime prevention measures.

A community wellness approach acknowledges that individual health is strongly related to the health of the community as a whole system. Fundamentally, it contributes to make systemic changes that support the wellbeing of all members of the community.



The positive result achieved by modern wellness, by promoting the wellbeing of an individual while including all the dimensions of wellness is extremely important. Imagine the astounding results that can

be obtained, when the result at individual level can be multiplied by navigating through social systems including families, communities, ecosystems, and upgrading towards the highest hierarchical level of society i.e., planet Earth. In conclusion, by accepting and incorporating all the dimensions of wellness, individuals can strive towards a more balanced and fulfilling life. The whole concept can be as simple as quoted by Vedic tradition as

“वसुधैव कुटुम्बकम्”
“VASUDHAIVA KUTUMBAKAM –
The world is one family.”