



Sound Mind in Sound Body: Diet and Health

Dr. M. G. Shinde

Assistant Professor

Milind College of Arts, Aurangabad

Abstract

Poor diet is a leading cause of poor health and spiraling health care spending poor eating also contributes to disparities in well-being, especially among children a vicious cycle of bad health, lost productivity, increased health costs and poverty. Poor diet and obesity are also a major threat to military readiness. There is also tremendous confusion about what constitutes a healthy diet. Despite the urgency of these questions, the sum of research funding or nutritional research across all federal agencies-like the agriculture department, Health and Human services. Government plays a crucial role. The significant impacts of the food system on well-being, health care spending the economy and the environment together with mounting public and industries awareness of these issues have created an opportunity for government leaders to champion real solutions.

Keywords: *Diet, Health, Food system, Government, Public and Industry awareness.*

Introduction:

Most of us need a lot of mental stimulation to feel awake and alive. In childhood some of our biggest turn-on's course from acting on curiosity. Young children enjoy being inquisitive, investigating Situation with a completely fresh mind, gaining new information, refining skills, solving puzzles, having insights and making discoveries. People who require more mental stimulation then they allow themselves in positive. Enjoyable ways can fall into a habit of getting their mental titillation from the mind games and melodramas they can fashion out of their lives.

Seligman, the great Psychologist found that the difference between pessimistic and optimistic thinking pattern is related to how people explain to themselves. What has happened to them and how they think it will affect them in the future. Positive thinking, good health, optimistic mind, enjoyable life is related to our diet. As we eat it will seem.

Diet and Health:



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Poor diet is a leading cause of poor health and spiraling health care spending. The research suggests that poor eating causes nearly 1000 deaths each day in the country from heart disease, stroke or diabetes.

In 2016, the direct and indirect cost of chronic diseases as a result of obesity were two times almost 10 percent of the nation's gross domestic product. Poor eating also contributes to disparities in well being, especially among children. A vicious cycle of bad health, lost productivity increases health costs and poverty. Poor diet and obesity are also a major threat to military readiness. A recent report from the RAND Corporation, a group of more than 700 retired admirals and generals noted that obesity is the leading medical disqualifier that prevents otherwise qualified Indians from joining the military.

Yet many of the most fundamental questions about foods and health-especially their impact on the economy and the military remain unanswered. There is also tremendous confusion about what constitutes a healthy diet. Despite the urgency of these questions, the sum of research funding for nutritional research across all federal agencies like the agriculture department, Health and Human services and Department of Defense is only about 1.5 cr. annually. That is why our country needs an institute devoted to research on the top causes of poor health. The institute will facilitate and help coordinate incisive research into diet, foods and their relationships to better health.

Some examples of its focus would include

1. How to leverage food and diet policy and public-Private partnership in a "Food is medicine" Effort to reduce health care costs.
2. Optimal Nutrition for military readiness.
3. Optimal nutrition for treatment of battlefield consequences, including bodily injuries, brain injuries, and posttraumatic stress.
4. Personalized nutrition based on life stages, metabolism health states, health goals and genetics.
5. Optimal diets for weight loss and weight maintenance.



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Government plays a crucial role. The significant impacts of the food system on well-being, health care, spending; the economy and the environment together with mounting public and industry awareness of these issues have created an opportunity for government leaders to champion real solutions.

The private sector can also play a key role. Changes in shareholders criteria and new investor conditions should financially reward companies for tackling obesity, diabetes and other diet-related illness. All work sites should demand healthy food when negotiating with cafeteria vendors and include incentives for healthy eating in their wellness benefits.

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