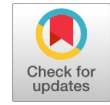


Good Health and Well-being: Essential in Promoting Enhancement of one's Living Conditions

Radhika Kapur



Abstract The individuals, belonging to all communities, categories and socio-economic backgrounds have one of the primary objectives of promoting good health and well-being. These are promoted from physical as well as psychological perspectives. The individuals are required to augment their information in terms of ways that are facilitating in promoting good health and well-being, physically and psychologically. As a consequence, individuals will contribute efficiently in promoting enrichment of one's personality traits and overall standards of living. The individuals are required to make sure, they are well-versed in terms of job duties and methodologies. These need to be put into operation in a satisfactory manner within personal and professional lives. Furthermore, they are required to form cordial and amiable terms and relationships with each other. In this manner, the individuals will augment their information in terms of different types of methods and procedures, which are facilitating in generating desired outcomes. As a consequence, individuals will incur the feelings of pleasure and contentment, hence, good health will be promoted, physically as well as psychologically. As a consequence, individuals will render an important contribution in leading to progression. Therefore, it is well-understood, good health and well-being is essential in promoting enhancement of one's living conditions. The main concepts that are taken into account in this research paper are, objectives of promoting good health and well-being, measures to be implemented in promoting good health and well-being and advantages of promoting good health and well-being.

Keywords: Good Health, Living Standards, Measures, Physical, Psychological, Senior Citizens, Well-being

I. INTRODUCTION

The senior citizens, belonging to all communities and socio-economic backgrounds have one of the primary goals of promoting good health and well-being. This needs to be implemented from physical as well as psychological perspectives. They are normally well-versed in terms of all the measures that are facilitating in achievement of this goal in a well-organized manner. The senior citizens make sure that all these measures are put into operation in a positive manner. The implementation of effective communication processes is regarded as the key. This needs to take place among family as well as community members.

This is facilitating in augmenting knowledge and understanding in terms of various subjects and concepts; exchanging ideas and viewpoints; obtaining answers to all types of questions and clarifying doubts that are overwhelming. As a consequence, individuals will be able to form cordial and amiable terms and relationships with each other and incur the feelings of pleasure and contentment. Furthermore, generating information in terms of communication ethics will be facilitating on a comprehensive basis. Therefore, one will contribute significantly in promoting good health and well-being. The individuals, belonging to all communities and socio-economic backgrounds are to be well-versed in terms of different types of job duties and responsibilities. These are carried out in personal as well as in professional lives (Ageing Parents and Common Sense, 2006, [1]). The individuals, belonging to all age groups and occupations are able to promote good health and well-being, when they are successful in their job duties and responsibilities. Furthermore, they are required to be well-versed in terms of different types of methodologies and procedures in order to put into operation all types of job duties and responsibilities satisfactorily. As a consequence, all individuals will contribute efficiently in incurring the feelings of pleasure and contentment. Furthermore, they will acquire appreciation and reverence from others, within as well as outside the homes. In this manner, good health will be promoted from physical as well as psychological perspectives. Therefore, being well-informed in terms of job duties and methodologies will be facilitating in promoting good health and well-being.

II. OBJECTIVES OF PROMOTING GOOD HEALTH AND WELL-BEING

The individuals, belonging to all age groups, communities and socio-economic backgrounds are working diligently towards promoting good health and well-being. They are well-aware of the factor that health is wealth. As a consequence of promoting good health, from physical as well as psychological perspectives, they will implement all the factors that are necessary in bringing about improvements in their overall quality of lives. One of the important aspects that needs to be taken into account is, one needs to control and alleviate the psychological problems of anger, stress, anxiety, frustration and depression. Furthermore, these need to be prevented from giving rise to impediments within the course of putting into operation different tasks and activities.

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There are some tasks, which are carried out on an individual basis, whereas, there are others, which are carried out through working in co-ordination with others. Hence, within and outside the homes, the individuals are required to form cordial and amiable terms and relationships with others. The individuals are required to be well-equipped in terms of objectives of promoting good health and well-being. These are stated as follows:

1. Implementing effective communication processes.
2. Implementing the traits of morality, ethics, diligence and conscientiousness.
3. Being well-versed regarding job duties and responsibilities.
4. Being well-informed in terms of methodologies and procedures.
5. Managing body weight.
6. Getting engaged in exercises and physical activities.
7. Practicing the techniques of yoga and meditation.
8. Obtaining medical-check-ups.
9. Managing resources adequately.
10. Providing infrastructure, amenities and facilities.
11. Maintaining cleanliness.
12. Forming pleasant relationships among family members.
13. Developing motivation levels towards job duties and responsibilities.
14. Developing mutual understanding with others.
15. Carrying out household chores in an appropriate manner.
16. Augmenting knowledge, skills and abilities.
17. Putting in efforts to one's best abilities.
18. Providing solutions to various types of problems and challenging situations.
19. Possessing the abilities to work under stress.
20. Making wise and productive decisions in terms of various factors.

III. MEASURES TO BE IMPLEMENTED IN PROMOTING GOOD HEALTH AND WELL-BEING

An aimless life is a meaningless life. In other words, all individuals, irrespective of their communities, categories and socio-economic backgrounds have different goals and objectives to achieve in their personal and professional lives. Some of these are acquisition of good-quality education; getting engaged in employment opportunities; enhancing career prospects; bringing about improvements in one's financial positions; promoting good health, physically and psychologically; carrying out function of child development appropriately; forming an effective social circle; managing financial, technical, material and information resources adequately; managing assets and property in a well-ordered manner and promoting a normal mind-set. In one's lives, it is apparently understood that individuals aspire to be successful in all spheres. Hence, promoting good health and well-being is essential in order to prepare oneself in an adequate manner (How to Boost your Immune System, 2014, [3][9][10][11]). As a consequence, individuals will be wholeheartedly committed towards achievement of desired goals and objectives. Furthermore, it is vital for all individuals to be well-informed in terms of measures to be implemented in promoting good health and well-being. These are stated as follows:

A. Implementing Effective Communication Processes

The implementation of effective communication processes is regarded as the key in promoting good health and well-being. This needs to take place among family as well as community members. This is facilitating in augmenting knowledge and understanding in terms of various subjects and concepts; exchanging ideas and viewpoints; obtaining answers to all types of questions and clarifying doubts that are overwhelming. As a consequence, individuals will be able to form cordial and amiable terms and relationships with each other and incur the feelings of pleasure and contentment. Furthermore, generating information in terms of communication ethics will be facilitating on a comprehensive basis (Prepare to Care, n.d., [6][7][8]). These are making use of polite language and decent words; treating each other with respect and courtesy; maintaining eye contact when communicating face to face; making provision of factual information and possessing an approachable nature and an amiable attitude. As a consequence of honing communication skills, individuals will contribute efficiently in development of mutual understanding among family members. Hence, one will contribute in incurring the feelings of pleasure and contentment. Therefore, implementing effective communication processes is regarded as one of the indispensable measures to be implemented in promoting good health and well-being.

B. Implementing the Traits of Morality, Ethics, Diligence and Conscientiousness

In old age, it is necessary for the individuals to be well-versed in terms of traits of morality, ethics, diligence and conscientiousness. These are regarded as the key to do well in one's job duties, achieve desired goals and meet the expectations of others. The health conditions and capacities of the individuals, begin to decline in old age, but if they acknowledge the meaning and significance of traits of morality, ethics, diligence and conscientiousness, they will be able to render an important contribution in generating desired outcomes. Hence, they will be able to carry out all tasks and activities successfully and acquire appreciation and reverence from others. Furthermore, they will promote a normal mind-set and incur the feelings of pleasure and contentment. One of the important aspects that needs to be taken into account is, individuals will hone their confidence levels. In addition, they will be able to cope with various types of problems and challenging situations in an appropriate manner. These are prevented from giving rise to barriers within the course of achievement of desired outcomes. Therefore, implementing the traits of morality, ethics, diligence and conscientiousness is one of the significant measures to be implemented in promoting good health and well-being.

C. Being Well-Versed Regarding Job Duties and Responsibilities

The senior citizens in old age as well are to be well-versed in terms of different types of job duties and responsibilities. These are carried out in personal as well as in professional lives.



They need to possess adequate information regarding these and the time period by which they are to be completed. In cases of various types of health problems and illnesses, they get the tasks done with the help of others, including family and community members. If they are not aware in terms of ways, elderly individuals ensure, they impart them information in terms of the ways. On the other hand, they make sure, they carry these out on their own. The research studies have indicated, when individuals are above 80 years of age, they get engaged in implementation of household chores. Furthermore, they make use of different types of technologies as well in order to carry out job duties and responsibilities successfully. As a consequence, elderly individuals are able to promote good health and well-being, when they are positive in their job duties and responsibilities. Therefore, being well-versed regarding job duties and responsibilities is an expedient measure to be implemented in promoting good health and well-being.

D. Being Well-Informed in Terms of Methodologies and Procedures

In order to carry out different types of job duties efficiently, individuals are required to be well-versed in terms of different types of methodologies and procedures. These are manageable as well as complicated, these are implemented in less amount of time or can be more time-consuming and these are put into practice on one's own as well as through obtaining support and assistance from other individuals. Hence, in order to put into operation all types of job duties and responsibilities satisfactorily, information regarding methodologies and procedures need to be augmented. The elderly individuals generate information regarding these with life experience as well as put into operation effective communication processes with family and community members. As a consequence, elderly individuals will render an important contribution in incurring the feelings of pleasure and contentment. Furthermore, they will acquire appreciation and reverence from others, within as well as outside the homes. In this manner, good health will be promoted from physical as well as psychological perspectives. Therefore, being well-informed in terms of methodologies and procedures is a renowned measure to be implemented in promoting good health and well-being.

IV. MANAGING BODY WEIGHT

In old age, it is of utmost significance for the individuals to manage body weight. As obesity not only causes disfigurement, but also various types of health problems and illnesses, i.e. heart problems, and so forth. Hence, one needs to augment their knowledge and understanding in terms of measures, which are necessary in managing body weight. Some of these are, getting engaged in exercises and physical activities, practicing the techniques of yoga and meditation, having a diet control and so forth. In some cases, elderly individuals are not ambulatory. In other words, they make use of walking sticks and wheelchairs to move around the house and even when they are required to go outside the house. When they are required to make visits to different places for exercises or getting engaged in some physical activities or for yoga and meditation, the elderly individuals may go on their own, but mostly, they are accompanied by family members or caregivers. In this manner, they feel comfortable and are able to get engaged in various tasks satisfactorily.

Furthermore, they are able to reinforce a normal mind-set. Therefore, managing body weight is a productive measure to be implemented in promoting good health and well-being.

A. Getting Engaged in Exercises and Physical Activities

The elderly individuals also get engaged in different types of exercises and physical activities. Their main objective is to manage body weight and promote a normal mind-set. One gets engaged in these within homes, obtain gym memberships or make visits to parks. Hence, it is understood on a comprehensive basis that exercises and physical activities contribute efficiently in managing body weight. When elderly individuals form the viewpoint that their health conditions allow them to get engaged in different types of exercises and physical activities, they participate in these. In their cases, participating in these even thrice a week will be sufficient. The elderly individuals are required to augment their information in terms of different types of exercises and physical activities. The family as well as community members are communicated with in order to augment their knowledge and understanding. One of the important aspects is to ensure is that these do not have unfavorable effects on the health conditions, physically as well as psychologically. Therefore, getting engaged in exercises and physical activities is a vital measure to be implemented in promoting good health and well-being.

B. Practicing the Techniques of Yoga and Meditation

Yoga is regarded as the union of body, mind and soul. Yoga signifies integration of personality at the highest level. It includes various practices and techniques, which are put into operation to achieve the development of such integration. The main objective of practicing the technique of yoga is to promote a healthy lifestyle for physical, mental and emotional health of the individuals. Meditation is the practice, which helps in the concentration of the body and mind. In meditation, concentration is focused on for a long time on a particular object or other things. The elderly individuals practice these techniques. As a consequence, they are able to contribute efficiently in promoting good health and well-being, physically as well as psychologically. In some cases, the elderly individuals are practicing these techniques for long period of time, whereas, in other cases, they are required to generate information regarding these. When they acknowledge their meaning and significance, they continue to practice these throughout their lives. As a consequence, they possess a calm mind-set. Therefore, practicing the techniques of yoga and meditation is a crucial measure to be implemented in promoting good health and well-being.

C. Obtaining Medical-Check-ups

It is apparently understood that in old age, individuals experience different types of health problems and illnesses. Some of these are, pain in the joints, high blood pressure, low blood pressure, kidney disorders, heart problems, visual impairments, hearing impairments, diabetes and so forth.

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In urban communities, medical centers and health care facilities are in a well-developed state. Hence, elderly individuals make visits to these in cases of different types of health problems and illnesses (Hughes, 2020, [4]). On the other hand, in rural communities, these are not in a well-developed state. Hence, rural individuals either make use of traditional methods or they migrate to urban communities to obtain medical and health care facilities. The elderly individuals in some cases are overwhelmed by psychological problems of anger, stress, anxiety, frustration and depression. In such cases, they obtain counseling from medical practitioners and health care specialists. The generation of information in terms of appropriate methods and procedures would be useful to them. As a consequence, they are able to treat their health problems and illnesses and promote a normal mind-set. Therefore, obtaining medical-check-ups is a noteworthy measure to be implemented in promoting good health and well-being.

D. Managing Resources Adequately

In order to promote good health and well-being, it is of utmost significance to manage resources in an adequate manner. The different types of resources that need to be managed are, financial, technical, material and information. The financial resources are monetary resources. These are utilized to fulfill all types of needs and requirements and bring about improvements in one's overall standards of living. Technical resources are various types of technologies, i.e. computers, lap-tops, scanners, printers, photo-copiers, smartphones, audio-visual aids and so forth. Material resources are, tools, devices, apparatus, equipment and machinery. Information resources are, books, articles, reports, projects, other reading materials and internet. The utilization of these resources is regarded as an integral part of the personal and professional lives of the individuals. These are utilized to put into operation number of tasks and activities. In addition, one is able to communicate with others, both in a verbal as well as in a written form. Furthermore, one will carry out job duties efficiently, provided these are put into practice in a well-ordered and regimented manner. Therefore, managing resources adequately is a notable measure to be implemented in promoting good health and well-being.

V. PROVIDING INFRASTRUCTURE, AMENITIES AND FACILITIES

The individuals are required to make provision of infrastructure, amenities and facilities in order to promote good health and well-being. These are referred to power supplies, water supplies, clean drinking water, restrooms, heating and cooling equipment in accordance to the weather conditions, machinery, tools, apparatus, devices and various types of technologies. These are facilitating in promoting enrichment of overall living conditions. In urban communities, these are facilitating on a comprehensive basis, but in urban slums and in rural communities, these are lacking. The individuals are required to manage financial resources in a well-organized manner. These are the key in making provision of infrastructure, amenities and facilities. As a consequence, individuals are able to concentrate on their job duties in a well-organized and satisfactory manner.

Furthermore, they are able to contribute efficiently in promoting good health and well-being, physically as well as psychologically. In this manner, they will be able to contribute efficiently in bringing about improvements in their overall quality of lives. Therefore, providing infrastructure, amenities and facilities is a favorable measure to be implemented in promoting good health and well-being.

A. Maintaining Cleanliness

It is of utmost significance to maintain cleanliness within as well as outside the homes. The individuals need to be well-equipped in terms of measures regarding maintaining cleanliness. Within homes in urban households, the individuals hire domestic helpers, which are enabling them to carry out their tasks and activities in a well-organized manner. As a consequence of carrying out job duties of cleaning, sweeping and dusting, cleanliness is maintained, whereas, in rural communities, individuals are carrying out their job duties of maintaining cleanliness on their own. One needs to carry out this job in a well-organized and satisfactory manner. The individuals need to ensure, they carry out this job on regular basis within homes. As a consequence, the senior citizens and individuals, belonging to other age groups are able to incur the feelings of pleasure and contentment. Furthermore, they are able to contribute efficiently in promoting good health and well-being, physically as well as psychologically. In this manner, they will be able to render an important contribution in promoting enrichment of living conditions. Therefore, maintaining cleanliness is an advantageous measure to be implemented in promoting good health and well-being.

B. Forming Pleasant Relationships among Family Members

Within homes, the individuals are required to form cordial and pleasant terms and relationships with family members. These are fundamental in promoting good health and well-being. From the stage of early childhood, throughout the lives of individuals, they are required to be well-equipped regarding meaning and significance of cordiality and pleasantness in terms and relationships. The main factors that are taken into account in this case are, communicating with others in an effective manner; depicting the traits of helpfulness and co-operation; possessing an approachable nature and an amiable attitude; augmenting knowledge, skills and abilities; reinforcing the traits of efficiency, honesty and truthfulness; implementing the traits of morality, ethics, diligence and conscientiousness, being well-versed regarding job duties and responsibilities, being well-informed in terms of methodologies and procedures; focusing on promoting enhancement of career prospects and leading to up-gradation of one's living conditions. The reinforcement of all these factors will be facilitating in not only forming pleasant relationships among family members, but also in promoting good health and well-being. Therefore, forming pleasant relationships among family members is a useful measure to be implemented in promoting good health and well-being.



VI. ADVANTAGES OF PROMOTING GOOD HEALTH AND WELL-BEING

Throughout the lives of the individuals, they understand that as a consequence of promoting good health and well-being, physically and psychologically, they will be able to contribute efficiently in leading to up-gradation of standards of living. The individuals need to be determined to carry out their job duties in a well-organized and disciplined manner. In addition, they will be able to acknowledge and implement tasks and activities, which are facilitating in leading to progression of individuals. The implementation of measures to promote good health and well-being are complicated as well as manageable. These are carried out on an individual basis as well as through working in co-ordination with others (Hygiene and Environmental Health Module, n.d., [5]). It is necessary to be well-informed in terms of advantages of promoting good health and well-being, i.e. incurring the feelings of pleasure and contentment; leading to an increase in motivation levels; augmenting information regarding modern, scientific and innovative methods and materials; promoting enrichment of career prospects; leading to enhancement of overall personality traits and promoting enrichment of living standards. These are stated as follows:

A. Incurring the Feelings of Pleasure and Contentment

The individuals incur the feelings of pleasure and contentment, when they are putting into operation all the factors that are facilitating in promoting good health and well-being, physically and psychologically. The individuals need to ensure, they form positive viewpoints in terms of various factors and individuals. Furthermore, they are required to reinforce a constructive approach. As a consequence, they will promote a normal mind-set and put in efforts to their best abilities in generating desired outcomes. In this manner, the feelings of pleasure and contentment get augmented. The individuals do not develop concerns in terms of their health problems and illnesses, especially when they are feeling pleasurable and contented. Therefore, incurring the feelings of pleasure and contentment is regarded as one of the indispensable advantages of promoting good health and well-being.

B. Leading to an Increase in Motivation Levels

It is apparently understood that individuals, belonging to all occupations are required to carry out different types of job duties in their personal and professional lives. These can be put into operation in a well-organized and regimented manner, when there will be an increase in motivation levels. As a consequence, mind-sets will be stimulated in carrying different tasks and activities appropriately. Within the course of putting into operation various tasks and activities satisfactorily, there are occurrences of various types of dilemmas and challenging situations. These will be coped with in an adequate manner due to up-gradation of motivation levels. Furthermore, individuals will put into operation their tasks to their best abilities. Therefore, leading to an increase in motivation levels is one of the significant advantages of promoting good health and well-being.

C. Augmenting Information Regarding Modern, Scientific and Innovative Methods and Materials

In order to carry out different types of job duties efficiently, individuals are required to be well-versed in terms of different types of methodologies and procedures. With advancements taking and with the advent of modernization, in all fields and occupations, individuals are making use of different types of modern, scientific and innovative methods and materials. Hence, in order to put into operation all types of job duties and responsibilities satisfactorily, information regarding modern, scientific and innovative methods and materials need to be augmented. As a consequence, individuals will be able to do well in their job duties and achieve desired goals. Furthermore, they will contribute efficiently in meeting the expectations of others, including family members, educators, employers and so forth. Hence, possession of information regarding these methods and materials will be facilitating on a comprehensive basis. Therefore, augmenting information regarding modern, scientific and innovative methods and materials is an eminent advantage of promoting good health and well-being.

D. Promoting Enrichment of Career Prospects

In promoting enrichment of one's career prospects, the individuals are required to prepare themselves in a satisfactory manner. They need to enquire good-quality education and get engaged in employment opportunities. Furthermore, they are required to render an important contribution in meeting the expectations of educators and employers. As a consequence, within educational institutions, they will acquire additional job duties and responsibilities. On the other hand, within employment settings, they will acquire promotional opportunities, which will be facilitating in promoting enrichment of their career prospects. One of the important aspects that is acknowledged is, individuals will be able to bring about improvements in their financial positions. As a consequence, one will contribute efficiently in promoting well-being of oneself, families and community members. Therefore, promoting enrichment of career prospects is an expedient advantage of promoting good health and well-being.

E. Leading to Enhancement of overall Personality Traits

Leading to enhancement of overall personality traits is regarded as one of the indispensable goals of individuals, belonging to all age groups. They are required to put into operation the methods and procedures, which are necessary in leading to up-gradation of overall personality traits. The individuals in this manner will render an important contribution in acknowledging and reinforcing the traits of efficiency, resourcefulness, conscientiousness and morality. As a consequence, they will not only contribute efficiently in forming an effective social circle, but will be successful in putting into operation various tasks and activities. These are implemented within personal and professional lives of the individuals.



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As a consequence, they will incur the feelings of pleasure and contentment and contribute efficiently in leading to up-gradation of overall personality traits. Therefore, leading to enhancement of overall personality traits is a prominent advantage of promoting good health and well-being.

VII. PROMOTING ENRICHMENT OF LIVING STANDARDS

As a consequence of maintaining good physical health conditions, the individuals will be able to carry out physical activities as well. Furthermore, when they will be psychologically healthy, they will contribute efficiently in honing analytical, critical-thinking and problem-solving skills. These skills are the key in carrying out various tasks and activities, hence, one needs to acknowledge their meaning and significance throughout the implementation of different job duties in personal and professional lives. As a consequence, individuals will be able to benefit in number of ways, i.e. developing motivation and concentration levels towards implementation of job duties and responsibilities; developing mutual understanding with others; carrying out household chores in an appropriate manner; augmenting knowledge, skills and abilities; putting in efforts to one's best abilities; providing solutions to various types of problems and challenging situations; possessing the abilities to work under stress; making wise and productive decisions; taking out sufficient amount of time for all tasks and activities and leading to up-gradation of overall living conditions. Therefore, promoting enrichment of living standards is a renowned advantage of promoting good health and well-being.

VIII. CONCLUSION

Individuals, belonging to all communities and socio-economic backgrounds are focused towards promoting good health and well-being, physically and psychologically. Measures to be implemented in promoting good health and well-being are, implementing effective communication processes, implementing the traits of morality, ethics, diligence and conscientiousness, being well-versed regarding job duties and responsibilities, being well-informed in terms of methodologies and procedures, managing body weight, getting engaged in exercises and physical activities, practicing the techniques of yoga and meditation, obtaining medical-check-ups, managing resources adequately, providing infrastructure, amenities and facilities, maintaining cleanliness and forming pleasant relationships among family members. Advantages of promoting good health and well-being are, incurring the feelings of pleasure and contentment; leading to an increase in motivation levels; augmenting information regarding modern, scientific and innovative methods and materials; promoting enrichment of career prospects; leading to enhancement of overall personality traits and promoting enrichment of living standards. Finally, it can be stated, promoting good health and well-being is the key in leading to progression.

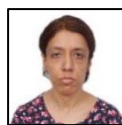
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