

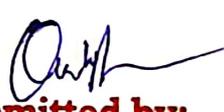
ROLE OF RADIO IN PROMOTING HEALTH AWARENESS



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**A Dissertation Report
For the partial Fulfilment
Of Paper IV of
M.A.(J.M.C.) IV SEM**


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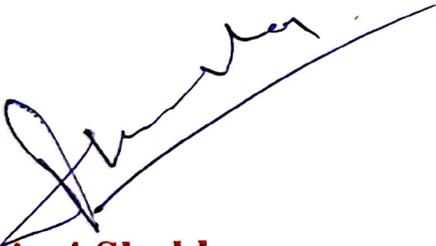

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This is to certify that VISHAL PATHAK, a student of M.A.(J.M.C.) IV SEM of GURU GHASIDAS UNIVERSITY has successfully completed his dissertation on the title- ROLE OF RADIO IN PROMOTING HEALTH AWARENESS.



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INTRODUCTION

Health is a multidimensional concept that encompasses physical, mental, and social well-being. It goes beyond the absence of disease and includes the overall state of an individual's physical, mental, and social functioning. The World Health Organization (WHO) defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

Physical health refers to the proper functioning of the body and its organs. It involves factors such as regular exercise, balanced nutrition, adequate sleep, and the absence of chronic diseases or physical impairments. Maintaining physical health is crucial for optimal bodily functions, energy levels, and longevity.

Mental health relates to a person's emotional and psychological well-being. It encompasses emotional resilience, the ability to cope with stress, and the presence of positive mental states such as happiness and contentment. Mental health is not merely the absence of mental disorders but also the presence of psychological well-being and the ability to effectively navigate the challenges of life.

Social health refers to the quality of an individual's interactions and relationships with others and their ability to engage in meaningful