

Physical health– is concerned with anatomical integrity and physiological functioning of the body. Spiritual Health – Some people relate health with religion; for others it has to do with personal values, beliefs, principles and ways of achieving mental satisfaction, in which all are related to their spiritual wellbeing. E.g. to celebrate during festivals; to mourn when a close family member dies; to create and maintain friendship and intimacy, etc. It also means maintaining one's own integrity in the presence of stressful situation such as tension, depression and anxiety. It means the ability to perform routine tasks without any physical restriction.