

# A PATH TO WELLNESS

PREPARED & PRESENTED BY

**DR. MD. JAMAL UDDIN CHOWDHURY**



**BANGLADESH MEDICAL ASSOCIATION**

# WHAT IS WELLNESS

# WHAT IS WELLNESS<sub>CONTD.</sub>

# WHAT IS WELLNESS<sub>CONTD.</sub>

‘Eudaimonia’

ARISTOTLE

STOICS

# HISTORY

high-level wellness

# DIMENSIONS OF WELLNESS

There are eight dimensions of w



**THIS HOLISTIC MODEL EXPLAINS**

# EMOTIONAL WELLNESS



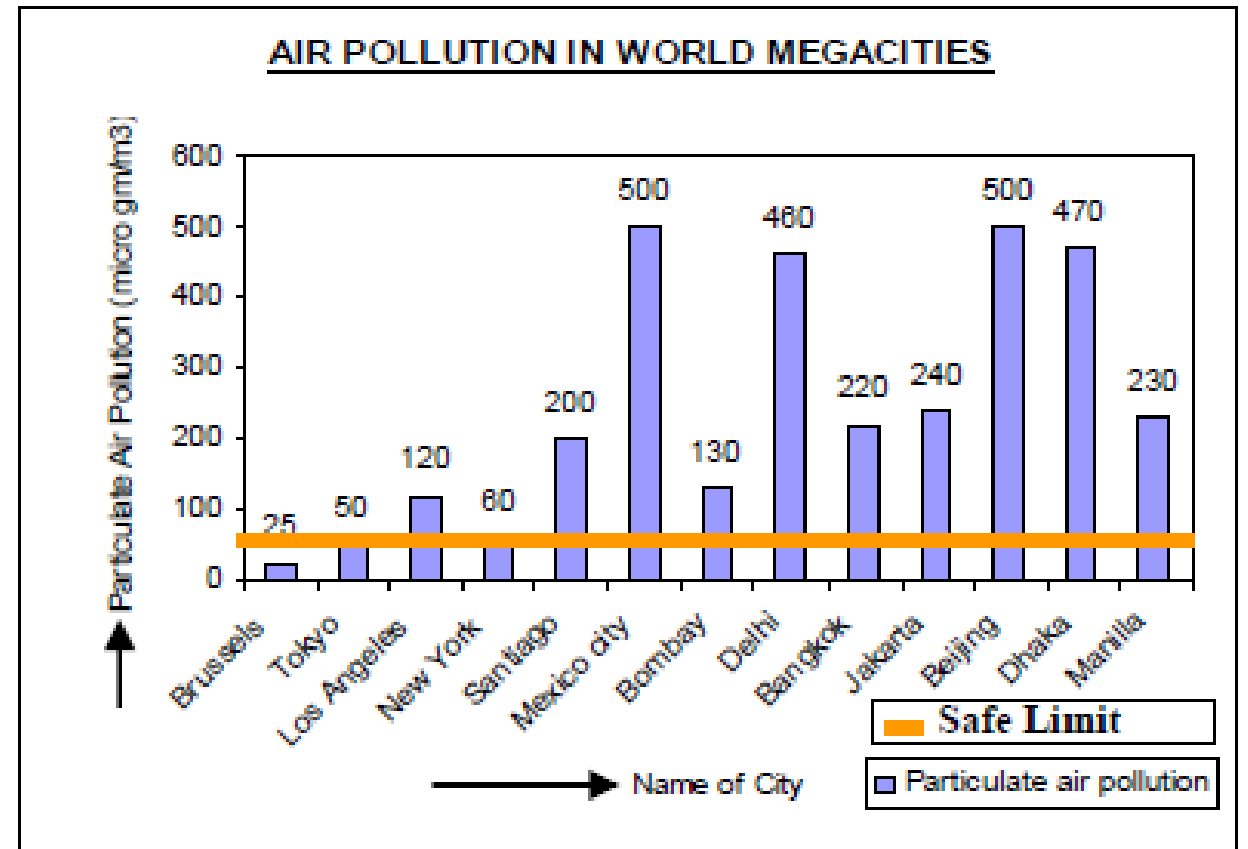
# EMOTIONAL WELLNESS CONTD.

Some strategies to boost emotional wellness

# MENTAL HEALTH SITUATION IN BANGLADESH

# ENVIRONMENTAL WELLNESS

# ENVIRONMENTAL SCENARIO IN BANGLADESH



# ENVIRONMENTAL SCENARIO IN BANGLADESH CONTD.

# OCCUPATIONAL WELLNESS

# OCCUPATIONAL SCENARIO IN BANGLADESH

# OCCUPATIONAL SCENARIO IN BANGLADESH CONTD.



# OCCUPATIONAL SCENARIO IN BANGLADESH CONTD.

# FINANCIAL WELLNESS

# ECONOMIC CONDITION OF BANGLADESH

# ECONOMIC CONDITION OF BANGLADESH CONTD.

# INTELLECTUAL WELLNESS

# EDUCATION SCENARIO IN BANGLADESH

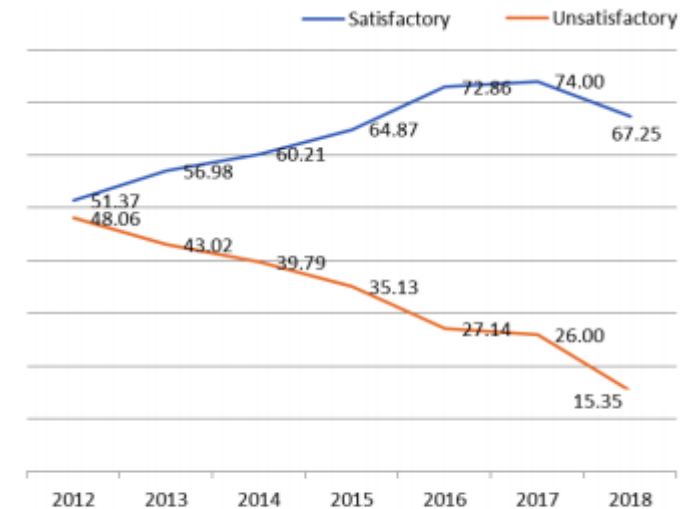
# EDUCATION SCENARIO IN BANGLADESH CONTD.

# PHYSICAL WELLNESS



# STATUS OF PHYSICAL WELLNESS IN BANGLADESH

# STATUS OF PHYSICAL WELLNESS IN BANGLADESH CONTD.



**Figure 4.9.5** Food samples tested by Public Health Laboratory over the last 7 years (2012 -2018)

# STATUS OF PHYSICAL WELLNESS IN BANGLADESH CONTD.

# STATUS OF PHYSICAL WELLNESS IN BANGLADESH CONTD.

# SOCIAL WELLNESS

# SPIRITUAL WELLNESS

# CONCLUSION

Network For The UN

Sustainable Development Solutions

THANK YOU

