



# **KHUSHGAWAAR AUR SEHATMAND ZINDAGI KA RAAZ**

MODULE 2

SEHAT AUR BEHBOOD KI  
SCIENCEY TAREEF

USTAZ MUHAMMAD ALI



# MODULE 2 KI OUTLINE

- Sehat ki iqsaam aur domains
- Sehat ko mutaasir karnay walay anaasir



# TULBAA KE LIYE ZAROORI HIDAYAAT

Baraa-e-meherbaani modules ki mukammal videos dekhain. Slides main module ka sirf aik (1) khulasah bayaan kia gaya hai. Nazriyaat/ tasuwwuraat ki tafseeli wazaahat video lectures main ki gai hai.



# SEHAT-O-TANDRUSTI

Collins ki lughat [dictionary] main tandrusti ki tareef ye hai: ▪

“Aisi haalat jis main insaan mutma’in, sehatmand, ya kamyaab ho.” ▪

Oxford lughat main tandrusti ki tareef kuch yun hai: ▪

“Aisi haalat jis main insaan apnay aap ko araam de, sehatmand, ya khush mehsoos karay.” ▪



# ED DIENER KI TANDRUSTI KI TAREEF

Diener ke mutabiq tandrusti ye hai ke insaan dunya main apnu maujooda haalat ka zaati taur par jaaiza le.

Diener ne sehat-o-tandrusti ke tasawwur ko ba-asaani samajhnay ke liye usay teen (3) ajzaa main taqseem kia hai:

1. Cognitive appraisal ke meri zindagi achi hai.
2. Musbat aur khushgawaar jazbaat
3. Manfi jazbaat main kami



WHO (World Health Organization) tandrusti ki taraaf is tarah karta hai:

Sehat aik (1) aisi haalat hai jis main:

1. Har fard ko apni salaahiyat ka ihsaas hota hai
2. Zindagi ke aam dabao se nimat sakta hai
3. Nateejakhez kaam kar sakta hai
4. Apni community main [musbat] hissa daalnay ke qaabil hai

**Tulba ke liye tip:** mandirja zel website se apni khaas salaahiyation ka pata lagayein

<https://www.viacharacter.org/>

# VIA Classification of Character Strengths



**Creativity**



**Curiosity**



**Judgment**



**Perspective**



**Bravery**



**Perseverance**



**Zest**



**Honesty**



**Social Intelligence**



**Kindness**



**Love**



**Leadership**



**Fairness**



**Teamwork**



**Forgiveness**



**Love of Learning**



**Gratitude**



**Spirituality**



**Self-Regulation**



**Humility**



**Appreciation  
of Beauty**



**Prudence**



**Hope**



**Humor**



## Musalmanon ki taaqat kya hai?

كُنْتُمْ خَيْرَ أُمَّةٍ أُخْرِجَتْ لِلنَّاسِ تَأْمُرُونَ بِالْمَعْرُوفِ وَتَنْهَوْنَ عَنِ  
الْمُنْكَرِ وَتُؤْمِنُونَ بِاللَّهِ ۗ

Tum woh behtreen ummat ho jisay logon kay liyey barpa kya gaya hai tum  
hukum kartay ho naiki ka awr tum roktay ho badi say awr tum Imaan  
rakhtay ho

[Surat Aale Imraan: 110]





عَنْ جَابِرٍ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

الْمُؤْمِنُ يَأْلَفُ وَيُؤْلَفُ وَلَا خَيْرَ فِيمَنْ لَا يَأْلَفُ وَلَا يُؤْلَفُ وَخَيْرُ النَّاسِ أَنْفَعُهُمْ لِلنَّاسِ

Hazrat Jabir رضي الله عنه se riwaayat hai ke Rasool Allah ﷺ ne farmaaya: “Momin ulfat karta bhi hai aur log us se ulfat rakhtay bhi hian aur us shakhs main koi bhalaai nahi jo ulfat nahi rakhta aur na log us se ulfat rakhtay hain aur logon main behtareen wo hai jo logon ke liye nafamand ho.”

[AlMajam al-Awsat: 5937]

[Imam Albani رحمه الله ke mutabiq ye hadith hasan hai]

# SEHAT KI IQSAAM AUR DOMAINS



1. Jazbaati sehat/ tandrusti
2. Nafsiyaati sehat/ tandrusti
  - Achi nafsiyaat sehat ke haamil logon ki nishaaniyan:
  - Self-acceptance
  - Musbat talluqaat
  - Zindagi ka waazih maqsad
  - Zaati nasho numa
3. Samaaji [social] sehat/tandrusti
4. Rawaiyye ke aitbaar se [behavioural] sehat/tandrusti



# SEHAT KO MUTAASIR KARNAY WALAY ANAASIR

1. Neend
2. Sehatbakhsh khuraak
3. Baqaayedgi se warzish karna
4. Qareebi doston ka network
5. Apnay maqsad ka ehSaas (aik bamaqsad zindagi)
6. Mindfulness [lamha-e-maujood main haazir and fa'aal rehnay ki salaahiyat]