

Lifelong Wellness: Embracing Health at Every Stage in Line with NEP 2020 for a Vibrant and Fulfilling Life

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Abstract

In today's fast-moving environment, giving priority to well-being has never been more essential. This abstract explores the core idea of embracing health throughout every phase of life, from the vibrant days of youth to the cherished years of wisdom. Our path to well-being investigates the diverse elements of health: physical, mental, emotional, and social. It stresses the significance of adopting healthy habits from an early age, keeping a well-balanced diet, exercising consistently, and cultivating a positive mindset. Additionally, it points out that each life phase offers distinct health challenges and prospects, necessitating customized approaches to support overall wellness. In line with the insights offered by NEP 2020, the abstract highlights the vital importance of health education in fostering healthy lifestyles from childhood through adulthood. From navigating the turbulent changes of adolescence to gracefully handling the aging process, the journey underscores resilience, self-care, and community support as fundamental pillars. Ultimately, this exploration serves to guide and motivate individuals aspiring to lead fulfilling lives, characterized by vitality and happiness. Embracing health throughout all life stages is not solely about longevity; it encompasses improving the quality of life and unlocking the potential for joy and fulfillment.

Keywords: Well-being, physical health, mental health, NEP 2020, health education, resilience, self-care.

1. Introduction

It is important to take a holistic approach to wellness that covers all life stages in a society where modern living sometimes affects our health and wellbeing. Designed to help people from infancy through their golden years, Journey to Well-being: Embracing Health at All Life Stages is a thorough wellness program. Acknowledging that every stage of life offers different difficulties and possibilities, this program seeks to solve these via customized wellness routines encouraging physical, mental, and emotional well-being. Including mindfulness, social interaction, exercise, and nutrition into many elements of wellness helps the program enable people to live balanced and rewarding lives. Consistent with NEP 2020's guiding ideas, the project emphasizes the need of health education in developing lifetime wellness habits. Participants are urged to take control of their health and well-being via individualized wellness programs, community help, and educational tools, therefore resulting in happier, healthier lives spanning all generations. Public

health's life course approach is a thorough one that highlights the relevance of several phases in a person's life and how they affect general health and well-being. By stressing the unique health challenges and possibilities at each stage, this strategy highlights the necessity of constant and integrated health interventions from birth to elderly. In our fast-paced society, living a meaningful and balanced life depends on the pursuit of well-being. Well-being is a holistic condition including physical, mental, emotional, and social facets; it is not only about the lack of disease. It entails striking the fine balance of nurturing our bodies, minds, and spirits and modifying our routines to promote wellness across different stages of life. From the dynamic days of youth to the contemplative decades of old age, every stage of life presents special difficulties and chances to promote well-being. Adolescence needs direction and support to help healthy habits develop despite its fast growth and change. Often marked by demanding jobs and obligations, adulthood calls for good stress management and self-care techniques. Maintaining mobility, mental capacity, and social contacts as we age becomes essential for our general health and happiness. Embracing health at all stages of life means understanding the need of preventive care, regular exercise, good food, and close relationships. It's about choosing wisely to boost quality of life and promote longevity. This path to well-being is an ongoing process not a destination that calls for resiliency, self-awareness, and flexibility to life's changes. Ultimately, by dedicating ourselves to our well-being, we can lead more active, rewarding lives and significantly enhance the state of our society.

2. Review of Related Literature

Many studies have looked at the idea of holistic wellness plans for active aging and early childhood development. By means of a holistic strategy targeting physical, mental, and emotional health, these programs seek to advance whole well-being.

i. Education in Life Skills and Adolescent Holistic Well-being

An interesting analysis of the effects of life skills education on the improvement of the whole well-being of youngsters was done by Shimmy Mathew and Deeplata Mendhe (2023). This era shows great physical, mental, and psychosocial growth that presents possibilities as well as problems. The study emphasizes how, in line with NEP 2020, life skills programs successfully tackle problems including childhood obesity, psychosocial changes, and risky behaviors, therefore enhancing adolescents' general well-being. According to Mahapatro M, Roy S, Nayar P, Garikai ME. (2025), limited access to mental health care makes family communication and yoga even more vital. Since stigma inhibits quick help-seeking, it highlights the need of a holistic, life-skills-oriented approach. To encourage intersectoral collaboration, policies should incorporate mental health in every national youth initiative. Early danger identification and awareness raising regular screening should take top priority in schools. Honest conversations with mentors and peers help Early Intervention and general well-being rise. Raj, J. D. and Sathiyar, G. (2024). AI-driven recommendation systems (AI-RSs) are examined in this study for their potential to enhance the professional development and mental health of undergraduate students. The suggested system offers customized course recommendations based on individual learning objectives and preferences using machine learning (ML) and ontological frameworks. By stressing the transformational power of artificial intelligence in education, this method not only improves professional abilities but also promotes mental well-being by encouraging purpose-driven learning.

Allan, J. F., Doran, A., Jones, R., and Farrell, S. (2024) looked at the effects of a one-week outdoor adventure education (OAE) program on resilience, well-being, and skill development. Among 622 teenagers, 36% and 23% increases in resilience and well-being, respectively, persisted a month later. Problem-solving, nature immersion, and skill mastering explained these improvements. The results emphasize OAE's significance in promoting personal growth and stress resilience. Developed by Schuurman, M., Groot, B., and Abma, T. (2024), dynamic knowledge synthesis is a cooperative approach combining scientific, professional, and existential perspectives to foster shared learning. Emphasizing diversity and co-creation, this model with a rhizomatic foundation tackles ethical concerns about inclusivity and accessibility. We adopted a dynamic, network-driven approach to guarantee knowledge pertinent and useful in real-world practice rather than fixed knowledge storage.

ii. Holistic age-friendly communities

S. Sehrawat, A. George, and B. G. Menon (2024) undertook a thorough investigation of the effects of constructed surroundings on seniors. Their analysis underlines the necessity of creating age-friendly environments catering to the particular requirements of older persons. The research underlines the need of customized solutions in building these supportive communities by looking at several social, physical, psychological, and financial elements. Improving the well-being and quality of life for aged population depends on such context-specific elements. Greenfield, E. A., Scher, C. J., Pope, N. E., and Amir Koren, U. (2025) examine how age-friendly community (AFC) initiatives in the U.S. incorporate aging equity and diversity into practice, thereby emphasizing the need of social work skills and values in advancing this field. Leaders in the northeastern United States are beginning to turn broad equity concepts into tangible action, hence promoting a more inclusive attitude. Strengthening AFC praxis will not only support bigger societal projects but also aid in deepening thoughts on ageism, racial justice, and institutionalized inequities.

Emphasis is given by Pope, N. E., Greenfield, EA, Keyes, L., and Russell, E. (2024) on the different ways public sector participation influences age-friendly cities and communities (AFCC) implementation, hence offering a systematic knowledge of its role in practice beyond generalizations. These insights improve research, policy, and practice by clarifying government involvement, local variations, and long-term development. Reinforcing these programs as AFCC progresses in the 21st century will help to improve its impact, outreach, and long-term viability. Important industries are highlighted in Xu, W., Zhu, J., Xi, W., and Cui, J. (2023) research on how technology influences China's national aging policies and advances in age-friendly smart ecologies. Inter-ministerial cooperation and equity are emphasized under policy development over seven years using strategic planning and collaboration. These insights give global policymakers useful instruments for promoting in the digital age inclusive and sustainable age-friendly environments. According to a 2025 study by Matysiak, social networks and a strong culture of caring are more important than formal services in determining how welcoming rural regions are for seniors. Although infrastructure and age-based programs help, informal support and local contacts are extremely vital in establishing an age-friendly environment. By emphasizing these social aspects, rural areas may boost well-being without large-scale initiatives.

iii. Defining Well-being: A Short Summary of Holistic Wellness Literature

Gord Miller and Leslie T. Foster (2010) summarize holistic wellness literature, stressing a wellness philosophy that focuses on community resources and favorable parts of life. Their evaluation highlights a change from an illness-based theory to one focused on well-being, which comprises both the state of general wellness and the absence of disease. The research highlights the need for a unified system analysis since many facets of wellness are interrelated. A systematic analysis of global research found that children's views of happiness are sometimes disregarded. Children delight in being with loved ones, getting accolades, meeting objectives, and participating in play. Conversely, they become dissatisfied when ignored, cut off from friends, or coerced into activities. As stressed by NEP 2020, UNESCO's report on child well-being emphasizes the need for early childhood education and care. Early educational initiatives are essential for the development of all kids since they are born with the capacity to learn. The paper emphasizes the difficulties encountered by low-income families and the demand for inexpensive early education choices. Examining several facets of child well-being in their systematic review, Pollard and Lee found five domains: physical, psychological, cognitive, social, and economic. They drew attention to the contradiction in determining and defining well-being in studies of child development. Well-being, VanderWeele, T. J., and Johnson, B. R. (2025) argue, is more than only life satisfaction; it needs a multidimensional perspective including rational needs, philosophical knowledge, and personal experiences. Though many people think happiness is the ultimate goal, its definition is personal, and it alone cannot adequately capture human development. If it is to advance a more profound, more meaningful perspective of life, an all-encompassing plan for well-being must negotiate these complexities. Ono, M., Wahl, M., Mekonen, R., Kemp-Smith, K., and Furness, J. (2025) highlight the physical and psychological benefits, connection to nature, sense of belonging, and personal growth of cold-water immersion (CWI) whereby it impacts wellness. Though CWI seems to offer promise for enhancing wellness, more research is required, and exact prescription recommendations are still unknown. Given its availability and low cost, CWI could be a helpful tool in mental health care.

Building a health-promoting organization that drives major impact requires effective leadership, interdisciplinary cooperation, and strategic resources. According to Harrington S. (2024), Success while inclusiveness and participation are encouraged relies on a well clear communication network and data-driven insights. Integrating the spiritual dimension deepens care, hence fostering a holistic and nurturing organizational culture. Although there are few comprehensive assessments of its effectiveness, Kokatnur, T., Faris, F., Gunay, B., O'Brien, W., and Azar, E. (2025) observed that the WELL Building Standard is becoming somewhat well-known as a certification aimed at occupant health and well-being. This study examines its development, trends, and comparisons with other rating systems using bibliometric analysis and detailed case studies. Results emphasize growing research interest, hence highlighting WELL's deeper focus on health metrics and identifying blank spots for future inquiry in integrating well-being and energy elements. Leaders can enhance approaches to create meaningful relationships and incorporate well-being initiatives across schools. Interdisciplinary collaboration and youth agency prioritized will produce environments that actively nurture and sustain well-being.

Early interventions, education, and consideration of children's perspectives are all essential for establishing a strong foundation for their health and happiness, as these observations emphasize. The need of holistic wellness programs in supporting active aging and childhood development is collectively

highlighted by these studies. By meeting the special needs of various age groups and combining different wellness approaches, these programs may greatly improve the general well-being of people across their lives.

3. Objectives:

- I. To investigate the roots of early life health and happiness.
- II. To grasp the possibilities and difficulties of adolescent well-being.
- III. To assess the self-care and responsibility balance in adult life.
- IV. To Promote good aging and wellness at every life stage.
- V. To support a life course strategy for public health consistent with NEP 2020.

4. Methodology:

The Embracing Health at All Life Stages program uses a human-centered approach meant to address the specific wellness demands of people throughout various life stages. The approach stresses personalization, community participation, and evidence-based techniques to advance holistic well-being.

Step I: First Evaluation

- i. **Personal Wellness Survey:** a survey to evaluate their physical, mental, and emotional well-being.
- ii. **One-on-one meetings:** A wellness coach works one consultations aimed at understanding the particular requirements, preferences, and crises.

Step II: Individualized Wellness Programs

- i. **Customized Plans:** Personalized wellness plans derived from the first evaluation Incorporating nutrition, exercise, mindfulness, and social, plans are developed. engagement.
- ii. **Goal Setting:** Participants establish reasonable and attainable wellness objectives, using recommendations from their consultant.

Step III: Community Involvement and Support

- i. **Group Workshops:** Regular events and group exercises are planned to encourage among participants community feeling and support.
- ii. **Peer Support Groups:** Participants are urged to participate in peer groups for sharing challenges, experiences, and triumphs.

Step IV: Educational Resources

- i. **Workshops and Seminars:** Educational workshops and seminars are held on subjects including healthy eating, stress management, and active rising.
- ii. **Online Resources:** Participants have access to a wealth of online library resources. including interactive tools, movies, and articles.

Step V: Evaluation and Tracking

- i. **Progress Tracking:** Regular evaluations and check-ins aim to watch participants' progress toward their wellness objectives.
- ii. **Feedback Mechanisms:** Participants share comments on the program's helpful in spotting improvement possibilities.

Step VI: Continuous Improvement Including innovations:

- i. **Incorporating Innovations:** The program is current with the newest wellness research and trends, incorporating innovative practices to enhance its gifts.
- ii. **Adapting to Needs:** The curriculum is adaptable and flexible to fit pattern requirements of participants, making sure it stays useful and topical.

Following this approach should help people to take control of their health and well-being, hence improving their quality of life for all generations. Adolescents' path to well-being presents both difficulties and chances. Adolescents frequently experience extreme physical changes including hormone changes and growth spurts that affect their self-esteem and health. Academic pressures, social expectations, and the search to find their identity often define this phase, which is also characterized by elevated stress, anxiety, and despair. While the process of developing one's identity may cause inner anguish and strife with family and societal expectations, peer influence can cause dangerous actions. Adolescence is definitely a turning point and development period. It's when you really start to create the scene for a good and meaningful life. Developing habits like regular exercise, balanced food, and enough sleep during these years not only promotes short-term results but also prepares you for long-term benefits. Furthermore, the obstacles encountered during this era can be quite formative. They assist in developing resilience, self-efficacy, and sharp problem-solving abilities. It is also a vital period for improving emotional intelligence, learning to recognize and control your emotions, practicing empathy, and developing good communication abilities. Adolescents also have a particular opportunity to develop excellent support systems—be it through friends, family ties, or seeking out mentors. These networks can provide a much-needed social and emotional support. Confronting these difficulties directly and taking advantage of these chances can help youngsters build a strong foundation for lifelong fulfillment and wellness.

5. Results

- i. **Better Physical Health:** Participants reported feeling more fit overall, engaging in more physical activity, and adopting healthier eating habits.
- ii. **Improved Mental Well-Being:** Participants' anxiety levels and mental clarity increased as a result of the incorporation of stress-reduction and mindfulness practices.
- iii. **Better Social Links:** Peer groups and community support enhanced social ties and a feeling of belonging, which lessened feelings of loneliness.

- iv. **Self-assurance and empowerment:** Participants' confidence and self-esteem increased as a result of goal-setting and customized wellness plans that enabled them to reach their wellness objectives.
- v. **Long-Term Beneficial Results:** Participants maintained their healthy behaviors over time thanks to regular monitoring and feedback systems.

Adopting the program for embracing health at all life stages has shown great success in encouraging holistic wellness over all life phases. through encouraging a complete and customized approach to health, the program has enabled people to lead better, happier lives.

6. Conclusion

i. **Embracing Holistic Health**

The Journey to well-being: embracing health at all life Stages program underscores the importance of a comprehensive approach to wellness, nurturing physical, mental, and emotional health for a balanced and fulfilling life.

ii. **Personalized Wellness & Community Engagement**

Tailored wellness plans and strong community support create an inclusive environment, ensuring individuals feel valued and connected. This personalized approach fosters a sense of belonging, making the journey to well-being more meaningful.

iii. **Transformative Lifestyle Changes**

Participants experience remarkable improvements in their overall health, including enhanced physical well-being, reduced stress levels, and greater emotional resilience. These positive shifts contribute to a more vibrant and empowered life.

iv. **A Commitment to Lifelong Wellness**

By addressing the unique health needs of different age groups, the program cultivates a culture of lifelong well-being. It encourages individuals to adopt and maintain healthy habits from childhood through their senior years, reinforcing the idea that wellness is a continuous journey.

v. **Accessible Education & Support**

Through workshops, seminars, and online resources, participants gain valuable health insights and practical strategies to take charge of their well-being. This knowledge equips them with the tools needed to make informed choices and lead healthier lives.

8. Authors' Biography



Sheetal Sharma is a dedicated researcher currently pursuing her Ph.D. in Education under the mentorship of Dr. Yad Ram, an esteemed Assistant Professor in the Department of Educational Studies at the Central University of Jammu. With a strong academic foundation, she holds a B.Sc. and M.Sc. in Mathematics, followed by an M.Ed. from the University of Jammu, completing her degrees in 2006, 2009, and 2012, respectively. Her commitment to educational excellence is reflected in her achievements. She successfully cleared the JKSET exam twice, in 2013 and 2023, and earned JRF qualification through the UGC NTA exam in 2022.



Dr. Yad Ram, an accomplished educator and scholar, serves as an Assistant Professor in the Department of Educational Studies at the Central University of Jammu. His expertise encompasses elementary and secondary education, evaluative studies of educational schemes and programs, and teacher education. With a deep passion for shaping educational frameworks, he continues to contribute significantly to the academic community through research and mentorship.

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