INTRODUCTION

Adolescence is a Latin word 'adolescentia' from 'adolescere' meaning 'to grow up'. One in every five people is an adolescent. Today, 1.2 billion adolescents stand between the period of childhood and the adulthood. Out of 7.5 billion world population 243 million adolescents’ lives in India. Adolescence is a period for psychological, social and physical transaction from puberty to adulthood. Adolescent age is commonly thought of as a period of optimum health. But in the present day scenario statistics shows just opposite. Globally and nationally adolescents suffer from various health problems like communicable and non-communicable disease. The global tsunami of non communicable diseases (NCDs) has swept across all age groups, including children and adolescents. However, the younger age group affected by NCDs is often under recognized. Global status report on NCDs -2014 by WHO shows that, NCDs are responsible for approximately 1.2 million deaths worldwide each year in the age group below 20 years, around 60% of death in India due to NCDs. An unhealthy lifestyle can contribute to the development of risk factors of NCDs.

Currently, lifestyle of the adolescents is a major issue in the society and it differs from person to person. Lifestyle is referred to the characteristics of inhabitants of a region in special time and place. It includes day to day behaviors and functions of individuals in job, activities, fun and diet. In recent decades, lifestyle as an important factor of health. Lifestyle choices adopted during adolescent time continues into adulthood. The transition from primary school to secondary school is often accompanied by unhealthy behavior changes such as decreasing physical activity and increasing sedentary behavior. According to WHO, 60% of related factors to individual health and quality of life are correlated to lifestyle. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are the presentations of unhealthy lifestyle that they are used as dominant form of lifestyle. Besides, the lives of citizens face with new challenges. For instance, emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology. Lifestyle has a significant influence on physical and mental health of human being. Furthermore, many health related behaviors that persist throughout the life course, such as...
tobacco, alcohol and illicit substance use, diet, and physical activity are often adapted during adolescence.

“With freedom comes the responsibility”. College students are the future decision makers in organizations, communities, and countries. This is the period where they are free of parental restriction and academic compulsions, and make independent choices about their own lifestyle and health practices for their personal and social wellbeing. Health-promoting lifestyle among adolescents has become a major research focus globally for the survey of a community’s health needs and priorities. These behaviours include, for example, smoking, excessive alcohol consumption, lack of physical activity, bad sleeping patterns, unfavorable food habits (e.g. a high fat intake), coffee drinking, and engaging in high-risk activities and sexual practices.

The Health Behaviour in School-Aged Children (HBSC) study, conducted in 2010 with adolescents aged 11 to 18th in thirty nine countries and regions across Europe and North America, showed that, although most of adolescents reported a good health status, sizeable minorities experienced unhealthy lifestyles or enhanced risk behaviours. Moreover, 18% of 15-year-old adolescents reported smoking at least once a week, 21% reported weekly drinking, 32% reported being drunk at least twice and 17% of the teenagers reported using illegal drugs (cannabis) at least once in their life. Furthermore, 26% of the 15-year-olds adolescents reported having initiated sexual intercourse. National and international guidelines for smoking cessation identify adolescents as a special population that requires tailored interventions. Children today are spending a great deal more time on computers and playing video games, while play habits have become more passive with new technology (Belfry, 2001).

The World Health Organization has already warned of increasing non-communicable diseases among adolescents as a major public health problem. Most of the serious diseases of adulthood have their roots during adolescence. Around 27% claimed to be smokers, with more female (33%) than male (20%) smoker. In terms of sleeping habits, 19% slept <6 h a day. Regarding well-being, 44% were more likely to feel stressed, 35% stated that they were tense, and 43% felt tired and restless. This is mainly due to changing lifestyles of populations due to westernization of our country, demographic transitions and modification of our own culture.
The ability to achieve total good health has been dependent on an individual’s willingness to implement change in his or her everyday life. For individuals to sustain healthy lifestyle changes, we must make the healthy choice the easy choice. Public health has turned more and more in recent years to the social and behavioral sciences for a better understanding of the forces shaping lifestyle, conditioning health habits, influencing the diffusion of health knowledge, attitudes and practices, and providing support or pressure for the adoption of healthy and unhealthy behavior. Parental support and environmental factors such as socio-economic and geographical living area were found to be important for healthy behavior. Life of college students is a transitional period, offering them good opportunities for establishing health-promoting lifestyles. Promoting hobby-based activities might be a useful strategy for preventing alcohol and tobacco use in young people.

Holistic health is based on the premise that optimal health is not based upon just the absence of disease, but upon the living balance of the “whole” person. The mind, body, spirit, and emotions are integrated and inseparable. With holistic health, there is the belief that the body contains an energy system that is the support and life for the physical body. Holistic health includes all domains like physical, mental, social, spiritual and psychological aspects.

While there is certainly some awareness about mental health issues in the country now, the measures to combat it in students is still lacking. Though there is no set formula to combat depression, anxiety and other such mental health issues, one thing which can be achieved is creating a safe environment for children in school/college and at home. Colleges can regularly conduct workshops, seminars and one-on-one counselling sessions for students. A Guidance-Counselor at every college can be a valuable addition for students fighting anxiety, depression or any other mental health issue.

Healthy lifestyle programme is selected from science based sources and target the following wellness areas addressed in: Physical activity, Health Nutrition, Getting adequate sleep, Controlling stress, etc. This helps to also avoid or reduce substance use behaviours, including alcohol, tobacco, smoking, marijuana and other illicit drugs that harm healthy lifestyle and positive self image attainment.