

## **Enabling Communities for positive health Promotion**

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Health is a personal asset which is desired by every living organism. However, she/he is personally responsible for her/his health status, but community may play an important role of the catalyst. Maintenance and promotion of Health are interlinked. Developing countries cannot afford the clinical model of health due to shortage of infrastructural facilities and expertise human resource. Promotional model of health is more viable and economical as it not only reduce the treatment cost but also enhance positive substance in the various dimensions of health. Health in itself may be a positive term but positive health include those concepts which always focus on growth and betterment. Pursuit of happiness in present, hope and optimism for future along with a significant level of satisfaction from the past life. These are the three major dimensions of positive health. Health professionals may develop workable strategies at the level of an individual and community. There may be many communities e.g where you live and where you work. Psychological programme may be designed to enable these communities to reinforce the personal positive health. The authors will delineate all such issues during the presentation while conducting the workshop.

Many psychological researchers and practitioners aim to promote the wellness of individuals and communities. Community psychology has a rich theoretical tradition related to building competencies and promoting adaptive functioning. Many of these theories, however, have limited empirical support. Recently, the field of positive psychology has pushed for research investigating three areas related to optimal psychological functioning: positive emotions, positive character traits, and positive institutions. Although this call for research has advanced the study of individual well-being, positive psychology researchers have largely ignored positive institutions.