



Habit is Habitat? Thought of the Era...

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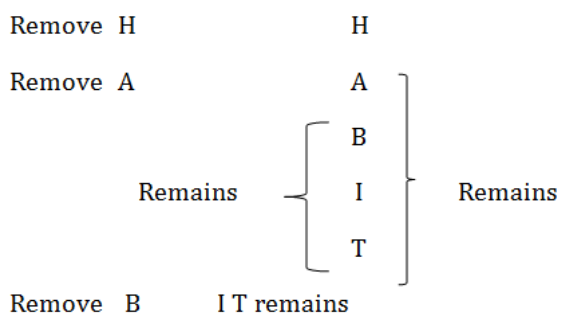
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Editorial

Where there is a Will, there is a Way!!!!.. As truly said by someone.

Still, at times we need to think, why people are getting addicted to deleterious habits? What makes them to choose harmful products over life? Are these habits so precious/valuable? Let us discuss in brief. Habits are *und detachable* and *addictive* in nature, have a look at the word *habit*...



Habits are performed at subconscious level unlike practice, which occurs at conscious level. Even after, enormous information which is available in the present world people do choose deleterious habits over health !!!!.

A brief look...

Humans learn and achieve anything/everything when it is instigated within mind, which is called as internal motive. Most of the times people fail to receive information, when it is from external source, where they do not feel the necessity or need to accept even though it is fact. Meaning is very clear that "it is difficult to change the *Psyche* of an individual". This is the reason for failure of health education approach, which comes in '*downstream approach*'.

Need of the hour is *Legislative/Legal approach*, where Stakeholders/Government play a major role in people health which direct towards '*upstream approach*'. Let us act together for greater good and help people to reduce/quit deleterious habits which are harmful to human beings.