

The Transformative Power of Education on Holistic Well-Being

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Abstract: *Education is considered as a powerful catalyst for transforming individuals' life and societies. In each and every level, education mainly focuses on the enhancement of individuals well-being by developing suitable curriculum. Education has a significant role to promote overall development of an individual. Well-being is one of the most influencing factors that determine overall physical and mental health of an individual. Educational organisations need to identify educational disparities and focus on holistic education. In today's fast-paced world, it is essential to promote well-being among individuals, communities and societies in global level. It enables individuals to overcome difficulties related to real life, mental and physical health issues. To achieve these rising issues, we need to adapt multifaceted approach, incorporating inclusive policies, collaboration and multicultural activities. The main focus areas of this study are to discuss about the necessity of well-being, the role of education to promote well-being, discuss about influencing factors and strategies to promote well-being among the individuals which will enhance quality of life..*

Keywords: Education, Effective factor, Holistic development, Physical and Mental health.