

Academician's Health Conditions at an Academic life in Indian Context

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Abstract

As India's culture, civilisation, education system and political system gets changed every year after Independent, there is continuous changes and variance in the human beings life because variance and changes are caused and influenced by the situations, people's temperance, work nature, genetic problem and psychological influences. So, changes and alternation are caused in human being's life according to their environments, surrounding's impacts, habits, relationship, health maintenance, range of income and other family happiness. These items and categories are the major and micro reasons of the changes in human being's life. Based on these characters good, bad, positive and negative activities could be orchestrated in all walk of life, especially this study is analysing academicians health conditions in terms of executing daily activities of teaching life, generally soil supports to all things which are existing on earth, earth producing various benefits and fruits to human being life and cosmos system yielding and fetching manifold privileges to human being but all things were created by the good to save and protect human beings life, to do their basic activities their body and system have been created by the god so strong as it able to bear up all weight of soil and earth. Likewise health is most important one to all people irrespective of educated and uneducated people to carry out all works of people in both office and home. To do and execute our daily work in all the fields and areas of both academic and non academic. To know, comprehend and understand academician's health range and status in an academic life for complete works without flaw, their health need is more important because sound health starts, originates and commences from sound

body, produces sound voice and results toward teaching and imbibing effectively for field success, glories, victories and famous. In wide aspects and scenario health is centre active part of the human being's life to do all works which are assigned and not assigned in effective ways and efficient manner ,with its help people from youngsters to adult are able to live so energetically and enthusiastically until they could live on this soil because man powers are estimated and analysed based on their strong health status unless and otherwise it does cooperates with human being's work and interest, nothing could be achieved in their life .On these grounds and aspects in college and universities academicians's health status are to be annylsed iby this study especially Pondicherry central university .It is a central university located in periyakalapet of Puducherry along with Bay of Bengal, its greenery location ,attractive tourist places and cheaper liquor are welcome people and citizens from all over world for visit many historical and wonderful places and monuments. This university is consisting various departments in all these departments academicians are working on their subject basis for teach students community .Government of India has been providing vital and fundamental need s and privileges to the academicians without any drawbacks ,based on these gist this study would like to comprehend health range of the academicians in terms of teaching, assessing student's works ,cooperating with education intuitions and carry out assigned works neatly and plausibly.

Keywords: Health, Academic Work, Stamina, Lethargy, Major health problems and Energetic health.

Profile

In Puducherry Pondicherry Central university has been one of the best University in providing quality education and food in both quality and quantity ,its mammoth infrastructures ,attractive greenery environmental location, beautiful roads ,forests and spacious building infrastructure have been still attractive one among the various scholars and teachers .It has various departments in humanities and science areas ,students are filled according to the government given ratio and proportions .Based on these history and notes this study would like to know health status of all department's staffs in Pondicherry central University, in terms of offering ,providing and giving all centralised benefits and privileges to its employees are reckoned notable and popular one .According to its privileges and benefits academician's health are resembling or matching is a theme of this study to know lacuna which exists between government's welfare schemes and health of the its employees .Before searching job and looking job candidates will be having good health with an interest to attain their dream of getting job and looking more income ,after attaining their dream of good job and good income their interest and thinking of working, achieving, attaining extra merits and getting reputations in their fields are slowing down owing to their health problems, to all their health problems, their income alone has been one of the milestone reason some faculty came to this job are maintain same vigour ,interest and mania to attain academic success in academic life without any frustration and hesitations while rich people are being so idle not attempting to catch their dreams of getting famous and reward by doing extra marvellous works in the academic works .To estimate and comprehend this problems this study has been chosen

100 samples in various departments of puducherry central university, in hundred 50 male professors and 50 female professors .

The life of a professor is a constant balancing act where we try to juggle personal and professional responsibilities under the pervasive stress of managing expectations in an often hypercompetitive culture. There is always a fear that we may drop the ball, a sense that if that were to happen, we would be alone and the only one to blame. The system assumes that we should be old enough, experienced enough, and tough enough to withstand all the pressure that comes with the job. Being a faculty member in a university can be one of the most fulfilling career paths, but it has also become one of the most stressful jobs.

The storms of academia

As young scientists taking on a faculty position, we quickly transition from being a team member to a team leader; from never worrying about securing funding to being overwhelmed with grant deadlines; from managing a single project to planning and guiding the work and careers of several students and post-docs; from worrying about ourselves to being absorbed in worrying about everything except our wellness. The great majority of us have never developed a course or taught classes on our own, yet we are all expected to assume these responsibilities.

Many universities give good support when it comes to teaching, yet most offer very little training or help in project and team management, leadership, mentoring and conflict resolution, let alone mental health awareness and intervention. We are expected to learn everything on the job. In other words, we learn by making mistakes that we – and to some extent our students and staff – directly or indirectly end up paying for. Driven by our passion for science, we keep trying and do get better at it, but very rarely pause to assess: “At what cost?”

As the tenure clock starts ticking, stress and anxiety often begin to increase; the stakes become higher, and many begin to struggle with the ambiguity of the tenure criteria and the lack of feedback. The pressure mounts to publish papers in 'high impact journals', to secure prestigious grants, go on lecture tours, and fill in all the blanks in our CV. Frustration, disappointment, self-doubt or burnout are all too common throughout this journey.

Health problems of the Puducherry central university's academicians

SN	Health Issues	Percent ages	Reasons	Suggestions
1	Joint problem	4.5	Aged factors	Needs to adjust
2	Heart problem	3.4	Lack of proper exercise	Needs to follow workout
3	Physiological problem	4.2	Lack of physical workout	Needs to follow workout
4	Diabetes problem	4.1	Lack of health maintenance	Needs to follow workout
5	Insomnia problems	2.1	Lack of eating properly	Needs to follow good food item
6	Obesity issues	3.1	Sedentary	Needs to follow good food item
7	Eye Problems	1.3	Reading continuously	Needs to wear goggles
8	Peevish characters	4.7	Nature of intolerance	Needs to relax after work
9	Easily provoked nature	4.8	Nature of intolerance	Needs to relax after work

10	Easily getting tension	4.5	Nature of intolerance	Needs to practice mediation
11	Caste based activities over students	4.8	Favouritism to one caste	Needs to learn secularism
12	Hyper tension	4.9	Nature of intolerance	Needs to keep mind cool
13	Politics minded	4.8	Favouritism to one party	Needs to learn secularism
14	Regionalism minded	4.9	Favouritism to one party	Needs to learn secularism
15	More entertainment nature	4.6	Habits	Good habits but needs to focus on education of students

Source: Field Visit: April, 2022

This study indicates clearly about nature, habits, physiological and other mind oriented issues which are being faced by the present faculties of the Pondicherry central university. As faculty all have to have a proper and super health system with an interest to achieve their goal in the academic life without flaw, unless and otherwise they do have strong and steady stamina they cannot succeed their life in same academic career an equivalent to other faculties. Usually strong body and mind creates jealousy among the various hearts of the political, economical and social places, so people getting negative and jealousy feelings over strong body and health have to rectify their mistakes and try to have good health system without getting envy on strong body persons. Health is more important than study because study is done with help of good health and sound mind ,is made up by sound health ,like this each parts are

interconnected and interlinked with good health system therefore faculties are essential to have good health for teach in sound ways for make sound democracy .In all colleges and universities adult and aged professor are getting envy over young students when they speak with girls and friends owing their physiological problems which must be rectified through doing proper exercise to maintain their health. Teachers must be mentors, supervisor and boss of student's career designing without violating and interfering in their privacy issues and matters.

Conclusion

To carry out and execute faculties work in both home and working places, need to have dynamic mind and health by doing daily workout and exercise inn college campus and home. These activities will take them to land in glory, success, merits and victory with untapped success and growth, to overcome all the physiological and psychological problems which come after getting job in their life must be overcome by proper health maintenance and preservations. Sound life, career, voice, success and victory are found at sound health and workout, every one needs to adhere with routine workout to be as a energetic and youngest lecturer in their life though they face problems in both working places and houses. If all are active in mind and health aspects nothing problems would occur knowingly and unknowingly in terms making colourful and interesting academic culture, very often this culture is despoiled by inactive and lethargy health structures of the academicians so, everyone has to keep their health properly.

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