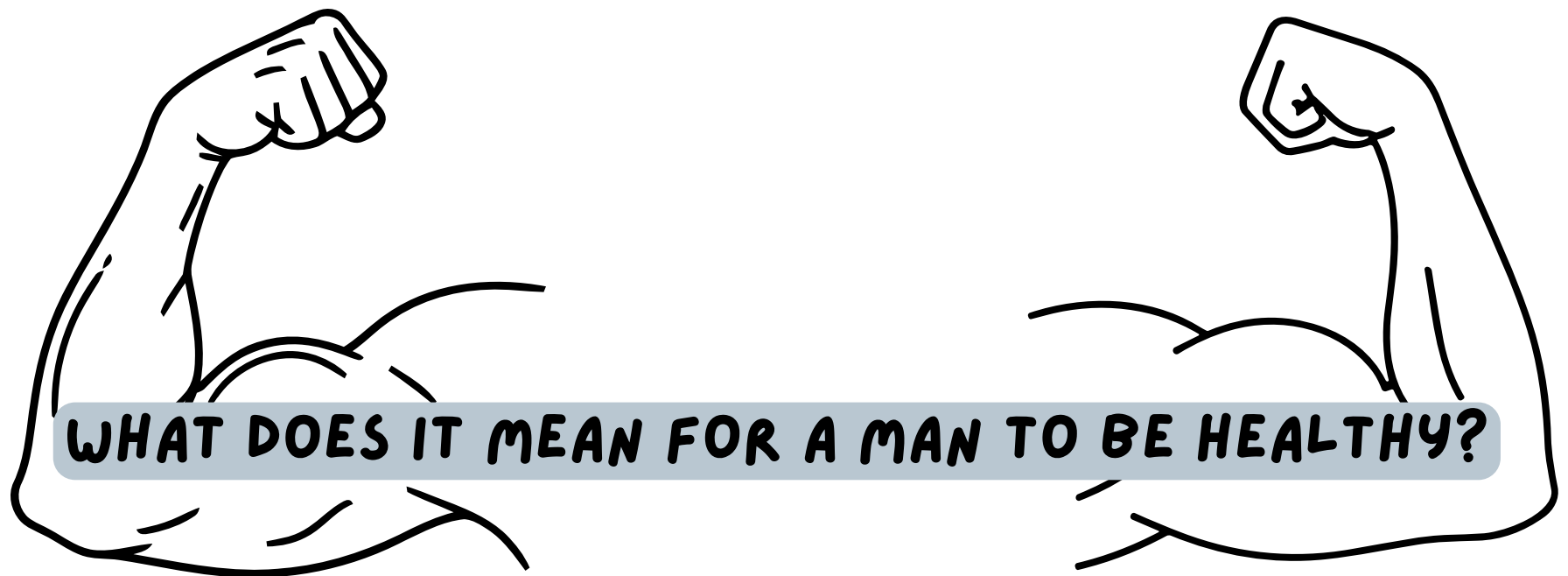


BEYOND THE SYMPTOMS: WHY HOLISTIC HEALTH AND WELL-BEING MATTER FOR MEN IN INDIA TODAY



An interactive storytelling exploration of men's mental, sexual, social, and physical well-being.





Most people think of health as the absence of illness. But that definition leaves a lot out.

The World Health Organisation (WHO) defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

Through the stories of four men, let's explore why men's well-being depends on more than just treating symptoms.

THE STRESS HE DOESN'T TALK ABOUT



Raj is 29 and works as a software engineer. What started as work stress has slowly started affecting his sleep, his focus, his relationships. The people around him think he's doing fine. Raj doesn't feel fine.

What would be the most helpful response?



Answer: C 

Encouraging Raj to open up creates space for support.

This might look like ordinary work stress. But Raj isn't just tired. He's not sleeping. He's struggling to concentrate. He's pulling away from friends and family. What began as a feeling has worked its way into almost every corner of his life.

Many men feel pressure to push through things quietly, which means emotional distress often goes unnoticed for a long time. When mental health is neglected, the effects tend to spread. They show up in how a person thinks, works, sleeps, and connects with other people.

Why the other options are not ideal?

Option A : Ignoring stress rarely makes it go away. It usually lets it build.

Option B : Stress is not a sign of weakness. Brushing it aside can prevent people from getting the support that could make a difference.

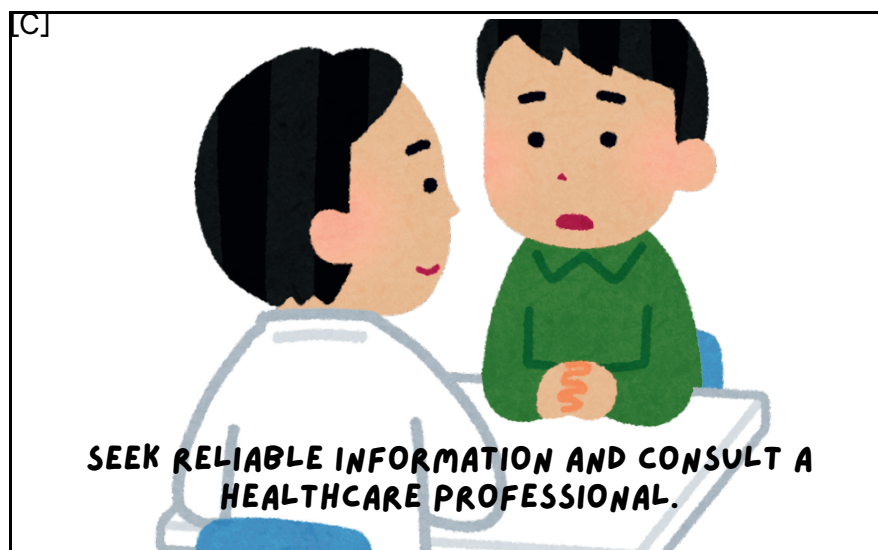
Option D : Waiting for stress to simply go away will worsen it over time and become harder to manage.

MORE THAN JUST A PRIVATE CONCERN



Arjun is 34 and works in marketing in Mumbai. For the past few months, he has been dealing with difficulties in his sexual life. His confidence has taken a hit. There is tension in his relationship. He worries more than he used to. What began as a physical concern is now affecting how he moves through his days.

What should Arjun do?



ANSWER: C 

Seeking reliable information and consulting a qualified healthcare professional can help him better understand what he is experiencing and identify appropriate next steps. While it may feel uncomfortable to discuss sexual health concerns, avoiding the issue does not make it disappear.

In Arjun's case, the concern is no longer limited to his sexual health. What began as a private issue has started affecting his confidence, emotional wellbeing, creating stress in his relationship, increasing his worries about the future, and making it harder for him to focus on daily life.

Why are the other options not ideal?

Option A : Embarrassment and stigma around sexual health may prevent men from seeking timely support.

Option B : Many men feel uncomfortable discussing sexual and reproductive health concerns because these topics are often treated as taboo. As a result, they may rely on anonymous online sources instead of seeking professional guidance. This can lead to misinformation, unnecessary anxiety, and delayed support.

Option D : Avoiding the issue can increase uncertainty and delay appropriate care because sexual health concerns often do not resolve on their own.

THE WEIGHT OF DOING IT ALONE



Vikram is 38, works at a bank, and has two children. His company recently announced layoffs. He is stressed, not sleeping well, and can't stop thinking about how he will support his family. As the pressure builds, he has been distancing himself from the people around him. He believes asking for help would make him look weak or incapable.

What should Vikram do?



ANSWER: D 

Talking to someone you trust is not giving up control. It means sharing a burden instead of carrying it entirely alone.

Vikram believes he must carry every burden alone because he sees it as his responsibility to protect and provide for his family. While this intention comes from a place of care but it is making the weight on him heavier, not lighter. Having people to lean on during difficult periods does not fix the problem, but it does make isolation less likely to set in.

Vikram's story highlights the importance of social well-being. Strong relationships and supportive connections can help people cope with stress, build resilience, and feel less isolated during challenging periods.

Why are the other options not ideal?

Option A : Keeping everything to yourself increases both stress and isolation.

Option B : Focusing only on work further reduces the chances of getting any support at all.

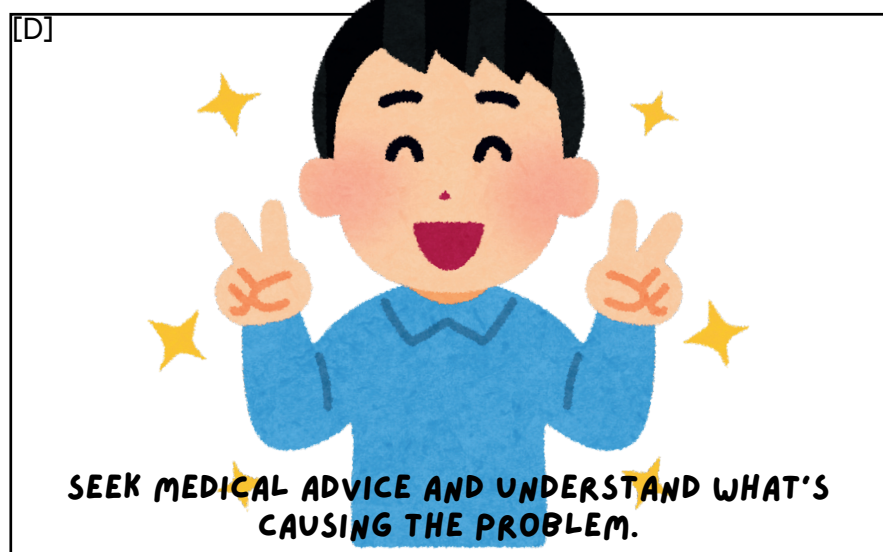
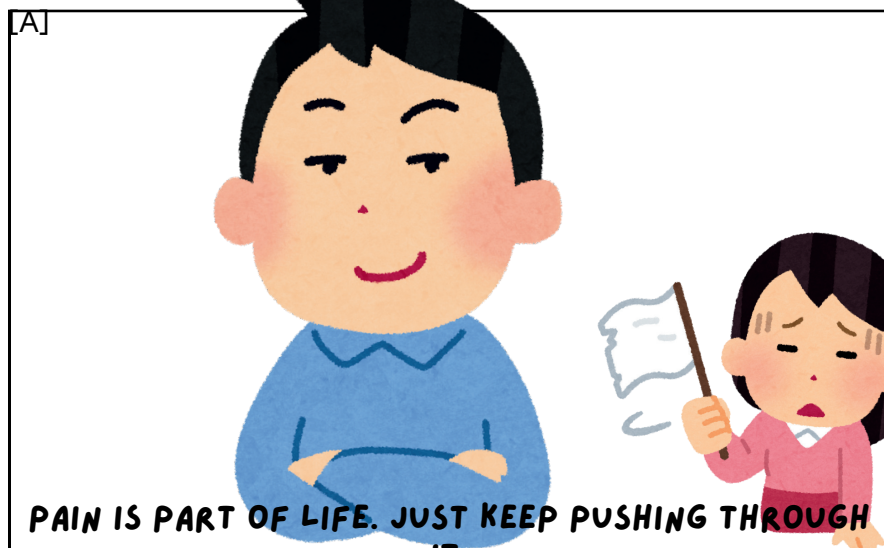
Option C : Withdrawing from relationships can weaken important social connections and reduce access to help.

WHEN STRENGTH BECOMES A BARRIER

Manoj is 41 and works as a factory supervisor in Pune. For the past few months, he has had persistent back pain that is affecting his sleep, his energy, his work, and his time at home. His wife and colleagues have both suggested seeing a doctor. He keeps putting it off.



What should Manoj do?



ANSWER: D 

Getting checked for persistent symptoms can identify what's actually causing them. Pushing through ongoing discomfort is not the same thing as managing it.

Manoj's back pain is no longer just about his back. It is disrupting his sleep, draining his energy, and cutting into the time he spends with his family. A physical symptom has spread into almost every part of his daily life. Catching something early and getting the right support tends to go better than waiting to see how bad it gets.

Physical symptoms can influence how people sleep, work, connect with others, and participate in everyday activities.

Why are the other options not ideal?

Option A : Treating pain as something to endure can delay both diagnosis and treatment.

Option B : The belief that asking for help signals weakness is one of the most common reasons men delay seeing a doctor.

Option C : Waiting until symptoms are severe can allow them to worsen and become harder to treat.



Four Men. One Lesson.

Raj thought he just needed to be stronger.

Arjun thought he should stay silent.

Vikram thought he had to carry everything alone.

Manoj thought he could handle it himself.

Each faced a different challenge, yet their stories point to one thing: health is about more than a single symptom, diagnosis, or problem.

Mental well-being affects relationships and how a person functions day to day.

Sexual health affects confidence and emotional life.

Social connections shape how people get through difficult periods.

Physical health determines how a person works, rests, and engages with the people around them.

These things affect each other.

Seeing them together, rather than as separate concerns, gives a much more honest picture of what men's health actually involves.

For men in India today, taking all of it seriously is not a luxury. It is just practical.