

UHV-I

Session 6

Understanding Health

(Part 1 of 2)

Document prepared by UHV Team (uhv.or.in) and adopted by AICTE NCC-IP Subcommittee for Mentor Manual and related Materials for UHV-I

Suggestions for improvement are welcome

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Aspirations and Concerns at the Individual Level

To be happy

To be healthy

Knowledge – quest for knowledge

Ability to decide properly on my own, independently

Purification of the mind

Controlling the mind

Self confidence



At this age, I do need to understand the program to ensure good health

- A. Strongly agree
- B. Agree
- C. Neither agree nor disagree
- D. Disagree
- E. Strongly disagree

Coming out of stress

Managing pressure of academics

Time management

Loss of time due to illness

Entertainment

Domination of one gender by the other

Pressure of placement

Overcoming –ve thinking

Attending classes

Peer pressure

Temptations

Anger

Depression

Suicidal thoughts

Aspirations

- **To be healthy**
- Want to eat tasty but healthy food
- Want a healthy, peaceful environment



There is loss of time due to illnesses

- A. Strongly agree
- B. Agree
- C. Neither agree nor disagree
- D. Disagree
- E. Strongly disagree

Issues

- Infections (environment)
- Non-communicable disorders like obesity
- Tension, depression
- Inefficient use of time
- **Time loss due to illnesses**

Let us explore how understanding human being can help us in: realising our aspirations and also resolving the issues holistically

Understanding Human Being

Recalling...

Human Being Ekkuo	Self (I) eSa	Body “ kjhj ”
Need vko';drk	Happiness (e.g. Respect) Iq[k ¼tSIs IEeku½	Physical Facility (e.g. Food) Iqfo/kk ¼tSIs Hkkstu½
In Time dky esa	Continuous fujUrj	Temporary Ikef;d
In Quantity ek=k esa	Qualitative (is Feeling) xq.kkRed ¼Hkko gS½	Quantitative (Required in Limited Quantity) Ekk=kRed ¼Ihfer ek=k esa½
Fulfilled By iwfrZ ds fy,	Right Understanding & Right Feeling Igh le>] Igh Hkko	Physio-chemical Things HkkSfrd&jklk;fud oLrq
Activity fØ;k	Imagination (Desire, Thought, Expectation), ... dYiuk”khyrk ¼bPNk] fopkj] vk”kk½] ---	Eating, Walking... [kkuk] pyuk---
In Time dky esa	Continuous fujUrj	Temporary Ikef;d

Co-existence
IgvfLrRo

Human Being
Ekkuo

Self (I)
eSa



Body
"kjhj

<p>Need vko';drk</p>	<p>Happiness (e.g. Respect) Iq[k ¼tSls IEeku½</p>	<p>Physical Facility (e.g. Food) Iqfo/kk ¼tSls Hkkstu½</p>
<p>Fulfilled By iwfrZ ds fy,</p>	<p>Right Understanding & Right Feeling Igh le>] Igh Hkko</p> <p style="text-align: center;">Feeling of Self-regulation(संयम)</p> <p>Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body</p>	<p>Physio-chemical Things HkkSfrd&jklk;fud oLrq</p> <p style="text-align: center;">Health (स्वास्थ्य)</p> <ol style="list-style-type: none"> 1. The Body acts according to the Self 2. Parts of the body are in harmony (in order)



Health problems today are more due to

1. Problem with the body
2. Problem with the Self
3. Neither body nor Self

Feeling of Self-regulation(संयम) → Program for it → Health in the Body

The Body is an **orderly system** (a harmony). It has **definite conduct** -

All the cells in the body work together, in harmony with each other, participating in the larger order to form tissues, organs and organ systems.

I (Self) have to ensure the continuity of that harmony (not disturb it).

If I have a **feeling of responsibility** toward the body, I will do what is required for fulfilling that responsibility.

This will ensure **health** in the Body.

Out of self-regulation and health, what holds the higher priority for you

Answer 1: Having the feeling of Self-regulation

Answer 2: Having a healthy body to start with



Next we will explore program to ensure health

Program

(A) For Staying Healthy

1 Intake and Daily Routine (Lifestyle)

2 Labour and Exercise

3 Postures for regulating internal & external body organs
and Regulated Breathing

(B) For bringing
body back to
harmony from
temporary
disharmony

4 Medicine

(C) Dependence on
drug / machine to
perform a body
function

Treatment



- 1a. Intake
- wa
- 1b. Ris
- 2a. Ou
- 2b. No

I can see that all the four programs are important for my health

- A. Strongly agree
- B. Agree
- C. Neither agree nor disagree
- D. Disagree
- E. Strongly disagree

nd

Intake(आहार)

Intake includes all that we take in through our sense organs – air, water, sunlight, food...

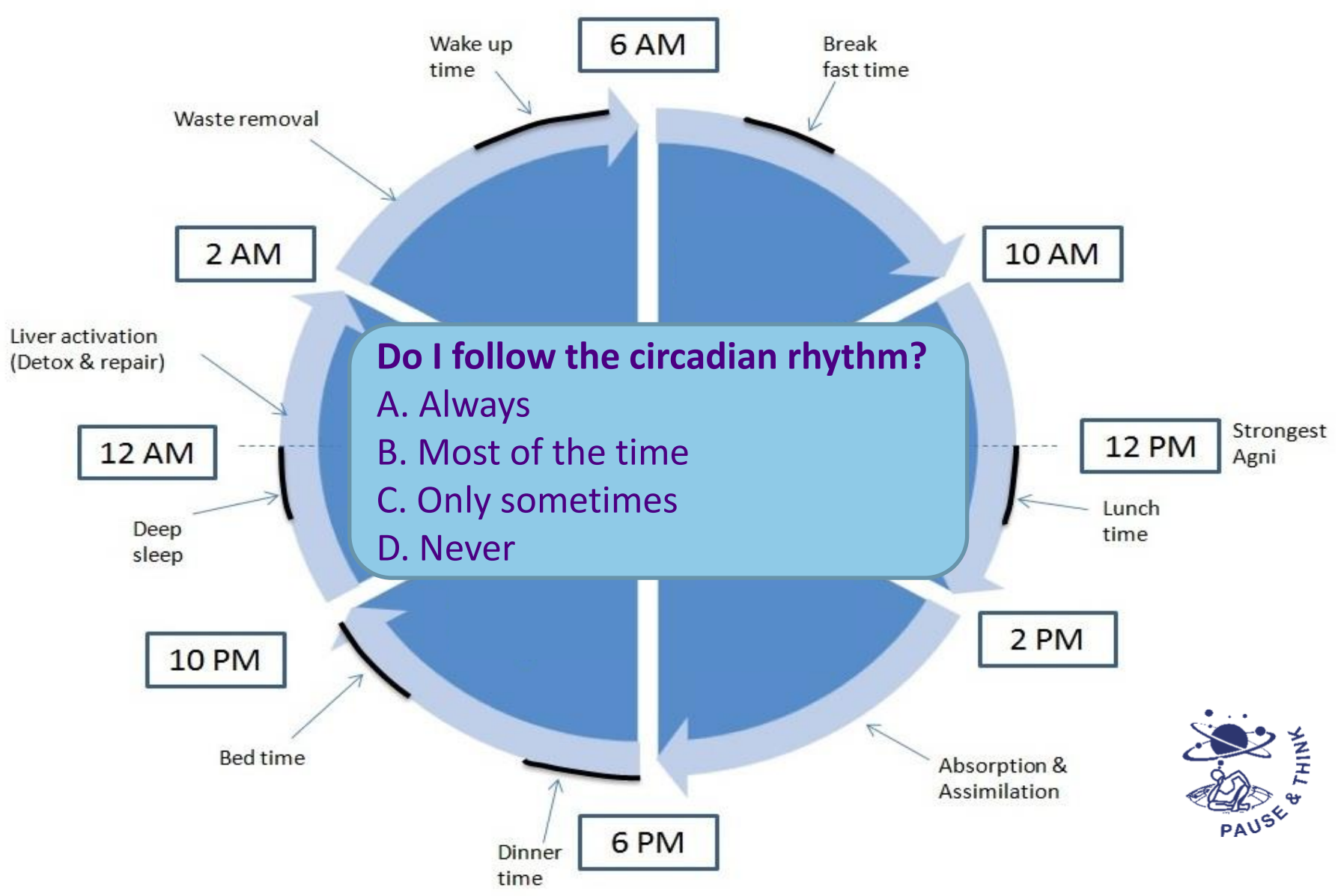
Along with this, we also have feelings and thoughts in response to outside events/circumstances etc.

To maintain health:

- Intake of food that is not only tasty but also nutritious and digestible and rich in fibre (making its waste easily and efficiently excretable)
- Intake of water in the right amount and at the right time
- Daily exposure to fresh air and sunlight
- Awareness of choice of food as above and how much to eat (sensation of fullness)
- Avoiding distractions by other intake through our senses and the thoughts they generate in us, especially while eating.

e.g. what we are seeing (focusing on the meal or watching TV, playing games on the mobile etc) and hearing/being a part of (?arguments with others),

Daily Routine (विहार) – in Harmony with Nature (Circadian Rhythm)



Ensure adequate movement of the Body + production of physical facility

Ensure adequate movement of the Body

Examples:

- Sweeping and swabbing your room / house / hostel
- Kitchen gardening
- Cycling to your college and back...

Postures for regulating internal and external body organs

Regulated Breathing

Examples:

- Yoga (योग)
- Pranayam (प्राणायाम)

Medicine

For bringing body back to harmony from temporary disharmony

Home remedies

Integrated systems of medicine

Treatment

Using a drug / machine to perform a body function (dependence)

Examples:

- Insulin
- Dialysis

Priority

1

(A) For Staying Healthy

1a

1 Intake and Daily Routine (Lifestyle)

2 Labour and Exercise

1b

3 Postures for regulating internal & external body organs
and Regulated Breathing

2

(B) For bringing
body back to
harmony from
temporary
disharmony

3

(C) Dependence on
drug / machine to
perform a body
function

4 Medicine

and

Treatment

What is my take on the 'priority' for programs for health?

- A. Strongly agree
- B. Agree
- C. Neither agree nor disagree
- D. Disagree
- E. Strongly disagree



Home Assignment

Home Assignment

6.1. When we assume that **Human Being = Body**, happiness is sought through sensation (through the body)

As a result,

- The body is harmed due to excessive consumption or over indulgence to get favourable sensation

Over eating, consumption of "junk food" etc. is common

A large number of diseases are psychosomatic in nature

- There is a major impact on family, society, nature...

What is a holistic solution to address these issues?

Questions?