



AICTE Student Induction Program

HOLISTIC HUMAN HEALTH

Day 1

WELCOME !



Health ???

Health

The state of being free from illness or injury – Oxford English Dictionary

*A state of complete physical, mental and social wellbeing
and not merely the absence of disease or infirmity* – WHO 1948

Body acts according to what I want it to do

e.g. Springing out of bed early in the morning

e.g. Alert, able to pay attention (versus dull, lethargic or sleepy)

Parts of the body are working well together

e.g. Good appetite

e.g. Sitting cross legged to study for an hour

State of Health Today

Obesity – Increasing → Heart Disease

**Stress – Increasing → Anger, Unhappiness,
Anxiety disorders, Depression...**

Non-communicable diseases (lifestyle diseases) – 70% mortality

In high income countries – 88%

(despite availability of best of medical facilities and medical care)

Solution



Do's & Don'ts

Deciding on your Own Right

Based on understanding basic
principles on your own right

Based on assumptions?

Process of Understanding

We will put some proposals before you.

- **Do not assume them to be true (or false).**
- Verify these proposals on the basis of your natural acceptance
- If they are right for you, keep them; implement them in your life
- If they are not right for you, discard them



Whatever is said is a Proposal

Do not assume it to be true/false

Verify it on Your Own Right

We will ask you some questions

It is a process of Dialogue - a dialogue between me and you, to start with

**It soon becomes a dialogue within your own self. Dialogue is between –
What I really want to be (my Natural Acceptance) and What I am
e.g. Do I want to be totally healthy?
Am I totally healthy?**



Proposals

- I. Basic principles (based on the reality-
the way things are)
- II. General Recommendations (based on
the principles) –
what to do to be healthy
- III. Implementation – the processes and
specific practices for being healthy
(**how to do**)



Basic Principles - Universal

- **Universal** - applicable to all human beings & in all time all space.
Should not depend on sect, creed, nationality, race, gender, etc.
- **Rational** – The principles should be logical – should make sense and be amenable to logical reasoning.
- **Verifiable**- You should be able to verify the principles by your Self – on the basis of your natural acceptance.
And not believe them just because we are saying so
- **Lead to Harmony – for you and everything around you**
The Principles (and recommendations based on them) should lead to harmony within you and harmony with others (human beings and rest of nature).

Human being
=
coexistence
of
SELF + BODY



WHAT IS HUMAN BEING?

Human Being Ekkuo	Self eSa	Co-existence IgvfLrRo	Body “kjhj
Need vko';drk	Happiness (e.g. Respect) Iq[k ¼tSlS lEeku½		Physical Facility (e.g. Food) Iqfo/kk ¼tSlS Hkkstu½
In Time dky esa	Continuous fujUrj		Temporary lkef;d
In Quantity ek=k esa	Qualitative (is Feeling) xq.kkRed ¼Hkko gS½		Quantitative (Required in Limited Quantity) Ekk=kRed ¼lhfer ek=k esa½
Fulfilled By iwfrZ ds fy,	Right Understanding & Right Feeling Igh le>] Igh Hkko		Physio-chemical Things HkkSfrd&jklk;fud oLrq

The needs of the Body can not be fulfilled by Right Understanding, Right Feelings alone
 The needs of the Self can not be fulfilled by Physio-Chemical Things

Both type of needs have to be understood separately
 Both type of needs have to be fulfilled separately



PRINCIPLES REGARDING the BODY

1. Body is a material unit in nature.

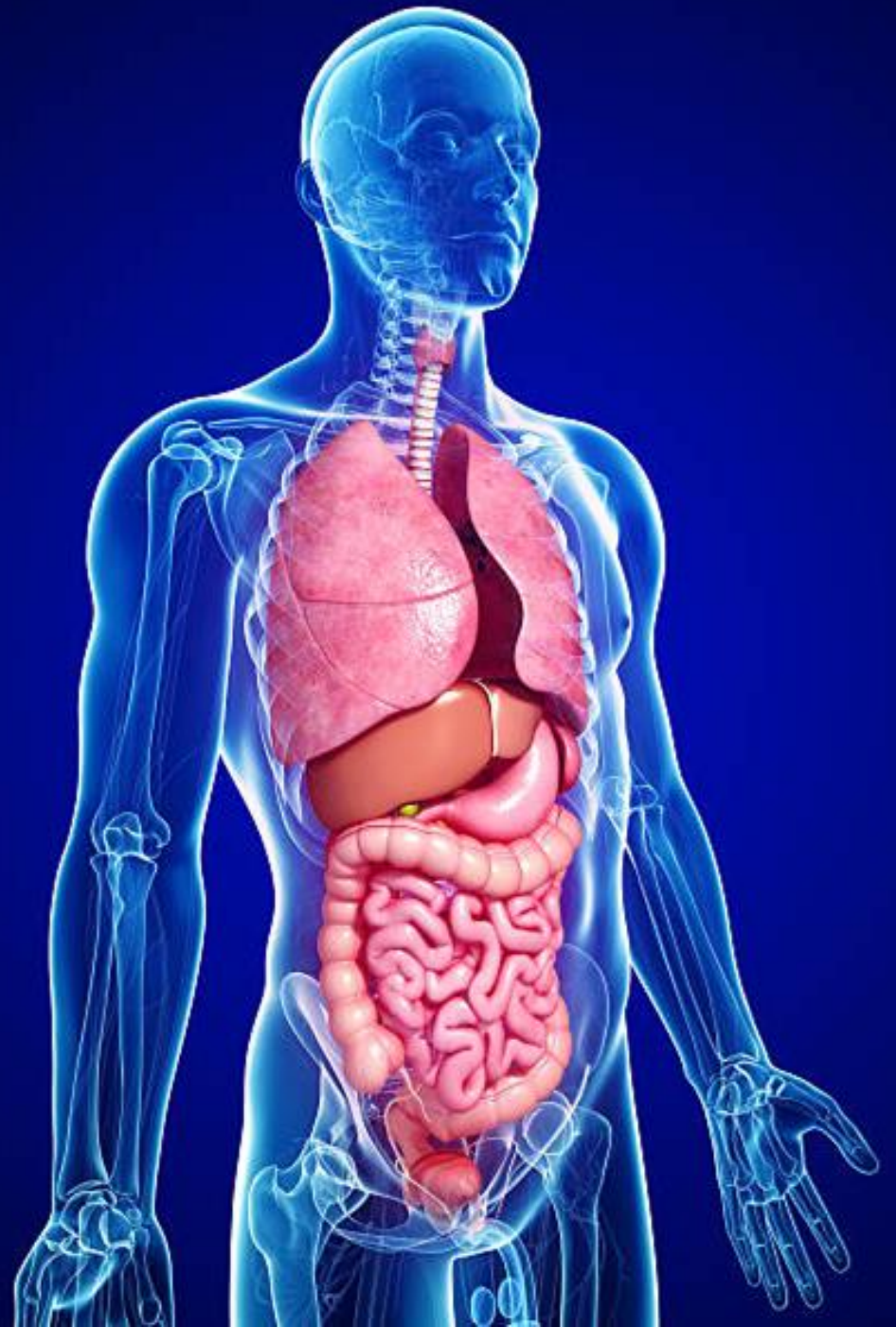
- Made up of material substances in nature - e.g. water, air etc.
- Like other material units – body is also a temporary unit.
- The body grows from seed to embryo to new born, to child, adult, an elder and then dies.
- Needs - also material /physio-chemical e.g. food; also temporary (required from time to time- not in continuity).

PRINCIPLE OF SELF ORGANISATION IN BODY

2. Body is a self-organised unit

- It grows from a single cell to a huge harmony of trillions of cells working together... The body is inherently in harmony in itself and is in harmony with the natural environment (at least to begin with). All the parts of the body are organised in an orderly manner.
- E.g. new born baby

Trillions of cells in the body are organised into tissues, organs and organ systems within the body and all of these work together, in harmony with one another, for the larger good of the body as a whole



PRINCIPLE OF CO-EXISTENCE WITH SELF

3. Body exists in co-existence with the Self-

Though a separate unit in reality, the body does not exist in isolation; it is in co-existence with the Self

PRINCIPLE OF BODY CO-EXISTING WITH OTHER UNITS OF NATURE

- 4. Body exists in nature along with other units/entities and interacts with them in a definite manner. It has no choice in this.**

e.g. interaction with plants/ trees, rocks/soil, air/water/fire etc. – if hand is put in fire, it burns

PRINCIPLE OF SELF BEING A UNIT OF CONSCIOUSNESS

- **Self is a unit of consciousness.**
- **While the body is gross, the self is subtle.**

PRINCIPLE OF CO-EXISTENCE WITH BODY

2. Self is in co-existence with the body. Self is central to human existence

- With the help of the sense organs in the body, the Self pays attention to and reads the body signals, processes/interprets these signals, comes to some conclusion or decision and then gives instructions to the body which the body follows.
- E.g. sensation of fullness when eating, bloating after a heavy meal.
- E.g. hand accidentally coming in contact with fire – I withdraw hand
- The Self uses the body like a tool/instrument.

PRINCIPLE OF SELF ORGANISATION IN SELF

3. Self is a self-organised unit

The Self has a need for happiness in continuity;

Right Understanding and Right Feeling within the Self leads to happiness (harmony) in the Self.

e.g. Lack of RF in Self (like opposition/anger) → Unhappiness

(and we can see the impact of this on the body)

PRINCIPLE OF COEXISTENCE WITH OTHER BEINGS & NATURE

- 4. The human being (as a coexistence of Self and body) is in existence with**
- other human beings and interacts with them (has a relationship with them).**
 - with other units and interacts with them (has a relationship with them).**

e.g. Plants and trees take in carbon-di-oxide and release oxygen while the Body breathes in oxygen and release carbon-di-oxide. Thus the Body is dependant on plants and trees for its survival.

PRINCIPLE OF FREE CHOICE IN SELF

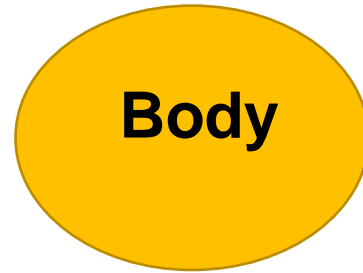
5. In its interactions, the Self is free to choose its response.

While the body's response is definite (it is fixed and the body does not have a choice in the matter), the response of the Self is decided by the Self.

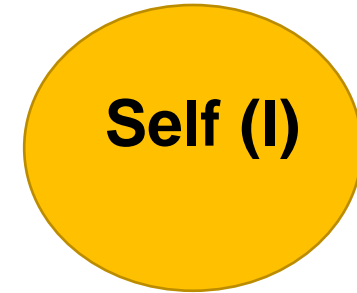
The Self chooses/decides its response based on its acceptances, which are definite when founded on knowing (or right understanding) and indefinite when not founded on knowing.

e.g. body has fixed capacity to digest food. if Self has RU it chooses to eat accordingly; if Self lacks RU, it may choose to continue eating if it likes the taste of the food

- Human Being



Coexistence



- Nature

**Material Unit
Gross Unit**

**Unit of Consciousness
Subtle unit
(Unaware/Aware)**

**Is a tool (instrument) of the Self
Follows instructions of Self**

**Central to human Existence
Gives instructions**

**Self – organised
(harmony)**

**Self - organised
(harmony – RU and RF)**

- Response in Interactions

**Definite (No Choice)
(e.g. spinach vs dhatura)**

**Capacity to choose response
(Based on RU or Lack of RU)**

HOLISTIC HUMAN HEALTH

UNDERSTANDING	APPLICATION - PROGRAM FOR SELF REGULATION	
1. UNDERSTANDING HUMAN BEING	KEEPING BODY & SELF IN HARMONY	
	NURTURING	PROTECTING
2. INDICATORS OF HEALTH	1. INTAKE	1. CLOTHING
3. PURPOSE OF HOLISTIC HEALTH	2. ROUTINE	2. FOOTWEAR
4. HARMONY IN HEALTH	3. LABOUR	3. SHELTER
5. PRINCIPLES GOVERNING THE BODY	4. EXCERCISE	
	5. ASANA & PRANAYAM	
	6. MEDITATION	

HEALTH OF FAMILY

HEALTH OF SOCIETY & NATURE

UNDERSTANDING INDIVIDUAL CONSTITUTION

UNDERSTANDING THE CONCEPT OF REGENERATION AND REVITALISATION

UNDERSTANDING THE CONCEPT OF REPRODUCTIVE AND SEXUAL HEALTH

HOMEWORK

Get a huge quantity of your favourite food. Start eating it when you are really hungry. Ask a friend to help you with this experiment.

As you eat, keep observing a) the taste of the food b) your feeling

- How is the taste when you are really hungry? Do you also get pleasure or feel 'happy' while eating?
- How is the taste once you are full? Is it the same, less or more tasty than before? How about the pleasure you get?
- How is the taste when you are forced to eat even after you are full "up to the neck"? Here is where your friend can help to force you to eat

We will discuss your observations in the next class