



# **Student Induction Program**

**HOLISTIC HUMAN HEALTH**

Day-9 C

# HOLISTIC HUMAN HEALTH

UNDERSTANDING	APPLICATION - PROGRAM FOR SELF REGULATION	
1. UNDERSTANDING HUMAN BEING	KEEPING BODY & MIND 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. EXERCISE	
	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

APPLYING UNIVERSAL HEALTH  
PRINCIPLES TO ACHIEVE  
HARMONY IN HEALTH AT ALL  
LEVELS –

(INDIVIDUAL, FAMILY, SOCIETY AND NATURE)

# Activity

- Do you feel that you can apply Holistic Health Principles in different phases of your life ?
- How you are going to contribute to make your family a healthy family.
- Are you willing to share the knowledge you obtained with your family members and friends outside the college?

Activity.....

- Are you willing to help each other in class or section to make it a healthy class or section?
- Are you willing to participate in your community and contribute to make your community a healthy community?
- Hostellers! Can you all come together as a team to implement Holistic Health principles and help each other to stay healthy and happy?

# Application of Holistic Health Principles

- Application of Holistic Health Principles in daily life is a biggest challenge for everyone.
- It is the responsibility of every individual to help others and start a teamwork to build healthy families, healthy communities, healthy societies and a Healthy nation.

# Health of an Individual

- There are some interesting steps one can take to stay motivated enough to follow a healthy Life style.
- Setting up short term and long-term health goals, writing them down and planning them accordingly.
- Tidying up the room and mind to stay clutter free physically and mentally. This helps in achieving clarity and we can focus on the most important health goals.



- Preparing a habit tracker chart or using habit tracker app to track our consistency in health goals like regularly cleansing all sense organs, regularly exercising, regularly having timely meals, regularly sleeping in time and waking up early etc.
- Preparing our surroundings in such a way that we live in an environment that constantly reminds us about our health goals Eg: Hanging our workout gear where we can easily see and take without any effort.



- Placing our running shoes near the bed so that immediately after waking up we can wear and go for a run or walk, placing healthy food in a place where it is convenient to reach without searching, placing reminders and to-do lists on the home screen of our mobile and computer, hiding addictive apps deep inside multiple folders and make the process of digging them out very difficult.
- Using block site apps or tools to block the most common websites we visit and waste time. Our environment should keep cues of healthy habits obvious and cues which trigger unhealthy habits difficult to find.

- Simplifying the steps we need to perform to practice healthy habits and complicating the steps of unhealthy habits.
- Announcing our health goals to our friends and family and ask them to remind us if we are going off the track.
- Practising digital minimalism for extended periods of time to see how much control we have over our mind or if we are being controlled by gadgets, apps etc.

We can take help of various resources or people to get into healthy habits and come out of unhealthy and unproductive habits. Goal here is to achieve perfect physical and mental health.

# Health of our family

## **Harmony in family:**

A family is comprised of various members with different physical and mental constitutions. We need to accept the differences in abilities and aspirations of each and every family member and see if we can achieve the common goal of staying healthy and happy continuously together as a team.

## **Harmony in planning the daily routine:**

An ideal Indian family consists of three generations of members. Grand parents may be staying at home, parents will be busy working and running the house and children usually will be in school, college or office. All the members have different schedules, different works, goals and activities.

# Harmony in food preparation and consumption

- Though we are having different body constitutions which need different type of food substances we can find a common ground and plan foods which are healthy to every one and simple modifications while preparing the food to suit different body constitutions.

- Making all the useful fruits, herbs and spices readily available in the kitchen and keeping all the unhealthy items unreachable or out of our house helps us strengthen the health of each and every member of the family



# Procuring physical facilities for the health of the family

- We use many machines and gadgets at our home to keep ourselves healthy. They may be used for cooking or washing or exercise or for any other purpose. But if we can choose them based on universal health principles then we can easily achieve perfect health.

- We as a family can decide to stop using all harmful chemicals in our bathroom and direct the water to plants or sink pits.
- We as a family can think together and decide to start roof gardens, make waste compost out of kitchen leftovers and grow our own natural and chemical free vegetables to eat and stay healthy always.
- While doing all these we are building a strong bond among the family members and help each other achieve the goal of perfect health.

# Provision for health education in the family

- Human being should stay an eternal student and always learn new things about staying healthy.
- There should be provision and sufficient time for all family members to sit together and update themselves with new information and better ways to implement universal health principles in our family. All the members can gather news or educating videos or new books which they can explore and experiment in their life together.
- Zeal to constantly evolve and reach the next level must be kept alive as the binding thread of all family members to stay healthy always.

# Activity

- Would you like to work to find out healthy alternatives to all the chemical and artificial facilities we are using to run our lives?
- Can you come up with innovative ideas for the betterment of families and societies?

# Health of the society

## Harmony in Society:

- There are many tasks we cannot achieve single handedly or even as a family together. We need the support of our society to achieve greater goals and realise the larger dream of healthy society.
- When there is a healthy rapport among the members of the society and they work as a single unit to achieve perfect health while staying in harmony with mother nature many seemingly impossible tasks can be achieved easily.

## Production and procurement of healthy physical facilities

- Even though we decide to eat only pesticide free healthy and natural food or drink only A2 milk, we may not have enough resources or time to achieve the goal.
- But as a society we can take such difficult decisions and work together to start our own farming or dairies where all of us will chip in money, resources and time towards a common goal.
- We can meet farmers who are already doing natural farming and assure them that we will purchase their produce irrespective of the cost of production which may vary according to forces beyond the control of farmers.

## **Collective understanding for arranging, constructing, utilising, common physical facilities.**

- When we build a common community hall or physical facility we can follow universal health principles and build new things which will enable us to easily follow our healthy lifestyle. for example building a common yoga hall or a common walking space
- We can build common places where we can convert the entire wet waste from all our kitchens into natural fertilisers which will in turn help us in organic farming.



## **Celebrating festivals and functions under the guidance of holistic health principles:**

- When we as a society decide to celebrate our festivals and other occasions under the guidance of universal health principles we will get the opportunity to walk on a better path of health and happiness.
- For example we can decide to celebrate Holi with only natural and herbal colours

# Creating safe environment for healthy living

- When our whole society starts working together as a single unit with a single focus on creating a safe environment, then we can voluntarily take decisions like banning plastic in our society, maintaining hygiene, reducing carbon emission by reducing the number of vehicles, harvesting rain water to replenish our water resources and many more.
- We can also build a great society with trust and honesty as the foundation and many other virtues like respect, care, guidance, affection, love, gratitude etc as building blocks to manifest a healthy and happy society

# Contributing for the health of future generation

- We can decide collectively to gift our future generations with most precious assets like clean air, fertile soil, pure water and healthy environment.
- For that we need to stop using and abusing mother nature and start working together as a unit to plant more trees, help other organisms to thrive and contribute to the eco system, reduce harmful emissions from our vehicles, refrigerators, air conditioners, preserve natural resources and stop polluting air water and soil keeping the health of next generations in our mind.

# Provision for health education and sanskar

- We as a society should frequently come together to organise and participate in events which help us gain more knowledge and education to improve health of the society.
- People should sit together and brainstorm for new ideas to halt and reverse impending dangers like resource depletion, loss of soil fertility, global warming, natural calamities etc. there should be provision for regular sharing of ideas and enriching and refreshing our knowledge to act upon health problems and find solutions and implement them to reach the goal of a healthy universe.

Thank You



Thanks