AICTE Student Induction Program

HOLISTIC HUMAN HEALTH

Sum-up and Purpose

Brief Recap

Basic Health Principles
Understood by exploring into the reality –

1. Human Being – Self + Body in co-existence
   Self – Central to human existence
   Body – A very efficient tool for the Self
   To stay healthy, Self needs to be responsible towards the Body

2. Human Being is naturally related
   – with other human beings, rest of nature
Human being is interconnected and interdependent, not isolated

Brief Recap

Guidelines for Health – What to do to be healthy
(based on the Principles – understanding the reality)

Implementing the Guidelines
– The practices and processes you can adopt to stay healthy

Implementation (How to Stay Healthy)

1. Interacting with body and assessing the state of health on a regular basis
2. Identifying our body constitution (body type)
3. Intake – Food, air, water, sunlight…
4. Daily routine – In synch with nature (interconnected, interdependent)
5. Importance of labour and exercise
6. Importance of practices like yoga and pranayama
7. Protecting the body from ill-health as well as restoring its harmony if it goes into disharmony and ill-health

Program for health

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

Medicine   and   Treatment

Health (in the Body)

1. *The Body acts according to the Self*

2. *Parts of the body are in harmony   (in order)*

Healthy Body needs Healthy Self

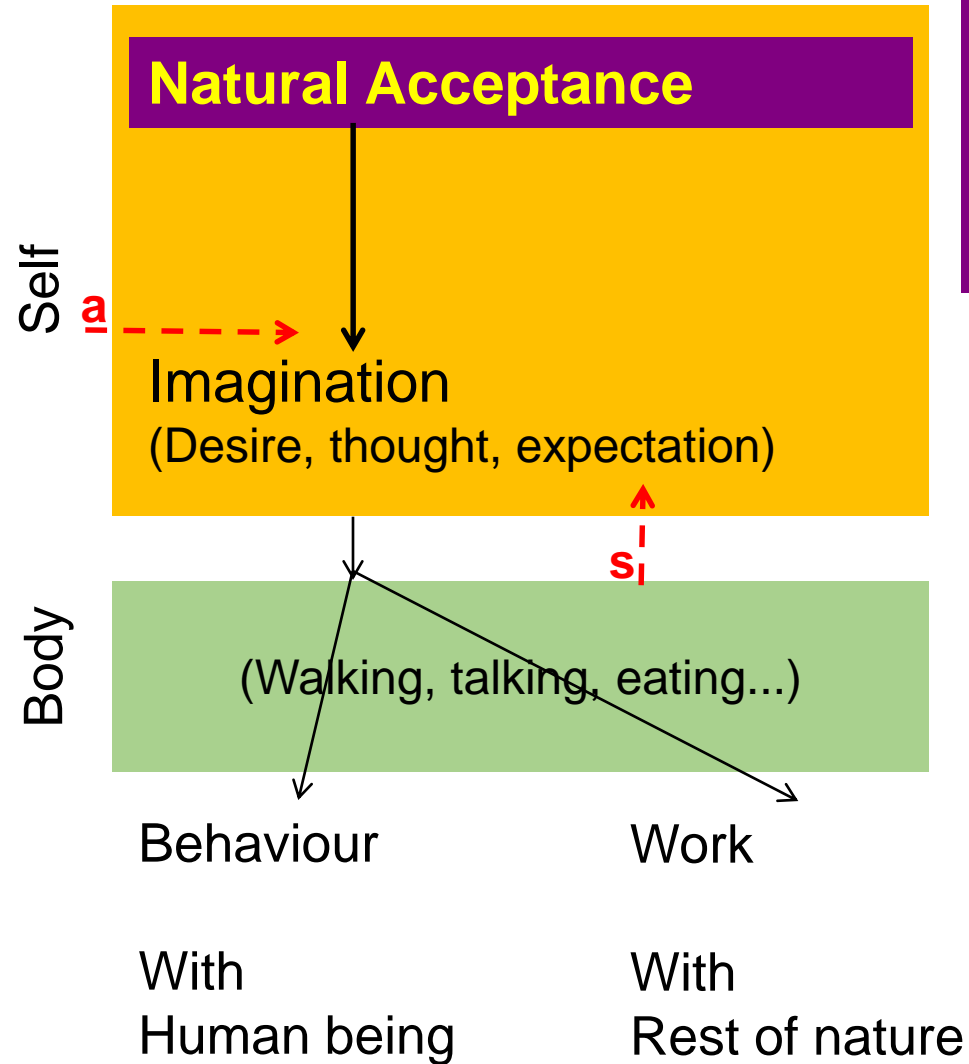For all of these, the Self needs to take responsibility for the body.

When does the Self take responsibility?

When the Self is healthy

What is a healthy Self?

A healthy Self is one that is in harmony. The Self is in harmony when it's imagination is in line with its natural acceptance

Health in the Self = Harmony in the Self

Self

Natural Acceptance

Imagination
(Desire, thought, expectation)

Body

(Walking, talking, eating...)

Behaviour   Work

With   With
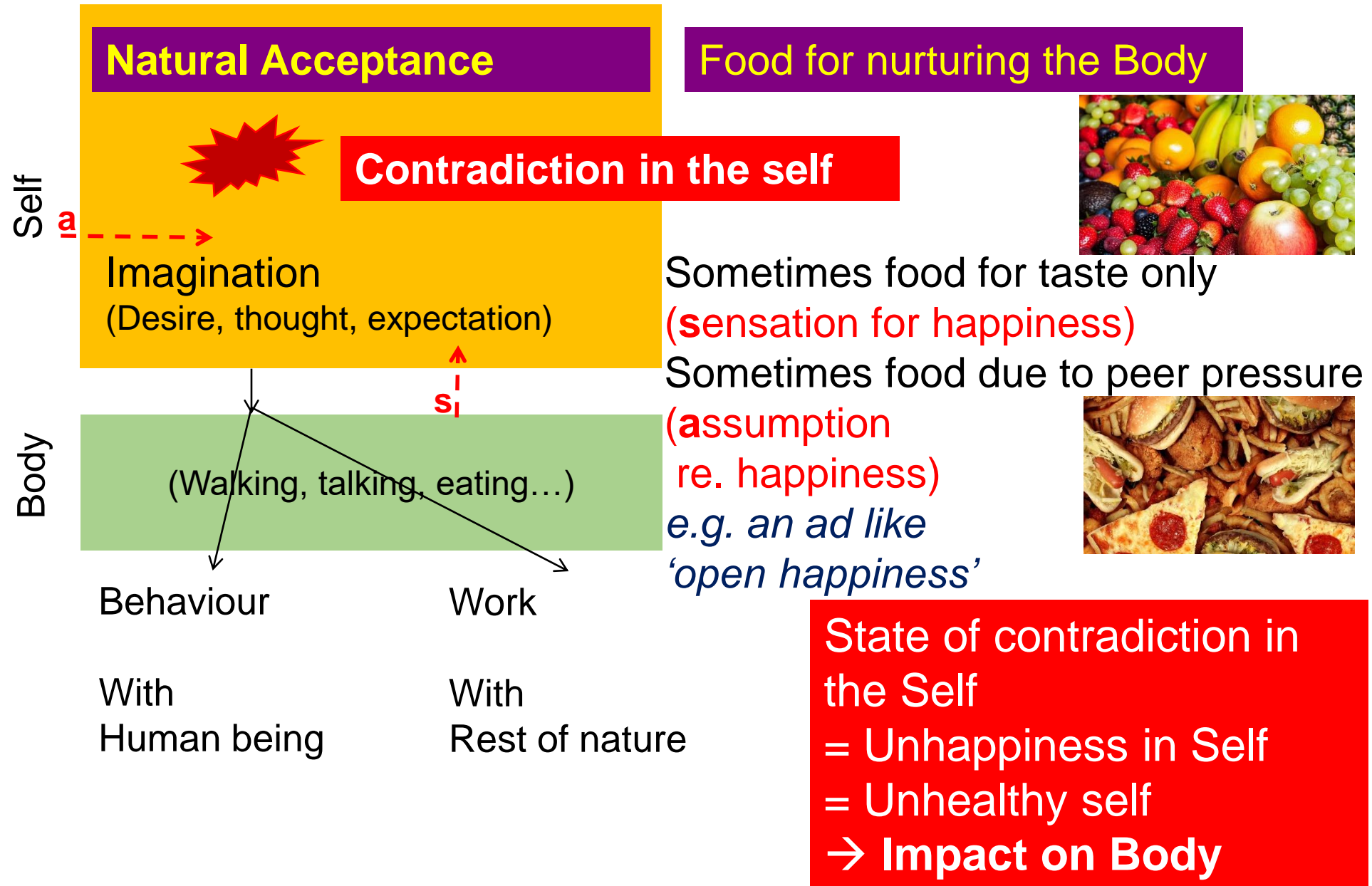Human being   Rest of nature

a
s

What I Really Want to Be
Conscience, Inner voice
My Innate Intention, Purpose
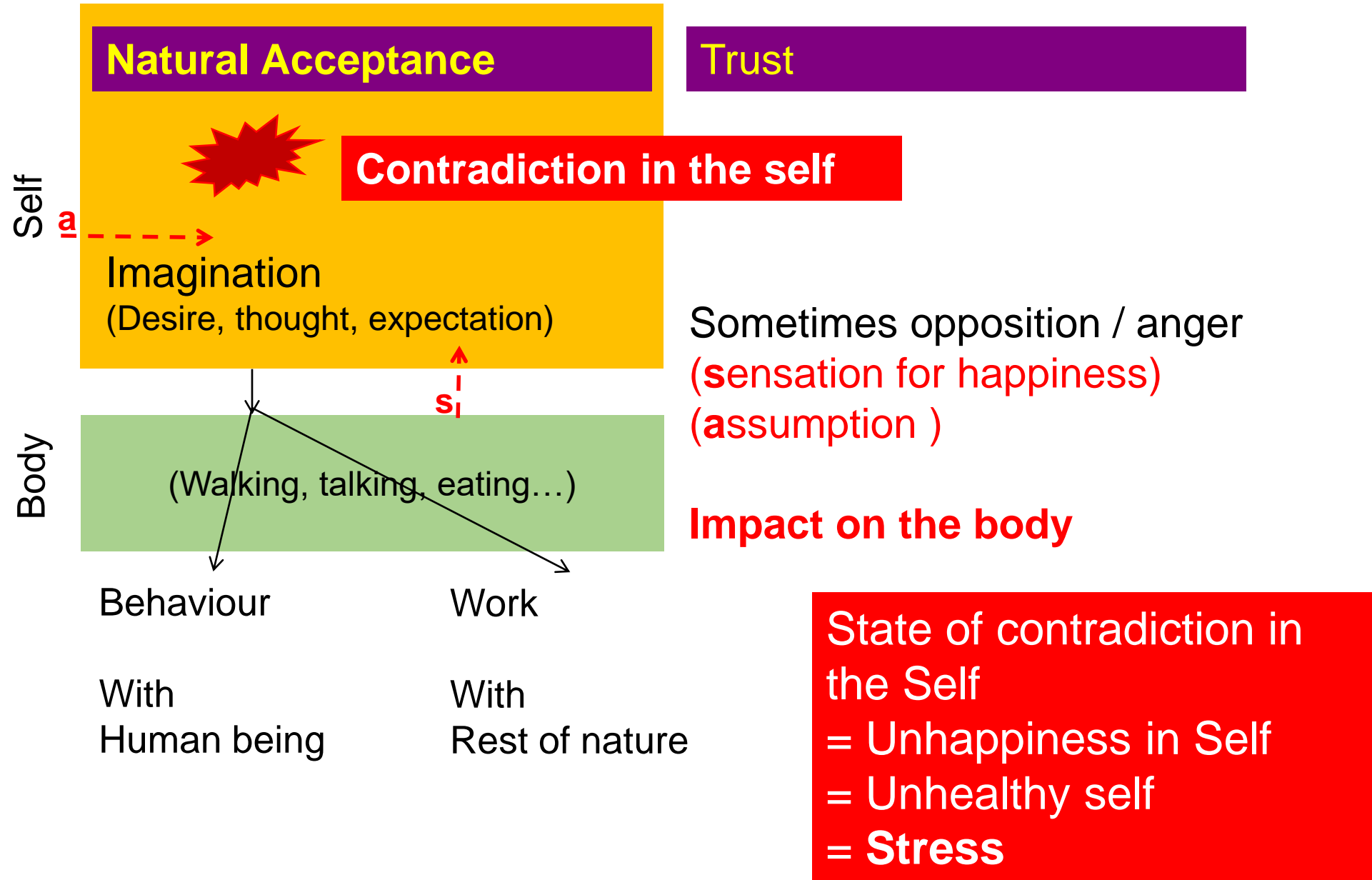Right Understanding, Right Feeling

What I Am
My Current Competence

There is harmony in the self when the imagination is in line with or guided by natural acceptance

(rather than by assumptions or sensation)

Disharmony in the Self = Unhappiness & Ill-health

Natural Acceptance

Food for nurturing the Body

Contradiction in the self

Self

a

Imagination
(Desire, thought, expectation)

Sometimes food for taste only
(**s**ensation for happiness)

Sometimes food due to peer pressure
(**a**ssumption
re. happiness)

s

Body

(Walking, talking, eating…)

e.g. an ad like
'open happiness'

Behaviour   Work

With   With
Human being   Rest of nature

State of contradiction in the Self
= Unhappiness in Self
= Unhealthy self
→ **Impact on Body**

Disharmony in the Self = Unhappiness

Natural Acceptance

Trust

Self

a

Contradiction in the self

Imagination
(Desire, thought, expectation)

Sometimes opposition / anger
(**s**ensation for happiness)
(**a**ssumption)

Body

s

(Walking, talking, eating…)

Impact on the body

Behaviour

Work

With
Human being

With
Rest of nature

State of contradiction in
the Self
= Unhappiness in Self
= Unhealthy self
= **Stress**

Holistic Human Health

1. Mental health or health of the self
   - Understanding the human being
   - Understanding the self
     - → harmony in the self   healthy self   **1**

2. Physical health or health of the body
   - Understanding the body
     - → harmony in the body   healthy body   **2**

3. Conditions for mental and physical health
   i.e. health of the environment
   - Understanding the environment
     - → harmony in the family
     - → harmony in the society   healthy environment **3**
     - → harmony in the nature/existence

Purpose of a Healthy Human Being

Health - Means to an end or the end in itself? Higher purpose?

Healthy body – is a means for fulfilling the purpose of the Self

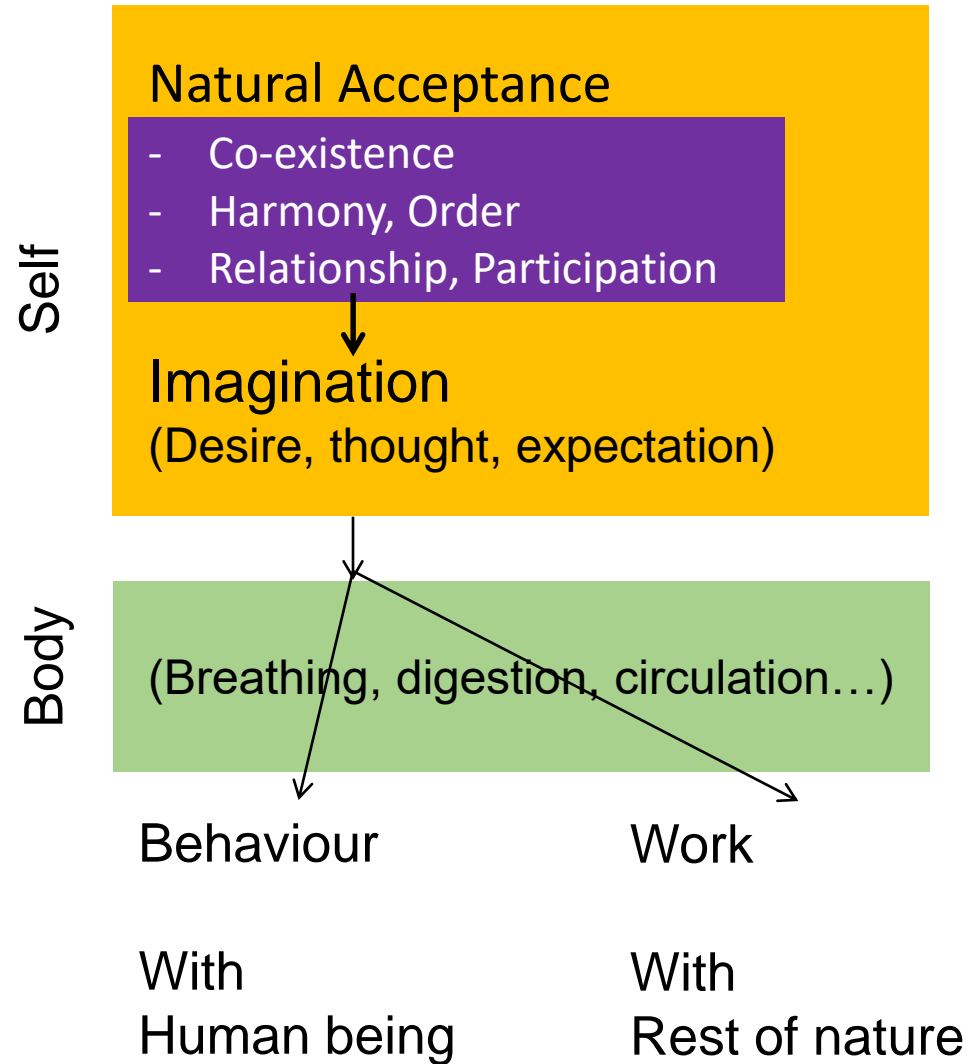Purpose of the Self – To achieve its highest potential

i.e. to understand the harmony and live in harmony at all the levels of being (individual, family, society and nature and existence)

→ harmony in the Self = Happiness = Healthy Self

→ Feeling of Self-regulation, i.e. feeling of responsibility towards the Body

→ Health in the Body (is a natural outcome)

Harmony in the Self

Self

Natural Acceptance
- Co-existence
- Harmony, Order
- Relationship, Participation

Imagination
(Desire, thought, expectation)

Body

(Breathing, digestion, circulation…)

Behaviour   Work

With   With
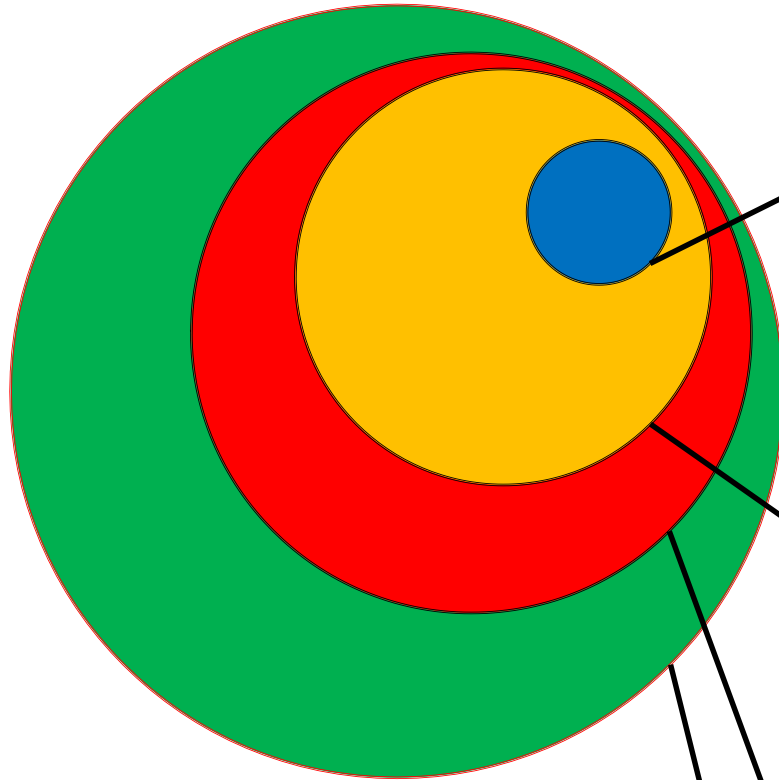Human being   Rest of nature

What I Really Want to Be
My Innate Intention, Purpose
Right Understanding/Feeling
**(including the feeling of
responsibility toward the body)**

What I Am
My Current Competence

**Self-regulation
= Feeling of responsibility in the Self

→ health of the Body
(natural outcome)**

Individual
I have a role within myself
(eg. ensuring happiness in the self and health in the body)

Family
I have a role in my family
(eg. ensuring feeling of relationship and prosperity)

Society
I have a role in the society
(eg. to participate in social systems for ensuring justice, peace and harmony)

Nature/Existence
I have a role in nature/existence
(eg. mutual fulfilment with rest of nature)

Living in harmony at all four levels for all round health