



# UHV-I Session 7

## Ensuring Health Holistically

Making a definite program for health

Prepared by NC-UHV, AICTE in collaboration with UHV Foundation  
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# Interaction Before Main Session

Hear from participants about their exploration from previous day(s)

Q&A

Place some expected conclusions, find out if they also came to these/similar conclusions

# Home Assignment

## 6.1. Take your list of concerns at individual level

For each concern, find out the preconditioning or sensation that is behind that concern

Then find out what you need to understand to resolve your concerns

As we cover more content, keep exploring the possible resolution of each concern



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## Ensuring Health Holistically

Making a definite program for health

# Fulfilling our Aspiration for Health

We all aspire to stay healthy and are concerned about being ill

When we understand human being comprehensively, we have the feeling of responsibility towards the body, we are able to make out the right program to keep the body in harmony... and stay healthy

Let us explore this

Human Being मानव	Self (I) मैं	Co-existence सहअस्तित्व	Body शरीर
<b>Need</b> आवश्यकता	<b>Happiness (e.g. Respect)</b> सुख (जैसे सम्मान)		<b>Physical Facility (e.g. Food)</b> सुविधा (जैसे भोजन)
<b>In Time</b> काल में	<b>Continuous</b> निरन्तर		<b>Temporary</b> सामयिक
<b>In Quantity</b> मात्रा में	<b>Qualitative (is Feeling)</b> गुणात्मक (भाव है)		<b>Quantitative (Required in Limited Quantity)</b> मात्रात्मक (सीमित मात्रा में)
<b>Fulfilled By</b> पूर्ति के लिए	<b>Right Understanding &amp; Right Feeling</b> सही समझ, सही भाव		<b>Physio-chemical Things</b> भौतिक-रासायनिक वस्तु

# Further, we can see...

Human Being मानव	Self (I) मैं	Co-existence सहअस्तित्व	Body शरीर
<b>Need</b> आवश्यकता	<b>Happiness (e.g. Respect)</b> सुख (जैसे सम्मान)		<b>Physical Facility (e.g. Food)</b> सुविधा (जैसे भोजन)
<b>Fulfilled By</b> पूर्ति के लिए	<b>Right Understanding &amp; Right Feeling</b> सही समझ, सही भाव  <b>Feeling of Self-regulation (संयम)</b>  Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body		<b>Physio-chemical Things</b> भौतिक-रासायनिक वस्तु



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	<b>Feeling of Self-regulation (संयम)</b>  Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body	⇒	<b>Health (स्वास्थ्य)</b>  1. The Body acts according to the Self 2. Parts of the body are in harmony (in order)

With a feeling of self-regulation, health of a sick body can be restored  
Without the feeling of self-regulation, even a healthy body can become unhealthy

Check: how many times you fell sick in the past one month, and what was the reason?

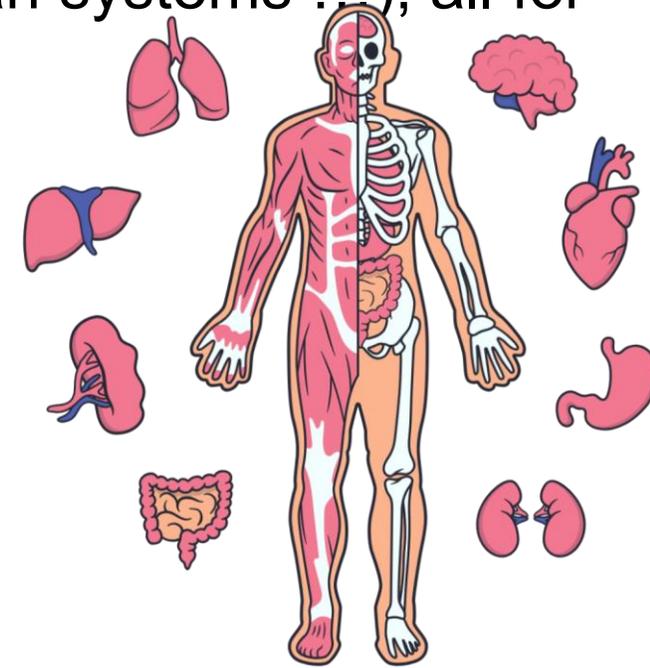


# Feeling of Self-regulation (संयम) → Program for it → Health in the Body

The Body is an **orderly system** (a harmony). It is composed of trillions of cells – these are working in a complimentary manner (forming tissues, organs, organ systems ...), all for the harmony of the body!

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

With the **feeling of responsibility** toward the body, I do what is required for fulfilling that responsibility. This ensures the **health** in the Body.



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



We will explore a program to ensure health .....

## (A) For Staying Healthy

1 Intake and 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 includes air, water, sunlight, food (food is nutritious, digestible & tasty and waste is excretable), all intake through our senses (sound, sight, smell etc)

1b. Rising time, sleeping time, eating time...

2a. Outcome of labour is production of physical facility

2b. No physical facility is produced by exercise



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),

## 1b. Routine – in Harmony with Nature

Our routine has an impact on the health of the body  
(daily routine, seasonal routine and other life-cycle routines)

Check if it matters what time

- You sleep
- You get up
- What time you cleanse the body
- What time you study
- Eating time
- Etc.

Routine in synchronization with nature help in maintaining health  
e.g., a daily routine which is in line with the day-night cycle  
(Check out “circadian rhythm”)

*Ensure adequate movement of the Body + production of physical facility*

### **Examples:**

- Participating in household chores
- Production activities
- Sweeping and swabbing your room / house / hostel
- Kitchen gardening
- Cycling to your college and back...

*Ensure adequate movement of the Body (to compensate for the lack of labour)*

### **Examples:**

- Walking, jogging, running
- Swimming
- Physical exercises...

Postures for regulating internal and external body organs

Regulated Breathing

## Examples:

- Yoga (योग)
- Resonant breathing
- Pranayam (प्राणायाम)

## Medicine

*For bringing body back to harmony from temporary disharmony*

### Examples:

- Home remedies
- Integrated systems of medicine

## Treatment

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

### Examples:

- Insulin
- Dialysis

1

(A) For Staying Healthy

1 Intake and Routine (Lifestyle)

1a

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

4 Medicine

3

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

Treatment

and

# Holistic Perspective of 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

→ harmony in the nature/existence

**Healthy Environment**

3

Food habits

Daily routine

Seasonal routine

Collective labour

Collective exercise

Home remedies...

Hostel – Timings for healthy lifestyle (sleeping time, waking time...)

Mess – Options for tasty and healthy food...

Canteen – Tasty and healthy options

Juice stall – fresh fruit and vegetable juice

...



# Home Assignment

**7.1.** Are you able to see that a feeling of responsibility toward the body is required for your health to be ensured?

- Share 3 instances from your life where your body became unwell due to lack of attention to the feeling of responsibility towards your body

**7.2.** Reflect on the program for health. Are you able to see the significance of the intake and daily routine?

- Share 2 instances from your life where you could have avoided getting sick by taking the right kind of food
- Share 2 instances from your life where you became unwell because your routine was upset

**7.3.** Is the topic of staying healthy necessary to be included in your education, in campus life?

- Suggest in what form it can be included in education by teachers, management... (counselling, courses, etc.)
- Suggest ways and means it can be implemented by you, other students, wardens... in campus life (in the student clubs, hostel, mess, canteen, health centre, etc.)



Questions?

