

UHV-I

Session 6

Understanding Health

(Part 1 of 2)

Document prepared by AICTE NCC-IP Sub-committee for Mentor Manual and related
Materials for UHV-I

Suggestions for improvement are welcome

All Rights Reserved

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

Coming out of stress

Managing pressure of academics

Time management

Loss of time due to illness

Entertainment

Sensual desires

Domination of females by males

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

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) lq[k ¼tSls lEeku½	Physical Facility (e.g. Food) lqfo/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 lgh le>] lgh 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 lkef;d

Human Being Ekkuo		Self (I) 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		
Fulfilled By iwfrZ ds fy,	Right Understanding & Right Feeling Igh le>] Igh Hkko	Physio-chemical Things HkkSfrd&jklk;fud oLrq		
	<p>Feeling of Self-regulation(संयम)</p> <p>Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body</p>	<p>➡ 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) 		

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.

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

and

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(आहार)

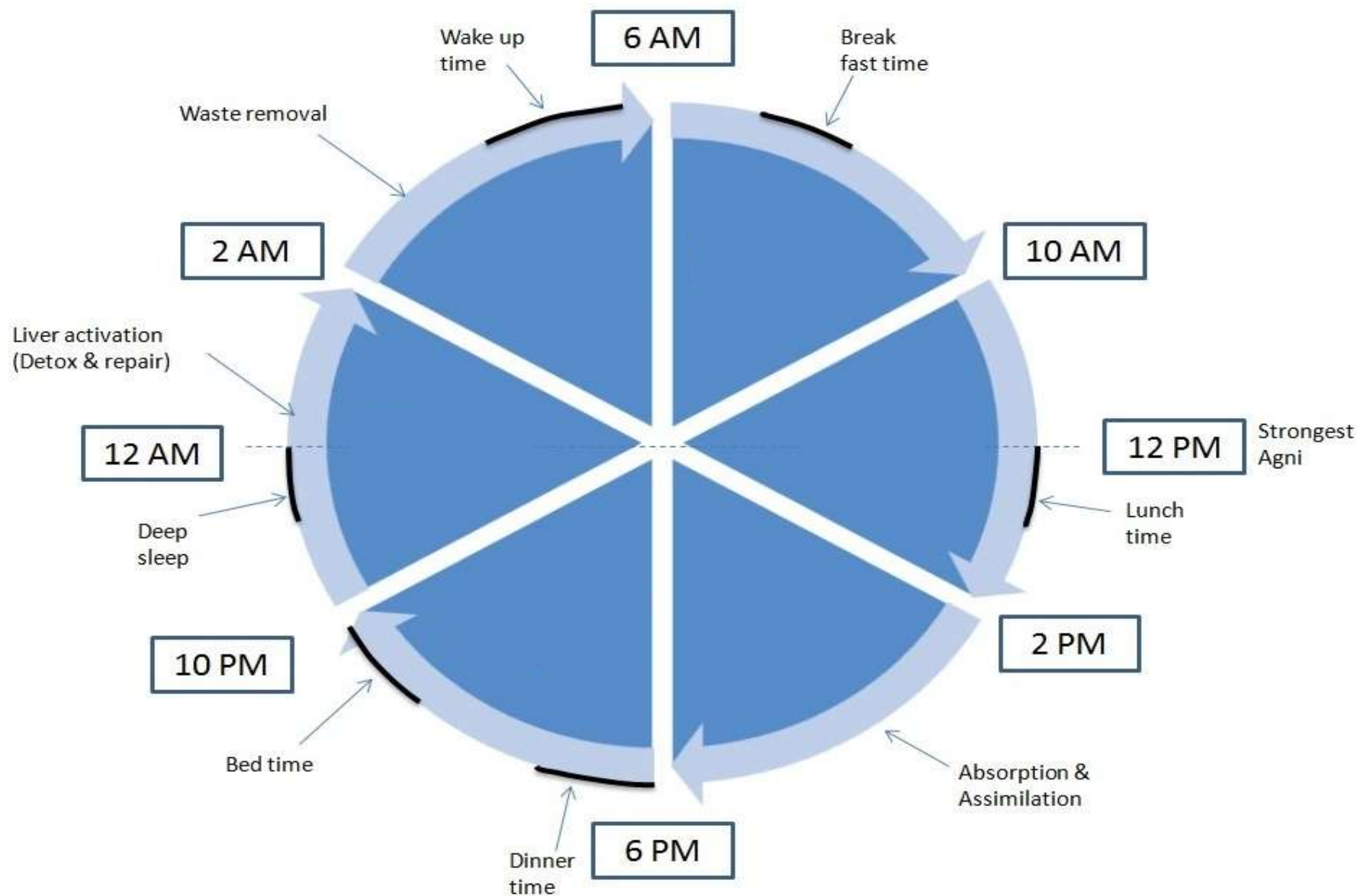
Intake includes all that we absorb through all the sense organs – air, water, sunlight, food...

Also, thoughts in response to outside events/circumstances etc.

To maintain health:

- Food that is nutritious, digestible and tasty and waste is excretable (fibre rich food)
- Awareness of other intake through our senses, especially while eating. e.g. being aware of how much to eat, choice of food etc. (rather than watching TV, arguing with others while eating)
- Daily exposure to fresh air and sunlight
- And so on

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



Ensure adequate movement of the Body + production of physical facility

Examples:

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

Ensure adequate movement of the Body

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

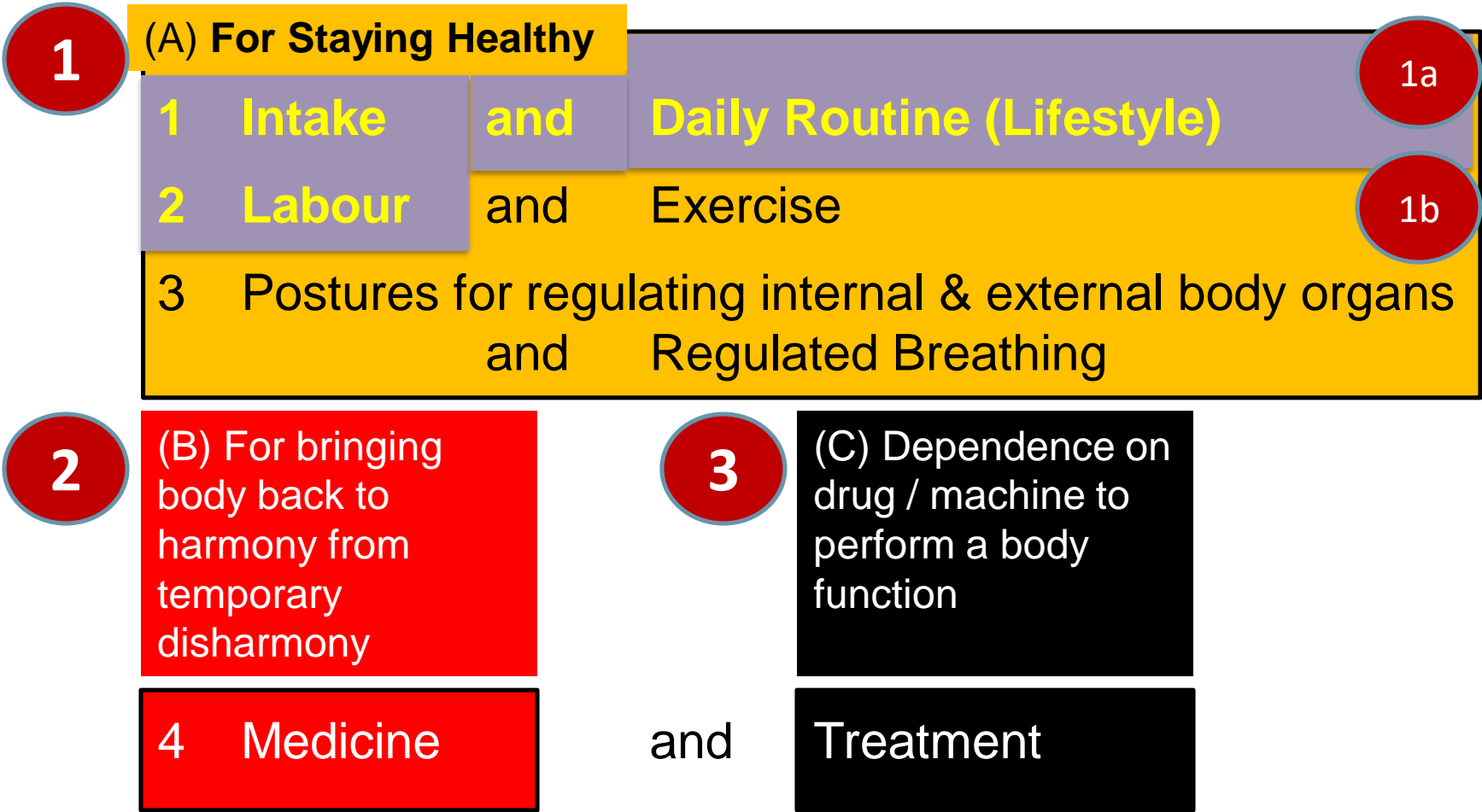
Treatment

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

Examples:

- Insulin
- Dialysis

Priority



Home Assignment

Home Assignment

6.1. When we assume that **Human Being = Body**, happiness is sought through

- sensation (through the body) or
- getting the right feeling from the other

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

- Continuity of happiness can not be ensured by feeling from other

Many of the complaints are related to the lack of feeling, proper behaviour

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

What is a holistic solution to address these issues?

Questions?