



Lecture 12

Programme to ensure self-regulation and Health

About this Material and Effort on Universal Human Values

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We consider the efforts towards integrating value education in the present education system and moving towards holistic value-based education as a worthy mission for the wellbeing of all. In this spirit and to enable widespread usage, no royalty or fee is charged on this work.

We acknowledge, with deep gratitude, the existence, the entire nature and effort by generations of human beings for understanding and living by truth, love and compassion. The UHV effort is in continuation of this human tradition.

Guidelines for this effort and further efforts in this direction:

1. Universal – the content must be universal – applicable to all human beings and be true at all times, in all places
Should not depend on sect, creed, nationality, race, gender, etc.
2. Rational – the content must be amenable to logical reasoning
Should not be based on blind beliefs
3. Verifiable – the student should be able to verify the values on his/her own right (on the basis of their natural acceptance and experiential validation)
Should not be asked to believe just because it is stated in the course
4. Leading to Harmony – the values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature)
Should not lead to contradiction, differentiation, sectarianism, struggle, chaos, etc.



Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels



Harmony in the Human Being – Health and Prosperity

Harmony in the Family

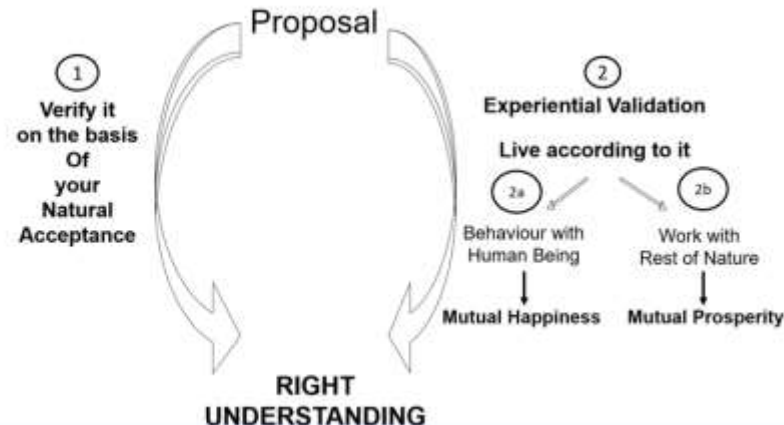
Harmony in the Society

Harmony in Nature/Existence

Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)
Verify it on your own right



What is my
role (value)
with my Body?



Human Being Ekkuo		Self eSa	Co-existence IgvlLrRo	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 Ikef;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		
Activity fØ;k	Desire, Thought, Expectation... bPNk] fopkj] vk”kk---	Eating, Walking... [kkuk] pyuk---		
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	<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</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 → Program for it → Health in the Body

The Body is an orderly system (a harmony). It has definite conduct.

The cells in the body work together, in harmony with each other, participate in the larger order to form tissues, organs and organ systems...

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

If I have a feeling of responsibility toward the body, I do what is required for fulfilling that responsibility.

This will ensure health in the Body

(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

and

(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)

The Circadian Rhythm

- Body response to the solar cycle

(Understanding this helps in setting up a harmonious daily routine)

The Rhythm of Seasons

- Body response to the seasons
- Availability of complementary plants in various seasons

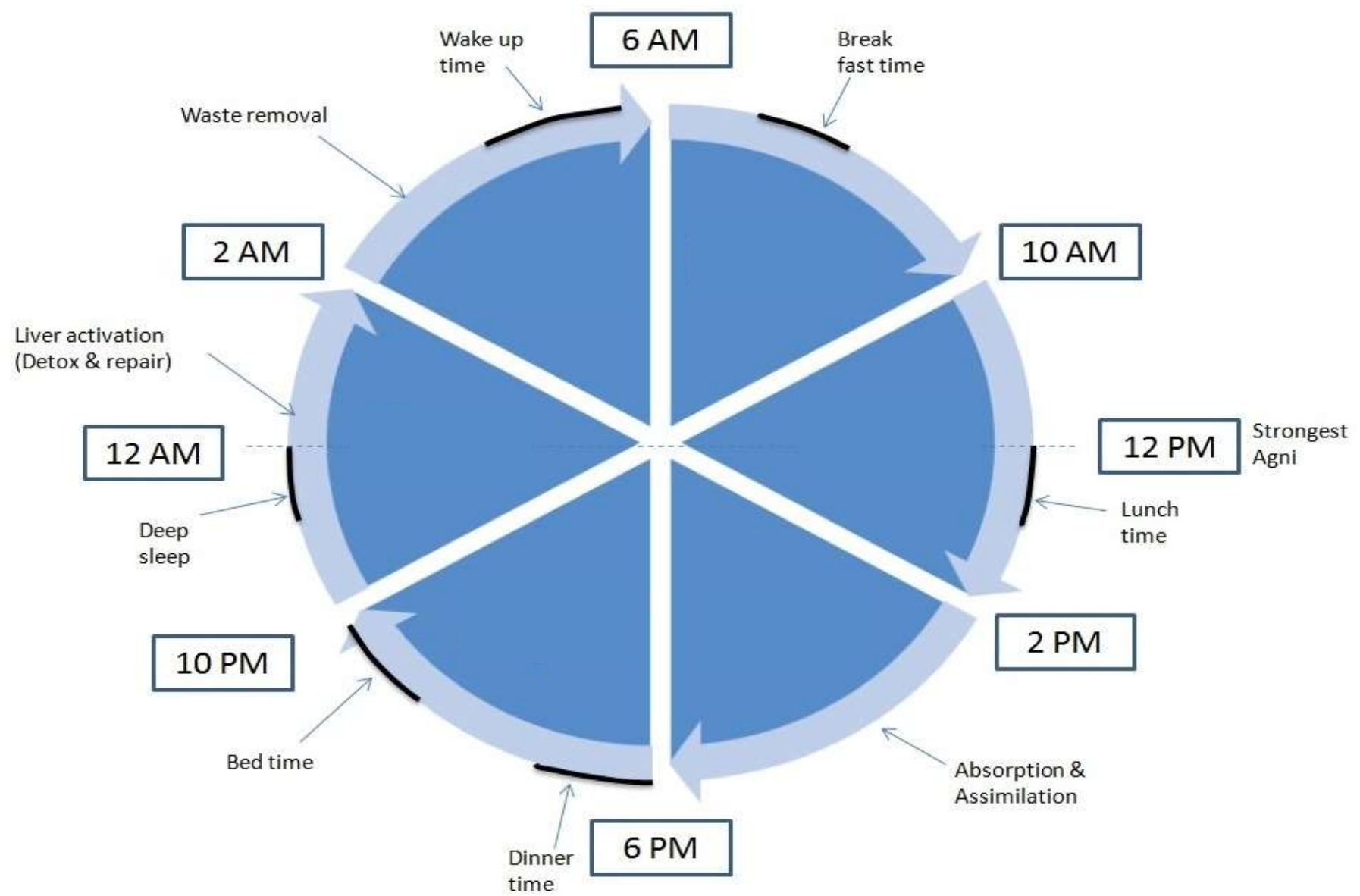
(Understanding this helps in deciding appropriate seasonal intake, necessary protection of the Body and setting up a harmonious seasonal routine)

The Body lifecycle Rhythm

- Childhood – growth (cuf)
- Youth (pitta)
- Old age (vata)

(Understanding this helps in deciding a harmonious lifestyle for each stage of life)

Routine. Daily Routine – 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

Examples:

- Jogging outdoors
- Weight training in a gym
- Exercise cycling in a gym
- Recreational cycling outdoors

Postures

Postures for regulating internal and external body organs

Example: Yoga

Breathing

Regulated Breathing

Example: Pranayam



Medicine

For bringing body back to harmony from temporary disharmony

Examples:

- Home remedies
- Integrated systems of medicine

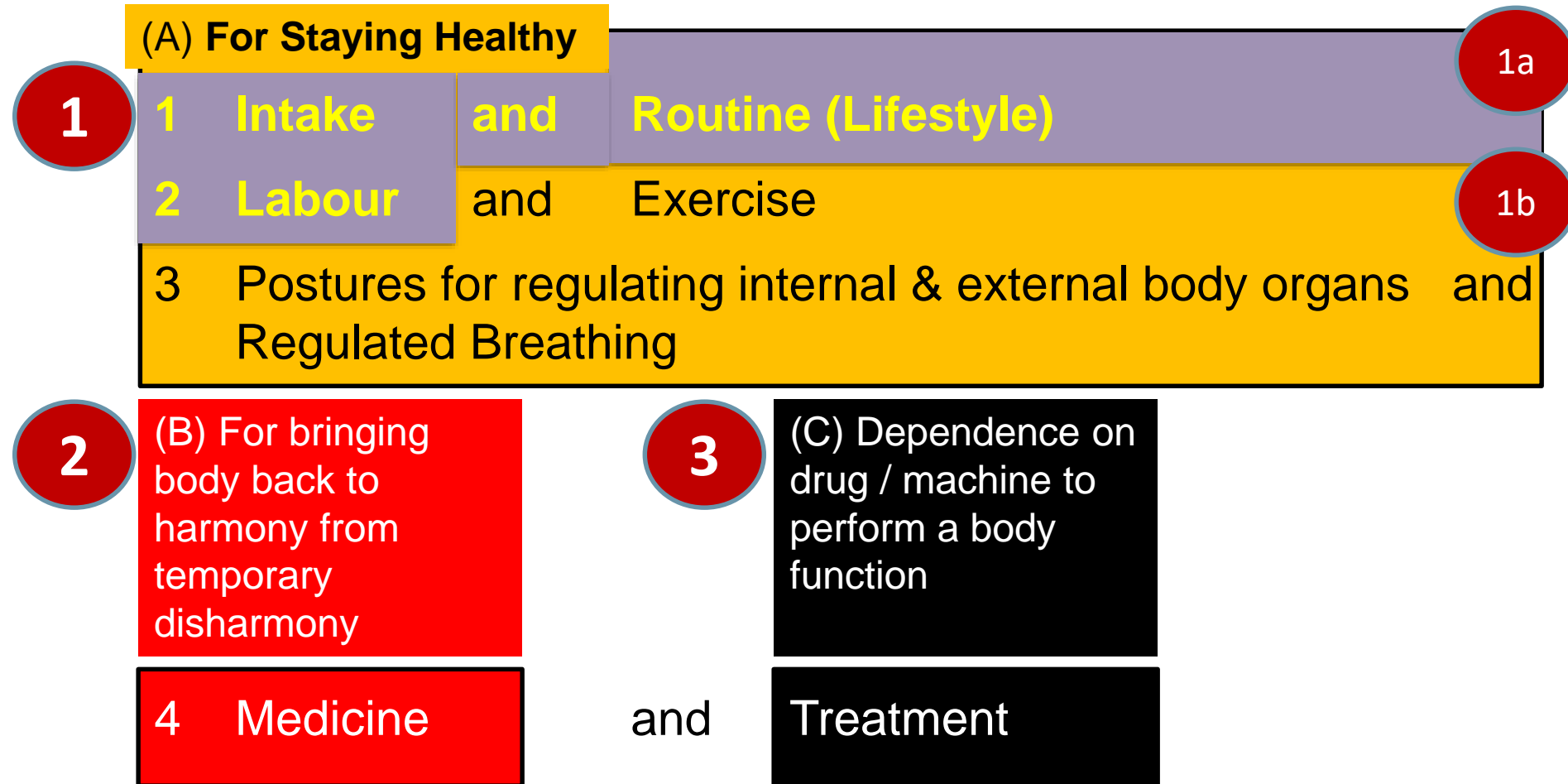
Treatment

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

Examples:

- Insulin
- Dialysis
- Ventilator

Program – Priority



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

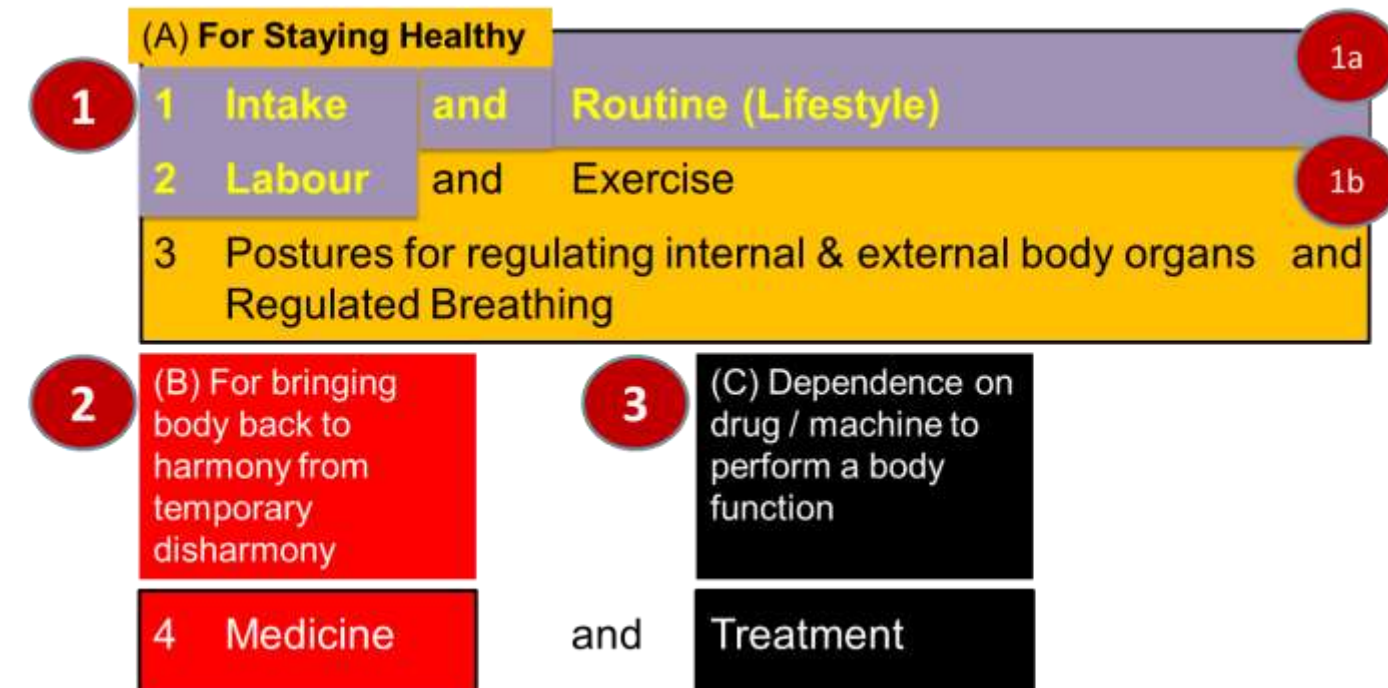
2a. Outcome of labour is production of physical facility

2b. No physical facility is produced by exercise

The Self and the Body are in Harmony when there is a feeling of Self-regulation in the Self and Health in the Body

- Self-regulation = Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body
- Health = The body acts according to Self and parts of the body are in harmony (in order)

Program





Self Reflection

Self Reflection

1. Do you have a feeling of Self-regulation (responsibility toward your body)? – continuous?
2. Is your body healthy?



Key Points

Programme to ensure self-regulation and Health

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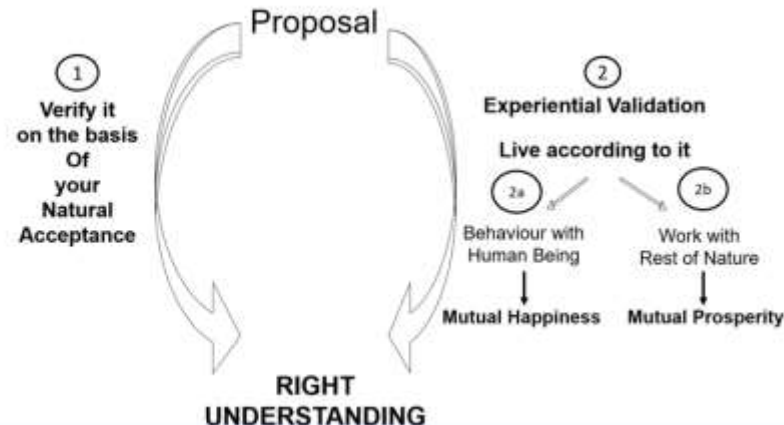
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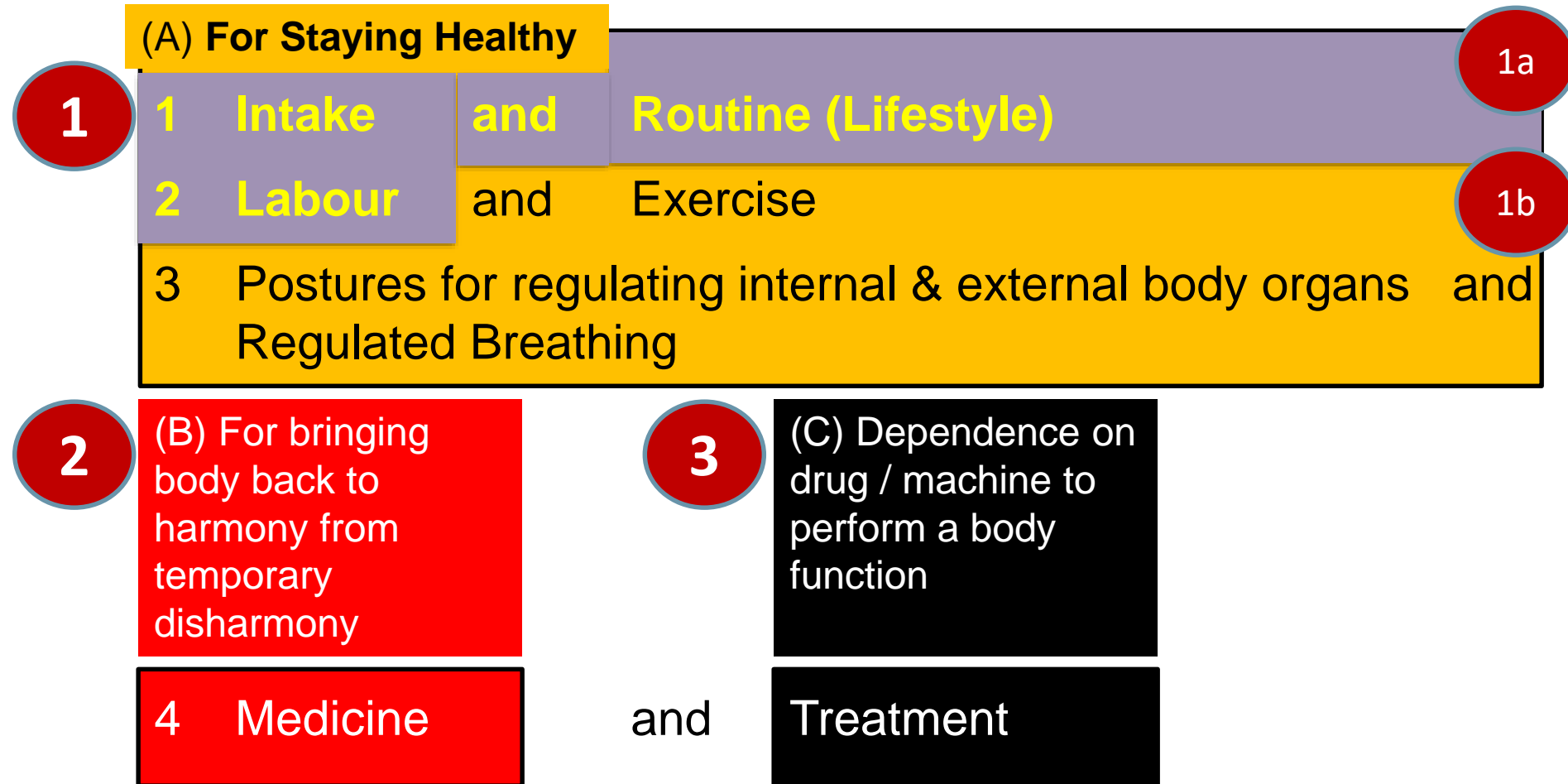
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FAQs for Lecture 12

Programme to ensure self-regulation and Health

Question(s):

Is self-regulation same as self control or self restraint?

Response

- Self-regulation is defined as- Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body. With this feeling of responsibility, the self takes care of the body.
When we talk about self control or self restraint, the sense we get is that the self is controlling things related to body with a feeling of fear or of opposition.
For example, with feeling of responsibility, I eat food which is nutritious and tasty, but, I don't eat food which is tasty but, not nutritious. This happens in a natural manner. On the other hand, if I don't have this feeling of responsibility, and I want to eat food which is tasty but not nutritious, however, due to fear of falling sick, I am not eating that food, then, this is self restraining. This doesn't happens in a natural manner and somewhere I have a feeling of unhappiness.

Question(s):

The body has an ageing process and with age diseases start appearing. Also there are viruses etc. Will a person with right understanding and feeling of self-regulation not have such diseases?

Is health of body also a human value?

Response

- In general, a person with right understanding and feeling of self-regulation will be able to maintain the health of his body and not fall sick. However, the aging of the body will certainly have its effect, but, he will be able to see this and plan his lifestyle accordingly. Similarly, the effect of environment such as extreme weather or even viruses can effect the health of his body. But,, he will handle this by taking preventive measures or by doing the necessary detoxification or taking the suitable medicine, so that the body can recover its health.
- Feeling of Self-regulation is value in the self, which expresses itself as health in the body. This can be seen as the feeling of care towards the body.

Question(s):

What would be right utilisation of a healthy Body?

Response

The Self is central to human existence

The purpose Self is to develop completeness of

1. Right understanding, i.e. understanding of harmony at all levels of being – Truth
2. Right feeling, i.e. feeling of harmony – Love
3. Right thought, i.e. thought of how to live in harmony – Compassion

The Body is used as an instrument by the Self for interacting with the world outside:

- Behaviour with human being
- Work with rest of nature

Physical facility is required for the Body – to nurture it, protect it and in the process of right utilisation of the Body

Question(s):

If body is unhealthy, will the Self be still happy?

How do you distinguish between mental health and physical health?

Response

- As we have discussed, happiness in the self can be unsured through right understanding and right feelings which has to do with the state of the self and not state of the body. However, if the body is unhealthy, it will be a matter of concern, and the person with right understanding will do whatever is necessary for recovering the health of the body, without getting unhappy over it.
- Mental health has to with disharmony at the level of self, but, Physical health has to with disharmony at the level of Physical body.

Question(s):

Why is medicine and treatment kept separate
– aren't they similar?

Response

- As discussed in the session, medicine is used-
For bringing body back to harmony from temporary disharmony
this can be done through Home remedies or through Integrated systems of medicine
However, Treatment has to do with
Using a drug / machine to perform a body function (dependence)
For examples, by using Insulin in case of diabetes or doing Dialysis for blood purification.

Question(s):

What will be the role of a doctor if everyone has the feeling of self-regulation?

Response

The major role of the doctors then would be

1. Health education- education that will enable people to have this feeling of self-regulation and develop the competence to take care of the health of their body
2. To help them to take preventive measures for the effect of the environment
3. Provide them necessary help to recover if their body falls sick due to the effect of the environment through
 - detoxification or
 - medicine
4. Provide treatment, only in extreme cases when there is no option to take any other recourse

Question(s):

Like this doctors will become unemployed...
What about their income? Today health-care is a thriving multi billion dollar industry employing millions of people! What will happen to all that?

Response

Check what is naturally acceptable:

- A system that ensures health
- A system based on illness

So, we have to make effort for that kind of system. Ultimately, a system for the wellbeing of all (what NEP2020 calls and equitable and just society). People with a holistic world-view, competence and commitment may be able to work towards such a society. We will discuss this when we cover harmony in society

Q&A at end of Module 1 & 2 [22-01-2021]

- ① Peer Pr. - Self
- ② AlZimers - Self + Body
- ③ Anxiety - Self
- ④ Harmony in Music ← Phy - Body
- ⑤ combined acty of Words - meaning - Self
Self + Body
- ⑥ values + skills - Theory + Practice / Living
understanding concept / Model
- ⑦ altruistic beh pattern - encourag?
Rt. feeling
- ⑧ Responsibility + Rights - Self
RU + RF Body other HB
PF Fulfillment &
Relh
- ⑨ Motivation - Self
- ⑩ Self Expl. -
Self Talk - Affirmation?

Harmony in Human Being

Rights --->
Responsibilities --->