

# **UHV-I**

## **Session 7**

### **Program for Health**

**(Part 2 of 2)**

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

Suggestions for improvement are welcome

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# Recalling the 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

4 Medicine

and

Treatment

1a. Intake includes air, water, sunlight, food (food is nutritious, digestible & tasty and waste is excretable)...

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

2a. Outcome of labour is production of physical facility

2b. No physical facility is produced by exercise

# Program for Health – Individual level

Feeling of self-regulation

Intake

Daily Routine

Labour

Exercise

Postures for regulating internal and external body organs

Regulated Breathing

# Looking at Health holistically

**Health of the Human being = Health of the Self → Health of the Body**

The family has an impact on the health of the individual

A family that keeps “an early to rise and early to bed” schedule is healthier

A family with internal strife, fighting etc. may be more prone to illness

Like that, in the society and nature

**Holistic**

**Health**

Health of the **Self** **1**

Health of the **Body** **2**

Health of the **Environment** **3** = Health of Family, Society, Nature

## Discussion: Health of the Family, Friends Circle...

Food habits

Daily routine

Collective labour

Collective exercise...

Home remedies...

## Discussion: Health of the Society (Institution...)

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

Mess – Options for tasty and healthy food, giloy kadah...

Canteen – Tasty and healthy options

Juice stall – fresh fruit and vegetable juice

...

## Discussion: Health of the Natural Environment

Clean and fresh air

Water

Free of viruses

...

Natural Farming Club – In campus production by way of labour

# Home Assignment



# Home Assignments

7.1. What is your key takeaway from the discussions on health?  
What kind of intake would you like to take now?  
Revise your daily routine

7.2. What are your expectations from and your responsibility towards:  
Your family, friends, classmates...  
The college, systems in the society...  
The air, water, sunlight... the natural environment (nature)

Level	Expectations	Responsibility
Family		
Society		
Nature		

**Questions?**