

# **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

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# 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 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
<b>Activity</b> क्रिया	<b>Imagination (Desire, Thought, Expectation), ...</b> कल्पनाशीलता (इच्छा, विचार, आशा), ...			<b>Eating, Walking...</b> खाना, चलना...
<b>In Time</b> काल में	<b>Continuous</b> निरन्तर			<b>Temporary</b> सामयिक

<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  <b>Health (स्वास्थ्य)</b>  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

Treatment

and

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)

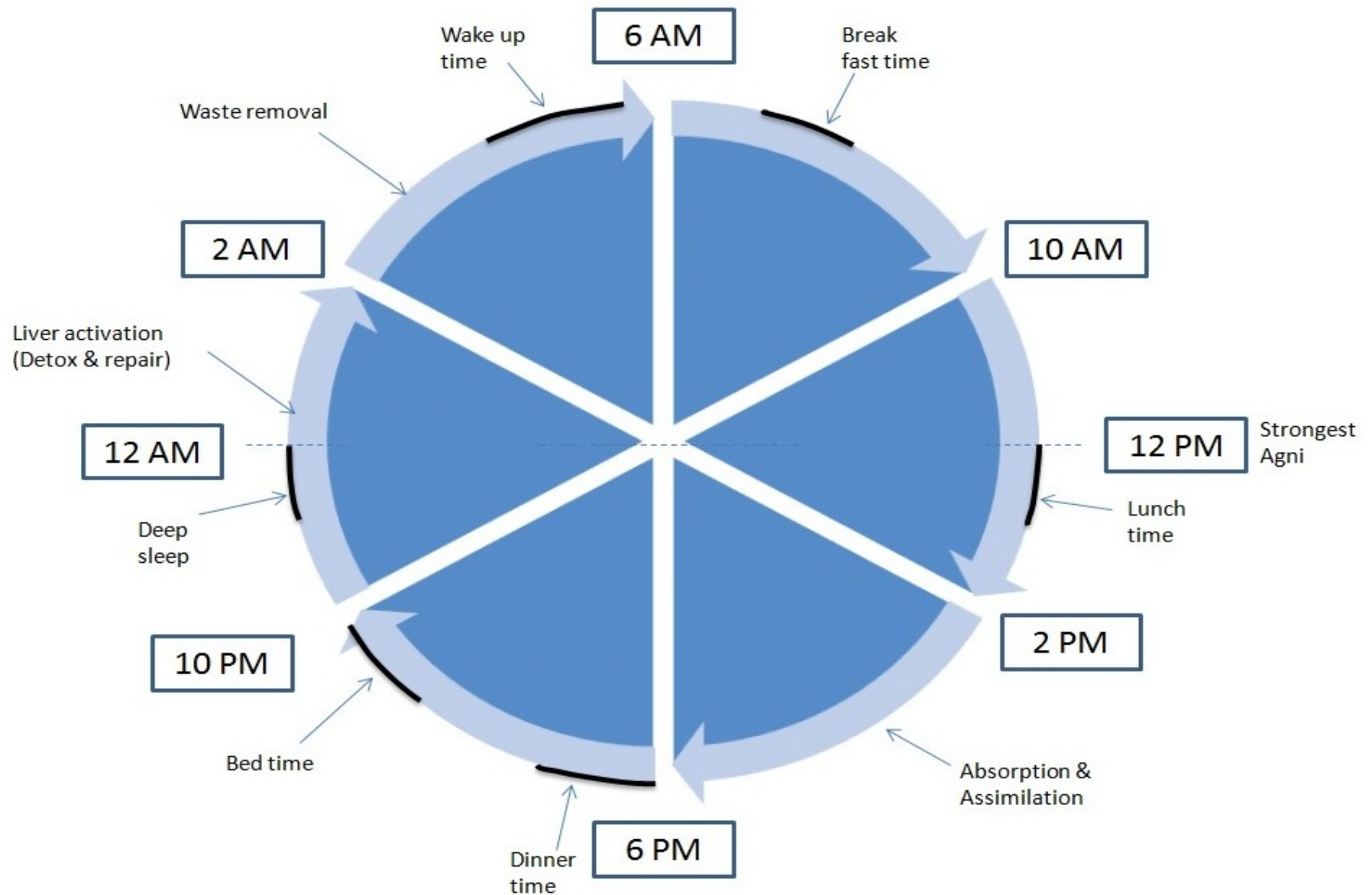
Intake includes all that we absorb through all the sense organs – air, water, sunlight, food...

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*

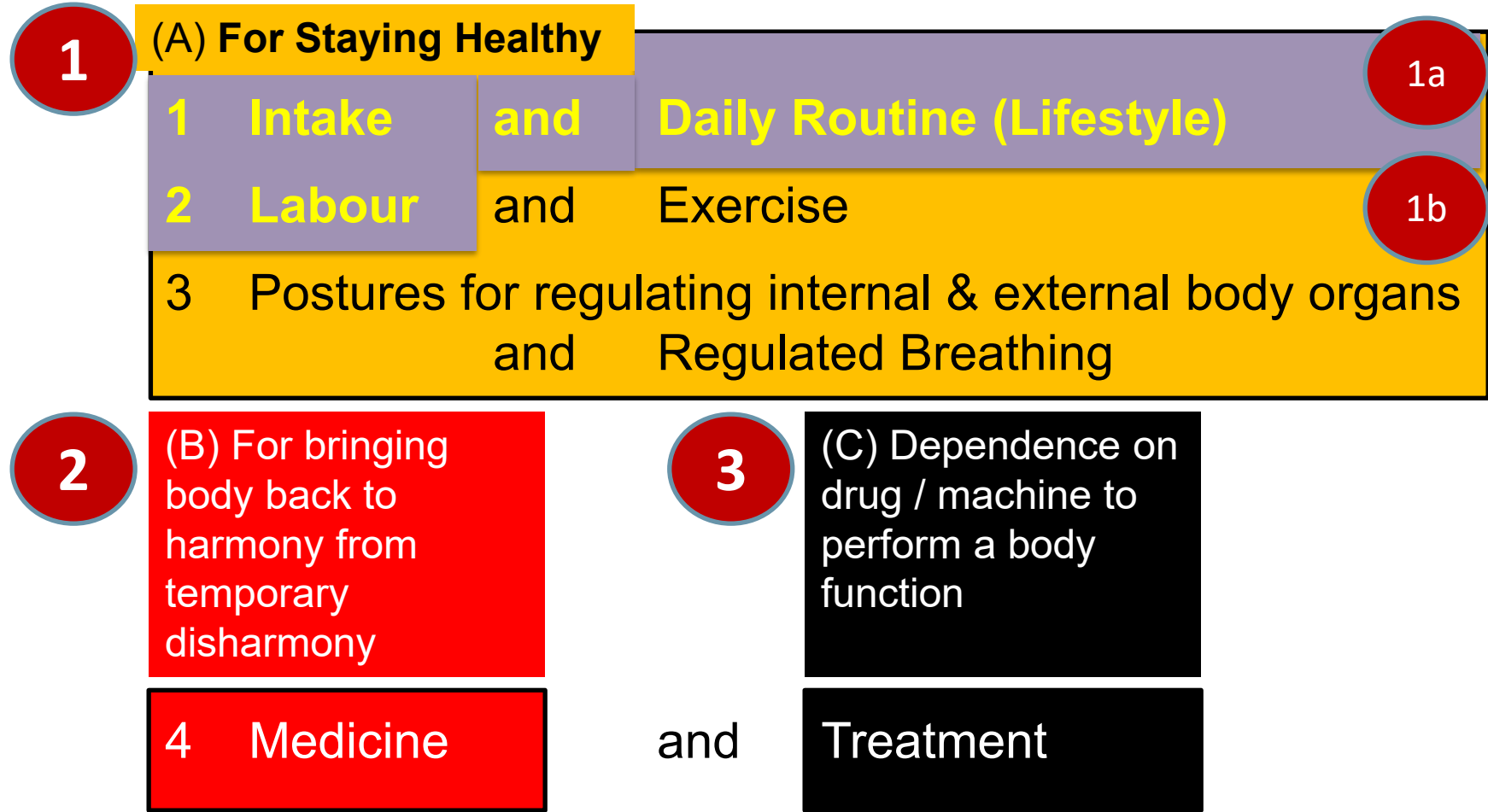
Postures for regulating internal and external body organs

Regulated Breathing

### **Examples:**

- Yoga (योग)
- Pranayam (प्राणायाम)

Medicine	Treatment
<p data-bbox="19 142 676 342"><i>For bringing body back to harmony from temporary disharmony</i></p> <p data-bbox="19 528 425 585">Home remedies</p> <p data-bbox="19 699 830 756">Integrated systems of medicine</p>	<p data-bbox="1004 142 1893 271"><i>Using a drug / machine to perform a body function (dependence)</i></p> <p data-bbox="1004 542 1275 599">Examples:</p> <ul data-bbox="1043 628 1275 756" style="list-style-type: none"><li>• Insulin</li><li>• Dialysis</li></ul>



# Home Assignment

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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?**