



# 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 value-based education as a worthy mission for the wellbeing of all. In this spirit and to enable widespread or fee is charged on this work.

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

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 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

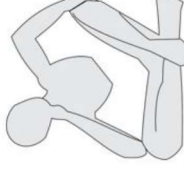
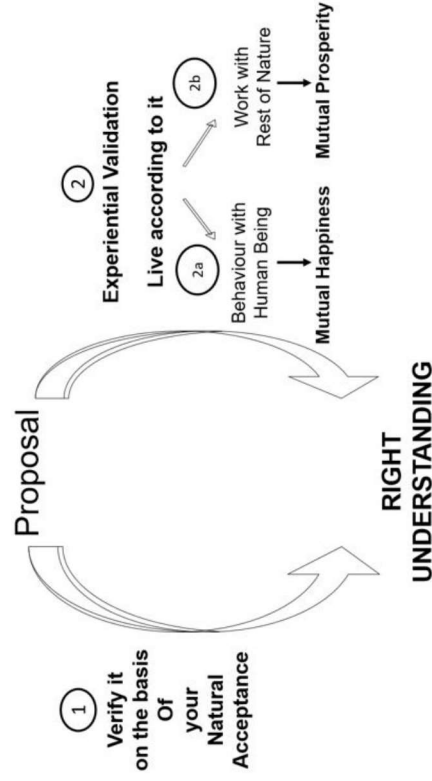
Harmony in the Society

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



Human Being		Self	Co-existence	Body
Ekkuo		eSa	IgvfLrRo	“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 esa	
Fulfilled By	iwfrZ ds fy,	Right Understanding & Right Feeling lgh le>] lgh Hkko	Physio-chemical Things HkkSfrd&jklk;fud oLrq	
Activity	fØ;k	Desire, Thought, Expectation... bPNk] fopkj] vk”kk---	Eating, Walking... [kkuk] pyuk---	
In Time	dky esa	Continuous fujUrj	Temporary lkef;d	
Response		Knowing, Assuming, Recognising, Fulfilling tkuuk] ekuuk] igpkuuk] fuokZg djuK	Recognising, Fulfilling igpkuuk] tuokZg djuK	

Human Being		Self (I)	Co-existence	Body
Ekkuo		eSa	IgvfLrRo	“kjhj
Need		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
		Feeling of Self-regulation (संयम)		Health
		Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body		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 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 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

(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), 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

Intake includes not just food but also water, air, sunlight... in fact, all that we take sense organs – i.e. everything we hear, smell, touch, taste or see

- Intake of food – In order to lead to health in the body, food should be

Nurturing for the Body (awareness in Self of food choices we make)

Digestible by the Body (awareness in Self of how much to eat – sensation of fullness)

Tasty

Compatible with Body type, etc. and

Waste is excretable by the body (rich in fibre)

- Intake of water - right amount and at the right time
- Intake of fresh air
- Intake of (morning) sunlight

For keeping the body healthy, we also need to be aware of all intake through our sense feelings and thoughts we generate in us as a result (especially while eating).

e.g. what we are seeing (watching TV/ playing games on the mobile while eating, etc.) or what we are hearing/being a part of (e.g. arguments with others), etc.



## The Daily Circadian Rhythm

- Body responds to the day-night cycle  
(sunlight/darkness with earth's rotation on its axis)  
(Understanding this helps in setting up a harmonious daily routine)

## The Monthly Lunar Rhythm

- Body responds to the lunar cycle  
e.g. menstrual cycle in women

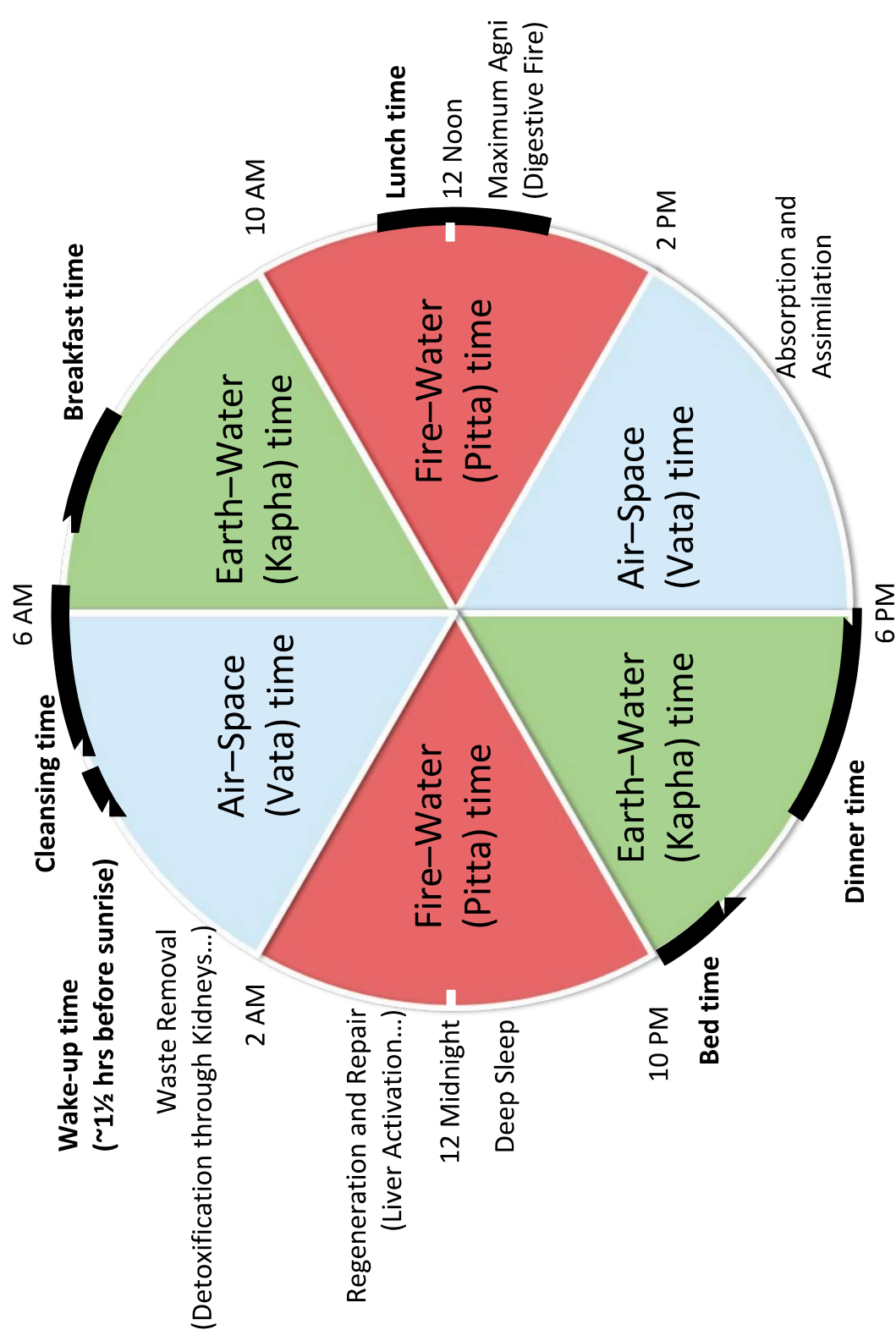
## The Annual Seasonal Rhythm

- Body response to the various seasons in a year – the solar cycle (earth's revolutions around sun)
- Availability of complementary plants in various seasons  
(Understanding this helps in deciding appropriate seasonal intake, necessary protection of the body, up a harmonious seasonal routine)

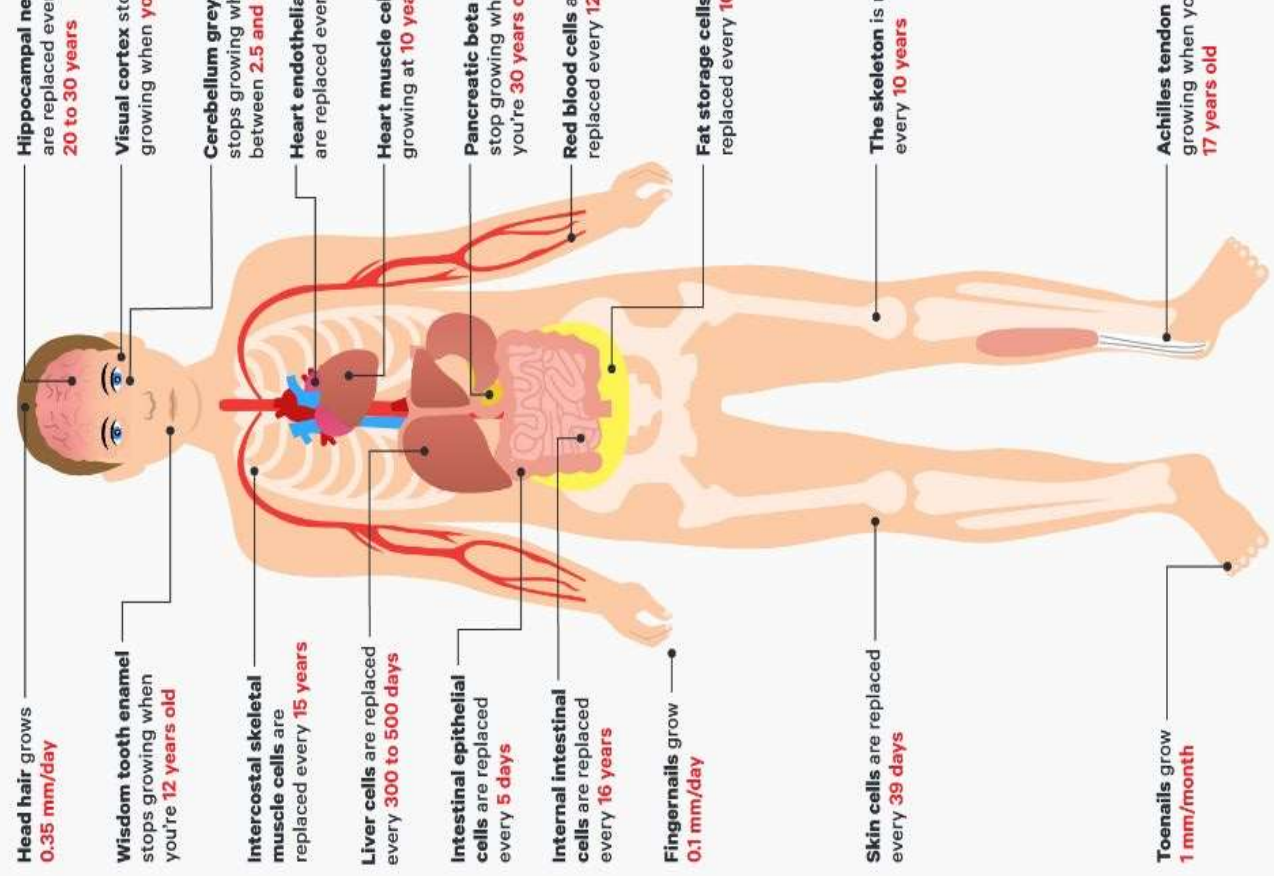
## The Lifecycle Body Rhythm

- Childhood – Period of growth/formation (Predominance of Kapha)
  - Youth
    - Period of maintenance (Predominance of Pitta)
    - Period of degeneration (Predominance of Vata)
  - Old age
- (Understanding this helps in deciding a harmonious lifestyle for each stage of life)

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



# THE AVERAGE LIFE OF YOUR CELLS



SOURCES: Journal of Investigative Dermatology, Journal of Biological Chemistry, New York Times, Nature, PBS, American Academy of Dermatology, Textbook of Clinical Pediatrics, FASEB Journal, Journal of Clinical Endocrinology & Metabolism



# Understanding the Body

(day 1 doc)

The Body – from a single cell to a huge harmony of trillions of cells working together

- Homeostasis
- Principle of regeneration of Body tissues
- Basic life processes
- Organ systems

A healthy Body is naturally a harmony in itself and is in harmony with the natural

It is the Self that has to decide how to stay in harmony or otherwise by way of the routine etc.)

# Basic Principles Governing Health of Body

(day 3 doc)

Principle of accumulation

- The body is an accumulation of intake  
(Understanding this helps in deciding intake)

# Basic Principles Governing Health (cont.)

Principle of similarity and dissimilarity

Body type

(Understanding this helps in deciding intake, routine etc. for your body type)

Principle of availability of information from Body

-The Self only has to be aware, read it and act

(Understanding this helps in reading and responding to signals from the Body)

Principles related to influence of the state of Self on health of Body (Understanding influence the way you look at health:

Holistic Human Health = health of Self + health of Body + health of the environment

Environment = family, society, nature/existence)

# Indicators of Health of Body

(day 3 p 2)

Add flexibility of the Body

*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*

Examples:

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



*Postures for regulating internal and external  
body organs*

Example: Yoga

*Regulated Breathing*

Example: Pranayam

*For bringing body back to harmony from temporary disharmony*

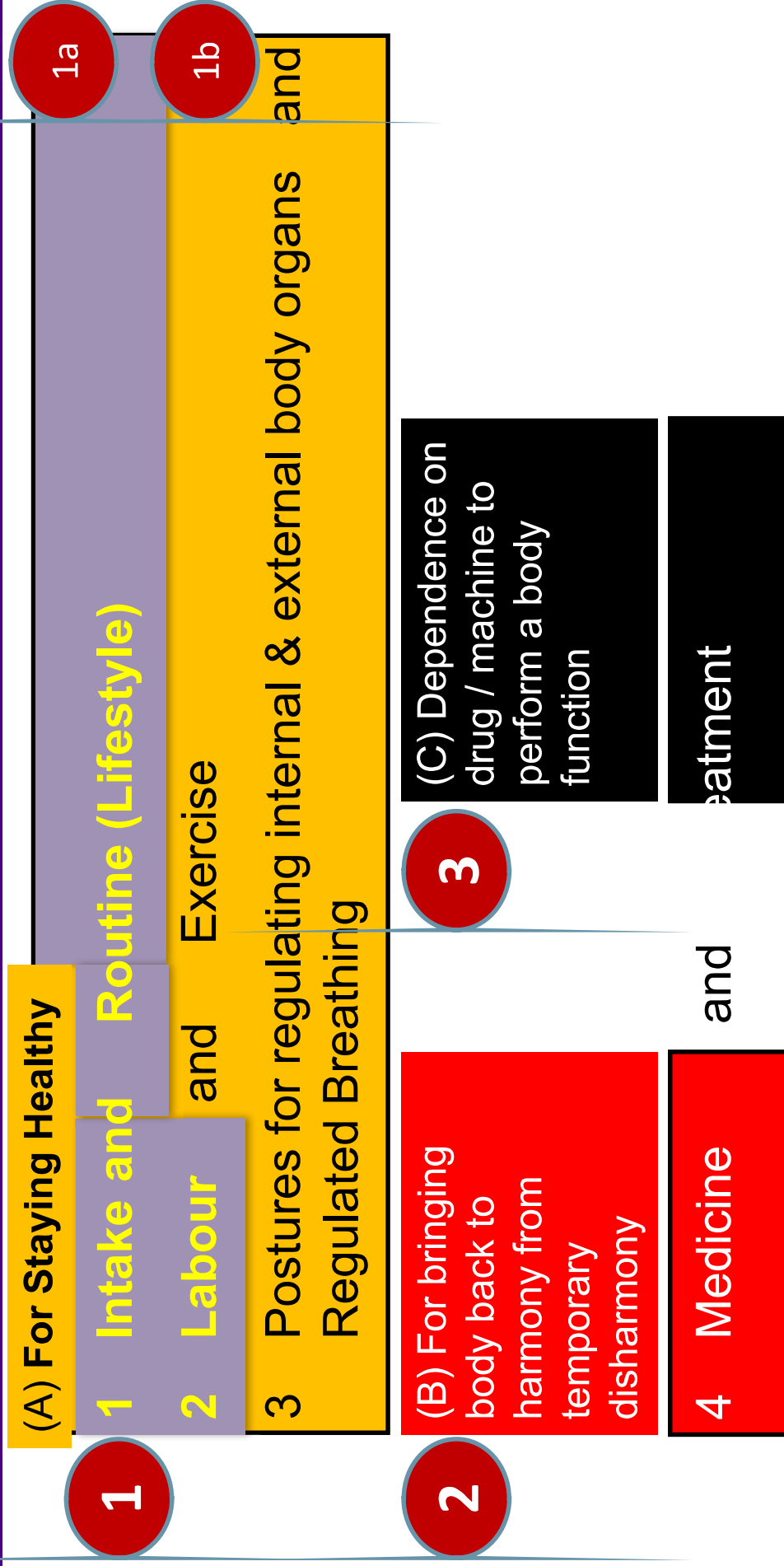
Examples:

- Home remedies
- Integrated systems of medicine

Examples:

- Insulin
- Dialysis
- Ventilator

# Program – Priority



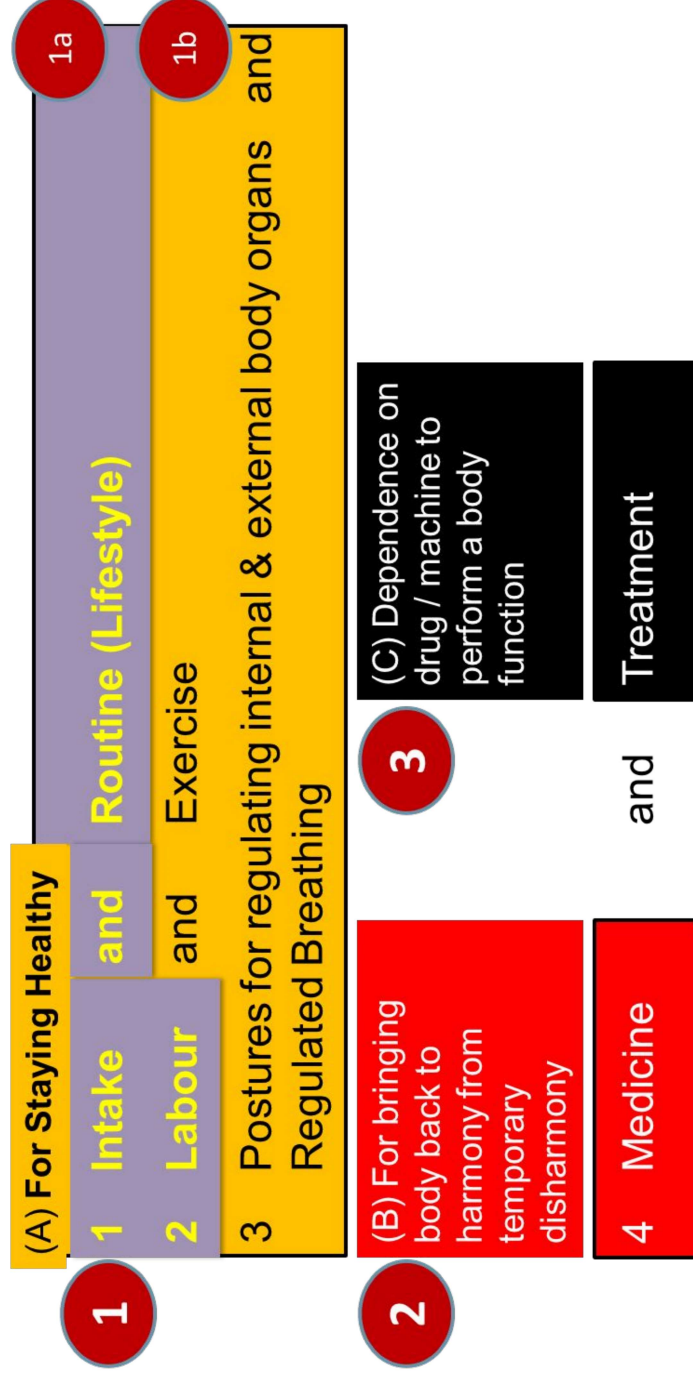
- 1a. Intake includes air, water, sunlight, food (food is nutritious, digestible & tasty and waste is excretable), all intake through our senses (sound, sight, smell etc)
- 1b. Rising time, sleeping time, eating time...
- 2a. Outcome of labour is production of physical facility
- 2b. No physical facility is produced by exercise

# Sum Up

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

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

## Program



# Practice Session after Lecture 12

- In the last 3 years, recall the times that your body has been ill (in disharmony). What steps would you take to restore the harmony of the Body?
- If you were to take full responsibility for your body (i.e. you had the feeling of self-regulation of daily schedule would you have? Approximately how much time would you allocate for body in good health through:
  - Healthy intake (food, air, water, sunlight, etc.)
  - Timings for upkeep of the Body (sleeping and waking up time, excretion, bathing, etc.)
  - Labour (production of physical facility)
  - Exercise
  - Balancing internal and external organs of body
  - Regulating breathing of body
  - Medicine
  - Treatment

(Of course, you need to keep adequate time for studying, understanding, learning, behaviour, etc.) Do you think this schedule will make you more productive or less productive? What conclusions can you draw from this exercise?

Date(s)	Illness or disharmony	Type (Accident, viral infection, bacterial infection, lifestyle related disorder, any other)	Steps taken	Root Cause

2. Calculate the quantity required for a specific physical facility, say clothes for a family. Now find out the quantity available. Is the quantity available less, equal to or more than the quantity required? In that sense, do you feel prosperous or deprived regarding that particular physical facility)? Do the same for other needs. For example, make an inventory of everything in your home (or at least your room). How much physical facility is being rightly utilised? Discuss this with your family and write down your conclusions regarding:

- Meaning of prosperity
- The role of understanding (human being, the role of physical facility and the feeling of prosperity)
- Ability of your family to identify its needs, with the required quantity

## Expected Outcome

- The students are able to list down activities related to proper upkeep of the Boccia courts and their maintenance. They are also able to appreciate the plants growing in the campus which can be beneficial in maintaining their health and even curing ailments.
- The students begin to recognise that the need for physical facility for nurturing, right utilization of their body is limited in quantity. In cases where they are able to have more than enough physical facility, they develop a feeling of prosperity. In physical facility, they start thinking about how to produce more than required through a mutually-enriching cyclic process (rather than through exploitation).

## Exercise 2

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Observing (seeing)

the Body

and

the interaction between the Self and the Body

– by the Self

**Note:**

This is just one way of looking within (not the only way)

The steps mentioned in this exercise are one possible set of steps  
(not the only set of steps)



## Step 1: Observing the Self and the Body – by the Self

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I am

On the basis of observing (seeing) my activities

The Self is a reality (it exists, it is an existential reality)

The Body is

On the basis of observing (seeing) or reading sensation from the Body

The Body is a reality (it exists, it is an existential reality)

The Self and the Body are two distinct realities

I am able to observe this

## Step 2: Observing the interaction between the Self and the Body

### – by the Self

What is the interaction between me and the body?

I give instructions to the body

I give only those instructions to the body that I consider to be important. As and when I want to take some work from the body, I give it some instructions (like ‘get up’, ‘walk’, ‘sit down’...)

**Instruction is an information**

On the basis of events taking place in the body, sensations are taken place

I read those sensations that I consider to be important. I taste the sensations that I read

**Sensation is also an information**

**The interaction between the Self and the Body is only in the form of information (not of any physio-chemical things)**

## Step 3: Observing the Decisionmaker

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Who is deciding to give instructions to the Body or to read specific sensations from the Body?  
Is it the Self or the Body?

- I am the one who decides to give instructions to the body
- I am the one who decides to read specific sensations from the body, sensations important

The decisions regarding the exchange of information between me and the body are

- I interact with the body as and when I require
- I interact with the body from time to time (not continuously)
- The Body acts according to the instruction that I give it
- I use the body as per my decision, I use the body as an instrument



# FAQs for Lecture 12

Programme to ensure self-regulation and Health

## Questions

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

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

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

- ...

## Day 2 Session 1-4

- Human being is co-existence of Self, a conscious entity, and Body, a material entity
- The Self and the Body can be distinguished on the basis of their needs, activities and experiences
- The Self is the seer, doer and enjoyer (experiencer), body is an instrument. In that sense, body is central to human existence
- The Self consists of the activities of imaging, comparing, analysing, tasting, selecting and creating, referred to as imagination (also Block B2)
- Behaviour and work are expressions of imagination (first it happens in the imagination and then in the body)
- There are three possible sources of motivation for imagination – preconditioning, self-motivation and natural acceptance
- The Self is self-organized (स्वतंत्र) when imagination is guided by right understanding
- The Self is enslaved when imagination is motivated by preconditioning or sensation
- The feeling of self-regulation in the Self is essential to ensure health in the Body and clarity about the need for physical facility and prosperity.
- There is a definite program for self-regulation.
- For clarity about the Self and Body, two exercises are proposed:
  - observing the Self by the Self and
  - observing the interaction of the Self with the body by the Self.





# Self Reflection





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

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

## Question(s):

## Response

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?

- 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 ill with the aging of the body will certainly not. But, he will be able to see this aging as a lifestyle accordingly. Similarly, in a polluted environment such as extreme weather conditions, viruses can effect the health of a person. He will handle this by taking preventive measures by doing the necessary detoxification, using the suitable medicine, so that the person can recover its health.
- Feeling of Self-regulation is a human value which expresses itself as health. It can be seen as the feeling of caring for the body.

What would be right utilisation of a healthy Body?

The Self is central to human existence  
The purpose of Self is to develop it

1. Right understanding, i.e. understanding of harmony at all levels of being
2. Right feeling, i.e. feeling of harmony
3. Right thought, i.e. thought of harmony – Compassion

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

- Behaviour with human beings
- Work with rest of nature

Physical facility is required for nurturing it, protecting it and in the proper utilisation of the Body

## Question(s):

## Response

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

- As we have discussed, happiness can be ensured through right and right feelings which has state of the self and not state. However, if the body is unhealthy matter of concern, and the proper understanding will do whatever for recovering the health of the getting unhappy over it.

How do you distinguish between mental health and physical health?

- Mental health has to do with the level of self, but, Physical health disharmony at the level of Physical

## Question(s):

## Response

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

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

## Question(s):

## Response

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

The major role of the doctors th

1. Health education- education people to have this feeling of and develop the competence the health of their body
2. To help them to take prevent for the effect of the environm
3. Provide them necessary help their body falls sick due to th environment through
  - detoxification or
  - medicine
4. Provide treatment, only in ex when there is no option to ta recourse

## Question(s):

## Response

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?

Check what is naturally accepted

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

So, we have to make effort for system. Ultimately, a system wellbeing of all (what NEP20 equitable and just society). For holistic world-view, competent commitment may be able to such a society. We will discuss cover harmony in society

- Harmony in Human Being
- ① Peer Pr. - Self
  - ② Al Zimmers - Self + Body
  - ③ Anxiety - Self
  - ④ Harmony in Music < Phy - Body
  - ⑤ Combined acty of words - meaning - Self
  - ⑥ Self + Body
  - ⑦ values + Skills - Theory + Practical / Living understanding concept
  - ⑧ altruistic behaviour - encourage?
  - ⑨ Rt. feeling
  - ⑩ Responsibility + Rights - Self
 

RU + RF	Body	other HB
	PF	Fulfillment 4
		--- Relth
  - ⑪ Motivation - Self
  - ⑫ Self Expl. - Self Talk - Affirmations?
- Rights ---  
Responsibilities ---