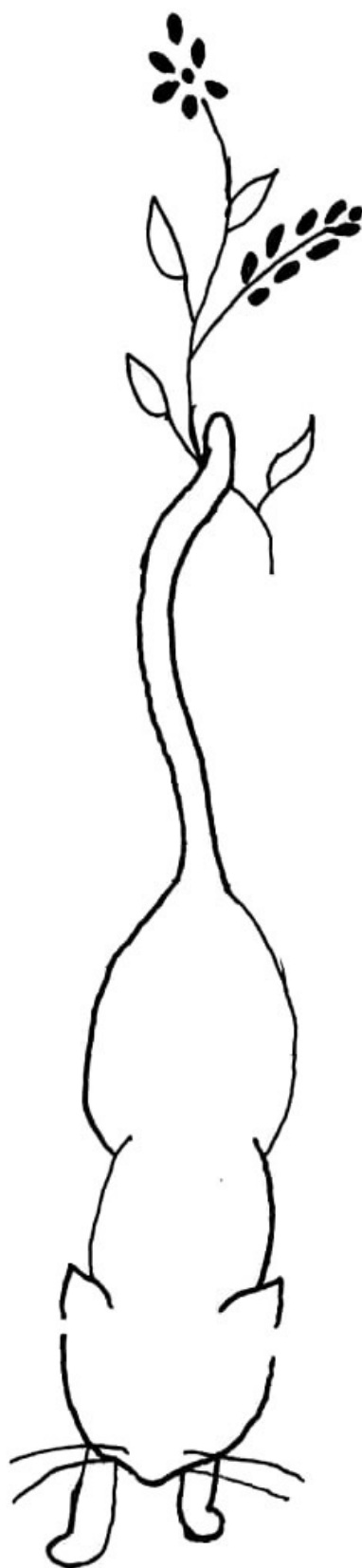




Fellowship in Health & Nutrition

Orientation
Package
2019



ORIENTATION PROGRAM

SCEHDULE

DAY 1 – SEHATVAN & ME

*Arrival and registration up to 9:30 am.

<i>Time</i>	<i>Agenda</i>
8-9 am	Breakfast
9.30-12 pm	Session I : Introduction and Discovery
12-2 pm	Lunch and Rest
2-5 pm	Session II : Understanding Sehatvan and the Fellowship
5:30-8 pm	Walk, Break & Dinner
8-9:30 pm	Vision and Dreams

DAY 2 – CONNECTING DOTS

<i>Time</i>	<i>Agenda</i>
5.45 am	Morning Circle
6-8 am	Work out
8-9 am	Breakfast
9.00-11 am	Session III : Connecting the dots
11-4 pm	Lunch, One-on-ones & Eklavya time
4-5 pm	Closing Circle

PROSPECTUS

THE FELLOWSHIP

Sehatvan has so far been an experimentation and is already at the forefront of disease-reversal and anti-aging research. The purpose of this fellowship is to further deepen the research and take the idea of Sehatvan far and wide. We wish to keep the program very fluid so that each individual may self-design one's learning; still an outline is hereby described. This outline is meant to be a guiding tool only and in no way a binding wall.

DIMENSIONS

The program shall move around these 3 dimensions – *Swasth*, *Sansar* and *Swadharm*. Sehatvan's first founding principle is this that like all living creatures have the capability to reproduce, they all have the ability to self-repair. This self-repair works best when body and mind dwell in synch, the reason why Hindi word for healthy is 'Swasth' meaning healthy is the one who is situated in the self.

With this comes the question – what is self? Our understating is this that we are inseparable from the world – from the world inside us, as well as the outside; perhaps, we are the interface of the worlds inside and the outside. Hence the second dimension of this fellowship is understanding the world inside us and the outside - the nature, the environment, the microbiota, the psyche, people and their sicknesses, and much more.

Third leg of the program shall dwell around finding and evolving one that gift or career path that you might like walking on in the long run or one such thing that you would like becoming specialized in. It could be a research area, a delivery dimension or a health/ nutrition specialty such as child nutrition, emotional health, lifestyle sicknesses to name a few.

LEARNING FLOW

Learning shall be less through gathering information and more through experiencing and doing. Dr Vipin Gupta shall hold a weekly session on a deeper understanding/ cutting edge area; in addition, each fellow shall also hold a weekly class disseminating her/ his learning/ quest with the group.

We propose allocating 30 hours every week towards the learning/ experiencing in following manner:

<i>Weekly Learning/ Experiencing Hours (Total 30/week)</i>			
<i>Area</i>	<i>Trimester 1 (Swasth)</i>	<i>Trimester 2 (Sansar)</i>	<i>Trimester 3 (Swadharm)</i>
<i>Core Area</i>	18	18	24
<i>Ancillary Area</i>	6	6	6
<i>Add-on Online</i>	6	6	0

RECOMMENDED CURRICULUM

TRIMESTER 1/ SWASTH

CORE AREA

A) Learn

Human Anatomy & Physiology, Basics of Health & Nutrition, Modern age diseases

B) Experience

Dive into your body and mind. Enhance emotional and physical health through CNA. Go for body detox and improvise your vital parameters, immunity and stamina. Clear the mental clutter; go for digital/ mental detox.

ANCILLARY/ ELECTIVE

Choose from cooking and hosting, art and craft, organic farming and eco construction.

ADD-ON ONLINE

MONTH 2 & 3

Yale's 'Vital signs: understanding what the body is telling'
Stanford's 'Introduction to food and health'

CORE AREA

A) UNDERSTAND

1. Internal and external environment, basic elements, microbiota and forest ecology.
2. Basic body parameters like waistline, BMI, resting metabolism, body fat, lipids and cholesterol, heart rate, biological age etc.
3. Modern ailments – Depression and Sleeplessness, Obesity, Thyroidism, Vitamin D and B12 deficiencies, Cardiac diseases, Diabetes, Cancers etc.
4. Genetics, epigenetics and family diseases
5. Various nutritional requirements like vitamins, minerals, fibers, carbohydrates, fats, proteins
6. Various Indian and other eating cultures and diets – fast foods, traditional foods, industrial foods, vegan, raw, Atkins, DASH, low carb.
7. Fasting, autophagy and starvation. Various fasting regimens – religious fasting, intermittent fasting, long water only fasts, juice fasts, dry fasts etc. Safer ways of maximizing autophagy.
8. How to form a community – the need for connectedness and liberty.
9. Making and maintain natural spaces

B) OBSERVE CNA IMPLEMENTATION ON HEALTH SEEKERS VISITING SEHATVAN.

ANCILLARY/ ELECTIVE

Choose from music and dance, psychology and language.

ADD-ON ONLINE

MONTH 4 & 5

Edinburgh's 'Understanding obesity'

Copenhagen's 'Diabetes - a Global Challenge'

CORE AREA

A) TRY FINDING WHAT YOU DESIRE BEING THE OUTCOME OF THE FELLOWSHIP?

1. Lifelong health of your own, friends and family
2. Carving a career/ livelihood
3. Making the forest therapy a mass movement to heal the people and the planet

B) AND ALSO, IF YOU WOULD YOU LIKE:

1. Becoming a long-term community member at Sehatvan
2. Establishing a new Sehatvan (in India/ other country)
3. Establishing a Sehatvan-like set-up completely of your own
4. Becoming a specialist/ researcher in one of the health/ nutrition specialty
5. Doing something else

C) FIND LEGAL, BUSINESS AND SOCIAL ASPECTS OF DOING WHAT YOU DESIRE DOING, BUILD A PROTOTYPE, AND LAUNCH IT.

ANCILLARY/ ELECTIVE

Choose from digital media and marketing, web designing, accounting and facilitation.

SUGGESTED READINGS

Anatomy and Physiology in Health and Illness/ Ross and Wilson

Food and Nutrition/ Anita Tull

Cooked/ Michael Pollan

Bringing It to the Table/ Wendell Berry

Health and Light/ John Nash Ott

The Soil and Health/ Sir Albert Howard

Human Microbiota in Health and Disease: From Pathogenesis to Therapy/ Bryan Tunland

When The Body Says No/ Gabor Matte

Disciplined Mind/ Jeff Schmidt

Freedom from the Known/ J Krishnamurti

The More Beautiful World Our Hearts Know Is Possible/ Charles Eisenstein

The Road/ Cormac McCarthy

Lifestyle Medicine: Lifestyle, the Environment and Preventive Medicine/ Garry Egger et al

Mismatch: The Lifestyle Diseases Timebomb/ Peter Gluckman and Mark Hanson

Autophagy in Health and Disease/ Roberta A. Gottlieb

The Epigenetics Revolution: How Modern Biology Is Rewriting Our Understanding of Genetics, Disease and Inheritance/ Nessa Carey

Being Mortal / Atul Gawande

One Straw revolution / Masunobu Fukoka