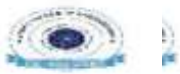




**A T M E**  
College of Engineering



## Module-2

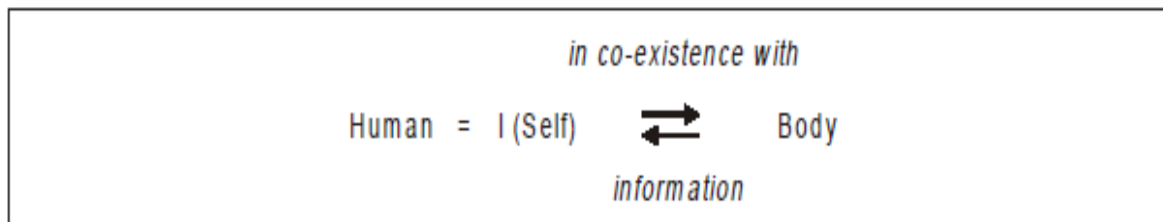
### Harmony in the Human Being

## Contents

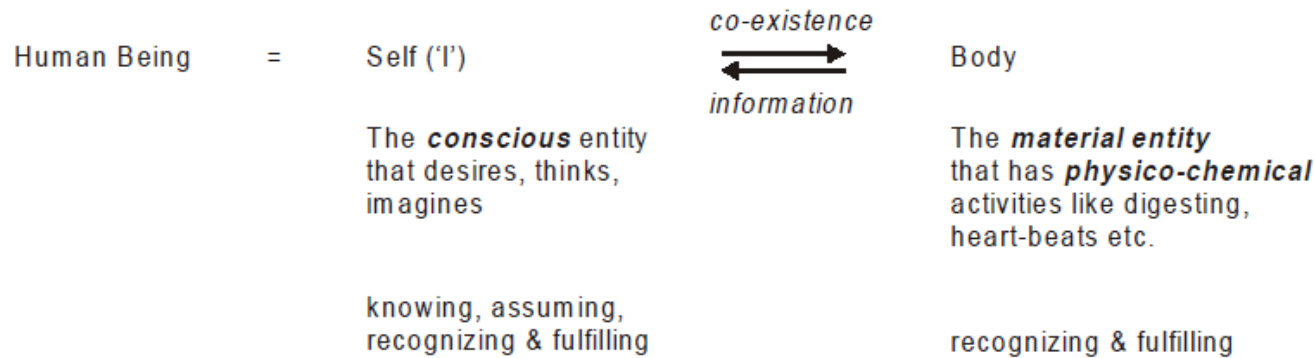
- Understanding Human being as the Co-existence of the Self and the Body
- Distinguishing between the Needs of the Self and the Body
- The Body as an Instrument of the Self
- Understanding Harmony in the Self
- Harmony of the Self with the Body
- Programme to ensure self-regulation and Health

## Understanding Human being as the Co-existence of the Self and the Body

- Human Being is More than Just the Body
- Human body is immediately apparent to us and has familiar shape and features
- In addition to the body, we are also aware of the '**alive-ness**' of the person - the entity that keeps the body alive
- We perceive this 'alive-ness' in the activities demonstrated by the person like seeing, talking, listening, walking, eating, reading etc.

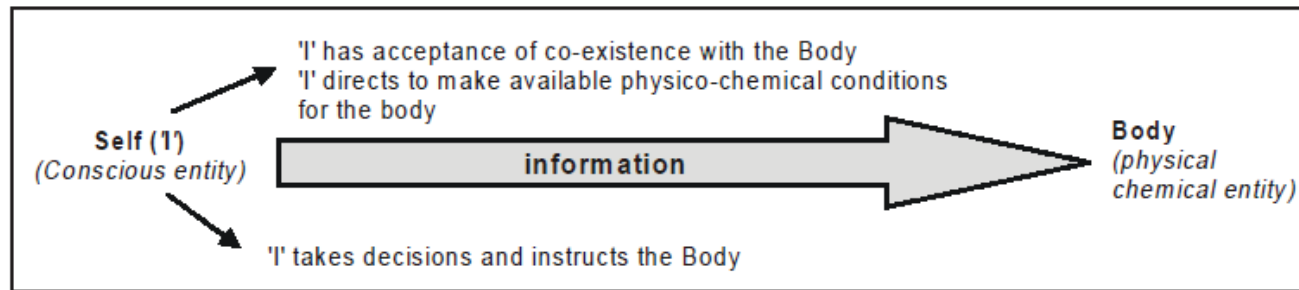


- The needs of the body are physical in nature, whereas the needs of the self('I') are not physical in nature
- The need of the Body is Food, Clothing, Shelter or physical facilities and these are temporary in time.
- The need of 'I' is happiness, trust, respect relationship etc is continuous in time.
- We mix needs for 'I': happiness and physical facilities for the Body.
- We assume that: All we need is physical facilities and that will automatically ensure happiness.
- Due to lack of right understanding, we are mixing up, as a result despite putting in most of our efforts for physical facilities we are not even able to fulfil the needs of the Body correctly.
- We need to work for both happiness in 'I' and physical facilities for the Body.

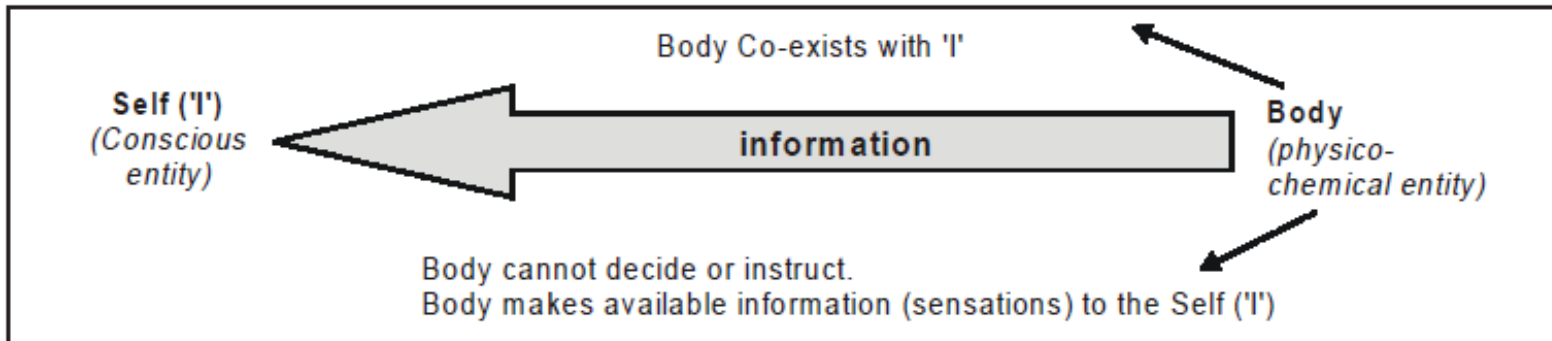


*The human being is thus a co-existence of a conscious Self ('I') and the material body.*

To make it more explicit, we can write:



I co-exist with the Body. 'I' and my Body keep exchanging information.



## Distinguishing between the Needs of the Self and the Body

- The need of the Self is happiness (e.g. feeling of respect leading to happiness) while the need of the Body is physical facility (e.g. food).
  - All the needs related to the Self are continuous in time while all the needs related to the Body are required for a limited time. This is one way we can differentiate between the need of the Self and the need of the Body.
- The other way to see the difference between the two is in terms of quantity and quality.
  - The need for food is quantitative in nature. We can identify the quantity of the food needed to nurture our body. Same is the case with the need of clothes, shelter, etc. On the other hand, the feeling of respect, trust, etc. is not quantitative. We don't say, today I got half kg of respect or two metres of trust". These feelings are qualitative in nature

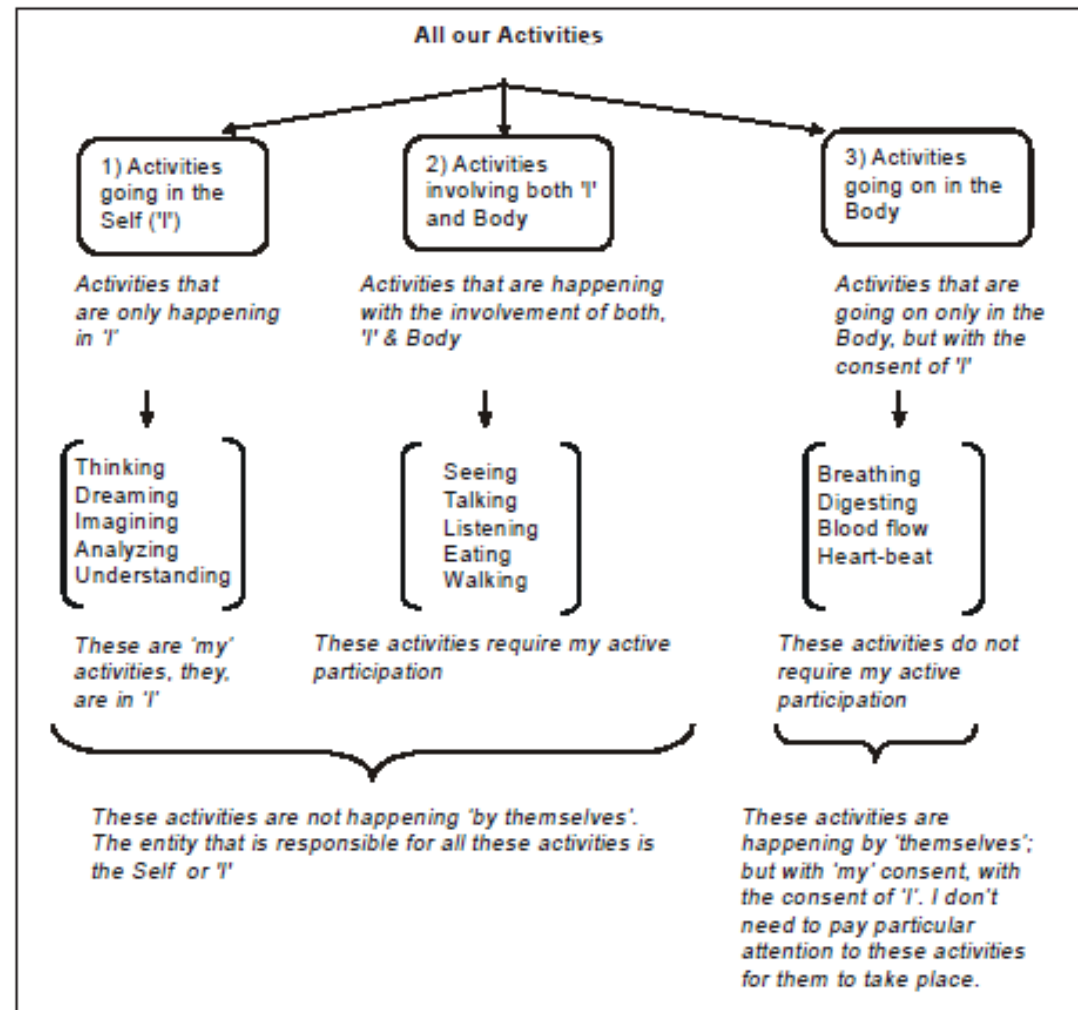
		I	Body
Needs	<i>Needs are...</i> →	Trust, Respect...	Food, Clothing...
		Happiness ( <i>sukh</i> )	Physical Facilities ( <i>suvidhā</i> )
	<i>In Time, needs are...</i> →	Continuous	Temporary
	<i>In Quantity, needs are...</i> →	Qualitative (no quantity)	Quantitative (limited in quantity)
	<i>Needs are fulfilled by...</i> →	Right understanding and right feelings	Food, clothing, etc
Activities	<i>Activities are...</i> →	Desiring, Thinking, etc	Breathing, heart-beat, etc
		Knowing, Assuming, Recognizing, Fulfilling	Recognizing, Fulfilling
Type	<i>It is of type...</i> →	Conscious (non-material)	Physico-Chemical (material)

- All Having Physical Facilities ensures the fulfillment of the needs of the body, but it does not fulfill the needs of the “I”.
- Hence, for every human being, we need to fulfill the needs of both:
  - Of “I” = Happiness (**Sukha**)
  - Of “Body” = Physical Facilities (**Suvidha**)

One of these cannot replace the other.

- All human activities can be put under three categories

1. Activities that are going on in the Self
2. Activities that are going on in the Body
3. Activities involving both the Self and the Body



## Activity-1

Need	Related to Body?	Related to 'I'?
Ex: Nice looking Car		
Ex: Car for transport		
Ex: Food		
Ex: Tasty Food		
Ex: Trust		
Ex: Happiness		
Ex: Knowledge		
Ex: 50 Lac Rupees		
Ex: Love		
Ex: Good Health		
Ex: Prosperity		
Ex: MBA		

The answers are

Need	Related to Body?	Related to 'I'?
Ex: Nice looking Car		✓
Ex: Car for transport	✓	
Ex: Food	✓	
Ex: Tasty Food		✓
Ex: Trust		✓
Ex: Happiness		✓
Ex: Knowledge		✓
Ex: 50 Lac Rupees	✓	✓
Ex: Love		✓
Ex: Good Health	✓	
Ex: Prosperity		✓
Ex: MBA	✓	✓

Some additional observations on above table as shown below

Need	Related to Body?	Related to 'I'?
Ex: Nice looking Car	What the body needs is protection. The nice part of the car is a need of 'I'	
Ex: Car for transport	Transport, is for right utilization of the Body & related to Body	
Ex: Food	Food, that nourishes the Body is related to Body only	
Ex: Tasty Food	Nourishment is for body, taste is for 'I'. Nourishing food can also be tasty	
Ex: Trust	Trust is a need of the 'I'. It can be expressed through the body	
Ex: Happiness	Happiness is basically a need of 'I'. We currently try for this via the body sensations	
Ex: Knowledge	Need to know is a need of 'I'. The body is used as an instrument	
Ex: 50 Lac Rupees	The amount 50 lacs is I's assumption. It could be for respect or sense of security. This money could also be used for nurturing & protecting the body	
Ex: Love	Love is a need of 'I'. It can be expressed through the body	
Ex: Good Health	Good health, is a need related to body	
Ex: Prosperity	The feeling of prosperity is for 'I'	
Ex: MBA	MBA could be for learning, respect, etc. Then it is for 'I'. If it is ensure physical facilities, it is for Body.	

## Activity-2

Activity	Going on in 'I'	'I' & Body both are involved	Going on in Body with consent of 'I'
Eating			
Walking			
Thinking			
Dreaming			
Breathing			
Heart-beat			
Dancing			
Chewing			
Scratching			
Batting eyelids			
Getting angry			
Shouting			

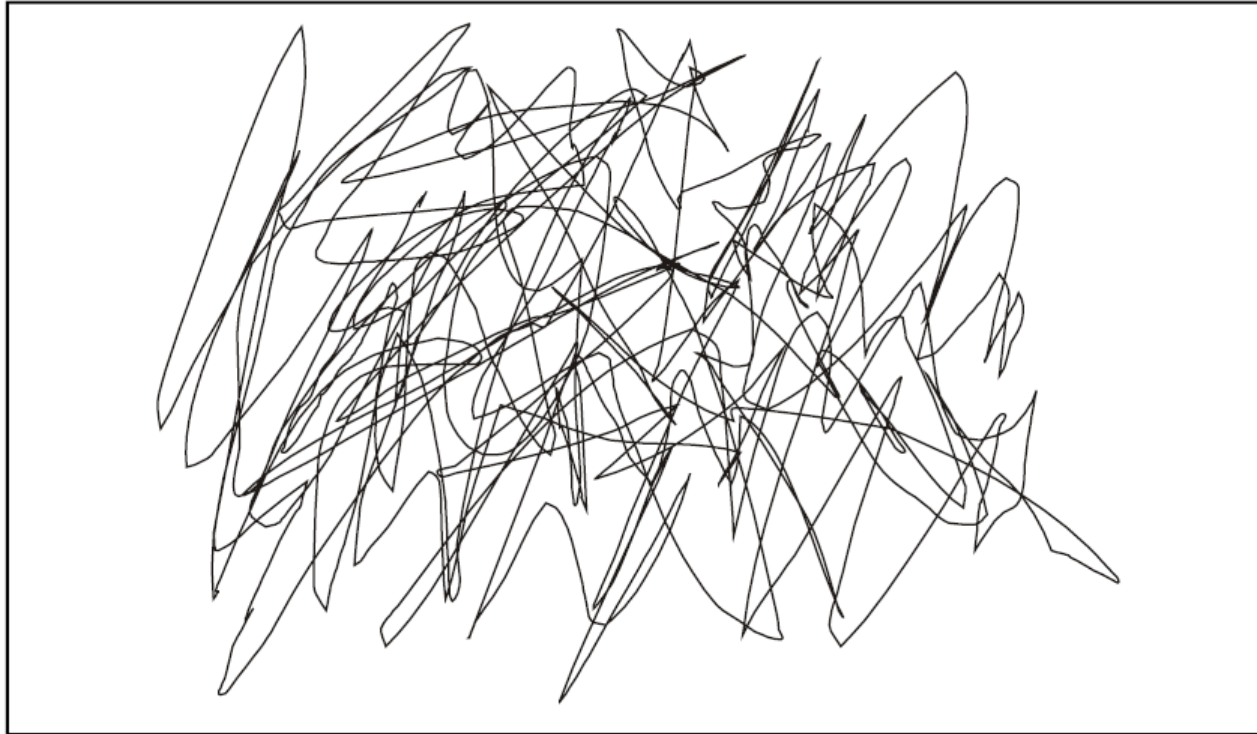
The answers are

Activity	Going on in 'I'	'I' & Body both are involved	Going on in Body, with consent of 'I'
Eating		✓	
Walking		✓	
Thinking	✓		
Dreaming	✓		
Breathing			✓
Heart-beat			✓
Dancing		✓	
Chewing		✓	
Scratching		✓	
Batting eyelids			✓
Getting angry	✓		
Shouting		✓	

Some additional observations on above table as shown below

Activity	Going on in 'I'	'I' & Body both are involved	Going on in Body, with consent of 'I'
Eating	If we are only <u>thinking</u> about eating, only I is involved		
Walking		✓	
Thinking	✓	When we think <u>and do something</u> , both are involved	
Dreaming	✓	If we dream and sleep-walk, both are involved	
Breathing			✓
Heart-beat			✓
Dancing		✓	
Chewing		✓	
Scratching		✓	
Batting eyelids			✓
Getting Angry	✓	In getting angry <u>and expressing it</u> , both are involved	
Shouting		✓	

	I	Body
1	I am	My body is
2	I Want to live	Body is used as an instrument (of 'I')
3	I want to live in continuous happiness	<p>For nurture of body → food</p> <p>For protection of body → clothing, shelter etc.</p> <p>For right utilization of body → instruments/ equipments etc.</p> <p>are needed as physical facilities.</p>
4	To understand & to live in harmony at all 4 levels (see section 4.5) is the program for my continuous happiness.	Production, protection and right utilization of physical facilities is just a part of my program.
5	I am the seer, doer and enjoyer.	Body is an instrument.



Living with pre-conditionings:

- Desires, thoughts and expectations keep changing as new inputs keep coming and the activities in 'I' take a zig-zag path as shown above.
- This leads to confusion, unhappiness, conflict and stress.
- We have lack of clarity about the self, relationships, society, nature and existence.
- We have a lack of self-confidence.
- We have a feeling of being unfulfilled, unsettled.
- We operate largely on the basis of the environment, driven from the 'outside' – either from sensations, or based on pre-conditionings!
- This is just an illustration. You can make the same diagram for yourself: Close your eyes, right now, and become aware of the thoughts in you – as you trace your desires, thoughts and expectations, you can see what pattern comes out!

## The Body As The Instrument As The Self

- Body as an instrument of Self 'I'  $\Rightarrow$  I am the conscious entity; the body is the material entity.
- The body is my instrument. I am the one who takes decisions, the body acts accordingly.
- It is through the power of your body. But not the way the rest of the world tells you your body is powerful.
- We are constantly told the lie that makeup, weight loss, new clothes, cosmetic surgery, etc., are empowering for women.
- Your power isn't just in your beauty; it's in who you are and what you do. It is also in your physical power – the power to be, and do, and live, and move.
- Want to develop positive body image? When you learn to value your body for what it can do rather than what it looks like, you improve your body image and gain a more powerful sense of control.
- Value your body for what it can do by engaging in physical activity. It will change your life and boost your body image in a way you never thought possible

## Understanding Harmony In Self

- Choosing to live in harmony with yourself means you have made a decision to embrace all elements of your character.
- Even though it sounds simple to live in harmony with yourself, it comes with its fair share of difficulties.
- For starters, people with low self-worth may not value every aspect of their personality.
- They may allow certain aspects of their personality to bring them down, thus creating an imbalance within their minds.
- To embrace all elements of your character and start living in harmony with yourself, you must be prepared and willing to put in the effort.

- **Let's consider a few actions that you can take to facilitate this transition.**

## **1. Learn how to make your shortcomings work for you**

- We all have shortcomings. There's no doubt about it.
- Rather than focusing on your shortcomings, take some time to discover their positive aspects.
- You may find it difficult, for instance, to communicate efficiently with others.
- Instead of thinking about being unable to speak to others effectively, find creative methods to express yourself in other ways.
- Some people discover enjoyment and fulfilment in writing, painting or sketching. This offers them an outlet for expression without feeling judged or embarrassed.

## **2. Practice acceptance and gratitude**

- This is where practising acceptance comes into play.
- Of course, some shortcomings may take a little more time and effort to work out.
- If you are frustrated with your so-called awkwardness or failure to build new friendships, it may be time to change your focus and embrace the person you are.
- It will help if you keep in mind that billions of individuals are on this planet. Imagine if everyone had the same personality; how boring do you think that would be? So, know that your uniqueness is contributing to the diversity displayed here.

## **3. Find something in your shortcomings to be thankful for.**

- If you believe you're not social enough, you may discover a reason to be proud of that feature.
- This will help you improve and strengthen your self-esteem without needing to compare yourself with others.

#### **4. Improve what can be changed**

- If you're aware of something about yourself you could change, attempt to do just that.
- This will lead to a fully balanced and harmonious experience. We must all work towards personal improvement and enrichment.
- **You're going to start noticing a major change in how you see and talk about yourself.**
- **Simple activities, such as speaking to individuals or meeting deadlines at work, may begin to seem effortless. You will soon reap the many benefits of living harmoniously with yourself by practising these useful tips.**

## Harmony Of Self With The Body

- It is the condition of the body where every part of the body is properly performing its expected function.
- This leads to harmony within the body, and the body become perfectly fit for use by the “I”.
- There is a strong coupling between “I” and the “Body”. Disharmony in any one of them adversely affects the other.
- **Our Body – A Self-Organized Unit:**
- The human body is a self-organized unit with a highly sophisticated mechanism. It is made up of several organs such as the heart, lungs etc. and various glands, all of which work in a close co-ordination.
- The body is made up of cells and each cell of the body has a role to play in the overall working of the body. Each cell is Self-organized and participates in the Self-organization of the body as a whole.
- All the activities in the body keep the body fit for the use of “I”.

## Harmony of the self(I) with the Body:

- The harmony of “I” with the body is:
- In the form of **Sanyama** (Self-Regulation) on part of “I
- In the form of **Svasthya** (Health) on part of the Body

### **Sanyama (Self-Regulation)**

- It is the feeling of responsibility in the Self (“I”) for nurturing, protection and right utilization of the Body.
- Once I realize that the Body is my instrument and that the body needs nutrition, protection from the environment and proper utilization to work as an efficient tool for the right purpose, I naturally develop a feeling of responsibility towards my Body. This feeling of responsibility developed in “I” is Sanyama.
- When I live with Sanyama, there is harmony among the different parts of the Body and the Body becomes my useful instrument.

## Svasthya (Health):

- It is the condition of the body where every part of the body is properly performing its expected function.
- This leads to harmony within the body, and the body become perfectly fit for use by the “I”.
- There is a strong coupling between “I” and the “Body”. Disharmony in any one of them adversely affects the other.
- To understand the self-organization of the body and ensure overall health of the body in the following ways:

### 1. Nurturing of the Body (Posana / Poshan):

- Posana / Poshan involves providing proper food (Ahar), air, water etc. to the body.
- The selection of food (Ahar) should be such that it gives required nutrients and energy to the body following the program below:
  - **Ingestion:** This involves taking the food into the mouth and chewing it well for easy digestion.

- **Digestion:** Digestion starts after swallowing the food. Digestion also depends on proper rest and exercise of the body. Food consumed should be at proper intervals and with proper posture and right quantity.
- **Excretion:** After digestion, the necessary nutrients are absorbed by the body and the unnecessary or undigested part needs to be thrown out or excreted.
- If any of the above three activities are not performed properly, it affects the body adversely and causes several health problems.

## 2. Protection of the Body (Samrakshana):

→ This involves the selection of proper clothes and shelter for protecting the body from extreme climatic conditions and to provide the right amount of exposure of the body to air, water, sunlight etc. to ensure proper functioning of the body.

→To ensure the health of the Body, we need to take care of the following:

**i. Ahara – Vihara (Food – Upkeep)** : The selection of food (Ahar) should be such that it gives required nutrients and energy to the body. For proper upkeep of the body, the body should be given rest from time to time. We must ensure proper time, posture and ways to work and to rest. And provide hygienic working conditions to upkeep our body.

**ii. Shrama – Vyayama (Physical labour – Exercise)**

Requisite amounts of physical labour and exercise are essential to keep the body fit and healthy

**iii. Asana – Pranayama ( Yogasana – Pranayam) .**

Yogasanas are well designed exercises involving specific postures to keep the body healthy and Pranayama involves exercises involving regulation of breathing. Together they ensure the synergy between

#### **iv. Ausadhi – Chikitsa (Medicine – Treatment)**

Whenever the body gets hurt or experiences any kind of disorder, we should remember that the body has a tendency heal itself and come back to normal state. We can attend to such problems by simple ways like going without food for some time or having a restricted diet etc. if the body needs further treatment, then the ailment should be properly interpreted and attended to. The medicines used for treatment should not give rise to other complications in future.

## Programme to ensure self-regulation and Health

- Program to Promote Self-Regulation in Health (PSRH) is a program designed to promote the SR of health.
- The health contents of the PSRH are the same as those of the PSE (i.e. healthy eating and oral health habits).
- The Health and Education Ministries of Brazil launched the Health in School Program in 2007. The purpose of the PSE is two-fold: [articulate the actions of the education and health systems to identify risk factors and prevent them](#); and [promote health education in the public elementary school system](#).
- In the health field, the self-regulation (SR) construct can contribute to the understanding of life habits which can affect the improvement of individuals' health.
- This research aims to present a program that promotes SR in health (SRH). This program (PSRH) includes topics on healthy eating and oral health from the PSE; it is grounded on the social cognitive framework and uses story tools to train 5th grade Brazilian students in SRH

- The study consists of two phases.
  - In Phase 1, teachers and health professionals participated in a training program on SRH, and
  - In Phase 2, they will be expected to conduct an intervention in class to promote SRH.
  - The participants were randomly assigned into three groups:
    - the Condition I group followed the PSE program, the Condition II group followed the PSRH (i.e., PSE plus the SRH program), and the control group (CG) did not enroll in either of the health promotion programs.
  - For the baseline of the study, the following measures and instruments were applied:
    - Body Mass Index (BMI)
    - Simplified Oral Hygiene Index (OHI-S)
    - Previous Day Food Questionnaire (PFDQ), and
    - Declarative Knowledge for Health Instrument.
  - Data indicated that the majority are eutrophic children, but preliminary outcomes showed high percentages of children that are overweight, obese and severely obese.

- Moreover, participants in all groups reported high consumption of ultra processed foods (e.g., soft drinks, artificial juices, and candies).
- Oral health data from the CI and CII groups showed a prevalence of regular oral hygiene, while the CG presented good oral hygiene.
- The implementation of both PSE and PSRH are expected to help reduce health problems in school, as well as the public expenditures with children's health (e.g., Obesity and oral diseases).