

# SHAPE

## *School Health Awareness Programme*

Administered by:



Under the auspices of:  
Value Education for Mutual Understanding and Service Trust  
(VEMUST)

*Shape your lifestyle to positive health!*

# **SHAPE POSITIVE HEALTH WORKBOOK**

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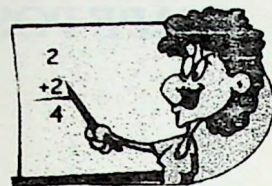
### **Dedication:**

***This workbook is dedicated to our Pujya Gurudev Swami Chinmayananda***



What is SHAPE?

- **SHAPE** is a acronym for **School Health Awareness Proramme**.
- **SHAPE** is an unique student centred, activity-based learning programme



The programme consists of six 40-minute modules that will be presented to students of classes VIII to XII.

The topics include:

1. KSHEMAM Positive health concept
2. Diet & nutrition
3. Tips for everyday fitness
4. Mind mechanics & Stress reduction strategies,
5. Study reading techniques,
6. Value-based and principle-centred living

SHAPE -- VISION:



Shape aims to impart the knowledge of positive health and its maintenance to the younger generation so that they can integrate positive health practices into their everyday life.

#### AIMS OF THE PROGRAMME:

1. To introduce the concept of positive health in an interactive manner with the aid of games and activities.
2. To emphasize that health is made up of the physical, mental, intellectual social and spiritual components.
3. To highlight exercises in each of the above components to practice everyday
4. The reinforce overall personality development is based on values and principles and that it is a life-long process

Module: 1

POSITIVE HEALTH



You will learn

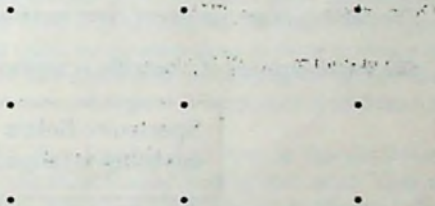
1. View of life and widening it
2. Definition of positive health
3. Components of health
4. Health spectrum
5. Health interdependence

Activity I

Puzzle I

Join the following 9 dots by

- Using 5 straight lines,
- Without overwriting
- You should start and end without lifting your pencil/pen from the paper



Puzzle II

By drawing a single line change the Roman numeral 9 to 6

I X

WAY TO VIEW LIFE



Imagine a horse with a shield by the side of its eyes. The owner of the horse puts it there so that the horse can see only the road ahead of it and it is easy to steer such a horse. But as human beings we should keep our sights wide and should be able to view the world around as fully as we can. *The way we view life is called our perspective.* We learn new things by keeping an open mind and thereby widening our perspective.



**We invite you to widen your perspective  
and learn about positive health!**

### **Definition of Health**

WHO has defined health as “a positive state of physical, mental and social well being, not merely absence of diseases and infirmity..”

- Health is a positive state of well being.
- Being free from disease will not make you healthy

### **Health Spectrum**

#### **Activity II**

Fill the boxes with the correct colors of the rainbow.

V	I	B	G	Y	O	R
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The rainbow is an example of color spectrum.

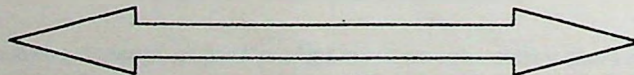
The metamorphosis of a butterfly is another example of a spectrum



**Spectrum: Entire wide range of  
anything arranged by degree or quality**

As you can see above each color of rainbow gradually merges with the next color. In the same way health is a spectrum with positive health on one side and disease on the other.

**Positive Health**



**Disease**

**Dis-ease**

The term dis-ease means “out-of-balance”.

Many of us are in this state of health, called dis-ease. We do not suffer from any illness or disease but at the same time we are not in positive health. This lack or deficiency in positive health can be in any one of the components of health.

## Components of Health

Health is a dynamic and composite entity. We call it dynamic because it changes from minute to minute. We generally think that being healthy means physical. In reality health is made up of the following 5 components:

- |                 |              |
|-----------------|--------------|
| 1. Physical     | 2. Emotional |
| 3. Intellectual | 4. Social    |
| 5. Spiritual    |              |

Not only should we be free from disease but also we should be strong in all four components of health to be in a positive state of health.

## Health Interdependence

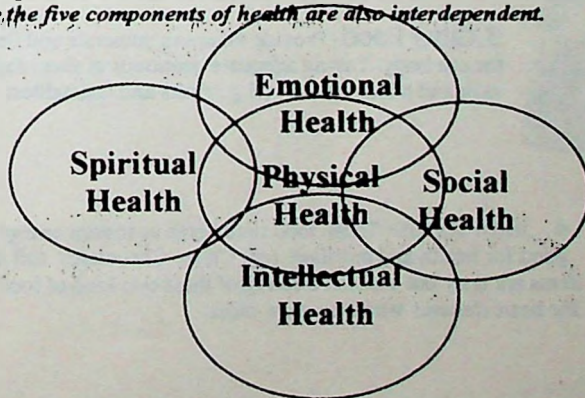
### Story of Devas and Asuras

Once there was a fight between the Devas (the good) and the Asuras (the bad). One day they went to Lord Vishnu asking for justice. Vishnu decided to give a grand banquet to teach them a lesson. Though the Asuras and the Devas did not think it was going to solve their problem they agreed to it was after all a grand meal they were going to enjoy. They had dinner served in two different halls. In one hall, sumptuous vegetarian mouth watering food was served for the Devas and in another hall spicy hot non-vegetarian food was served for the Asuras.

The Asuras could not wait to enter the room as the nice aroma of the non-vegetarian food of Chinese, Mexican, Tandoori varieties made their mouth water. But to their surprise both the hands got locked at the elbow disabling them as soon as they entered the room. The hungry Asuras became even angrier when they could not get the food to the mouth. They were spilling the food all over the place but not being able to eat. They went straight to Vishnu to tell about the injustice done to them serving a grand dinner and not being able to eat it. As they talking to Him they saw the Devas coming out of their hall very happy belching away after a nice meal. This made the Asuras even angrier. Vishnu calmly told them to go and look into the room where the Devas were eating.

Can you guess what the Asuras saw? They found to their surprise that the Devas hands were also jammed at their elbows; but they were enjoying their meal by feeding each other. They returned to with their heads down ashamed of themselves that they never thought of sharing and helping each they were too selfish.

*The above story highlights the fact that as individuals we need to share and we are interdependent on each other. Similarly the five components of health are also interdependent.*





## Module: 2

# PHYSICAL HEALTH-DIET & NUTRITION



### You will learn

1. Food groups and their role in our diet
2. To categorize everyday food items under these food groups
3. Importance of well balance and healthy diet
4. Healthy eating habits

## Food Groups

The food that we eat everyday can be grouped under one of the following five groups:



1. **Go foods-** are rich in energy and provides the fuel for work and play.  
E.g.: Rice, Roti, Bread



2. **Grow foods-** give as protein, which are the building blocks of our body.  
(E.g.: Milk, Cheese, Curd (preferable from low fat milk), meat, fish, dal, rajma etc)



3. **Glow Food-** Provide vitamins, minerals and fiber, which are essential for our body. Taking adequate quantities of these foods gives a healthy skin and hence "glow". (E.g.: fruits and vegetables)



4. **Junk foods-** These food items give us instant energy and are tasty but not good for health and nutrition. (eg: Chips, Chocolates, soft drinks etc) Fatty food items are tasty but excessive eating of these this kind of food items are responsible for heart diseases when we grow older.

### Did you know?

Fat deposits in our blood vessels, which block the arteries of our heart leading to sudden heart attacks, are found as early as 16 years of age!

## Activity I

Categorize the following food items in the box under the four food groups.

Go foods	Grow foods	Fruit salad Ice cream Paneer Chocolates Mysore pak chips Curd orange	Bread Idli Rice Brinjal Carrot Meat Spinach Milk Egg
Glow foods	Junk goods		

### Well-balanced & healthy diet

#### What is well-balanced diet?

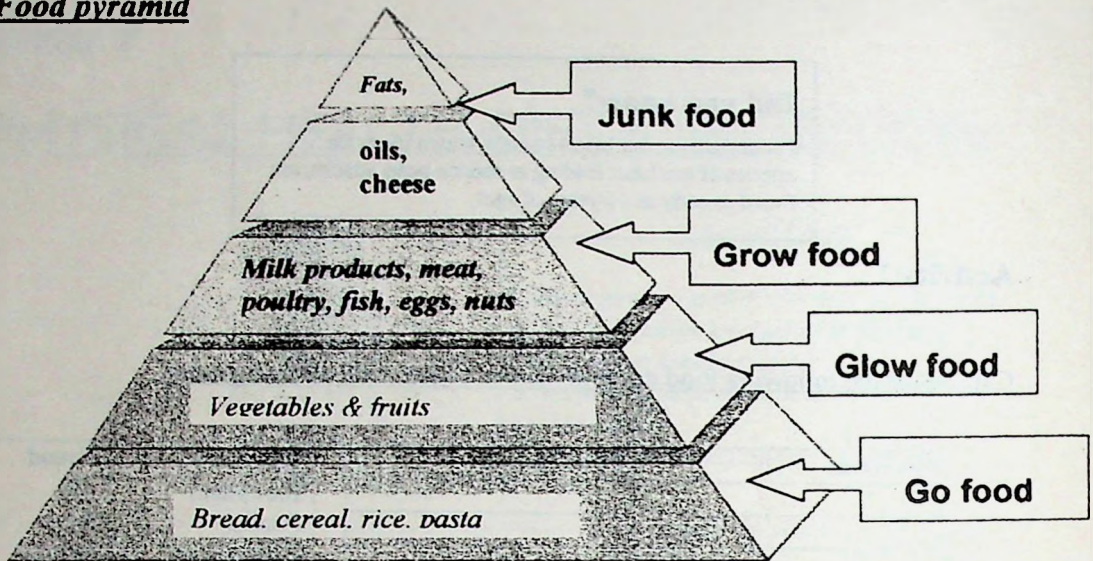
Well balanced diet contains the proper proportion of the various food items. A healthy and well-balanced diet contains all the food items belonging to the four groups; but the proportion of each varies

Look at the pyramid below. If you should plan your meals like the pyramid, you are eating a well-balanced diet.

Eat plenty of grow and glow foods which forms the base of the pyramid. We should also have go foods to provide us energy for work and play. Junk food and fried food items should be kept to a minimum.



### Food pyramid




### Healthy eating Habits

1. Eat like a king at breakfast, like a common man at lunch and like a pauper at supper.
2. Try not to eat junk food in between meals.
3. Sit in the Dining table and enjoy your food. Do not watch TV and munch your food.
4. Keep yourself busy – boredom leads to over eating.

## Module: 3

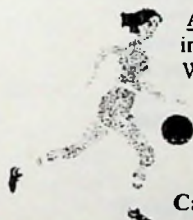
# PHYSICAL HEALTH - EXERCISES

	<u>You will learn</u> <ol style="list-style-type: none"><li>1. Categories of exercise</li><li>2. Benefits of exercise</li><li>3. Components of exercise</li><li>4. Goals setting &amp; practical tips</li></ol>
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### Categories

There are 3 main categories of exercise:

1. Aerobics
2. Calisthenics
3. Weight Training

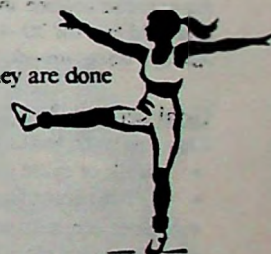


**Aerobic exercises** are done by moving large groups of muscles vigorously enough to increase the supply of oxygen from the lungs to the heart and other parts of the body. When done regularly it improves heart and lung fitness.

E.g. swimming, fast walking, jogging, cycling and skipping

**Calisthenics** are stretch exercises. It improves the flexibility. They are done by moving the large and small joints of our body. They are good as warm up and cool down routines. They do little to improve heart and lung fitness.

E.g. Touching toes, leg lifts, knee bends.



3. Weight training helps to build muscle strength. These exercises do not directly improve the heart and lung fitness.

Eg. Lifting weights.



Though all the above 3 categories of exercise are beneficial, aerobic exercise are very useful for overall fitness and it has been proven to prevent lifestyle related diseases like heart attacks, diabetes etc.

### Activity I

Write down your previous day routines and calculate how many times you did an aerobic activity.

	Name of Activity	Place	Number of Times	No of Minutes
1.				
2.				
3.				
4.				

### Benefits of Exercise

Regular physical exercise gives one a healthy body and a healthy mind.

Through regular exercise you can

- Make heart and lungs strong
- Reduce risk of heart disease, high blood pressure and high blood sugar
- Burn body fat
- Become stronger and more flexible in body movements
- Have strong bones
- Look better with good shape bright eyes and healthy skin
- Be more alert with better concentration
- Sleep better at night
- Reduce the effects of mental stress

In short you can gain

Stamina, which is the endurance to do, sustained physical activity

Strength which is the ability to have power to move or lift things

Flexibility is the ability to be agile and fit

### Components of exercise

Choose an exercise that conveniently fits your daily routine.

An exercise routine should be preferably done all days of the week - at least 3 times a week

It should last for 30 -45 minutes

Always warm up - do your routine - and cool down

### Goal setting & practical tips

Easy tips to be healthy

- Walk or cycle to the market instead of going by car
- Climbs stairs instead of going in lifts
- Dust and mop your rooms yourself instead of asking someone to do it
- Go for a walk with friends instead of playing video games
- Play outdoors instead of watching TV

Give no excuses like "no time", "no facilities", "too tired", "too difficult" and so on.

Like any activity in life that you need to succeed, you need to set goals for yourself and make sure you stick to your plan. The activity pyramid in the next page gives you guidelines for the goals and plan for every week

# SPOTLIGHT ON the ACTIVITY PYRAMID!

## Cut down on

- Watching TV
- Playing computer games
- Sitting for more than 30 minutes at a time

FROM THE PRESIDENT'S  
COUNCIL ON PHYSICAL  
FITNESS & SPORTS

## 2-3 times a week

- Leisure activities
- Golf
  - Bowling
  - Softball
  - Yardwork

## 2-3 times a week

- Stretch/strengthen
- Curl-ups; sit-ups
- Weight training

## 3-5 times a week

- Aerobic exercise
- Swimming
  - Bicycling
  - Brisk walking

## 3-5 times a week

- Recreational sports
- Basketball
  - Tennis
  - Hiking
  - Soccer

## Everyday

- Walk the dog
- Take the stairs
- Walk instead of riding
- Make extra steps in your day



## Module :4

# MENTAL HEALTH



### You will learn

1. What is mind
2. How do thoughts arise
3. What is stress
4. How to cope with stress

## Mechanics of Mind

### What is Mind?

Mind is flow of thoughts

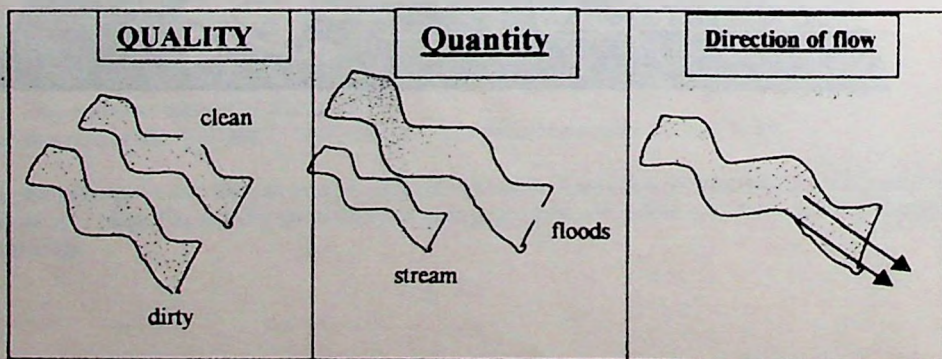
Mind can be compared to a river.

Stagnant water is not a river so also when there is no thought flow (as in deep sleep) there is no mind.

The nature of a river depends on its quality and quantity of water and the direction of flow.

Quality of water in the river depends on whether it is clean or dirty. How the river flows depends on the quantity of water. When there is a flood, water overflows the banks and water gushes all over. The direction of flow depends on the banks that direct the water in the right direction so that the water will flow into the sea.

So too the nature of mind at any given time depends on quality, quantity and direction of thoughts as shown in the picture.





Our mind emotions and thoughts keep on changing every second is it natural? What is this due to?

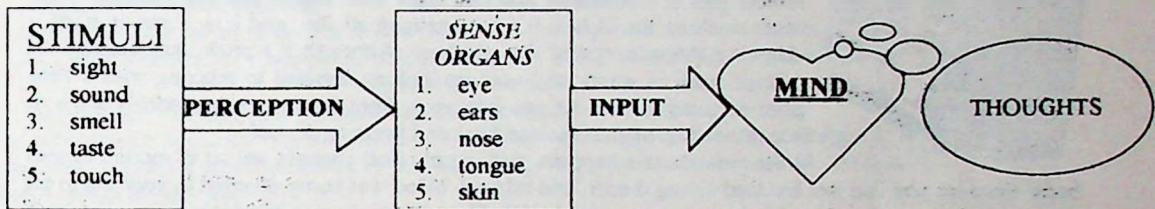
The rapidly changing character of mind is it's natural state of activity. The nature of mind at any given moment is dependent on three factors of thought flow: **quality, quantity and direction of flow.**

The state of our mind will depend upon:

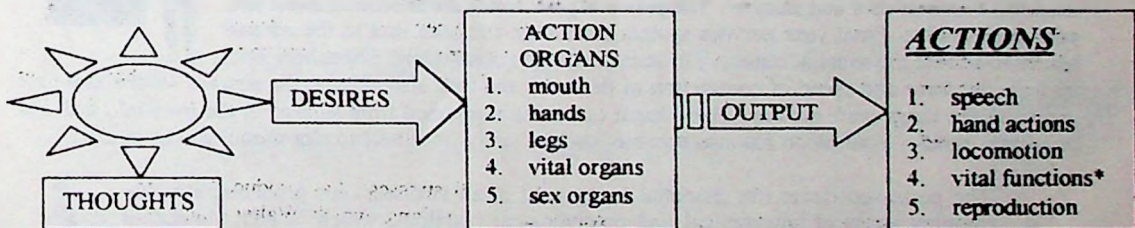
1. **Quality of thoughts** – noble and selfless thoughts make the mind pure. Low passions and criminal thoughts make it dirty.
2. **Quantity of thoughts** – more the thoughts, the mind is agitated; reducing the number of thoughts make it peaceful
3. **Direction of flow** - the directions of flow of a river is determined by its banks and to the ocean into which it ultimately drains into; the direction of thought flow are guided by the values and principles that are important to us. (These are the banks) Our life time ambitions is the ocean into which our thoughts flow ultimately

**How does thoughts arise?**

An object or action from the world outside stimulates thought. (It can be an *ice cream van* or an *unkind word*.) This is perceived by our **sense organs**. This information reaches the **mind**. Till now it is purely a physical process like any physics experiment. Once the stimulus has reached the mind, **thoughts arise...**

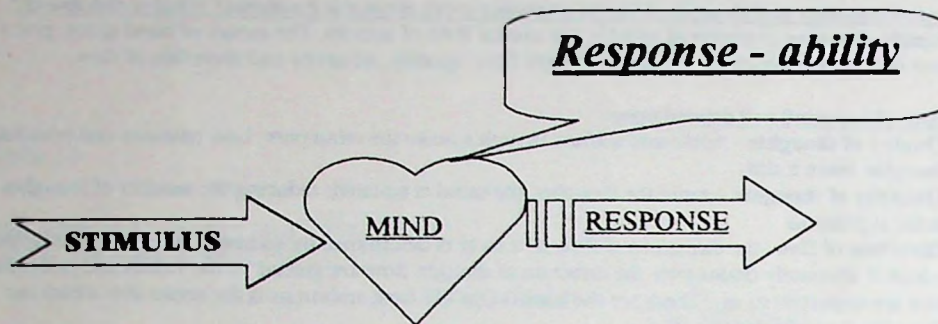


If we react to the stimulus then these thoughts take the form of a **desire** ("I want strawberry ice cream" or "I want to bash the person who insulted me") these desires activate the **action organs** and they carry out the appropriate actions. This last event is also purely mechanical.



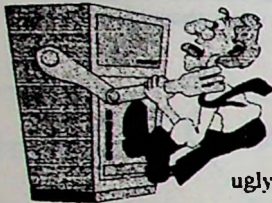
Thus we can see the only place we can intervene or make any change between the stimulus and response is in the arena of the mind. Thus the mind has the **ability** to choose our **response**. This is called responsibility (**response-ability**). This is a unique gift to mankind. Animals and plants are programmed by nature and do not have this **response-ability**. Hence we should take pride and use this response-ability to the maximum extent.





## What is stress?

### THE STRESS RESPONSE



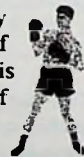
Imagine the following situation.. You have rented a small cottage in a remote part of kodaikanal and one night after dinner you are standing at the sink washing the dishes. It's been raining all day, and now a strong wind is blowing the rain against the windows. Although it's pitch dark outside, the cottage itself is warm, and you are looking forward to relaxing with a book prior to going to bed. As you turn away from the sink, you suddenly see an ugly face pressed up against the windows and grinning at you!

At the moment this happens, striking physical changes are set in motion in your body. Because you had just finished eating dinner, and relaxed, blood was being diverted to your gut to aid digestion (therefore less blood is being sent to your brain). Your breathing was relatively slow, your heart rate was quite slow and regular, and your skin was dry and warm.

Now, digestion has stopped. Blood is being shunted rapidly away from your gut to your brain, which is now highly aroused, and particularly to your muscles, which are preparing for action. Your heart rate and blood pressure have increased dramatically, and your skin (as the blood is diverted away from it to feed the brain and muscles) becomes cool and clammy. The palms of your hands are becoming moist and your pupils dilate. From your nervous system a message has been sent to the adrenal glands to secrete the stress hormones, i.e. adrenaline and noradrenalin. These hormones increase the force and speed of contraction of the heart and they also enlarge the airways so that more air can reach the lungs more quickly. Blood sugar (glucose) is released from storage in the liver into that can be burned rapidly. Your blood has also become 'stickier' and more likely to clot should you be injured.



The perceived threat (the essential component in all stresses), has produced a highly complex series of biochemical and psychological reactions, which Walter Cannon of Harvard described as the '*fight or flight*' reaction'. This sequence of bodily changes is genetically programmed into each of us and links us to our prehistoric ancestors. Of course, you don't need to go to a remote cottage in Kodai to experience all this. A near miss on the Chennai roads can produce exactly the same pattern of changes.



Today, most of the stress we face are not solved physically by either fighting or fleeing, so the body's stress response has no way to dissipate. Modern man has retained his primitive hormonal and chemical defense mechanisms, but a twentieth century lifestyle does not allow a physical reaction to the stress agents we face.

Physically attacking people whom we hate, or running from what we find to be an acutely stressful event (like exams-however much we may relish the thought), are not socially acceptable reactions.



Our long evolved and ancient defense mechanisms prepare us for dramatic and rapid action, but find little outlet. We have to repress them. It is the inappropriateness of the normal biological stress response in the context of modern living, which is potentially harmful.

#### How can we reduce stress in our lives?

We can reduce your stress levels by following these three simple strategies

##### 1. Live in the present.

Present is the only time we can act and do and achieve.

##### 2. work within your area of influence

We have to be practical and do small little things which is within the area of our life that we can influence. Sitting and brooding about the state of the world over which we have no control is a sheer waste of time and mental energy.



##### 3. Be practical - expect all eventualities

Whatever action we do, only four kinds of results are possible:

1. *equal* to what we expected
2. *more* than what we expected
3. *less* than what we expected
4. *opposite* of what we expected.

It is impossible for us to do any action without expecting results. If we expect all the above eventualities our disappointment is much less and it goes along way in reducing our stress levels.

##### 4. Acceptance – accept that we cannot call all the shots

Our performance is usually not consistent. We have little say regarding external factors. It is impossible to predict unforeseen factors that may modify the results. So we should learn to accept things as they are.




#### Lord! Give me the courage:

- ☐ To change things that can & ought to be changed
- ☐ Accept the things that cannot be changed and
- ☐ The wisdom to know the difference!



## Module: 5

# INTELLECTUAL HEALTH

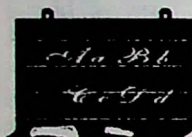
	<p><u><b>You will learn</b></u></p> <ol style="list-style-type: none"><li>1. What is reading</li><li>2. Principles of study reading</li><li>3. Revision - the proper way</li></ol>
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### Reading for exams & enjoying it!

#### What is reading?

##### **Recognition**

Reading starts with recognition of written words



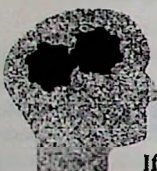
##### **Physical transmission**

You also need a good eyesight and lighting for the transmission



##### **Comprehension**

You should next understand what you are reading. If what you are reading is ABCs, there is no problem! But if it is nuclear physics, you will not understand a thing!



##### **Knowledge bridging**

If you do not understand a certain area of what you are reading, you get a doubt. You can either ask your teacher or refer other books to bridge the gap in your knowledge



##### **Retention & Recall**

This is the most important aspect of reading for exams you want to remember what you have read and write it clearly in the examinations



### Principles of study reading

#### Step: 1

- Read the title and think about it; how much do you know the topic

#### Step: 2

- Look at the Table Of Contents

### Step:3

--Read introduction and summary of Chapter (or) first and last paragraph

### Step:4

-- Read review or discussion questions

### Step:5

--Read all major headings and subheadings

### Step:6

--Look at all pictures and tables

### Step: 7

--Read first and last lines of the each paragraph

### Step:8

--Review and write down the major points of the chapter as fast as you can ( 2minutes)

### Step: 9

--Read the chapter in depth

### Step:10

Make notes

Review & revise

## **REVISION - THE PROPER WAY**

First revision should be done 10 minutes after one hour of learning. This will enable you to remember what you have learnt for day only!

But if you revise the same topic the next day also, you will remember what you learnt for a week

And if you revise the same topic the next week and every week for 3 weeks, the learning is permanent and you will be able to recall at will


Another advantage of regular revision is that the time you spend in revising the same topic becomes lesser with each revision.

REVISION	TIMING	RECALL
I	10 mins. After 1 hour learning	24 hrs
II	1 day after	7 days
III	7 days after	15 -30 days
IV	Every week x 3	Long term



## Module: 6

# SOCIAL HEALTH

	<p style="text-align: center;"><u><b>You will learn</b></u></p> <ol style="list-style-type: none"><li>1. What is Value</li><li>2. What is happiness</li><li>3. Living a life of values</li></ol>
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## VALUE BASED LIVING

### What is value?

Value literally means worth or desirability. In our context, it stands for one's judgement of what is valuable or important in life.

### What is important in life?

What is the most important thing in our lives? Money? Power? Home? Parents? Friends? These may look important; but when we analyze why we think any of the above is important, it boils down to a very selfish reason - our happiness! Don't kid yourself. It is a universal need. Our happiness is most important in our lives.

### What has values to do with our happiness?

Remember that value is one's judgement of what is valuable in life. The most important thing in life is our happiness. Naturally we are going to pick our values for our living which will give us happiness.

### How do we determine a value?

First a knowledge of standard codes of living in our society is necessary - you can call this ethics, morals, principles, it does not matter.

At birth, we have no knowledge of values. When the baby throws tantrums, it gets a strong message from the mother that it is not right. In order to please the mother, it stops the tantrums- the first step towards value based living!

All through our lives we continue making this value judgment- is this important in my life? Will this give me happiness? Will I be comfortable doing this? If we are convinced, then we internalize this value. After this internalization, our actions and interaction with the society is in line with the value set we carry.

Let us take an example - Truth. We all know Truth is a good value and telling lies is not right. But how much we adhere to this principle depends on how much we have internalized this knowledge. At one

extreme, when we have zero internalization we have absolutely no qualms about it. Mahatma Gandhi is example of 100% internalization of the value of Truth.

### Free will- the human prerogative

At every turn of our lives we are faced with a choice. Man is the only being in this universe that has this free will. Though it is beneficial, this choice makes us afraid whether we will make wrong judgments. What looks like a perfectly ideal solution at one time looms as a large mistake in the future. In choose values to guide our lies this freedom of choice plays a very important role.

### How to distinguish between right and wrong?

Right and wrong are relative and depend upon the society in which we live in. What we consider as wrong in India may be viewed as right in another country. In a society of cannibals, eating human flesh may not be considered wrong!

These are the two ways of finding out what is right or wrong

Step 1. Look at the collective wisdom of our society that has laid down certain codes of conduct which will lead to universal happiness. Examples of such values are honesty, charity, love, generosity, and unselfishness. We should read and acquire knowledge about these values.

Step 2. This is a very personal one. Just watch your minds' reaction to any action you do. If the mind is agitated and keeps on thinking, "I should not have done it" then that action is wrong. You should attempt to clarify your values on that subject and avoid doing it again. Right actions on the other hand, bring happiness and your mind is at peace with itself.

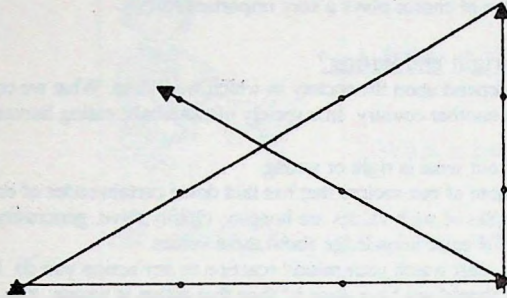
Respect for elders is one value many teenagers have problems with. Especially in India this is an important value. If we are and brought up in India this value will be ingrained in us. Naturally if we act against this value it creates mental disturbances and unhappiness. It is important we accept this value and internalize it- for our happiness!



## ANSWERS

### Module: 1

Puzzle: 1



### Module: 1

Puzzle: 2

SIX

### Module: 2

Activity: 1

Categorize the following food items in the box under the four food groups.

Go foods	Grow foods
Bread	Egg
Idli	Milk
Rice	Paneer
	Curd
	Meat
Glow foods	Junk goods
Fruit salad	Ice cream
orange	Chocolates
Brinjal	Mysore pak
Carrot	chips
Spinach	