

## Health Workshop

A full health workshop on “Ahar hi Aushadhi” conducted from 1<sup>st</sup> April to 10<sup>th</sup> April 2021 by Shri Gopal Gupta, wellness coach, Navjivan Center for Holistic Human Health at UIET (5pm to 7.30pm). The workshop attended by 20 persons.

The workshop was divided in three slots:

1. Yoga and pranayam (5pm to 6pm)
2. Juice distribution for drinking (6pm to 6.30 pm)
3. Health checkup everyday (6.30 pm to 7 pm)
4. Lecture on “Ahar hi Aushadhi” (7pm to 7.30pm)

### The Fundamentals of Yoga Sadhana

Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: karma yoga, where we utilize the body; bhakti yoga, where we utilize the emotions; gyana yoga, where we utilize the mind and intellect; and kriya yoga, where we utilize the energy.

Each system of Yoga we practice would fall within the gamut of one or more of these categories. Every individual is a unique combination of these four factors. "All the ancient commentaries on Yoga have stressed that it is essential to work under the direction of a Guru." The reason being that only a Guru can mix the appropriate combination of the four fundamental paths, as is necessary for each seeker. Yoga Education: Traditionally, Yoga Education was imparted by knowledgeable, experienced, and wise persons in the families (comparable with the education imparted in convents in the west) and then by the Seers (Rishis/Munis/Acharyas) in Ashramas (compared with monasteries). Yoga Education, on the other hand, aims at taking care of the individual, the 'Being'. It is presumed that a good, balanced, integrated, truthful, clean, transparent person will be more useful to oneself, family, society, nation, nature and humanity at large. Yoga education is 'Being oriented'. Details of working with 'being oriented' aspect have been outlined in various living traditions and texts and the method contributing to this important field is known as 'Yoga'.

Present days, Yoga Education is being imparted by many eminent Yoga Institutions, Yoga Colleges, Yoga Universities, Yoga Departments in the Universities, Naturopathy colleges and Private trusts & societies. Many Yoga Clinics, Yoga Therapy and Training Centers, Preventive Health Care Units of Yoga, Yoga Research Centers etc. have been established in Hospitals, Dispensaries, Medical Institutions and Therapeutic setups.

Different social customs and rituals in India, the land of Yoga, reflect a love for ecological balance, tolerance towards other systems of thought and a compassionate outlook towards all creations. Yoga Sadhana of all hues and colours is considered panacea for a meaningful life and living. Its orientation to a comprehensive health, both individual and social, makes it a worthy practice for the people of all religions, races and nationalities.

**Conclusion:** Now-a-days, millions and millions of people across the globe have benefitted by the practice of Yoga which has been preserved and promoted by the great eminent Yoga

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Masters from ancient time to this date. The practice of Yoga is blossoming, and growing more vibrant every day.

### **Summary of food groups, serving sizes and recommended intakes**

Table 1 shows the four food groups, specific foods included in each group, the minimum number of servings of each group recommended for healthy children and young people, and examples of standard serving sizes.

**Table1:**

<b>Food groups, specific foods in each group, advice and serving size examples</b>			
<b>Food group</b>	<b>Specific foods included</b>	<b>Recommendation (per day)</b>	<b>Serving size examples</b>
Vegetables and fruit	<p>All vegetables and fruit, including potatoes, kūmara and taro</p> <p>Vegetables and fruit – fresh, frozen or canned</p> <p>If consumed, only one serving of no-sugar-added fruit juice or dried fruit can count as contributing a serving to the recommended dietary intake<sup>1</sup></p>	<p><b>Preschoolers:</b> at least 2 servings of vegetables and at least 2 servings of fruit</p> <p><b>Children:</b> at least 3 servings of vegetables and at least 2 servings of fruit</p> <p><b>Young people:</b> at least 3 servings of vegetables and at least 2 servings of fruit</p>	<p>1 medium potato or kūmara (135 g)</p> <p>½ cup cooked vegetables (eg, broccoli, peas, corn, spinach, pūhā) (50–80 g)</p> <p>1 carrot (75 g)</p> <p>½ cup salad (60 g)</p> <p>1 tomato (80 g)</p> <p>½ avocado (80 g)</p> <p>1 apple, pear, banana or orange (130 g)</p> <p>2 small apricots or plums (100 g)</p> <p>½ cup fresh fruit salad (120 g)</p> <p>½ cup stewed or canned fruit (135 g)</p> <p>1 cup no-added-sugar fruit juice (250 ml)<sup>^</sup></p>

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Food group	Specific foods included	Recommendation (per day)	Serving size examples
Breads and cereals	All breads, cereals, rice and pasta (increasing wholegrain options as children age)	<b>Preschoolers:</b> at least 4 servings <b>Children:</b> at least 5 servings <b>Young people:</b> at least 6 servings	1 medium slice of bread (26 g) 1 roll (50 g) 1 pita pocket or tortilla (50–80 g) 2 breakfast wheat biscuits (34 g) ½ cup muesli (55 g) ½ cup porridge (130 g) 1 cup cornflakes (30 g) 1 cup cooked pasta or rice (150 g) 4 grainy crackers (40 g) 2 plain sweet biscuits (14 g) 1 cup plain popcorn
Milk and milk products	Milk (includes calcium-fortified milk alternatives), cheese and yoghurt (choose low-fat options)	<b>Preschoolers and children:</b> at least 2–3 servings <b>Young people:</b> at least 3 servings	Glass of milk or calcium-fortified milk alternative (250 ml) Pottle of yoghurt (150 g) 2 slices of cheese (40 g)

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