

Contemporary issues in Physical Education Fitness and Wellness

Compiled by
Mr. M. Prabu
Assistant Professor, MCPE



Ramakrishna Mission Vidyalyaya
Maruthi College of Physical Education
SRKV Post, Periyanaickenpalayam, Coimbatore - 641 020

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EC-201: CONTEMPORARY ISSUES IN PHYSICAL EDUCATION, FITNESS AND WELLNESS

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CONTEMPORARY ISSUES IN PHYSICAL EDUCATION FITNESS AND WELLNESS

UNIT-I

Meaning

Physical fitness is the capacity to carry out, reasonably well, various forms of physical activities, without being unduly tired and includes qualities important to the individual's health and well-being.

Physical fitness is used in two close meanings: general fitness (a state of health and well-being) and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations).

Physical fitness is the result of regular exercise, proper diet and nutrition, and proper rest for physical recovery within the parameters allowed by the genome.

Physical fitness is the state of fitness of mind and body necessary to carry on life functions.

Fitness can be performance-related or health-related. Performance-related fitness is a measure of an athlete's agility, balance, power, and speed. This topic focuses on health-related fitness, which you can achieve through regular physical activity. The benefits of both types of fitness are a healthy heart and lungs (cardiorespiratory fitness), increased flexibility, and muscular strength and endurance.

Physical Fitness is the capability of the heart, blood vessels, lungs and muscles to function at optimal levels. Optimal efficiency means the most favorable health needed for the enthusiastic and pleasurable participation in daily tasks and recreational activities. Functional cardiorespiratory and muscular systems enable you to carry out everyday activities efficiently. In other words, people who are physically fit look better, feel better, and possess the good health necessary for a happy and full life.

Physical fitness – Definition

AAPHERD Physical Best Program (1988)

- a physical state of well being that allows people to perform daily activities with vigor, reduce risk of health problems related to lack of exercise, and provide a fitness base for participation in a variety of physical activities

The human body's ability to move with desired speed, balance, agility and strength gained through proper exercise and nutrition."

– Don Hoskins, Phoenix AZ, USA

"Physical fitness is training for LIFE. It's the body's ability to be able to withstand whatever life throws it's way! Sprinting, jumping, walking, and playing with grandchildren...physical fitness is specific to the individual and therefore, training to improve and maintain it should be as well!"

-Sarah E. Rippel, Baton Rouge, LA, USA

"A structurally sound foundation to prevent injury, develop quality, and find wellness to enhance our function of life."

-Drew Foster, Spring TX, USA

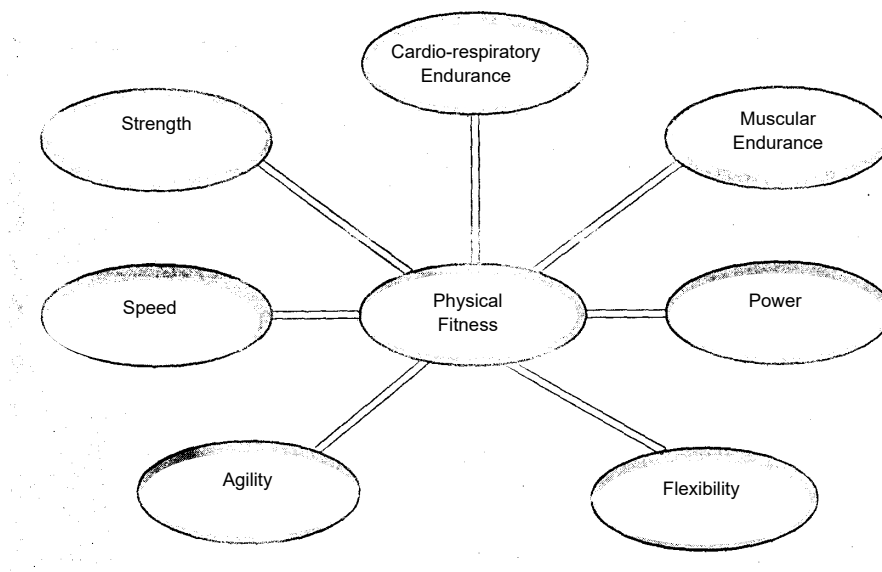
"Fitness is the ability to adapt to the demands placed an individual by their environment. Physical Fitness is just applying such a definition to the physical demands an individual's environment may place on them."

-Daniel Andrews, Champaign, IL, USA

At the very least, the body's physical ability to efficiently cope with the specific and intermittent extraordinary imposed demands which occur on a daily and intermittent basis.

-Jerry Telle, Lakewood CO, USA

COMPONENTS OF PHYSICAL FITNESS



The following are the components of physical fitness -

- | | |
|--------------------------------|-----------------------|
| 1. Cardiorespiratory Endurance | 2. Muscular Endurance |
| 3. Strength | 4. Speed |
| 5. Power | 6. Agility |
| 7. Flexibility | |

1. **Cardio-respiratory Endurance**

This is the quality that enables one to continue engaging in reasonably vigorous physical activities for extended periods of time where the required cardio-respiratory adjustments to the activity is built up.

2. **Muscular Endurance**

This is the quality that enables a person to sustain localized muscle group activities for extended periods of time.

3. **Strength**

Strength is the amount of muscular force one is capable of exerting in a single muscular contraction.

4. **Speed**

Speed is the ability to make rapid movement in the shortest possible time.

5. **Power**

It is the quality of a muscle to contract forcefully in the quickest possible time.

6. **Agility**

It is the ability of the human body to change direction quickly and effectively.

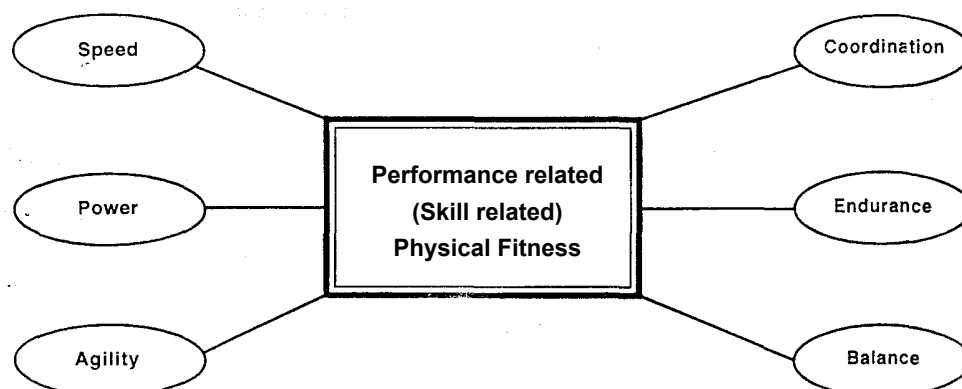
7. **Flexibility**

It is the ability of a muscle to perform movements with large amplitude (range of motion). It also refers to the functional capacity of a joint to move through a normal range of motion. It is specific to a given joint and is actually more dependent upon the musculature surrounding a joint than on the actual body structure of the joint itself.

Components of Motor Skill-related Physical Fitness

Motor skill-related physical fitness has direct relevance to performance in games and sports. It enables an individual to participate in games and sports with greater power, speed, endurance, agility, coordination, balance etc. and in turn makes him capable of attaining good performance in a sport.

The following are the components of motor skill-related physical fitness



1. **Speed**

Speed is the ability to make rapid movements of the same type in the shortest possible time.

2. **Coordination**

It is a performance pre-requisite and is primarily determined by mechanism involved in control and regulation of movement. It is dependent on the co-ordinative process of nervous system and functional capacity of sense organs.

3. **Power**

It is the quality of a muscle to contract forcefully in the quickest possible time.

4. **Endurance**

Endurance is the quality that enables one to continue engaging in reasonably vigorous physical activities for extended periods of time.

5. **Agility**

It is the ability of the human body to change direction quickly and effectively.

6. **Balance**

It is the ability of the body to maintain equilibrium under static and dynamic condition?

In order to bring about overall development of different types of fitness, one has to participate in specific programmes contributing to improvement of various components of health as well as motor skill-related physical fitness. People realize that developing components of health and motor skill-related physical fitness alone will not be enough to decrease the risk of disease and ensure better health. As a result of this a new concept called "Wellness" was developed in 1980 which goes beyond the components of different types of fitness.

PERFORMANCE-RELATED PHYSICAL FITNESS (SKILL-RELATED PHYSICAL FITNESS)

- According to Jasman (1988) the psychomotor domain is comprised of physical, motor, fitness, and play. The psychomotor domain includes fundamental movement patterns that are skill-related needed in particular sports. One of the main goals of a physical educator is to develop movement competence and improve performance in the psychomotor domain (Hastad & Lacy, 1998).
- Performance-related fitness items measure predominantly athletic performance related physical fitness: the standing long jump, the 50-yard dash, the shuttle run.

Components of Performance-related fitness:

In addition to the five components of health-related physical fitness, performance related physical fitness includes:

- Balance
- Speed
- Agility
- Coordination
- Power
- Reaction time

Benefits of Physical Fitness

- Reduce chance of heart attack and stroke
- Reduce chance of developing hypertension (high blood pressure)
- Reduced chance of back pain
- Reduced chance of developing osteoporosis
- Reduce the chances of developing adult onset diabetes
- Healthy body composition, reduced chance of being overweight
- Healthy mental state
- Being able to efficiently manage stress
- Better sleep
- More energy
- Great balance & coordination

VALUES OF PHYSICAL FITNESS

The overall benefit of being active and fit is an improved quality of life—being able —to do things you enjoy for longer periods of time (for example, playing with the kids, gardening, dancing, or walking).

Research repeatedly shows that fitness is a strong measure of health. In a study of more than 25,000 volunteers, researchers at the Cooper Institute found that a person's fitness level was more important than body weight. Men in the study who were overweight or obese but who were physically fit had a lower risk of death than men who were a healthy weight but were not physically fit.² Being fit improves your overall health and reduces your risk of disease.

SHORT-TERM VALUES

1. A healthier heart. Physical activity makes demands on your heart that make it stronger and better able to function.
2. Healthy muscles, bones, and joints. Resistance training such as weight lifting improves muscular strength and endurance and increases bone density, which is especially important for older adults to prevent falls and injuries.

3. Increased burning of calories. Physical activity burns calories and helps you achieve a healthy balance between the calories you take in from food and those you expend. (To find out how many calories are burned during different activities, see the activity calorie calculator.) When you exercise regularly, your body burns more calories, both during activity and at rest. Being fit may also lower your percentage of body fat and increase muscle strength and tone. Your percentage of body fat depends on genetics, lifestyle, and physical activities. No matter what your size or shape, physical activity has important health benefits. These may include: Improved ability to fall asleep and sleep well.
4. Increased energy. Increased mental acuity-sharper and faster thinking.
5. Better mental health and ability to cope with stress. People who are fit have less anxiety, depression, and stress than people who aren't active.

LONG-TERM VALUES avoid the following:

1. Dying early:Developing coronary artery disease. Men who are not active have about twice the risk of developing heart disease as men who are regularly physically active. Having a second heart attack. Also, people who get regular physical activity as part of a cardiac rehabilitation program have a lower risk of dying from a heart attack.
2. Developing high blood pressure. Regular physical activity can also lower blood pressure in those who have high blood pressure.
3. Developing type 2 diabetes. Physical activity may prevent type 2 diabetes through its effect on insulin, how the body processes sugar, and maintenance of body weight.
4. Developing colon cancer or other cancers.

Becoming obese.

Note: Most people should talk to a health professional first before beginning a regular exercise program, especially those who have conditions such as coronary artery disease, high blood pressure, heart valve disease, or diabetes. If you are at risk for or have some of these conditions, your health professional may want to help you build a plan matched to your needs. He or she may want to "do tests before you start a plan or want you to be more careful and watch for injuries or other problems.

Values of physical fitness

One of the important aspects of Personal Development is to remain fit both mentally and physically. Look around yourself and you would find many people who have not done any single exercise since years. Bygone are bygones and you are not the same physically fit person you used

to be in your teens. Taking pride from your past and believing that you can reach the same physical fitness level is nothing but a myth. Many people realize this when they are either too late or their body has already shown signs of stress. Hence it is important to understand the benefits and values of physical fitness and devote some time every day from our schedule in order to remain physically fit.

Every year the data released by various agencies shows the dismal state of health and wellbeing of fellow human beings. Despite having everything in life, people maintain poor physical status mainly because of their lifestyle and the way they have been brought up. It is important for parents to realize the importance of physical fitness not only in their lives but also should imbibe these qualities in their children. If you read about the benefits and values of physical fitness you would realize that the advantages are so important that they somehow hold a true potential for enriching your life. Postponing it to another day just aggravates the situation and never in stills a habit in us. It is important to understand the benefits and incorporate physical exercises as a Ritual so that even if we do it for small time, we still do it every day for each day of our life.

The exercises can range from walking, running, yoga, or hitting the gym. You can choose anyone based on your comfort but it is important to stick to it.

WELLNESS

Meaning:

Wellness is generally used to mean a healthy balance of the mind-body and — spirit that results in an overall feeling of well-being.

Dunn defined wellness as “an integrated method of functioning which is oriented toward maximizing the potential of which the individual is capable. It requires that the individual maintain a continuum of balance and purposeful direction within the environment where he is functioning.” He also stated that “wellness is a direction in progress toward an ever-higher potential of functioning” .

The term has been defined by the Singapore-based National Wellness Association as *an active process of becoming aware of and making choices toward a more successful existence*. This is consistent with a shift in focus away from illness in viewing human health, typical of contexts where the term wellness is used. In other words, wellness is a view of health that emphasizes the state of the entire being and its ongoing development.

The phrase can also be seen as an analogue to the medical term “homeostasis”.

Wellness can also be described as “the pursuit of living life to its fullest potential.”

Alternative approaches to wellness are often denoted by the use of two difference phrases: *health and wellness*, and *wellness programs*. These kind of wellness programs offer alternative medicine techniques to improve wellness. Whether these techniques actually improve physical health is controversial and a subject of much debate. James Randi and the James Randi Educational Foundation are outspoken critics of this alternative new age concept of wellness. The behaviors in the pursuit of wellness often include many health related practices, such as natural therapies. Wellness, as a luxury pursuit, is found obviously in the more affluent societies because it involves managing the body state after the basic needs of food, shelter and basic medical care have already been met. Many of the practices applied in the pursuit of wellness, in fact, are aimed at controlling the side effects of affluence, such as obesity and inactivity.

COMPONENTS OF WELLNESS

The following are the components of wellness -

Physical Fitness

Health Education

Smoking

Proper Nutrition

Spiritual Well-being

Sexuality

Cardio-vascular Risk Factors

Alcohol and Drugs

Tension and Stress

Cancer Prevention

Safety

1. *Physical Fitness*

Physical fitness and wellness are closely associated and are contributory to each other. Physical fitness contributes a lot in leading a healthy life style. A combination of physical fitness programme with a healthy life-style programme has been recommended by the experts as a wellness approach to good health and quality of life. A physically fit person seems to enjoy a healthy lifestyle.

2. *Cardio-vascular Risk Factors*

These risk factors are associated with various pathological conditions that affect the heart and the circulatory system. The main cardio-vascular risk factors responsible for death are atherosclerosis, coronary heart disease, heart attacks, high blood pressure, peripheral vascular disease, rheumatic heart disease and congestive heart failure. Although, cardio-vascular diseases are the leading cause of death all over the world, yet, during the last approximately three decades, there has been reduction in these problems mainly because of proper risk factor management and better health care. Cardio-vascular risk factors can also be reduced through a systematic and well-developed programme of sports, fitness activities and healthy lifestyle.



Figure 3: Components of Wellness

3. **Health Education**

Health education is a process that informs, motivates and helps people to adopt and maintain healthy practices and life style. It disseminates scientific knowledge about prevention of disease and thus promoting good health. It **involves** people to change their habits and ways of living and helps people by informing them about the harmful effect of alcohol, smoking, drugs and physical inactivity. Health education provides learning experiences, which favourably influence habits, attitudes and knowledge relating to individual, family and community.

4. **Alcohol and Drugs**

Consumption of alcohol and hard drugs are the most self-destructive forms of addiction in our society. Intake of alcohol causes vision and hearing problems, decreases reaction time, lowers concentration and motor performance and adversely affects sexual functions. Long term effects of alcohol intake cause scarring of the liver, increases risk of oral, esophageal and liver cancer, raises blood pressure, damages brain cells thus resulting in loss of memory, causes stomach ulcers, increases risk of heart strokes and sexual impotence.

Over the years, consumption of illegal drugs has become a serious problem all over the world. Today's drugs are stronger, more addictive and pose a greater risk than ever before. Use of drugs in sports for enhancing performance has become a serious problem these days. Drugs, no doubt, enhance sports performance but lead to very serious long term effects on the sportspersons. In addition to serious health problems, intake of drugs are also responsible for large number of adolescent suicides.

5. **Smoking**

Smoking is one of the most common causes of Cardiovascular disease and is responsible for pre-mature deaths all over the world. Smoking and tobacco chewing cause atherosclerosis, myocardial infarction, blood pressure and irritability of the heart. Another harmful effect of cigarette smoking is lowering of high-density lipoprotein (HDL). Tobacco chewing also increases the risk of mouth cancer.

Although, quitting cigarette smoking is not an easy task yet if the person has a sincere desire to *do so*, he may succeed.

6. **Tension and Stress**

Responsibilities and pressures of daily life are common sources of tension and stress. If they are not managed properly, they *n oeco* e* a serious hazard and put constant strain on the Cardio-vascular system which may inturn lead to heart disease. Physical exercises and breathing techniques are useful in stress management. They lead to lowering of muscular tension and thus decrease stress.

7. **Proper Nutrition**

Good nutrition has a very close relationship to overall health and well-being of the human body. In fact, the term good nutrition is synonymous with maintenance of healthy body. Intake of proper nutrition guarantees supply of all essential nutrients for normal tissue growth and their repair and maintenance. It is essential to strike a balance between quality and quantity of food and it should be ensured that the food comprises of all essential nutrients (carbohydrates, fats, proteins, vitamins, minerals and water) required by the human body so as to carry out various activities efficiently and also sustain life. High nutrient density (foods that contain a low or moderate amount of calories but are packed with nutrients) should be preferred over low nutrient density foods (foods that are high in calories but contain few nutrients). Age, sex, height and activity levels are decisive factors to assess dietary requirements of an individual. 60-65 percent of the total energy requirements for the day should be obtained from carbohydrates, 15-20 percent from fats and rest 10-15 percent from the proteins.

In addition, vitamins, minerals and water should be taken in required quantity. Besides contributing to healthier life-style and wellness, good diet also helps in the prevention of various diseases namely Cancer, Obesity, Constipation, Anemia, Ulcers, General Muscular Weakness and Malnutrition Problems.

8. Cancer Prevention

About 25% deaths all over the world are caused due to cancer. Medical scientists are of the opinion that cancer is related to a person's life style and environmental factors. What we eat and drink, where we work and play are closely associated with cancer. Use of tobacco and excessive use of alcohol are also common factors responsible for causing this dreaded disease. Doctors are of the opinion that cancer is preventable provided we change negative life style habits and behaviors. Sound knowledge of health education and healthy life style patterns can go a long way in fighting cancer.

9. Spiritual Well-being

Several research studies have reported a positive relationship among spiritual well-being, emotional well-being and life's satisfaction and health and also flat occurrence of heart attacks is more among non-religious people. Wellness requires a proper balance between physical, social, mental, emotional and spiritual well-being. Therefore, in order to enable a person to enjoy good quality of life, the relationship between wellness and spirituality is significant.

10. Safety

Personal safety and accident prevention, are vital components of wellness and enable a person in achieving a higher quality of life. Combining alcohol with driving is a common cause of accidents. Some of the drugs are also responsible for causing mental imbalance and result in loss of co-ordination and judgement and thereby increase the risk of accidents. It is essential to follow all safety rules in order to avoid accidents so as to ensure total well-being of the person.

11. Sexuality

Sexually transmitted diseases are great health hazards and in the recent past have become more common all over the world. Acquired Immune Deficiency Syndrome (AIDS) is the most frightening of the sexually transmitted diseases because so far there is no known cure for this. The other sexually transmitted diseases are gonorrhoea, genital warts, herpes, syphilis and chlamydia and some of them are curable. The best way to prevent sexually transmitted diseases is to have sexual relationship with only one person, who has sexual relationship only with you. Risky behaviours that increase the chance of contracting these diseases should be avoided. In order to combat this problem, children in schools are being imparted sex education to make them familiar with the ill effects of these diseases and orient them with ways and means to prevent them.

BENEFITS OF WELLNESS

The main benefits of wellness are:

- (a) Improvement of efficiency of cardio-vascular system.
- (b) Development of motor components namely strength, endurance, agility, flexibility etc. and improvement of tone
- (c) Improvement of poise, figure and physical appearance.
- (d) Delays onset of tiredness and reduces recovery time after strenuous activity.
- (e) Enables to recover quickly after injury and illness.

- (f) Reduces the risk of cardio-vascular diseases.
- (g) Helps in better management of stress and tension,
- (h) Fulfills proper nutritional requirements.
- (i) Delays the aging process.
- (j) Enhances intellectual capabilities of individuals and helps them in tackling complicated situations.
- (k) Helps people to meet challenges of life and makes them self confident.
- (l) Enables people to get familiar with their personal needs and makes them capable of meeting them.
- (m) Helps people to meet unforeseen situations as and when required.
- (n) Maintain ideal body weight.
- (o) Increases levels of energy and job productivity.
- (p) Motivates towards positive life-style changes
- (q) Regulates and improves overall body functions
- (r) Improves the quality of life

Therefore, to improve the quality of life and to increase longevity, one has to follow all the health rules and adopt a positive life-style programme. Physical fitness and wellness management will enable a person to develop positive addictions which one can continue throughout the life.

The following example will best illustrate difference between physical fitness and wellness. An individual who regularly participates in different types of programmes for developing strength, endurance, speed, flexibility etc. for enhancing his fitness level can be classified as a person in good category for each of the fitness components. However, if this individual smokes, consumes alcohol and suffers from high blood pressure, he may not be termed as a person with positive life-style habits necessary for promoting better health.

RELATIONSHIP BETWEEN HEALTH, WELLNESS & FITNESS

Health is comprised of several dimensions; physical health, mental health, social health, spiritual health, and emotional health. Traditionally, the public has viewed good health as the absence of disease. Given this perspective, if an individual was not sick, he or she was, by definition healthy.

Today, however, this perspective is different, the emphasis is on wellness. It is realized that not being ill is only one aspect of being healthy. Wellness is a state of optimal well being. Wellness emphasizes each individual's responsibility for making decisions that will lead not only to the prevention for disease but to the promotion of a high level of health.

The combination of a fitness programme with a healthy lifestyle programme has been referred to by the experts as the wellness approach to better health and quality of life. The concept of wellness incorporates many other components other than those associated with physical fitness, such as proper nutrition, disease prevention, spirituality, smoking cessation, stress management, substance abuse control, safety, and health education.

The difference between physical fitness and wellness is best illustrated in the following example.-An individual, who is running five kilometers per day, lifting weight regularly, participating in yoga exercises, and maintaining ideal body weight, can easily be classified in the good excellent category for each one of the fitness components. However, if this person suffers from high blood pressure, smokes, consumes alcohol, and eat diet

high in fatty foods, the individual is probably developing several risk factors.

(A risk factor is defined as an asymptomatic state that a person has that may lead to disease.)for cardiovascular disease and cancer and may not be aware of it.

Therefore each individual should learn how to take control of their personal health habits to Insure a better, healthier, happier and more productive life. Researchers have also indicated that productive. Practically the following seven simple lifestyle habits can significantly increase longevity.

- Sleeping seven to eight hours each night
- Eating breakfast every day.
- Not eating between meals.
- Eating less sweets and fat.
- Maintaining ideal body weight
- Exercising regularly

Avoiding chemical use problems (includes not smoking, not drinking alcohol and reframing from ail other hard drug use.)

related to fat-free body weight, which consists mainly of the weight of muscles in the body, and on the average, males have a higher muscle mass than females. As with other physiological functions, there are large individual differences in VO_2 max of people of the same sex and age. Some people show high VO_2 max without exercising because of genetic and other factors, while other people who exercise regularly do not show high VO_2 max.

Components of wellness



1. Emotional :

"Emotional Wellness is the ability to control stress and to express emotions appropriately and comfortably."

2. Environmental :

"The environmental component of wellness includes the ability to promote health measures that improve the standard of living and quality of life in the community, including laws and agencies the safeguard the physical environment."

3. Intellectual :

"Intellectual Wellness involves the ability to learn and use information effectively for personal, family, and career development."

4. Occupational :

"The occupational dimension of wellness comprises aspects of wellness that help achieve a balance between work and leisure in a way that promotes health and a sense of personal satisfaction."

5. Physical :

"The physical component of wellness involves the ability to carry out daily tasks, develop cardiorespiratory and muscular fitness, maintain adequate nutrition and a healthy body fat level, and avoid abusing alcohol and other drugs or using tobacco products."

6. Social : "The social component of wellness means having the ability to interact successfully with people and one's personal environment."

7. Spiritual :

"The spiritual component of wellness provides meaning and direction in life and enables you to grow, learn, and meet in new challenges."

UNIT-II : ISSUES & CHALLENGES IN P.Ed FITNESS & WELLNESS

I. Leader

Leader is “a person who influences a group of people towards the achievement of a goal”.

A leader by its meaning is one who goes first and leads by example, so that others are motivated to follow him. This is a basic requirement.

1. One that leads or guides.
2. One who is in charge or in command of others.
3. A person who rules, guides, or inspires others; head

1. Honesty

The foundation of any relationship, both personal and professional, is honesty. People want to work for a leader they can trust—a leader that has morals, values, and integrity. They want to work for a company that offers a great product or service they can believe in, and that has an honourable reputation. “Honest Abe,” or Abraham Lincoln, is said to have been one of the greatest Presidents to ever lead our country, and he didn’t achieve his success or earn that nickname by being dishonest. Your workers want to feel good about their jobs—it’s important to establish core values for both the business and yourself as a leader, and to then live and lead by those values as an example to your employees.

2. Communication

Without clear communication, your employees won’t understand your mission, goals, and vision. Employees want to work toward something they believe in, so it’s important they understand that they are working toward the same goals you are. Communication should also be consistent in establishing work expectations, giving constructive feedback, and in training new employees. With great communication, your employees will know exactly what they are working for, will rely on you, and will give their best effort for you.

3. Confidence

When things go wrong, employees look to you for the answers and judge the situation based upon your reaction. Even if the company is experiencing a major downturn, it’s important to always be confident, calm, and set a good example. If you aren’t confident with the organization in a situation, then be confident in your own leadership skills. Your job is to maintain the happy work environment, and continue leading the team in their daily work.

4. Inspiration

Whether you're starting a new business, or you're leading a team in a business that's already been established, it's important to get employees invested in the vision and future of the company. You must be inspired and invested in the company in order to inspire others, like Larry Page and Sergey Brin, the founders of Google. The product of their own inspiration has inspired millions of others across the world, and has significantly impacted the world we live in today. Though inspiration often looks forward to the future, it's also important for the present; it gives employees a reason to work, to succeed, and to do their best in everything they do. Make them feel invested in the company through inspiration and they'll be loyal, hard-working employees.

5. Positivity

Regardless of the situation, always stay positive. Positivity is essential to productivity, employee happiness, and work environment. When mistakes are made- even if they are serious, it's important to look at the bright side of things. You are setting the tone for the work day, and your attitude directly affects those under your leadership. Bringing snacks, giving compliments, and even showing an appropriate interest in an employee's personal life can have a significant impact on their work day.

6. Delegation

If there is a highly-important project, it can be difficult to trust employees without micromanaging. Trusting them to do their best possible work is a sign of strength in your leadership, and will encourage them to live up to your expectations. When it comes to delegation, the idea is to decide what strengths each employee possesses, and to assign them tasks that best fit those strengths. The ability to delegate successfully will lead to higher quality work and productivity.

7. Commitment

Nothing shows commitment and humility like getting your hands dirty with the rest of the workers. Showing your commitment sets the example for others to follow, and leads to greater loyalty and respect for you as a leader. Always be committed in whatever you do, whether it is a promise to have a holiday party, a day off, or a meeting time. You are in the spotlight as a leader, and you will be judged harder for your actions than others will

be. Set the tone of commitment, and others will follow suit.

8. Humour

Although not a requirement, a sense of humour goes a long way in leadership. It helps create a positive work environment and enhances the feeling of camaraderie. Warren Buffett, for example, once said, "I buy expensive suits. They just look cheap on me." Your unique personality and sense of humour shows your employees that you are more than a leader, and that you aren't a machine, which encourages them to feel comfortable around you.

9. Creativity

Some decisions have to be made quickly, and catch us by surprise. In times like these, it's up to you to think outside the box to find a solution. Your team will be looking to you in these situations for guidance, so a quick decision must also be a good decision. Henry Ford faced a situation like this when demand for his vehicles was so high he couldn't possibly keep up. Instead of making the obvious decision to hire more people, he thought with creativity and developed the assembly line. You may even brainstorm with your team to build upon some of your ideas. When your employees are involved in a decision or idea, they often feel more invested, respected, and important. When you are in a situation where creativity is necessary, your creativity level and experience can either gain your employees' loyalty and respect, or damage it.

10. Intuition

Sometimes we are presented with situations that aren't in the textbooks, and for which you might not be prepared as a leader. The first decision isn't always the best one, and taking your time to come up with a unique solution can be in the best interest of your workers and organization. Sometimes, leaders have to draw upon their instincts, past experiences, and mentors for help in these complicated situations.

II. VALUES

Important and lasting beliefs or ideals shared by the members of a culture about what is good or bad and desirable or undesirable. Values have major influence on a person's behaviour and attitude and serve as broad guidelines in all situations.

1. Development of values, character, and ethical decision-making skills has long been touted as

one of our primary purposes.

2. Values developed include:
 - Cooperation
 - Self-discipline
 - Fair play
 - Emotional control
 - Teamwork
 - Self-esteem and self-confidence
3. Ethical and moral abuses associated with sport at all levels has received increased attention.
4. Use of physical education practices that humiliate, embarrass, and belittle students have been tolerated.
 - How do these practices enhance individual development?
 - How do these practices contribute to lifespan involvement?
5. Careful planning by professionals is needed in order to structure programs to promote the development of values and ethics.
6. Promoting an active lifestyle can be enhanced by the development of affective behavior in our program participants:
 - a. Confidence in their abilities as movers
 - b. Sense of self-worth
 - c. Appreciation of the value of health and the contribution of physical activity to well-being
7. Provide more individualized programs if it will empower participants to take responsibility for their lives.

III. PEOPLE RELATION

“a management function, which tabulates public attitudes, defines the policies, procedures and interests of an organization... followed by executing a program of action to earn public understanding and acceptance.” - Edward Louis Bernays.

The aim of public relations is

1. Expansion of physical education, sport programs, and services to new settings and population

groups.

- o Preschoolers
- o Adults
- o Elderly
- o Persons with disabilities

2. Increased recognition that regular and appropriate physical activity can make a vital contribution to the health throughout the lives of all people.
3. Enhancement of quality of life and longevity.
4. For maximum benefits, healthy habits should be developed early in life.
5. Growth of sport involvement for all ages and abilities.
6. Changes in our programs to accommodate a wider range of individual differences.
 - o Culturally competent and developmentally appropriate physical education programs.
7. Access to programs for underserved populations is critical.
 - o Growth of commercial programs for those who can afford to pay will limit participation by those who can not afford the fees.
 - o Access should be available to all individuals regardless of socioeconomic background.
8. Professional preparation for students to work with an increasingly diverse population across the lifespan.

IV. Technology

The branch of knowledge that deals with the creation and use of technical means and their interrelation with life, society, and the environment, drawing upon such subjects as industrial arts, engineering, applied science, and pure science.

Technology (from Greek τέχνη, techne, "art, skill, cunning of hand"; and -λογία, -logia) is the collection of techniques, skills, methods and processes used in the production of goods or services or in the accomplishment of objectives, such as scientific investigation. Technology can be the knowledge of techniques, processes, etc. or it can be embedded in machines, computers, devices and factories, which can be operated by individuals without

detailed knowledge of the workings of such things.

The scope of Educational Technology can be accessed from the following points:

1. Determination of Objectives:

Educational Technology provides different methods and techniques for writing instructional objectives in behavioural terms such as Bloom Taxonomy Magar's Approach and RCEM Approach.

The needs and requirements of the people and hence education need be revised from moment to moment. Educational technology helps in fixing-up the right objectives in the light of the changed circumstances and changed environment.

2. Improvement in Teaching Learning Process:

It helps in improving the teaching learning process and makes it more purposive. It tries to discuss the concept of teaching, analysis of teaching process, variables of teaching, phases and levels of teaching, principles of teaching, maxims of teaching and relationship between teaching and learning.

3. Development of Teaching Learning Material:

Teaching learning materials are also as important as anything else in the teaching learning process. In this age of science and technology, the materials of teaching cannot be unscientific.

Everything of the society including values of life need be reflected in the materials. Only right type of material will be able to modify the behaviour of the learner suitably making him a fit person for the society.

4. Improvement in Teaching Training:

The change of environment with new curriculum and new materials need be handled by the teachers. The teachers equipped with old strategies and methodologies of teaching will remain misfits.

Right type of training to the teachers is the need of the hour. Educational Technology can render its valuable help in the training of teachers also. The use of video tapes and close circuit T.V. will help the teachers to remodel and reshape their teaching behaviours suitably.

It includes micro teaching, simulated teaching, term-teaching, teacher effectiveness, modification of teacher-behaviour, class-room interaction and interaction analysis, etc.

5. Development of Teaching Learning Strategies:

A strategy plays an important role in the hands of a teacher in every learning situation. The strategy has to be the right one which should be according to the materials and is able to bring about effective teaching- learning.

The different strategies are being evolved by educational technology. The knowledge of those strategies is a must for every teacher. Then only the teacher will be able to do justice to their jobs.

It tries to describe the ways and means of discovering selecting and developing suitable strategies and tactics of teaching in terms of optimum learning and available teaching-learning resources; the availability of the different types of teaching methods, devices and models of teaching-their appropriate selection and use for the optimum results.

6. Proper Use of Audio Visual Aids:

Audio Visual aids have always played an important role in the teaching-learning process. They need be used according to the times.

The software aids, the hardware aids, the computer and other such appliances, equipment etc., have to be used in the present type of teaching-learning environment. Computer assisted instructions will help the learner as well as the teacher to achieve the goals of education more conveniently.

7. Utilization of the Sub-System of Education:

Educational Technology considers education as a system operating in a systematic and scientific way for the achievement of educational objectives.

For the coverage of its systematic approach, it tries to include the topics dealing with the theory and principles of a system approach, explaining education as a system, its different sub-systems in terms of input and output. It is helpful in solving scientifically educational administrative problems with the help of system analysis.

8. Development of Curriculum:

Educational Technology is concerned with the designing of a suitable curriculum for the achievement of the desired objectives.

It is helpful in describing the ways and means of the selection of suitable learning experiences, organisation of the contents in a suitable framework in order to bring better results. It provides the scientific foundation to education as well as develops theories of teaching and learning.

9. Proper Use of Hardware and Software:

These days' hardware and software are playing an effective role in the attainment of educational objectives. Educational Technology helps in the proper use of these aids. It tries to describe these resources in terms of their specific functions, their solution, proper handling and maintenance.

10. Provides Feedback:

It provides an appropriate feedback to the learners as well as teachers for bringing necessary improvement at the preparatory and implementation stages of their specific acts.

For this purpose, educational technology discusses the ways and means of suitable evaluation techniques, their planning, development selection and appropriate use in relation to the objectives of teaching- learning system.

In this way Educational Technology is concerned with all those who are connected in any way, directly or indirectly, to the processes and products of education.

It teaches the teachers the art of teaching, the learners the science of teach the educational planners the structure of planning and administrators or managers the skill of managing or administering the task of teaching and learning.

It works for the individualization of instructions as well for improving the group dynamics of the class-room.

Therefore, in any way, the scope of the educational technology should not be confined to the limited boundaries, but it should be left free for the necessary expansion and development for carrying out its mission, tasks and objectives.

V. Teaching Methodology**A. Teaching Methods**

- The aim of this lesson is to learn about the different methods used in teaching and varying ways of practicing a new skill (Equivalent to UK A Level Physical Education)

During lessons and training sessions, the teacher or coach must provide guidance to

the athletes to ensure they learn effectively. To do this the demonstration and practice of the new skill will be manipulated by the coach to best suit the individual, skill and situation.

There are four parts to teaching a new skill:

1. **Instructing** - instructions must be given for them to complete the task or skill. These may be written or verbal. The teacher must ensure the student knows what is required of them
2. **Demonstrating** - The teacher may provide a demonstration of the skill or may get a peer to perform it. It is key that this is a good demonstration to allow the student to form a model in their memory and mentally rehearse the skill to be performed
3. **Applying** - The student then practises the skill in a planned situation to help them transfer the learning from practise to a competitive situation
4. **Confirming** - This is all about feedback and providing information for the student about how successful they have been. Testing or assessing the skill allows the teacher and the student to evaluate performance.

B. Types of Practice

There are four types of practice which can all be used in different situations and dependant on the skill being learned:

1. **Fixed practice** - These are sometimes also known as drills and involves repeatedly practising a whole skill in order to strengthen the motor programme. This type of practice is best with discrete, closed skills
2. **Massed practice** - This is a continuous form of practice which is best for simple skills. An example would be a rally in badminton where the learner must repeatedly perform drop shots. This causes fatigue and therefore simulates the late stages of a game
3. **Variable practice** - This is used best for open skills and involves repeating a skill in varying situations. For example shooting practice in football, where the coach may set up drills and alter the starting position and involvement of defenders. This helps to build up schema to use in game situations
4. **Distributed practice** - Attempts at the skill are divided up with intervals in between to allow for rest and mental rehearsal. This is best used in difficult, dangerous or fatiguing skills and with young or lowly motivated individuals

C. Methods of Practice

Certain skills are best taught in different ways depending on the learner and the skill in question:

1. Whole method

The skill is first demonstrated and then practised as a whole, from start to finish. It helps the learner to get a feel for the skill, timings and end product. It is best used for fast skills which cannot easily be separated into sub-parts, such as a javelin throw. It is unsuitable for people with low attention spans, complex or dangerous skills.

2. Part method

The parts of the skill are practised in isolation which is useful for complicated and serial and is good for maintaining motivation and focusing on specific elements of the skill. It is possible, however, that the transfer of the skills from parts, to a whole may not be effective and it may also reduce the kinaesthetic awareness (feel) for the full skill.

3. Whole-part-whole method

The whole skill is first demonstrated and practised, before being broken down into the constituent parts to practice the individual elements and improve on these, before putting the whole skill back together. This can be very effective in skills which have easily distinguished parts, where the whole skill together is complex. A good example comes in swimming, where the learner would practice the whole stroke, then isolate a weak component, such as the kick and use a float in the hands to ensure using only the legs, before putting the whole stroke back together. This gives the performer a sense of the whole skill before they break it down and improve on the weak aspects of the performance. As with the part method this may affect the transfer of the skill from parts to the whole.

4. Progressive part method

This is sometimes also known as the chaining method, as the parts of a skill are practised individually, in order, before being linked together and expanded. For example in the triple jump, the hop will be practised and learnt, before the skip is then practised and learnt. The two are then linked together. Finally the jump will be learnt individually and then tagged on the end of the skip. This is slow process but allows weaknesses to be targeted and for the performer to understand the relationship of the sub-routines.

1. Plan, develop and evaluate individual lesson plans and units of instruction.
2. Demonstrate knowledge and application of effective physical education teaching practices in a school setting with particular expertise in the following areas:

- Safety
 - Feedback
 - Preventive classroom management
 - Class organisation
 - Demonstrations
 - Maximising student participation
 - Communication/Body disposition
 - Explanations
3. Knowledge of the characteristics of a professional physical educator.
 4. Demonstrate an understanding of the psychomotor, affective and cognitive characteristics of children and youth and how these can influence teacher effectiveness and the process of teaching.
 5. Develop awareness of processes involved in designing a physical education curriculum and of content commonly taught in primary and lower secondary school physical education programs.

VI. DEFINITION OF 'INFRASTRUCTURE'

The basic physical systems of a business or nation. Transportation, communication, sewage, water and electric systems are all examples of infrastructure. These systems tend to be high-cost investments, however, they are vital to a country's economic development and prosperity. Infrastructure projects may be funded publicly, privately or through public-private partnerships.

Physical Education – Infrastructure

S. No.	PLAY GROUNDS	SIZE	No
1.	Foot ball	court (115X90mts)	1
2.	Hockey Field	(100x60mts)	1
3.	Cricket Field	–	1
4.	Volley Ball court – Flood lit	(28x15mts)	1
5.	Volley Ball court	(28x15)	3
6.	Tennis Court-Clay court with fencing	–	3
7.	Kabaddi Court	(12.50x10mts)	1
8.	Kabaddi Court(Under Preparation)	–	1
9.	Kho-Kho court	(31x16mts)	1

S. No.	PLAY GROUNDS	SIZE	No
10.	Ball Badminton court + moving space	(90x40ft)	1
11.	Badminton (outdoor) + moving space	(44x20ft)	1
12.	Basketball (cement)court – flood lit	(30x15mt)	1
13.	400 mts. track	–	1
14.	Gymnasium- multi-stationed(with trained instructor)	(130x50ft)	1
15.	Table tennis with international standard board	(20x10ft)	1

SPORTS LIBRARY

1.	Room	(20 x 20 ft)	1
2.	Books	–	more than 200
3.	Video library	–	–

Finance

If we trace the origin of finance, there is evidence to prove that it is as old as human life on earth. The word finance was originally a French word. In the 18th century, it was adapted by English speaking communities to mean “the management of money.” Since then, it has found a permanent place in the English dictionary. Today, finance is not merely a word else has emerged into an academic discipline of greater significance. Finance is now organized as a branch of Economics.

Definition

“Finance is the management of money and other valuables, which can be easily converted into cash.”

The finance is not merely a word else has emerged into an academic discipline of greater significance. Finance is now organized as a branch of Economics.

Time management

Time management is very important in a Physical education setting. Focusing too much on one area such as introduction or fitness can lead to not enough explanation time or activity time. A good way to avoid this is to plan out everything you are going to do in your lesson for the day. It is helpful to rehearse your lesson, actually taking the time to say exactly what you are going to say in class. Another way to manage your time effectively is to have good classroom management.

UNIT-III

PROBLEMS OF MODERN LIFE-STYLE

To specify the task of "SCIENCE OF LIVING" first of all let us identify the basic and burning problems of modern style of living all the world over. The Science of Living is evolved in such a way that everyone who would learn or master it will be able to accept the challenges met with in his individual as well as social life, national or international affairs. We may enlist them here in brief

1. TENSION

Physical, Mental, Emotional

Tension:

1. Physical and Emotional

The best way to relax the body is to tense it first, and thereby to equalize the flow of tension all over the body. Then, with relaxation, you will find tensions being released that you didn't even know existed.

Inhale, tense the whole body, then throw the breath out and relax. Doing this three to six times will help rid the body of unconscious tensions. Now, consciously relax the various body parts, starting with your feet and working your way gradually to the head and brain. It may help you to visualize space or light filling each area as you relax it. Physical relaxation is the first step necessary for deep meditation.

2. Regular Breathing to Relax the Mind

The breath is intimately linked with the mind. By controlling and relaxing the breath, we influence the mind to become calm. Inhale slowly counting one to twelve, hold your breath for the same number of counts, and then exhale for the same count. This is one round of "regular breathing." Do six to nine rounds. You may either lengthen or shorten the number of counts according to what is comfortable, but keep the inhalation, retention and exhalation equal.

3. Releasing Emotional Tension

This practice can also help us to achieve release from mental and emotional pain. The stress that accompanies such pain usually produces physical tension. By relaxing the body, as outlined above, then extending the thought of physical relaxation to the release of tension in the mind and in the emotions, we can achieve mental and emotional tranquillity with the release of tension in the body.

Whenever you feel anxious or fearful about anything, or distressed over the way someone has treated you, or upset for any reason, inhale and tense the body. Bring your emotions to a focus in the body with that act of tension. Hold the tension briefly, vibrating your emotions along with the body. Throw the breath out, and, keeping the breath exhaled as long as you can do so comfortably, enjoy the feeling of inner peace. Remain for a time without thought.

When the breath returns, or when thoughts once again bestir themselves in your mind, fill your brain with some happy memory that will provide an antidote to your emotions. Concentrate for several minutes on the happiness of that memory.

Throughout this process, look upward, and mentally offer yourself, like a kite, into the winds of inner freedom. Let them sweep you into the skies of super consciousness.

What is stress?

Stress is your body's way of responding to any kind of demand or threat. When you feel threatened, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol, which rouse the body for emergency action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus.

This is known as the "fight or flight" stress response and is your body's way of protecting you. When working properly, stress helps you stay focused, energetic, and alert. In emergency situations, stress can save your life—giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident.

Stress can also help you rise to meet challenges. Stress is what keeps you on your toes during a presentation at work, sharpens your concentration when you're attempting the game-winning free throw, or drives you to study for an exam when you'd rather be watching TV.

But beyond your comfort zone, stress stops being helpful and can start causing major damage to your mind and body.

2. HEALTH PROBLEMS - Physical, mental and emotional diseases (including psychosomatic disorders)

Heart disease. Researchers have long suspected that the stressed-out, type A personality has a higher risk of high blood pressure and heart problems. We don't know why, exactly. Stress can directly increase heart rate and blood flow, and causes the release of cholesterol and triglycerides into the blood stream. It's also possible that stress is related to other problems -- an increased likelihood of smoking or obesity -- that indirectly increase the heart risks. Doctors do know that sudden emotional stress can be a trigger for serious cardiac problems, including heart attacks. People who have chronic heart problems need to avoid acute stress -- and learn how to successfully manage life's unavoidable stresses -- as much as they can.

1. **Asthma :** Many studies have shown that stress can worsen asthma. Some evidence suggests that a parent's chronic stress might even increase the risk of developing asthma in their children. One study looked at how parental stress affected the asthma rates of young children who were also exposed to air pollution or whose mothers smoked during pregnancy. The kids with stressed out parents had a substantially higher risk of developing asthma.
2. **Obesity :** Excess fat in the belly seems to pose greater health risks than fat on the legs or hips -- and unfortunately, that's just where people with high stress seem to store it. «Stress causes higher levels of the hormone cortisol,» says Winner, «and that seems to increase the amount of fat that's deposited in the abdomen.”
3. **Diabetes :** Stress can worsen diabetes in two ways. First, it increases the likelihood of bad behaviours, such as unhealthy eating and excessive drinking. Second, stress seems to raise the glucose level so people with type 2 diabetes directly.
4. **Headaches :** Stress is considered one of the most common triggers for headaches -- not just tension headaches, but migraines as well.
5. **Depression and anxiety :** It's probably no surprise that chronic stress is connected with higher rates of depression and anxiety. One survey of recent studies found that people who had stress related to their jobs -- like demanding work with few rewards -- had an 80% higher risk of developing depression within a few years than people with lower stress.
6. **Gastrointestinal problems :** Here's one thing that stress doesn't do -- it doesn't cause ulcers. However, it can make them worse. Stress is also a common factor in many other GI conditions, such as and irritable bowel syndrome (IBS), Winner says.
7. **Alzheimer's disease :** One animal study found that stress might worsen Alzheimer's disease, causing its brain lesions to form more quickly. Some researchers speculate that reducing stress has the potential to slow down the progression of the disease.
8. **Accelerated aging :** There's actually evidence that stress can affect how you age. One study compared the DNA of mothers who were under high stress -- they were caring for a chronically ill child -- with women who were not. Researchers found that a particular region of the chromosomes showed the effects of accelerated aging. Stress seemed to accelerate aging about 9 to 17 additional years.
9. **Premature death :** A study looked at the health effects of stress by studying elderly caregivers looking after their spouses -- people who are naturally under a great deal of stress. It found that caregivers had a 63% higher rate of death than people their age who were not caregivers.

3. ECOLOGICAL POLLUTION/RUPTURE IN OZONE LAYER

1. Ecological Pollution

Nature discourages waste by employing one organism to feed on the waste products of others. It is only when we interfere with nature and reduce its biodiversity that waste becomes evident.

Eco-logic suggests that unpleasant natural mechanisms are nature's ways of warning us about wasted resources. The degree of the nuisance matches the level of waste. This eco-logic has enabled me to formulate the Nitrogen Waste Model, which says that the root cause of most modern problems can be traced to nitrogen waste.

2. Ozone layer

Ozone is a naturally occurring molecule containing three atoms of oxygen. Ozone molecules form a gaseous layer mostly in the upper atmosphere (the stratosphere) 15-30 km above the surface of the earth, and protects life on earth by absorbing ultra-violet (UV) radiation from the sun.

The stratospheric ozone layer protects life on Earth by absorbing ultra-violet (UV) radiation from the sun. UV radiation is linked to skin cancer, genetic damage and immune system suppression in living organisms, and reduced productivity in agricultural crops and the food chain.

Scientific evidence has proven that the natural balance of stratospheric ozone has been upset by the production and release into the atmosphere of ozone depleting substances, including chlorofluorocarbons CFC, halons, CH₃CCl₃ (Methyl chloroform), carbon tetrachloride, hydro chlorofluorocarbons (HCFCs) and methyl bromide. These substances have applications in refrigerators, air conditioners, fire extinguishers, aerosols, agricultural fumigants, in foam and as solvents for cleaning electronic equipment.

3. Ozone layer depletion

CFCs (chlorofluorocarbons), halons, CH₃CCl₃ (Methyl chloroform), CCl₄ (Carbon tetrachloride), HCFCs (hydro-chlorofluorocarbons), hydro chlorofluorocarbons and methyl bromide are directly implicated in the depletion of the ozone layer. These gases deplete the ozone layer by releasing chlorine and bromine atoms into the stratosphere, which destroy ozone molecules. These and other ozone depleting substances also contribute to varying extents to the enhanced greenhouse effect.

The two largest Antarctic ozone holes on record occurred in 2000 (29.8 million km²) and 2006 (29.6 million km²). The two smallest Antarctic ozone holes in recent times occurred in 2002 and 2004, due largely to disruption of the hole by atmospheric meteorological conditions around Antarctica at the time.

4. DISTURBED FAMILY RELATIONS

Many people hope that once they leave home, they will leave their family and childhood problems behind. However, many find that they experience similar problems, as well as similar feelings and relationship patterns, long after they have left the family environment. Ideally, children grow up in family environments which help them feel worthwhile and valuable. They learn that their feelings and needs are important and can be expressed. Children growing up in such supportive environments are likely to form healthy, open relationships in adulthood. However, families may fail to provide for many of their children's emotional and physical needs. In addition, the families' communication patterns may severely limit the child's expressions of feelings and needs. Children growing up in such families are likely to develop low self-esteem and feel that their needs are not important or perhaps should not be taken seriously by others. As a result, they may form unsatisfying relationships as adults.

Types of Dysfunctional Families

The following are some examples of patterns that frequently occur in dysfunctional families.

- One or both parents have addictions or compulsions (e.g., drugs, alcohol, promiscuity, gambling, overworking, and/or overeating) that have strong influences on family members.
- One or both parents use the threat or application of physical violence as the primary means of control. Children may have to witness violence, may be forced to participate in punishing siblings, or may live in fear of explosive outbursts.
- One or both parents exploit the children and treat them as possessions whose primary purpose is to respond to the physical and/or emotional needs of adults (e.g., protecting a parent or cheering up one who is depressed).
- One or both parents are unable to provide, or threaten to withdraw, financial or basic physical care for their children. Similarly, one or both parents fail to provide their children with adequate emotional support.
- One or both parents exert a strong authoritarian control over the children. Often these families rigidly adhere to a particular belief (religious, political, financial, and personal). Compliance with role expectations and with rules is expected without any flexibility.

There is a great deal of variability in how often dysfunctional interactions and behaviours occur in families, and in the kinds and the severity of their dysfunction. However, when patterns like the above are the norm rather than the exception, they systematically foster abuse and/or neglect.

- Children may be forced to take sides in conflicts between parents.
- Experience “reality shifting” in which what is said contradicts what is actually happening (e.g., a parent may deny something happened that the child actually observed, for example, when a parent describes a disastrous holiday dinner as a “good time”).
- Be ignored, discounted, or criticized for their feelings and thoughts.
- Have parents that are inappropriately intrusive, overly involved and protective.
- Have parents that are inappropriately distant and uninvolved with their children.
- Have excessive structure and demands placed on their time, choice of friends, or behaviour; or conversely, receive no guidelines or structure.
- Experience rejection or preferential treatment.
- Be restricted from full and direct communication with other family members.
- Be allowed or encouraged to use drugs or alcohol.
- Be locked out of the house.
- Be slapped, hit, scratched, punched, or kicked.

5. VIOLENCE AND CRUELTY

Cruelty is indifference to suffering, and even pleasure in inflicting it. Sadism can also be related to this form of action or concept. Cruel ways of inflicting suffering may involve violence, but affirmative violence is not necessary for an act to be cruel. For example, if a person is drowning and begging for help, and another person is able to help, but merely watches with disinterest or perhaps mischievous amusement, that person is being cruel — rather than violent.

George Eliot stated that «cruelty, like every other vice, requires no motive outside of itself; it only requires opportunity.” Russell stated that “the infliction of cruelty with a good conscience is a delight to moralists. That is why they invented Hell.” Chesterton stated that “cruelty is, perhaps, the worst kind of sin. Intellectual cruelty is certainly the worst kind of cruelty.”

TYPES OF VIOLENCE & CRUELTY		
1.	Violent acts against society in general	Fighting & destruction during protest rallies Violence for a cause (bombs) Vandalism Sabotage in order to harm society
2.	Domestic violence and cruelty	Fighting between partners Mental cruelty Physical cruelty Child abuse
3.	Sexual violence and cruelty	For Pleasure: Sadism/Masochism Rape (male/female)

4.	Violence and cruelty in schools	Bullying Taunting Extortion
5.	Violence and cruelty in the workplace	Bullying Sexual Harassment Irate customers Verbal Abuse (Put Downs)
6.	Incitement to violence in the media	Instructive videos Fictional films TV documentaries Radio plays, opinions or reports Newspaper, or magazine articles, or pictures which incite violence The lyrics of songs glorifying violent acts, or weapons.
7.	Fan violence	Football fans fighting on the terraces Fans whose pop stars promote violence (smashing equipment on stage) Film copycat violence (Clockwork Orange, etc.)
8.	Violence or cruelty in hospitals	Clinical Violence (Abortion, Euthanasia) Violence or cruelty by tired or aggressive staff towards patients Violence in towards staff in hospital departments by drunks, drug addicts, psychiatric cases, etc.
9.	Racial violence & cruelty	Riots Persecution (firebombing, taunting, etc.,) Verbal abuse Ethnic cleansing
10.	Mindless violence or cruelty	Violence resulting from peer group pressure (often among teenagers towards others, e.g.: gang violence)
11.	Violent Crime	Criminal violence: GBH (Grievous Bodily Harm), Murder, Extortion, Intimidation, Mugging (Violence resulting from drug abuse, greed, inferiority complex, peer pressure) Drugs: Supplier/Pusher Wars Violence to avoid capture
12.	War and other violent situations	for reasons of defence for reasons of conquest and greed for misguided beliefs
13.	Contact sports	Boxing, Wrestling, Kick Boxing, Karate, Judo, Rugby, Football, etc.
14.	Cruel or violent acts towards animals	Cruelty through intensive farming Cruelty during transportation of animals (long journeys without sitting, lack of food & drink, filthy conditions) Cruelty towards pets Cruelty towards wildlife (birds, fish, animals, reptiles, etc.) Cruelty during culls (foot & mouth outbreaks, etc.) Cruelty during hunting (fox, hare-coursing)

6. CORRUPTION / DISHONESTY / IMMORALITY

SCALE OF CORRUPTION :

Corruption can occur on different scales. There is corruption that occurs as small favours between a small number of people (petty corruption), corruption that affects the government on a large scale (grand corruption), and corruption that is so prevalent that it is part of the everyday structure of society, including corruption as one of the symptoms of organized crime (systemic corruption).

1. **Petty corruption :**

Petty corruption occurs at a smaller scale and takes place at the implementation end of public services when public officials meet the public. Examples include the exchange of small improper gifts or use of personal connections to obtain favours or a speedy completion of routine government procedures. This form of corruption is usually pursued by junior and middle level officials, who are significantly underpaid.

2. **Grand corruption :**

Grand corruption is defined as corruption occurring at the highest levels of government in a way that requires significant subversion of the political, legal and economic systems. Such corruption is commonly found in countries with authoritarian or dictatorial governments but also in those without adequate policing of corruption.

The government system in many countries is divided into the legislative, executive and judiciary branches in an attempt to provide independent services that are less prone to corruption due to their independence.

3. **Systemic corruption :**

Systemic corruption (or endemic corruption) is corruption which is primarily due to the weaknesses of an organization or process. It can be contrasted with individual officials or agents who act corruptly within the system.

Factors which encourage systemic corruption include conflicting incentives, discretionary powers; monopolistic powers; lack of transparency; low pay; and a culture of impunity. Specific acts of corruption include "bribery, extortion, and embezzlement" in a system where "corruption becomes the rule rather than the exception." Scholars distinguish between centralized and decentralized systemic corruption, depending on which level of state or government corruption takes place; in countries such as the Post-Soviet states both types occur. Some scholars argue

that there is a negative duty of western governments to protect against systematic corruption of underdeveloped governments.

DISHONESTY :

Dishonesty is to act without honesty. It is used to describe a lack of probity, cheating, lying or being deliberately deceptive or a lack in integrity, knavishness, perfidiousity, corruption or treacherousness. Dishonesty is the fundamental component of a majority of offences relating to the acquisition, conversion and disposal of property (tangible or intangible) defined in criminal law such as fraud.

1. Laziness

Lazy people like to take the easy way out. Just think back to your high school days and the amount of cheating that went on. You had friends, girls (or guys), sports and TV to think about; who actually had the time to study? People who are unmotivated and want things to come easy will take the dishonesty route.

2. Don't have the skills

People who don't have the skills need to cheat to get ahead or keep up with the rest. We see this all the time in sports: baseball players take steroids, China uses 13-year-olds for the Olympics and football coaches tape opponents' practices. It must be devastating to devote your entire life to a sport, only to find that you naturally just can't measure up to your competitors. Instead of being true themselves, these people choose to cheat because of a lust for fortune and fame.

3. Peer pressure

My Dad once told me, *"Tell me who you hang out with, and I'll tell you who you are."* These words have resonated with me throughout my life, and I have surrounded myself with people who are honest, motivated and intelligent. But what about people who grew up with dishonest friends? Is it their fault that they're dishonest as well? I am one who promotes that an individual is ultimately responsible for his or her own decisions, but I do feel that we are a product of our surroundings. Peer pressure can make a weak individual do dishonest things.

4. Greed

If JP Hayes had cheated, he would have been a victim of greed. He has money, fame and is an accomplished golf professional. He doesn't need the money at all, and not making it into the tournament would not have been the end of the world. However, some people are greedy

and want to make as much money as they can. They crave the attention and want to be in the limelight.

5. Financial situation

When you're broke, you think of any way to make money. If you have to commit dishonest action to make money, then you do it because of necessity. Well, I shouldn't say "necessity," because there are always ways to survive financially in an honest way. These people just choose dishonesty because they want the easy way out.

6. Confused morals

If you're brought up by dishonest parents, then you have a high chance of being dishonest as well. I had a friend from UCLA who cheated his way through his entire life:

- He lied on his UCLA application by putting hundreds of hours of community service when he really had none.
- He cheated on every single test.
- He lied on his resume by writing that he had founded companies he never started.
- He even tried to cheat us out of rent money! (Yes, the guy was my roommate.)

The funniest thing was that he thought everything he did was perfectly normal! He didn't care if it was honest or not; he just did what he thought was necessary to progress in life.

So the answer is clear: JP Hayes did not cheat because he was NOT influenced by the six points above:

1. He is not lazy, because he has been practicing and playing golf all of his life.
2. He does have the skills, because he has previously won a big tournament.
3. His peers are honest golfers, so it was pretty much positive peer pressure.
4. He showed he wasn't greedy because he disqualified himself.
5. He has a lot of money, so he wasn't in a bad financial situation.
6. I don't know about his parents, but I'll bet they were honest people as well.

IMMORALITY

It is three types of "immorality", maybe there are

1. One is a **social concept**. A person could be considered "immoral" because they wear their skirts too short or because of whom they sleep with. Immorality in this sense is simply

deviation from a social norm. This sort of “immorality” is caused by an individual who believes they don’t have to abide by the social norms.

2. Second, you have a **religious concept**. It’s pretty much the same as the social concept, same variation by social group, but the religious people believe that “GOD” is the one that gives them the authority to say what is immoral and what is not. They believe that being a “sinner” is what makes a person immoral and changing to their brand of religion will keep a person from being immoral. There are many immoral people in church and behind the pulpit that can prove that religious belief does not save one from “immorality”.
3. Third, there is a **Spiritual concept**. If one believes in a loving God that would unite the whole of the universe and mankind in peace and harmony, then immorality is simply going against that plan of unity and harmony. If a person does something to harm the earth or their brother or sister then they are harming the Whole, including themselves.

The cause of immorality in this case is being against God, Spirit, and the Whole of Life. Ironically, the third concept is the same as the second to those who realize that following a religion is not as important as following God.

Immorality is often but not always closely linked with both religion and sexuality. Max Weber saw rational articulated religions as engaged in a long-term struggle with more physical forms of religious experience linked to dance, intoxication and sexual activity. Durkheim pointed out how many primitive rites culminated in an abandonment of the distinction between licit and immoral behaviour.

Sexual immorality :

Coding of sexual behaviour has historically been a feature of all human societies, as too have the policing of breaches of its mores - sexual immorality - by means of formal and informal social control. Interdictions and taboos among primitive societies were arguably no less severe than in traditional agrarian societies. In the latter, the degree of control might vary from time to time and region to region, being least in urban settlements, however, only the last three centuries of intense urbanisation, commercialisation and modernisation have broken with the restrictions of the pre-modern world, in favour of a successor society of fractured and competing sexual codes and subcultures, where sexual expression is integrated into the workings of the commercial world.

7. DRUG-ADDICTION

Drug addiction, also called substance use disorder, is a dependence on a legal or illegal drug or medication. Keep in mind that alcohol and nicotine are legal substances, but are also considered drugs.

When you’re addicted, you’re not able to control your drug use and you may continue using

the drug despite the harm it causes. Drug addiction can cause an intense craving for the drug. You may want to quit, but most people find they can't do it on their own.

Drug addiction can cause serious, long-term consequences, including problems with physical and mental health, relationships, employment, and the law.

You may need help from your doctor, family, friends, support groups or an organized treatment program to overcome your drug addiction and stay drug-free.

Drug Addiction

Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her. Although the initial decision to take drugs is voluntary for most people, the brain changes that occur over time challenge an addicted person's self-control and hamper his or her ability to resist intense impulses to take drugs.

Fortunately, treatments are available to help people counter addiction's powerful disruptive effects. Research shows that combining addiction treatment medications with behavioural therapy is the best way to ensure success for most patients. Treatment approaches that are tailored to each patient's drug abuse patterns and any co-occurring medical, psychiatric, and social problems can lead to sustained recovery and a life without drug abuse.

Similar to other chronic, relapsing diseases, such as diabetes, asthma, or heart disease, drug addiction can be managed successfully. And as with other chronic diseases, it is not uncommon for a person to relapse and begin abusing drugs again. Relapse, however, does not signal treatment failure—rather, it indicates that treatment should be reinstated or adjusted or that an alternative treatment is needed to help the individual regain control and recover.

8. NEGLECT OF LAW & ORDER AND ETHICAL, MORAL AND SOCIAL DISCIPLINE

Science of living

Problem of country

India is a democratic country which involves socialism in its day to day life. On one hand democracy is a sign of respect to decisions of mass on other hand socialism is an element of social justice. To convey combine results in practice of both principals it is necessary to balance elements like technical development, economic empowerment as well as moral development otherwise alone any of the principal (democracy and socialism) will lead to a situation which we are facing that is, it's been 60 years to socialism but cast-ism, separationist, linguistic difference are still into

the root of society. Hence we can conclude that alone any theory of school of thoughts will not solve the purpose.

Problem of society

In order to compete with the time, society and expectations we are moving with a great pace, a pace in which our senses are

Are dead. Consumerism stressful public life engagements has left us with no time option, we have no schedule for ourselves not

Not even for our family members and hence a tragic pattern of life has evolved globally in which everything is there on the table

Table except peace and health/mental health. Due to all these exaggerations in life a normal life is hard to live and lead and all these

These leads us into a realm of mental depression and reduced moral values. The reducing nature of moral values is not an alarming

Alarming situation on personal front but it is directly effecting our social life, our socio-economic surrounding is tend to more towards

Towards greed rather than to achieve which is a warning signal.

9. ARMAMENTS/NUCLEAR WEAPONS (MILITARISM)

1. The weapons and supplies of war with which a military unit is equipped.
2. Often armaments all the military forces and war equipment of a country.
3. A military force equipped for war.
4. The process of arming for war.

Militarism is the belief or desire of a government or people that a country should maintain a strong military capability and be prepared to use it aggressively to defend or promote national interests. It may also imply the glorification of the ideals of a professional military class and the "predominance of the armed forces in the administration or policy of the state.

Militarism has been a significant element of the imperialist or expansionist ideologies of several nations throughout history. Prominent examples include the Ancient Assyrian Empire, the Greek city state of Sparta, the Roman Empire, the Aztec nation, the Kingdom of Prussia, the Habsburg/Habsburg-Lorraine Monarchies, the British Empire, the Ottoman Empire, the Empire of Japan, the Russian Soviet Federative Socialist Republic (which would later become part of the Soviet Union),

the Italian Empire during the reign of Benito Mussolini, Nazi Germany, Israel and the United States of America.

After World War II, militarism appeared in many of the post-colonial nations of Asia (i.e. North Korea, Pakistan, Burma and Thailand) and Africa (i.e. Liberia, Nigeria and Uganda).

10. EXPLOITATION

Lest the list become endless, we shall confine ourselves only to the acute/major problems besetting the human race.

After identification of these problems, we have to reflect on their causes. The following seem to be the main culprits in creating these problems:

- (a) Degeneration of faith in basic values of life.
- (b) Utter materialistic outlook.
- (c) Excessive proclivity for ease and comfort.
- (d) Hedonistic tendencies / Neo-culture sensualism.
- (e) Unbridled desires / cravings / ambitions.
- (f) Lack of compassion and spirit of service.
- (g) Lack of self-discipline / self-control.
- (h) Excessive greed / Possessiveness / Acquisitiveness Money-mindedness.
- (i) Utter selfishness.
- (j) Over-industrialization.
- (k) Over-urbanization.
 - (1) Over-population.
- (m) Over-busy life (time-stress).

There are some fundamental causes responsible for the above:

- (1) Distortion of neuro-endocrine system.
- (2) Lack of value-education.
- (3) Unbalanced educational system; input is incomplete; there is merely preaching-oriented education (without the practical technique for attitudinal change and behavioural modification).
- (4) Enfeebling of innate vital force (Prana), resulting in the weakening of will-power and tolerance.

UNIT-IV : MODERN LIFESTYLE CHALLENGES

MODERN LIFESTYLE CHALLENGES

1. CHOLESTEROL

The amount of cholesterol in the blood is one of the three most important risk factors for atherosclerosis.

Research shows that the risk of death from heart disease increases when cholesterol exceeds 150mg/dl. However that is not the whole picture. Cholesterol comes in two forms: LDL (the bad kind) and HDL (the good kind). HDL actually protects us from atherosclerosis by removing cholesterol from the arteries. An HDL level of 75mg/dl drops heart disease risk to near zero, while a level of 25mg/dl or lower raises the risk very high.

An especially harmful type of cholesterol (oxidized cholesterol) is found in Parmesan cheese, lard, dry mixes that contain powdered milk or eggs, such as custard and pancake mixes, and other processed foods containing cholesterol and sugar. Some of the chemicals in oxidized cholesterol are so toxic they can cause irreversible damage to arterial walls in less than 24 hours.

P/S RATIO OF FOODS			
<i>Animal</i>	<i>P/S ratio</i>	<i>Plant</i>	<i>P/S ratio</i>
Ave. selected fish	1.80	Walnut, black	10.33
Turkey	0.87	Walnut, english	6.90
Chicken	0.76	Hickory nut	3.11
Butter	0.11	Pecan	3.08
Milk	0.11	Almond	2.21
Cheese	0.09	Brazil nut	1.49
Beef, lunch meats	0.09	Filbert	1.30
Bacon, deer, lamb	0.17 - 0.50	Pistachio	1.20
		Cashew	0.86
		Palm oil	0.20
		Coconut	0.01

Another factor is the type of fat in the diet. Saturated fat (S) is more effective at raising cholesterol levels than dietary cholesterol itself is. Polyunsaturated fat (P) lowers cholesterol levels; however, it takes twice as much polyunsaturated fat to cancel the effects of a given amount of saturated fat. A P/S ratio less than 2/1 will raise cholesterol while a ratio of more than 2/1 will lower cholesterol. All meat and dairy products have a poor P/S ratio as do coconuts. Walnuts, almonds, pecans, and hickory nuts all have high P/S ratios, with black walnuts topping the list at a ratio of 10.33/1. When polyunsaturated fats are hydrogenated, such as in margarine and shortening, they raise LDL cholesterol levels. Mono-unsaturated fats tend to raise HDL (good) cholesterol. Olive oil is a notable source of this type of fat. Even though unsaturated fats have a favourable effect on cholesterol levels, they should be used in moderation.

The type of protein consumed also affects cholesterol levels. Animal protein increases blood cholesterol levels while plant protein decreases it. See chart.

Eight Keys to Heart Disease

There are eight keys to preventing, treating, and reversing heart disease. They are so effective that if every American followed them 90 percent of heart attacks could be prevented.

1. **Reduce blood cholesterol.** Levels less than 150 mg/dl will reduce the risk of heart attack by 60 to 90 per cent.

SOURCES OF DIETARY CHOLESTEROL

**Cholesterol is found
only in animal foods.**



**Fruits, vegetables,
grains, and nuts contain
no cholesterol**



2. **Eat a plant-based diet.** All the cholesterol we eat comes from animal products; plant foods contain no cholesterol. To remove all cholesterol from the diet all animal products must be eliminated.
3. **Increase dietary fiber.** It absorbs cholesterol in the digestive tract and removes it
4. **Decrease blood levels of fat.** Sugar, fat, and alcohol increase the amount of fat in the blood. Fat promotes plaque build-up in the arteries and stimulates the blood to clot, increasing the risk of heart disease.
5. **Stop smoking.** Over a period of five years this will reduce your risk of heart attack by 50 to 75 percent.
6. **Start a regular aerobic exercise program.** This raises MDL so effectively it can reduce the risk of heart disease by over 45 percent in those who are unfit.

7. **Reach and maintain your ideal body weight.** Losing weight can cut heart disease risk by 35 to 55 percent in those who are more than 20 percent over their ideal weight.
8. **Reduce blood pressure.** A ten-point reduction in blood pressure reduces heart disease risk 20 to 30 percent in those with high blood pressure.

Many people have experienced very good results from implementing these principles. As artery blockage reverses, angina pains have cleared up, and an active normal life has again become possible.

II. CANCER

Cancer is the number two killer in this country. More than 1500 people a day die from cancer—the equivalent of three jumbo jets crashing each day, every day. These are appalling statistics, especially since many cancers are preventable. Currently, one in every two men and one in every three women will be diagnosed with cancer at some time in their lives.¹

The American Cancer Society defines cancer as “a group of diseases characterized by uncontrolled growth and spread of abnormal cells.” In a healthy body the immune system quickly identifies and destroys cancer cells when they first occur, but the typical American lifestyle and diet predispose the body to develop cancer by introducing carcinogens to the body and handicapping the immune system.

Adopting a cancer protective lifestyle can reduce your risk by up to 90 percent.² Here are seven suggestions for success:

1. **Avoid factors that favour cancer development.** Use of tobacco and alcohol play a part in about 44 percent of all cancers. Meat and dairy products, excess fat, sugar, cholesterol, and sunshine have all been linked to one or more kinds of cancer. Other cancer causing agents have been found in coffee, chocolate³, asbestos, wood dust, and a host of toxic chemicals from deodorant sprays to pesticides.
2. **Eat a proper diet.** A high-fiber low-protein diet featuring a wide variety of fruits and vegetables has many cancer-inhibiting components.
3. **Eat regular meals with nothing between them except water.** Research shows that those eating four meals a day have double the risk of colon and rectal cancer as compared to those who eat only two meals per day.
4. **Exercise daily.** This will enhance your immunity, improve circulation and digestion, and reduce stress. Physical inactivity increases the risk of various kinds of cancer 30 to 80 percent

5. **Obtain moderate sun exposure.** It enhances the immune system and decreases the risk of various kinds of cancer. Vitamin D, produced by sunlight on the skin, suppresses abnormal cell growth.
6. **Maintain proper weight.** Excess body weight can increase cancer risk by as much as 55 percent.
7. **Learn stress control.** Stress depresses the immune system and is a major risk factor in cancer development.

Many people have experienced a slowing down or complete disappearance of tumour growth by making these adjustments. Lifestyle changes should be a part of any cancer treatment and maintenance program.

III. HIGH BLOOD PRESSURE

High blood pressure, or hypertension, is known as “the silent killer” because there are often no symptoms. It is estimated that up to 25 percent of Americans have this condition, and about half of them don’t know it.¹ This is serious; hypertension is associated with stroke, congestive heart failure, heart attack, atherosclerosis, aneurysm, kidney disease, disease of the retina, blood vessel rupture, and weakened memory and mental ability.

There are two main categories of high blood pressure: secondary hypertension is caused by other diseases and subsides when these are treated; primary hypertension accounts for 90 percent of all cases of high blood pressure and is due to lifestyle factors and inherited susceptibility. It responds well to lifestyle changes. These need to be made under a doctor’s supervision if a person is taking a blood pressure lowering drug.

The following are some methods to lower blood pressure:

1. **Lose weight.** Obesity is one of the most important contributors to high blood pressure. Sixty to seventy percent of hypertension is directly attributed to increased body fat.
2. **Utilize a low-salt diet.** The body must raise the blood pressure to enable the kidneys to cope with a high salt intake. Don’t assume that just because you have taken the salt shaker off the table you are on a low salt diet. Eighty percent of our salt comes hidden in processed foods. Read the labels; educate yourself on how much salt is in the foods you eat, and make a specific plan to reduce sodium intake to less than 2,000 mg/day.
3. **Eliminate caffeine, nicotine, and alcohol.** All of these substantially raise the blood pressure.
4. **Learn to control stress.** The stress response in the body raises the blood pressure, and unrelieved stress keeps it high. Overwork and worry are major contributors to hypertension.

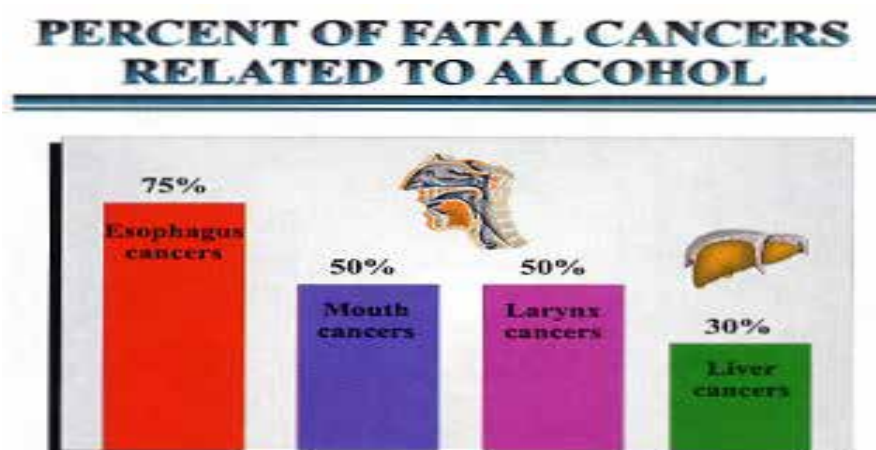
5. **Adopt an aerobic exercise program such as brisk walking.** Exercise at least 3 days a week for 45 minutes. Exercise strengthens the heart and enables it to pump more efficiently. A regular exercise program significantly reduces blood pressure.
6. **Eat oatmeal and green leafy vegetables.** These have been shown to reduce blood pressure.³

IV. ALCOHOL

In spite of the recent news hype purporting to show benefits from moderate drinking, alcohol is a dangerous poison. In the U.S. it is the second most deadly drug, coming right after tobacco. An estimated 100,000 Americans die prematurely every year due to its use.

Even the moderate use of alcohol can inflict widespread damage to both the individual's health and society.

- Alcohol of any amount in the system causes alteration and death of brain cells.
- Alcohol increases the risk of hypertension, stroke and damage to the heart muscle.
- Alcohol impairs the reproductive system. Heavy usage in men can cause impotence, testicle shrinkage, and enlarged breasts. In women, it causes malfunctioning ovaries and irregular menstrual cycles.
- Alcohol-use by a pregnant woman can cause major damage to her unborn child. 11,000 U.S. children are born every year with fatal alcohol syndrome and another 30,000 or more with other alcohol-related problems. Some of these include vision, hearing, and immune system defects; mental retardation; growth, balance, and coordination problems; and skull, facial, and genital deformities.



- Alcohol weakens the immune system, increasing susceptibility to illness and cancer.

- Alcohol destroys the liver. Nearly 25,000 Americans die each year from alcohol-induced liver disease.
- Alcohol is a contributing factor in many accidents. Any use of alcohol increases your chances of injury, disability, or death.
- Alcohol reduces mental performance. It decreases judgement, foresight, and moral reasoning, and lessens abstract thinking ability.

The National Council on Alcohol and Drug Dependency says, "Alcohol is closely linked with virtually every negative aspect of society: suicide, violent crime, birth defects, industrial accidents, domestic and sexual abuse, disease, homelessness, and death. It is the number one drug problem for people from all walks of life. It knows no racial, ethnic, social, or economic barriers."

What about the studies cited by the media showing that alcohol is good for your heart? Studies show that red wine increases blood flow by making the blood's clotting cells, the platelets, less sticky. Research shows, however, that it is not the alcohol that gives this benefit but substances, called flavonoids, found in grapes, as well as many other fruits, vegetables, and grains. Grape juice without alcohol gives the same effect. It has never been demonstrated that a person living a healthy lifestyle gains any additional benefit from alcohol.

There is one tiny health benefit from alcohol. It increases HDL (good) cholesterol, but so do some pesticides. The harm outweighs any benefit.

Considering the numerous health and social problems associated with the use of alcohol, drinking is not a wise choice. Try an alcohol time out for thirty days. If you can't live without it you need to determine whether you are its master or its slave.

The Alcoholics Anonymous organization helps men and women who want to overcome the alcohol addiction. You can find their number listed in the local telephone book. Their buddy system and 12 step program can help you.*

*Some of the withdrawal symptoms from alcohol or drugs can be life threatening and should be monitored by a professional.

V. TOBACCO

In 1979, the U.S. public health service called smoking, "The largest single preventable cause of illness and premature death in the United States?" Tobacco is the only legal product in the U.S. that, when used correctly, kills one out of every four of those who use it. Tobacco is responsible for the death of over 450,000 Americans per year--more than all who die from AIDS, illicit thugs, fires, car crashes, and homicides combined.

Tobacco leads to a variety of painful and terminal illnesses. The greatest number of smoking-related deaths are from heart attack, stroke, and cancer. Two of the more frightening diseases associated with smoking are emphysema and Buerger's disease. Emphysema is a progressive disease in which the lungs are slowly destroyed, resulting in slow suffocation. Buerger's disease, which is characterized by the clogging and inflammation of the capillaries cuts off the blood supply and can result in gangrene of the fingers and toes.

Even if tobacco doesn't kill you outright, some of the non-lethal effects are just as bad. It weakens the bones and is a risk factor for back pain; it causes impotence and premature menopause; it accelerates hair graying, skin wrinkling, loss of vision, and decreased physical capacity. Cancer treatment can be painful and disfiguring; a heart attack or stroke can leave you disabled.

You have a great deal to gain by kicking the habit: longer life, more energy, fewer medical expenses--and the air is fresher, breathing is easier, food is more flavourful, money goes farther, you smell better, and so do the flowers.

Kicking the Tobacco Habit

It is not an easy task to quit smoking. The 1988 Surgeon General's report revealed that nicotine is six to eight times more addictive than alcohol. Yet since 1964, 44 million Americans have stopped smoking. Most have kicked the habit on their own; however, the chances of success are up to five times higher for those who attend a seminar such as the Breathe Free Plan to Stop Smoking, one of the most successful smoking cessation programs ever presented, with over 20 million graduates worldwide.

An addiction to tobacco is both psychological and physical. Some of the classic withdrawal symptoms are: nicotine craving, rapid mood swings, tremors, intestinal problems, headaches, increased smoker's cough as the lungs clean themselves, sleep disturbances, hunger, anxiety, irritability, restlessness, difficulty concentrating, frustration or anger, dizziness, and nausea. The average person experiences about five of these symptoms when he or she makes a complete break with cigarettes. The worst of the withdrawal symptoms are usually over within the first 24-72 hours, and all physical symptoms should be completely gone at the end of four weeks.

Here are some things you can do to help take the misery out of quitting.

- 1. Choose to quit.** The first and most important step is to make a personal choice to stop smoking. Write down your reasons for quitting, keep them with you, and review them frequently. Set a date, the sooner the better, and kick the habit.
- 2. Eliminate all cigarettes.** Don't plan to fail. Cigarettes close at hand intensify the cravings. Get rid of all temptation.

3. **Plan strategies to resist cravings.** A craving lasts only two to three minutes. If you can distract yourself for that long the battle is yours. Get a drink of water and take several slow deep breaths. Tell someone your reasons for quitting. Find an activity not related to smoking that can be done automatically when necessary.
4. **Exercise daily.** Exercise naturally relieves anxiety and tension; it is a powerful mood elevator. When faced with cravings, exercise is an excellent option. Plan some sort of moderate physical activity, such as a brisk walk, into every day. You will have fewer and less intense cravings.
5. **Get more sleep.** For the first five days your body will tend to require more sleep. Arrange your schedule so that you have the option of an extra two hours in bed if you need it. This will go a long way toward preventing mood swings and tendencies to irritability, frustration, and anger.
6. **Drink 8-12 glasses of water daily.** Abundant quantities of water will wash the poisons from your system and prevent dehydration, which seems to make a number of withdrawal symptoms worse. Other beverages are not as effective at keeping you hydrated. Caffeinated drinks, are diuretics and promote water loss.

Eating just fruit and drinking only fruit juice or water for the first twenty-four hours may help flush your system of toxins.

7. **Shower or bathe more frequently.** Water has a tremendous equalizing effect on the nervous system and it keeps your pores clean and open, which helps eliminate toxins through the skin. Also, ridiculous as it may sound, the shower is actually a safe retreat when a nicotine craving hits. Showering and smoking just don't go together for most people.
8. **Avoid substances that make it more difficult to quit.** Caffeine increases the intensity of some withdrawal symptoms such as nicotine cravings, anxiety, irritability, and difficulty sleeping. It also alters the brain chemistry making it harder to develop new habits. It is often behaviourally linked with smoking. An unusual reaction occurs when nicotine and caffeine are given up at the same time; their withdrawal symptoms tend to cancel each other out, making it easier to discontinue both. Those who stop smoking but continue to drink coffee have a higher relapse rate than those who stop using both at the same time.

Alcohol interferes with judgment. It will suppress the ability to stick with your decision to quit. Heavy meals, especially in the evening tend to bring on the urge to smoke.

Spicy foods such as mustard, vinegar ketchup, pickles, pepper, and even cinnamon, can increase smoking urges as well as other withdrawal symptoms.

9. **Avoid smoking-associated situations.** When where and with who do you usually smoke? If you usually smoke sitting at the table after dinner, then get up immediately and do something

not associated with smoking. What about that easy chair? Do you always have a cigarette in your hand when you sit there? Sit somewhere else. Explain to your friends what you are doing and ask for their support. If they try to undermine your resolve or tempt you, they are not really your friends; avoid them until you have firmly broken the habit.

10. **Help someone else.** Programs that employ a buddy system are invaluable. The act of helping someone else quit provides a tremendous boost and is a motivation for you to keep going.
11. **Persevere.** If in a moment of weakness you give in to your cravings don't give up. Determine to persevere and continue fighting until you win. Figure out what went wrong, devise a plan so it won't happen again, renew your commitment and obtain the victory. Do not allow yourself to flounder in self-destructive condemnation and stop trying.
12. **Ask for help.** Many people find that their strongest resolutions and most sincere promises are like ropes of sand. They realize that they are slaves to tobacco, incapable of freeing themselves. There is hope for those in this position. Your loving Creator will give you strength if you ask Him. Spend some time with Him each day in self-surrender and give this battle to Him. Persevere and He will set you free.

VI. HABITS & ADDICTIONS

Whenever the issue of a change in lifestyle comes up, whether it is losing weight, quitting a harmful habit, or trying to get enough rest or exercise, many people know what they need to do but can't seem to find either the desire or the will power to do it.

When we repeat an action over and over the brain changes and makes a "pathway" so it is easier to do that action again without thinking about it. The only way to change the habit is to form a new "pathway" that is stronger than the old one. Many people find that it takes approximately three weeks to form a new habit. Unfortunately, the old pathway never goes away so the chance of falling back into the old habit is always present.

Addictions have several common characteristics, one of which is the loss of control. Any habit that is not fully under your command is an addiction.

The primary methods for dealing with a habit or an addiction are the same:

- **Stop "cold turkey."** If you truly want to change, you must make a clean break from your habit or addiction and abstain for life. You can no more indulge a bad habit in "moderation" than an alcoholic can return to "moderate" drinking.
- **Address the root causes.** If your addiction is brought on by stress you must learn to deal constructively with this foundational problem before you can expect to master your addiction.

- **Make no provision to fail.** Don't keep the cigarettes, liquor, chocolate, etc., around; everyone has weak moments.
- **Be willing to face some discomfort.** Some suffering may be involved in breaking a habit or an addiction. Be willing to endure, always keeping your goal in mind.
- **Persevere.** If failure occurs, the tendency is to become discouraged and quit. Don't give up. Learn from your mistake and keep going.

While these techniques have their place, some of us have a willpower so weak that all the methods in the world will not be enough. We can no more change our behaviour than we can increase our height or change the colour of our skin through willpower alone. We love our habit even while we hate the effects it has on us.

What can you do when you realize that you are truly helpless and enslaved--when you have tried everything and have given up on yourself! That is just the place where God can work with you. Give Him a chance, put the whole matter in His capable hands, and relinquish yourself to His control.

Experience of an Addict

In spite of the fact that I was raised in a good Christian home, by the time I entered high school I was caught in a web of addiction from which I could not free myself. This activity didn't seem like a big deal. It gave me pleasure and helped me cope with the stress and pain in my life. But since my parents did not approve of this habit, I soon learned to lie and hide what I was doing from everyone around me. I withdrew from the society of others as much as possible, and began spending every spare minute I could by myself, lost to the rest of the world, satisfying my craving. I didn't develop any friends or learn to interact with other people. My addiction became the sum total of my life. I loved it, lived for it, spent every penny I made on it, and when I was engaged in other activities I wasn't really there--I was trying to figure out how to slip away and indulge my habit.

I realized quite early that I was enslaved; I had a very small inkling of the damage it was doing to me and the conflicts it was causing in my life. I tried to quit a number of times, but when the stress and pain of life got to be too much for me I'd be back at it again. It was my comfort, and my only resource for coping with life. I hated myself for being so weak but realized I was completely helpless.

While in this state of mind a thought came to me, "You have never given God a chance." I figured I had nothing to lose, so I said, "God, I don't even know if you exist, but I'm willing to give you a try. If you will take complete responsibility for removing this habit, I will surrender myself to you and spend ten minutes in the morning and ten minutes in the evening with you trying to learn who you are?" I kept my side of the bargain. Every day I would give myself and my problem to Him and leave it in His hands. I didn't dwell on it or fight it. I spent my energy getting to know Him. Several

months later I realized I had been free for weeks and the desire was gone. I had been recreated a new person who was no longer a slave.

Years have gone by; at times I have lost my focus on Jesus and my connection with Him. Then my old nature returned and I resumed my old ways.

But my God is so gracious! He takes me back, recreates me, and puts me back on the right path. My relationship with Him is far more valuable than wealth or honour, praise or possessions, and I don't ever want to trade it for anything, lose it, or neglect it again.

VII. DIABETES

Diabetes is a serious condition that occurs when the body becomes unable to use glucose (sugar), which builds up to dangerous levels in the blood. High blood sugar levels damage the body in a number of ways. Life expectancy is shortened by 5 to 10 years or more. The risk of heart disease, stroke, blindness, foot and leg amputations, kidney failure, peripheral neuropathy, and breast and uterine cancer is increased. It is estimated that sixteen million Americans are diabetic, and one third are unaware of it.¹

There are two types of diabetes. Juvenile onset diabetes--called Type I or insulin-dependent diabetes--is the more severe form. Adult-onset diabetes--called Type II or noninsulin dependent diabetes--is more common. Both have problems with insulin, the substance which acts as the "key" to open the "door" of each body cell to let glucose enter and fuel the cell. Type I diabetics do not produce enough insulin and must have regular shots, or they will die. Type II diabetics have a less severe underproduction of insulin, and/or an insulin resistant condition, in which the cells do not respond to it. As a result, glucose builds up in the blood while the cells starve. Type II diabetes is usually the result of a genetic predisposition coupled with obesity, a diet high in fat, and too little exercise.

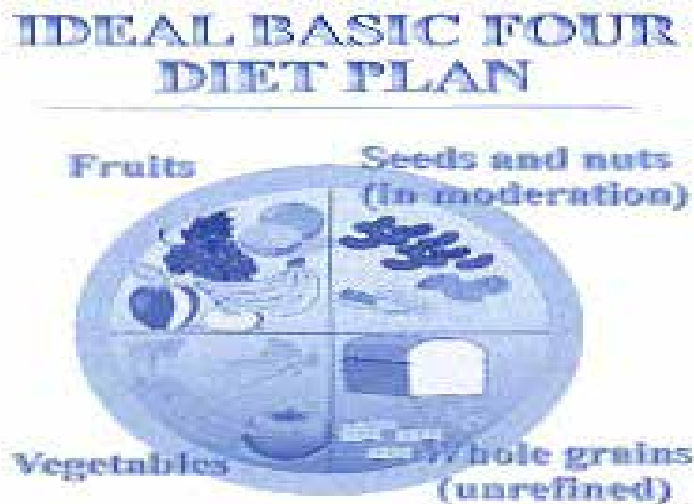
The good news is that diabetes can often be controlled by lifestyle modifications. If a person is receiving medication, these changes must be made in consultation with a doctor, since medications will need to be lowered quickly--sometimes within a matter of hours.

Here are some recommended changes.

1. **Avoid dietary fats.** They are the main factor responsible for making cells unresponsive to insulin.² Studies show that a 65 percent fat diet will induce diabetes in less than two weeks.
2. **Lose weight.** Obesity is one of the primary reasons cells become insulin resistant. Losing weight makes the cells more responsive, and this alone will cure many Type II diabetics.
3. **Exercise regularly.** Physical inactivity contributes to the development of insulin resistance. Regular exercise enhances the cell's ability to use insulin.⁵ Regular exercise is critical for the

diabetic and for those at high risk of developing the disease because of excess weight or genetic predisposition.

4. **Avoid things that aggravate the problem.** Refined sugar, caffeine, nicotine, and alcohol unbalance insulin production and blood sugar levels. High blood pressure, acetaminophen, and excess protein facilitate kidney deterioration.⁶



5. **Eat a proper diet.** The American Diabetic Association now recommends a diet low in fat, moderate in protein, and containing complex carbohydrates such as beans, vegetables and grains. The fiber found in such foods is a critical ingredient in the control of blood sugar. Even fruit can be handled in this kind of diet if eaten unrefined and in moderation.
6. **Space meals appropriately.** Five to seven meals have often been prescribed for diabetics, but eating frequent meals raises absolute blood sugar levels 10 to 15 percent. On a low-fat diet high in complex carbohydrate most people can easily maintain adequate blood glucose levels with three or even two meals a day. Mealtimes should be regular, with at least five hours between meals, and no snacks. The evening meal can be omitted or kept very light. This will also help with weight loss! Ask your doctor to adjust your insulin injections as needed.
7. **Harness the benefits of sunlight.** Exposure to sunlight lowers blood sugar by stimulating its storage in the muscles and liver. Diabetics are benefitted by getting moderate amounts of sunshine, but lengthy sunbathing is not recommended.

Thousands of people have been successful in bringing this disease under control. Begin today to follow these simple suggestions, and you too will lose weight, feel better, have more energy, and achieve the mastery over diabetes.

VIII. OSTEOPOROSIS

Osteoporosis is a gradual and painless condition in which bones become more brittle because of mineral loss and structural deterioration. It affects one in every three women over fifty years of age worldwide. Most are not aware of it until they suffer a fracture--most commonly of the hip, wrist or back bones. These fractures can significantly affect the quality of life, and may cause premature death from complications such as pneumonia.

Because calcium is the main mineral lost in osteoporosis, it has been thought that high calcium intake would reduce bone loss. However, research has not borne this out. Instead it shows that high protein intake from meat and dairy sources robs calcium from the bones, even when calcium supplements are being taken.¹ Interestingly, higher consumption of vegetable protein does not appear to be related to osteoporosis or bone fractures.² See p. 5 A Diet of Excess for more information on the calcium protein connection.

There are some lifestyle factors that help to significantly protect against osteoporosis:

1. **Nutrition.** The optimum plan for this condition is a vegetarian diet low in protein with a moderate calcium intake from plant sources. It has been found that humans can assimilate calcium as well or better from plants than from dairy products. The body also uses calcium to process excess salt and phosphorus. Watch out for foods that introduce high amounts of phosphates into the diet without providing the necessary calcium to process them. Such foods include soda pop, meat, and dairy products.
2. **Exercise.** Studies show that lack of exercise is a risk factor in osteoporosis. The bones need to be pushed, pulled and stressed against gravity to retain their minerals. Bone density can be increased by a daily exercise program.
3. **Sunlight.** Inadequate levels of vitamin D have been associated with osteoporosis. Sunlight stimulates the body to convert cholesterol into vitamin D, which helps the body absorb calcium. Vitamin D supplements are not as effective.
4. **Abstention.** Alcohol, caffeine, and nicotine consumption increase the risk of osteoporosis!

IX OBESITY

Obesity is one of America's greatest health problems. It lays the foundation for heart disease, high blood pressure, cancer, and diabetes as well as numerous other problems like osteoarthritis, back pain, fatigue and low self- esteem. Every extra pound takes about one month from your life span. Sixty extra pounds can cost you five years. Excess fat has such a direct correlation to health that every pound lost or gained makes a difference.

Losing weight has become a national obsession. We spend billions of dollars each year on quick-fix fads, diets, and weight loss pills. The sad fact is that most are useless and some are actually quite dangerous. Programs that include a diuretic are essentially forcing the body to shed some of its much-needed water. A protein overdose will do practically the same thing. The body uses a lot of water to wash the waste products from excess protein out of the system. These diets can cause impressive weight loss in a short time. However losing weight by forcing water from the system is dangerous and ineffective, since the body replaces the water as fast as it can.

“Starvation” diets that provide less than 500 calories per day become counterproductive if kept up for more than two or three days. The body then figures out the food has stopped and conserves energy by lowering the metabolism--the rate at which you burn calories. It then begins to consume the parts of the body that use the most energy—the muscles. When you come off the diet with less muscle and a much lowered metabolism you will gain weight more readily than before. Remaining overweight would be more healthful than the repeated weight-loss/weight-gain cycles that gradually deplete muscle and replace it with fat tissue, making further weight loss nearly impossible.

The only weight loss program that will have a permanent effect is one that involves permanent lifestyle changes.

UNIT-V : LIFESTYLE MANAGEMENT

Life style management

Definition

Lifestyle management programmes are closely linked to the concept of health promotion, which is “the process of enabling people to increase control over, and to improve, their health.”[1]

Based on this, a lifestyle management programme is defined as a structured, action-oriented health promotion initiative designed to help individuals improve their health, reduce health risks and promote healthy behaviours.

Lifestyle management programmes can target a range of different health concerns and areas, such as physical activity, stress, smoking, and nutrition.[2] They are used in a variety of different settings, however most commonly in workplaces and community or public health initiatives.

I. Implementation

Lifestyle management programmes can be delivered as a standalone initiative; however they are generally used as part of an integrated, multi-component health promotion programme, incorporating a range of interventions. A health risk assessment or appraisal is often used as a starting point to identify health risks and then target appropriate programmes based on the results.

For example, if an individual’s health risk assessment reveals stress as a high risk area of concern, a stress lifestyle management programme could be recommended to promote behaviour change and reduce the health risks.

They can be delivered through a variety of mediums, including online, face-to-face with a health coach or trainer, or telephonically.

Benefits

Reviews and academic studies exploring the effectiveness and impact of lifestyle management programmes, when used as part of a wider, multi-component health promotion programme, have found that they can:

- Reduce health risks
- Reduce medical and healthcare costs
- Improve productivity
- Reduce absenteeism
- Reduce the incidence and severity of chronic health conditions.

II. Weight management

Weight management is a long-term approach to a healthy lifestyle. It includes a balance of healthy eating and physical exercise to equate energy expenditure and energy intake. Developing healthy eating habits while using tips that will keep us fuller longer can be useful tools in weight management. Knowing what your body needs is important to weight management and can control overconsumption and under consumption of food.

Weight management does not include fad diets that promote quick, temporary weight loss. It focuses on the long-term results that are achieved through slow weight loss, followed by retention of an ideal body weight for age, sex and height.

Rising obesity rates are a major concern in North America. About 60% of Canadians are overweight or obese. Obesity is a risk factor for many chronic diseases such as Type 2 diabetes.

Hypertension and cardiovascular disease. Managing one's weight is one factor in preventing such chronic diseases.

The following points are the weight management sources

- Increase protein intake, especially at breakfast
- Use a smaller plate
- Eat more soup
- Choose the low calorie foods
- Eating more dairy can aid in fat loss
- Incorporate more vegetables into your meals
- Fiber food
- Resistant Starch
- Capsaicin
- Avoid the Caffeine
- Drink a Green Tea

III. Physical activity and Exercise

Physical activity and exercise is must for mental & physical health. It helps in staying fit, weight management, improves confidence & self-esteem. It also helps in preventing many disease conditions.

- One must build an attitude of being active, must avoid lethargy and sedentary life. Do not wait for the day when you will be 'ready'.

- Start now. Incorporate physical activity in day to day life.
- Make regular exercise a necessary component of everyday life. Do not miss opportunity of physical activity.
- When you can walk, avoid car.
- When you can climb stairs, avoid lift. T
- Take active part in games, sports, dance etc.
- Find activity buddy.
- Go for walk with life partner, family members, friends etc.
- Avoid being couch potato.
- Eliminate excuses for inactivity.

IV. Nutrition & Eating Habits

- Understand the significance of healthy eating.
- Eat balanced diet to nourish your body.
- Minimize unhealthy and junk food.
- Do not skip breakfast. Eat light dinner.
- Observe regular eating schedule.
- Do not overload your stomach.
- Do not eat when not hungry.
- Chew your food well. Eat slowly.
- Make required changes in diet according to age, health status, body needs, activity level, climatic & seasonal changes etc.
- Avoid other activities while eating like talking, reading, watching TV etc.
- Eating together with family and colleagues improve relationships but take care not to over eat.

V. Stress Management

- Stress is the most prevalent factor that affects mental and physical health along with quality of life.
- Stress can result from almost anything like emotional trauma, bad relationship, work overload, poor personal or professional skills, time pressure, change in life, miss happenings, poor health, grief and so on.
- Stress can be managed by learning stress coping skills and avoiding the avoidable.
- Learning problem solving, decision making, conflict solving, goal planning, and organizing life helps in stress management.

VI. Smoking cessation

Smoking cessation (colloquially quitting smoking) is the process of discontinuing tobacco smoking. Tobacco contains nicotine, which is addictive, making the process of quitting often very prolonged and difficult.

Smoking is the leading preventable cause of death worldwide, and quitting smoking significantly reduces the risk of dying from tobacco-related diseases such as heart disease and lung cancer. Seventy percent of smokers would like to quit smoking, and 50 percent report attempting to quit within the past year. Many different strategies can be used for smoking cessation, including quitting without assistance (“cold turkey” or cut down then quit), medications such as nicotine replacement therapy (NRT) or varenicline, and behavioural counselling. The majority of smokers who try to quit do so without assistance, though only 3 to 6% of quit attempts without assistance are successful. Use of medications and behavioural counselling both increase success rates, and a combination of both medication and behavioural interventions has been shown to be even more effective.

Because nicotine is addictive, quitting smoking leads to symptoms of nicotine withdrawal such as craving, anxiety and irritability, depression, and weight gain. Professional smoking cessation support methods generally endeavour to address both nicotine addiction and nicotine withdrawal symptoms.

VII. Sleep improvement

1. Avoid Caffeine, Alcohol, Nicotine, and Other Chemicals that Interfere with Sleep

As any coffee lover knows, caffeine is a stimulant that can keep you awake. So avoid caffeine (found in coffee, tea, chocolate, cola, and some pain relievers) for four to six hours before bedtime. Similarly, smokers should refrain from using tobacco products too close to bedtime.

Although alcohol may help bring on sleep, after a few hours it acts as a stimulant, increasing the number of awakenings and generally decreasing the quality of sleep later in the night. It is therefore best to limit alcohol consumption to one to two drinks per day, or less, and to avoid drinking within three hours of bedtime.

2. Turn Your Bedroom into a Sleep-Inducing Environment

A quiet, dark, and cool environment can help promote sound slumber. Why do you think bats congregate in caves for their daytime sleep? To achieve such an environment, lower the volume of outside noise with earplugs or a “white noise” appliance. Use heavy curtains, blackout shades, or an eye mask to block light, a powerful cue that tells the brain that it’s time to wake up. Keep the temperature comfortably cool—between 60 and

75°F—and the room well ventilated. And make sure your bedroom is equipped with a comfortable mattress and pillows. (Remember that most mattresses wear out after ten years.) Also, if a pet regularly wakes you during the night, you may want to consider keeping it out of your bedroom.

It may help to limit your bedroom activities to sleep and sex only. Keeping computers, TVs, and work materials out of the room will strengthen the mental association between your bedroom and sleep.

3. Establish a Soothing Pre-Sleep Routine

Ease the transition from wake time to sleep time with a period of relaxing activities an hour or so before bed. Take a bath (the rise, then fall in body temperature promotes drowsiness), read a book, watch television, or practice relaxation exercises. Avoid stressful, stimulating activities—doing work, discussing emotional issues. Physically and psychologically stressful activities can cause the body to secrete the stress hormone cortisol, which is associated with increasing alertness. If you tend to take your problems to bed, try writing them down—and then putting them aside.

4. Go to Sleep When You're Truly Tired

Struggling to fall asleep just leads to frustration. If you're not asleep after 20 minutes, get out of bed, go to another room, and do something relaxing, like reading or listening to music until you are tired enough to sleep.

5. Don't Be a Night-time Clock-Watcher

Staring at a clock in your bedroom, either when you are trying to fall asleep or when you wake in the middle of the night, can actually increase stress, making it harder to fall asleep. Turn your clock's face away from you.

And if you wake up in the middle of the night and can't get back to sleep in about 20 minutes, get up and engage in a quiet, restful activity such as reading or listening to music. And keep the lights dim; bright light can stimulate your internal clock. When your eyelids are drooping and you are ready to sleep, return to bed.

6. Use Light to Your Advantage

Natural light keeps your internal clock on a healthy sleep-wake cycle. So let in the light first thing in the morning and get out of the office for a sun break during the day.

7. Keep Your Internal Clock Set with a Consistent Sleep Schedule

Going to bed and waking up at the same time each day sets the body's "internal clock" to expect sleep at a certain time night after night. Try to stick as closely as possible to your routine on weekends to avoid a Monday morning sleep hangover. Waking up at the same time each day is the very best way to set your clock, and even if you did not sleep well the night before, the extra sleep drive will help you consolidate sleep the following night. Learn more about the importance of synchronizing the clock in *The Drive to Sleep and Our Internal Clock*.

8. Nap Early or Not at All

Many people make naps a regular part of their day. However, for those who find falling asleep or staying asleep through the night problematic, afternoon napping may be one of the culprits. This is because late-day naps decrease sleep drive. If you must nap, it's better to keep it short and before 5 p.m.

9. Lighten Up on Evening Meals

Eating a pepperoni pizza at 10 p.m. may be a recipe for insomnia. Finish dinner several hours before bedtime and avoid foods that cause indigestion. If you get hungry at night, snack on foods that (in your experience) won't disturb your sleep, perhaps dairy foods and carbohydrates.

10. Balance Fluid Intake

Drink enough fluid at night to keep from waking up thirsty—but not so much and so close to bedtime that you will be awakened by the need for a trip to the bathroom.

11. Exercise Early

Exercise can help you fall asleep faster and sleep more soundly—as long as it's done at the right time. Exercise stimulates the body to secrete the stress hormone cortisol, which helps activate the alerting mechanism in the brain. This is fine, unless you're trying to fall asleep. Try to finish exercising at least three hours before bed or work out earlier in the day.

12. Follow Through

Some of these tips will be easier to include in your daily and nightly routine than others. However, if you stick with them, your chances of achieving restful sleep will improve. That said, not all sleep problems are so easily treated and could signify the presence of a sleep disorder such as a pnea, restless legs syndrome, narcolepsy, or another clinical sleep problem. If your sleep difficulties don't improve through good sleep hygiene, you may want to consult your physician or a sleep specialist.

VIII. Depression:

Definition

Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration.

It can be long lasting or recurrent, substantially impairing a person's ability to function at work or school, or cope with daily life. At its most severe, depression can lead to suicide. When mild, depression can be treated without medicines but, when moderate or severe, people may need medication and professional talking treatments.

Non-specialists can reliably diagnose and treat depression as part of primary health care. Specialist care is needed for a small proportion of people with complicated depression or those who do not respond to first-line treatments.

Lifestyle changes are simple but powerful tools in treating depression. Sometimes they might be all you need. Even if you need other treatment, lifestyle changes go a long way towards helping lift depression. And they can help keep depression at bay once you are feeling better.

IX. Lifestyle changes that can treat depression

- **Exercise.** Regular exercise can be as effective at treating depression as medication. Not only does exercise boost serotonin, endorphins, and other feel-good brain chemicals, it triggers the growth of new brain cells and connections, just like antidepressants do. Best of all, you don't have to train for a marathon in order to reap the benefits. Even a half-hour daily walk can make a big difference. For maximum results, aim for 30 to 60 minutes of aerobic activity on most days.
- **Nutrition.** Eating well is important for both your physical and mental health. Eating small, well-balanced meals throughout the day will help you keep your energy up and minimize mood swings. While you may be drawn to sugary foods for the quick boost they provide, complex carbohydrates are a better choice. They'll get you going without the all-too-soon sugar crash.
- **Sleep.** Sleep has a strong effect on mood. When you don't get enough sleep, your depression symptoms will be worse. Sleep deprivation exacerbates irritability, moodiness, sadness, and fatigue. Make sure you're getting enough sleep each night. Very few people do well on less than seven hours a night. Aim for somewhere between seven to nine hours each night.
- **Social support.** Strong social networks reduce isolation, a key risk factor for depression. Keep in regular contact with friends and family, or consider joining a class or group. Volunteering is a wonderful way to get social support and help others while also helping you.
- **Stress reduction.** Make changes in your life to help manage and reduce stress. Too much stress exacerbates depression and puts you at risk for future depression. Take the aspects of your life that stress you out, such as work overload or unsupportive relationships, and find ways to minimize their impact.



