

Indian Institute of Technology Kanpur

National Programme on Technology Enhanced Learning (NPTEL)

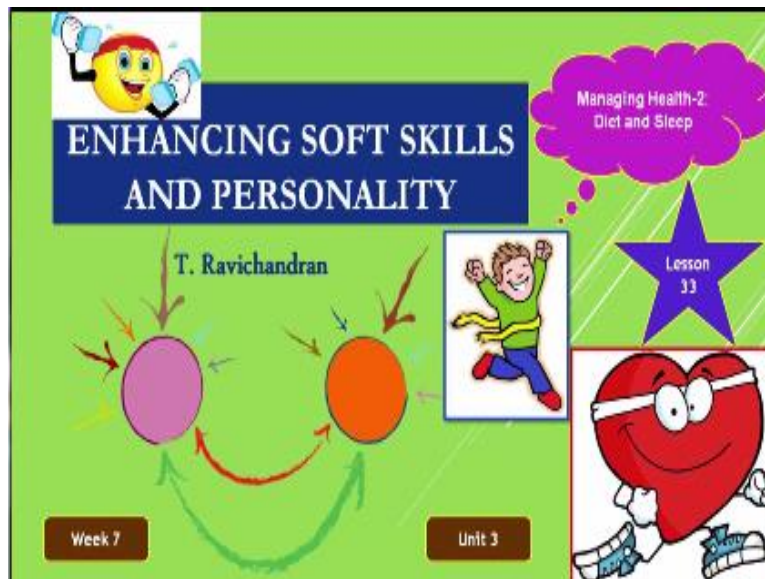
**Course Title
Enhancing Soft Skills And Personality**

**Lecture - 33
Managing Health-2: Diet and Sleep**

**by...
Prof. T. Ravichandran
Dept. of Humanities and Social Sciences**

Hello hi welcome back to my course on enhancing soft skills and personality we are on the 7th week third unit and on the whole 33rd lesson.

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And this is the second part of managing health and in this unit in particular will focus on diet and sleep as you shall we will take a look at the highlights of the last lesson.

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Highlights OF THE LAST LESSON

- ❑ We understood that health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.
- ✓ We learnt that timely upkeep of body is required for preventing it from untimely malfunctioning.
- ✓ We understood that to retain life-energy and to make full use of it, one should keep the body fit by regular exercise. Exercise is any activity that involves exerting your muscles in various ways to keep yourself fit.
- ✓ Adding Yoga and Meditation will help you to safeguard yourself from stress that attacks you at unprepared moments.
- ✓ We found morning exercise to be the most beneficial.
- ✓ While we learnt how to resume discontinued exercise, we got a clear grasp of the ways in which we can maintain going for regular exercise.
- ✓ On days when you miss your exercise, you can supplement it by other alternatives: Walking or cycling to the office, climbing stairs instead of using lift.
- ✓ You can make exercising attractive by use of the latest gadgets, treating yourself with nice sports costumes and by joining local competitions.
- ✓ Finally, I suggested that you should never break the rhythm and the momentum gained for minor ailments.

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We understood in the last lesson that health is a state of complete physical mental and social well-being that is the definition by WHO and not merely the absence of disease or infirmity so in order to maintain this balance that is to come through a physical reinforcement and along with mental and social well-being so you need to actually keep your body in very fit condition, so we learnt in that context that timely upkeep of body is required for preventing it from untimely malfunctioning.

So body needs to help you in crucial circumstances it should not let you down when you need it the most we understood that to retain life energy on to make full use of it one should keep the body fit by regular exercise as such is any activity that involves exerting your muscles in various ways to keep yourself fit so you can enjoy doing anything that you feel that it is this point to do it can be walking or cycling, swimming or playing tennis or squash or playing football volleyball hockey.

So anything that really exerts your muscles so that is the most important thing adding yoga and meditation will help you to safeguard yourself from stress that attacks you at unprepared moments and we also found in this context that morning exercise will be the most beneficial

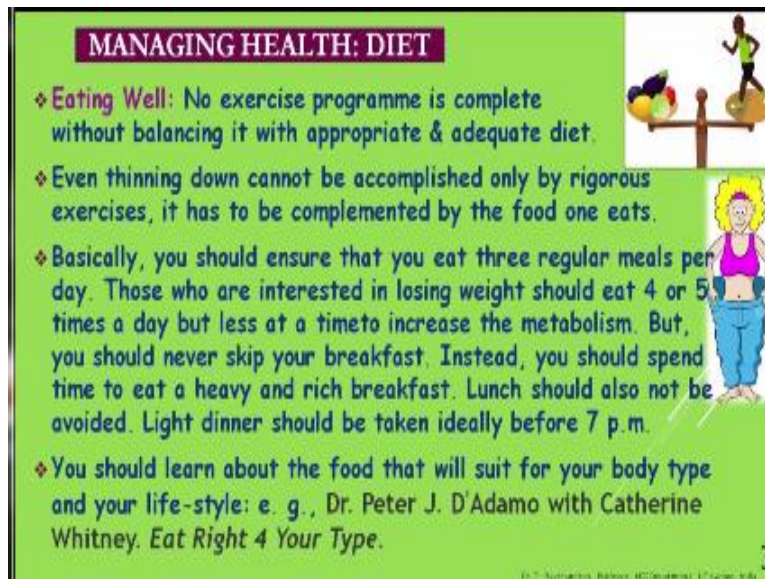
because you will get the benefit of getting vitamin D by exposing yourself to the sunlight in the morning.

While we learn how to resume discontinued exercise we also got a clear grasp of the ways in which we can maintain going for regular exercise, so in that context we learnt some steps as how we can maintain going for exercise in a regular manner and then on days when you miss yoga exercise you can supplement it by other alternatives such as walking or cycling to the office climbing stairs instead of using lift keeping the car in the car parking area at a distance so that you at least walk to the car in case you took your car.

So these are slight supplementary activities you can do when you are not able to do normal exercises and then you can also make exercise attractive by using the latest gadgets treating yourself with nice sports costumes and by joining local competitions and getting boosted up by small victories finally I suggested to you that you should never break the rhythm and the momentum gained just because of some minor ailments because those ailments will disappear once you persist with your exercise.

Of course you can minimize the intensity the duration but for consistency's sake you should not get carried away by slight headache or slight cold or cough and then just stop exercise for a long time, so with that thought I also added that we just looked at exercise we will also look at the other two important aspects of maintaining managing your health that is diet as well as sleep.

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MANAGING HEALTH: DIET

- ❖ **Eating Well:** No exercise programme is complete without balancing it with appropriate & adequate diet.
- ❖ Even thinning down cannot be accomplished only by rigorous exercises, it has to be complemented by the food one eats.
- ❖ Basically, you should ensure that you eat three regular meals per day. Those who are interested in losing weight should eat 4 or 5 times a day but less at a time to increase the metabolism. But, you should never skip your breakfast. Instead, you should spend time to eat a heavy and rich breakfast. Lunch should also not be avoided. Light dinner should be taken ideally before 7 p.m.
- ❖ You should learn about the food that will suit for your body type and your life-style: e. g., Dr. Peter J. D'Adamo with Catherine Whitney. *Eat Right 4 Your Type.*

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Now eating well so diet amounts not just to controlling your food habits but it means eating very so no exercise program is complete without balancing it with appropriate and adequate diet even thinning down people get cheated by attractive crash course programs saying that, so we will reduce your tummy 30 days we will make you, thin in 40 days and then they will say that or they force you to do lot of exercise just focusing on the particular spot that is your stomach but those things are not going to help you completely if you are not going to add your diet or learn how to balance your diet for the exercise that you are doing.

It has to be complemented by the food that you eat so basically you should ensure that you eat three regular meals per day and those who are interested in losing weight should eat less they should never overeat but then they should eat frequently like four to five or even six times a day to increase the metabolism but in either case one should never skip the break first and as the proverb goes one should eat like a king in the morning and eat like a popper at night instead of skipping you should rather eat a heavy and rich break first and even lunch should also not be avoided whatever work pressure it may be.

Something has to be taken and preferably at the same time if you are used to taking lessons at 1'o clock all the time you should take lunch at 1'o clock if it is 12: 30 it should be 12:30 so then only the metabolism will be kept very active light dinner should be taken it should not be heavy it should not be too spicy and ideally before 7pm there are many who arbitrator to take it before sunset let us again very ideal but at least before 7pm.

So when you keep on delaying it again it is contributing to lot of ill effects on your body there are interesting books which you can use to understand what type of food that will suit your body type and your lifestyle for example there is one very famous book by Dr. Peter D' Adamo who wrote this with Catherine Whitney the title of the book is eat right for your type now what the authors are trying to tell you is that you need to eat the right kind of food for your blood type.

So based on your blood type whether it is A or P O okay whether it is positive or negative so depending on that so they recommend certain diet for you so eating that can save you from certain allergic reactions of your body or save you from obesity or save you from hormonal imbalances and all that so since my interest is not in going deep into those aspects if you are interested you should go deep and then identify what suits your body and then fix your diet accordingly but the point is to eat well eat rich food and eating time and keep the frequency.

That is three four five six three the normal one and not missing any of them so that will help you to maintain good metabolism and stay healthy also these books will give you some kind of scientific awareness but even pee though that kind of scientific awareness you can hype yourself by using your common sense in ensuring certain simple things such as you should avoid all white foot and choose all naturally colored ones so that means you should avoid white food like.

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MANAGING HEALTH: DIET

Nonetheless, even without a scientific awareness of your body type, you can help it by using your common sense in ensuring that you—

- ✓ (1) avoid all white food and choose all naturally coloured ones (avoid: Maida, salt and sugar; choose: green vegetables and colourful fruits)
- ✓ (2) eat plenty of fruits and vegetables (seasonal & fresh) daily to have rich source of minerals & vitamins
- ✓ (3) get the right balance of carbohydrates, proteins & fats
- ✓ (4) drink minimum 2 litres of uncontaminated water per day
- ✓ (5) do not drink carbonated and alcoholic drinks.

The slide has a green background. At the top, the title 'MANAGING HEALTH: DIET' is in a purple box. Below it, the text 'Nonetheless, even without a scientific awareness of your body type, you can help it by using your common sense in ensuring that you—' is in blue. Five bullet points in green text follow. To the right of the text is an illustration of a man in a white tank top and red shorts running while drinking from a red water bottle. Above him is a rainbow made of various fruits and vegetables.

Maida and Maida products ghee for example it looks white try to avoid white colored once and then particularly salt and sugar whether you should choose green vegetables and even within vegetables you have lot of colorful vegetables like carrots and beetroot and all that and colorful fruits different colors okay so enjoy eating all these fruits so that is one simple step you can take and then you should eat plenty of fruits and vegetables preferably the seasonal fruits and vegetables whatever is available during that season.


So that is really healthy and it should be fresh even if you are to pay a slightly extra money for something that is organic something that is taken fresh from the garden so you should not mind paying that and you should save yourself from food which have been preserved food that needs to be preserved and hence preservatives are used so you should try to avoid those funds so make it fresh and then go for seasonal once and ensure that daily you will have rich source of minerals and vitamins from these food intakes.

And get the right balance of carbohydrates proteins and fats and to add apart from this food intake drink minimum two liters of uncontaminated water every day so I am particular about uncontaminated water so you may use whatever good water purifier but then it is important that

you should drink uncontaminated water pure water two liters at least in a day more the merrier but at least 2 liters and do not drink carbonated that is all kind of colors and soft drinks which you get and alcoholic drinks.

So completely try to avoid this if you want to live longer and finally the next point apart from the dietary tips that I have given you so far it is related to maintaining health in terms of managing your sleep.

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MANAGING HEALTH: SLEEP

Early to bed and early to rise will make a man healthy, wealthy and wise provided the person who goes to bed enjoys a sound sleep till the morning.

While books like Kacper Postawski's *Powerful Sleep—Secrets of the Inner Sleep Clock* analyses sleep with scientific precision and offers beneficial insights, disciplining body to get adequate sleep at night can be done by following these simple steps:

1. When you exercise regularly, you will normally get good sleep at night.
2. A short nap helps in quick rejuvenation. But if a nap amounts to short sleep in the afternoon, it can affect the quality of night sleep.

Dr. T. R. Subramanian, M.D. M.Sc. (Dietetics) M.P.H. (Nutrition) M.S. (Food Science)

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Early to bed and early to rise as the proverb goes we will make a man healthy wealthy and voice provided the person who goes to bed enjoys a sound sleep till the morning so the proverb will not work out if you are disturbed in your sleep and then if you are not taking a sound sleep there are interesting books like Kacper Postawski powerful sleep secrets of the inner sleep clock I have given the reference to this book at the end you can just browse it from the net itself.

So such books actually analyze sleep with scientific precision and offers very beneficial insights however if you learn how to discipline your body especially by doing exercise you will be able to get adequate sleep at night and just this disciplining and getting adequate sleep can also be

ensured by some simple steps which I would like to suggest to you the first one is when you exercise regularly you will normally get good sleep at night.


So that is the most important benefit of exercise and slightly if you push yourself in whatever form of exercise you will get that deep sound sleep and nobody can disturb you no noise can affect your sleep because the body feels fully exhausted the muscle would like to relax and then you get good sleep secondly a short nap types in quick rejuvenation so 15 minutes nap sometimes they call this a power nap so even in office when you sit on your chair you can close your eyes and then just take a nap even if you are aware of what is happening around just closing your eyes and relaxing.

So that itself will rejuvenate so 20 minutes 30 minutes is fine but then if it is going to be stretched for let us say two hours somebody sleeping for three hours in the afternoon which is actually becoming an extended sleep or truncated sleep so that is not going to give you quality sleep at night so this long nap or short sleep in the afternoon should be avoided, so if at all you have to take it has to be 15 minutes at the most of 45 minutes but not more than that.

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MANAGING HEALTH: SLEEP

3. Eating spicy food heavily at late night can affect the quality of sleep. A short walk after such heavy meals can help in getting good sleep.
4. Using mobile phone, lap top on bed will eventually kill sleep.
5. In fact, the bed room should be free from any electronic gadgets (particularly, TV).
6. Keep the environment of the bedroom clean. You can use oxygen generating plants like Aloe Vera to keep the air pure.
7. Wash/change the bedsheets and pillow covers once in a week.
8. Use a pillow that you feel cozy and comfortable for resting your head.
9. Use a pillow for feet for additional comfort.
10. Sleep at the same place of your bed and at the same hour to make sleep a spontaneous activity.



Dr. T. Srinivasan, Professor, IIT Delhi

Eating heavy spicy food at late night can affect the quality of sleep so what you have to do is that after eating that food you should at least take short walk so that it again hides in your metabolism and then contribute to getting good sleep using mobile phone laptop on bed will eventually quickly because you will sleep with a gadget and then you that you will all the time feel like watching what is happening this so working on the laptop and then just dozing off so that is not going to give you good sleep in fact the bedroom should be free from any electronic gadgets particularly TV.


It is really a bad habit to just watch TV and then fall asleep without even knowing when you fell asleep keep the environment of the bedroom clean you can use oxygen generating plants like Aloe Vera to keep the air pure you should wash as well as change the bed sheets and pillow covers once in a week and you should also use a pillow that you feel cozy and comfortable for resting your head so if a pillow is giving you some kind of uncomfort change it find something by which you will be able to rest your head peacefully and get sleep.

And same thing goes for your feet also if you eat a pillow for your feet for additional comfort use it and it will help you if you can sleep at same place of your bed and at the same hour to make sleep a spontaneous normal regular activity you go lie on the same bed seems place and then the same pillow which is clean and neat and then put your feet use the same bed sheet and then just as soon as you like within three to five minutes you should be able to like switch off your machine and then you should be able to just go too deep sleep.

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MANAGING HEALTH: SLEEP

11. Train yourself to get up without an alarm, by which, you will ensure complete sleep.
12. While children need up to 10-11 hours of sleep, an adult will need about 8 hours of sleep. A regularly exercised body, supported by meditation and yoga can sustain with 5 to 6 hours of sleep.
13. While sleeping, keep the bedroom as dark as possible.
14. Keep the mobile switched off or in silent mode. Getting frequently disturbed by mobile calls or notifications from social media is the easiest way to get insomnia!
15. Listen to light soothing music only in case you do not get sleep for a long time. Counting sheep also helps in some cases.
16. Eating a banana an hour before bedtime, and/or drinking a glass of warm milk can act as sedatives to make you relax and get sound sleep. Breathing exercises, having a bath can also give good sleep.



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So train yourself towards that kind of sleep also you should train yourself to get up without an alarm by which you will ensure complete sleep now what happens you may need let us say asleep for often our more which you can even adjust by hurrying up or taking birth quickly since you have kept an alarm you get up at the time but then you just again snooze it and then again it alarms gives the alarm after 10 minutes again you snooze it then another 10 minutes now you are just only disturbing your sleep and then you will not feel active even after you get it instead if you use your instinct if you use your circadian rhythm if you train yourself tell yourself and then make yourself conscious with regard to the surroundings and the time.

So you will be able to get up on your own if you decide that you have to get up at 5:15, 5:30, 6:00, 7:15 so you can do that by practice so avoid using this along today this alarm has become a very disturbing thing it has become an extended organic component of the human beings which you should try to discard and then the next suggestion I would like to give is with regard to the duration that you need so while children need up to 10 to 11 hours of sleep and the egg babies would need even 13 to 16 hours and adult will need about eight hours of sleep in standard terms

A regularly exercise body supported by meditation and yoga can sustain with 5 to 6 hours of sleep also so people were super kind in yoga and meditation so from a very long time so they will be able to maintain with six hours five house also but normally you will need seven to eight hours so while sleeping in order to gain this seven to eight hours you can focus on other things such as keeping the bedroom as dark as possible because some people get distracted by light and then it takes long time to reach that unconscious level.

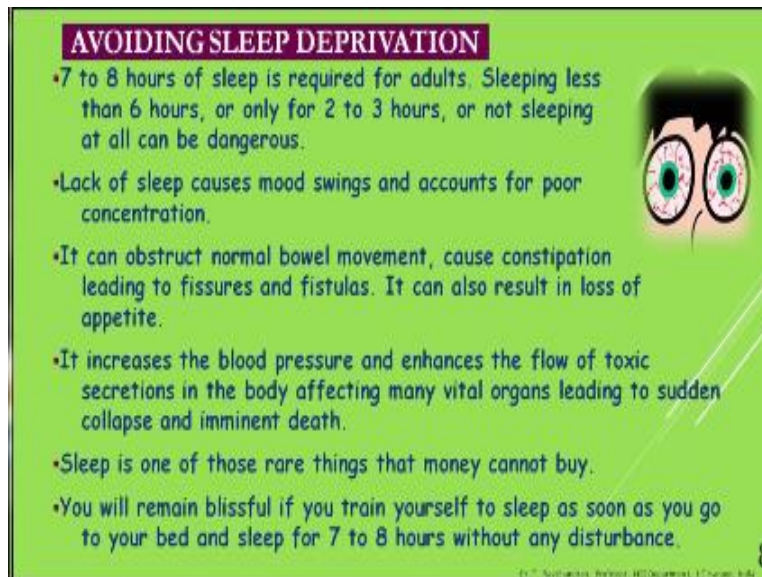
So keep it as dark as possible and then I said do not use mobile so in case you just keep it on the bed and sleep remember to switch it off or keep it in silent mode so getting frequently disturbed by mobile calls or notifications from social media is the easiest way to get insomnia that is sleeplessness you mind always is troubled and it is not used to getting long sleep for six to eight hours in a stable peaceful manner.

In case you are having problem getting sleep quickly listen to light soothing music so only in case that you do not get sleep for a long time otherwise you should be getting sleep naturally some people use this method of counting sheep so that also helps in some cases like the imagine counting sheep okay so you have to count so you have to visualize one herd of sheep and then you have to start counting one, two, three, four and then normally it is experience that when reach about 100 you may fall asleep without even knowing that you are fallen asleep.

Okay eating a banana and hour before bedtime and or drinking a glass of warm milk can act as sedatives to make you relax and get sound sleep again even if these ones do not help some people use breathing exercises so they sit for 15- 20 minutes they breathe they take a very deep breath inside themselves they take deep breathing and then exhaling so that also helps them relieve all stress and then relax having a bath so can also give you good sleep.

Now having understood that how you can gain good sleep let me conclude this with cautioning you as how you should avoid sleep deprivation and why you should avoid it also if you reduce your sleep and so that can become dangerous.

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AVOIDING SLEEP DEPRIVATION

- 7 to 8 hours of sleep is required for adults. Sleeping less than 6 hours, or only for 2 to 3 hours, or not sleeping at all can be dangerous.
- Lack of sleep causes mood swings and accounts for poor concentration.
- It can obstruct normal bowel movement, cause constipation leading to fissures and fistulas. It can also result in loss of appetite.
- It increases the blood pressure and enhances the flow of toxic secretions in the body affecting many vital organs leading to sudden collapse and imminent death.
- Sleep is one of those rare things that money cannot buy.
- You will remain blissful if you train yourself to sleep as soon as you go to your bed and sleep for 7 to 8 hours without any disturbance.

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So as I said seven to eight hours of sleep is required for adults sleeping less than six hours are only for two to three hours are not sleeping at all can be really dangerous so lack of sleep causes mood swings so people you get irritable suddenly angry and it also accounts for poor concentration so listening power is reduced you cannot concentrate on anything that happening it can be combined with some persisting headache also in terms of your bowel movement it can obstruct normal bowel movement.

So it can cause constipation leading to fishers and pistols and other unnecessary complications it can also result in loss of appetite but the worst thing is that it increases the blood pressure and enhances the flow of toxic secretions in the body affecting many vital organs leading to sudden collapse and imminent death there are many stories for there was a story about the Cebu in Mumbai.

So who is otherwise every fit and then now goes to the gym regularly works out like anything morning evening afternoon very good in diet and then very good in communication skills very loud leader and all that but one day one morning he was just found dead people found that in his passion for achieving more goals more targets for the company he was exerting himself and then

slowly he reduced his sleeping hours there are days he was doing without sleep and the average sleep that he was getting was just two hours so it just killed him eventually one day when he got sudden heart attack and then he just died on the spot overall sleep is one of those rare things that money cannot buy.

So you will remain blissful if you crying yourself to sleep as soon as you go to your bed and sleep for seven to eight hours without any disturbance that is a bliss and that is possible by training yourself by using exercise by following the suggestions that I have given you and using your own appropriate improvisations in this kind of exercise so you will be able to maintain that balance between mind body and the emotional socializing that is also required to keep yourself free from stress.

Let me conclude this with the secret of good living the secret of living well this is from activity and proverb it goes like this the secret to living well.

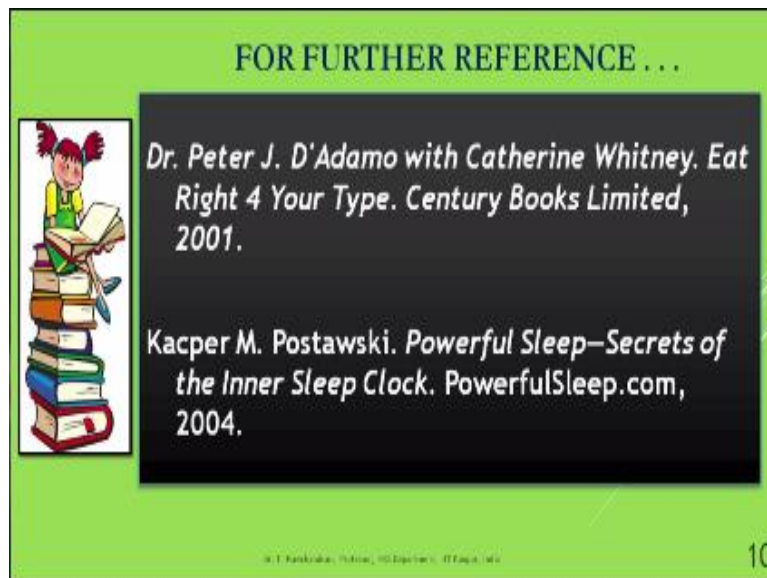
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And longer is eat of walk double laugh triple and love without measure so far in this course we have discussed about maintaining your health maintaining diet I suggested how you can use diet

which actually amounts to not overeating so it is something like eating off walking double is your ability to add to your exercise and we already did something about using laughter in communication and importance of humor in communication and developing your soft skills and personality so laugh Triple so more than the amount that is required and then love without measure is something that I would like to discuss in the coming lessons so once again I wish you to live well and live longer and these are the two books that I gave quick reference one is on eating right by identifying the diet that is required for your blood group.

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And the other one is about getting powerful sleep and then resetting your inner sleep clock I hope with these suggestions with these recommendations and then motivations you will start your exercise program you will eat well and you will also sleep well and peacefully and I hope you will start enjoying this journey of living a very happy and healthy life, so wish you all the best and have a very nice day thank you so much for watching this video.

Acknowledgement

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