



MANAV TEERTH

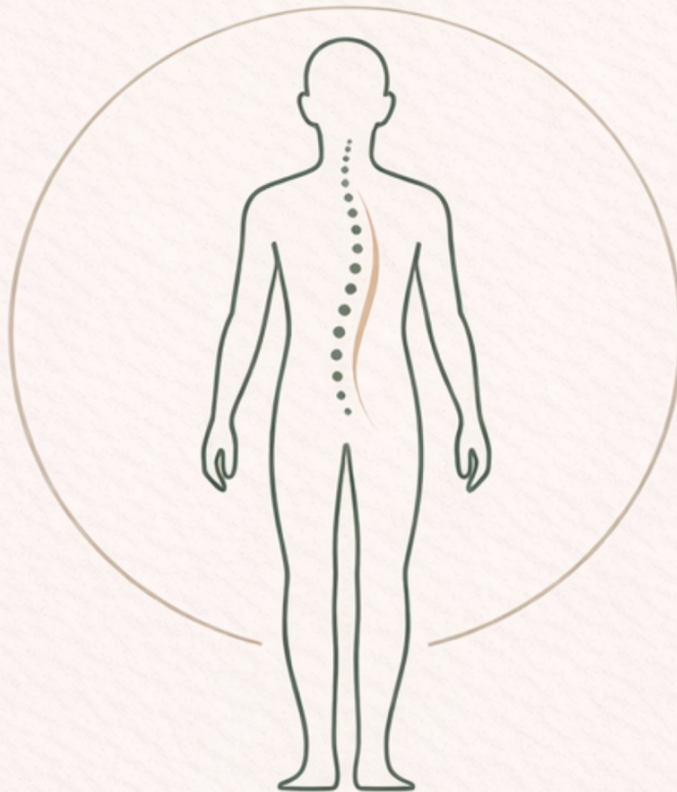


PRERANA VIDYALAYA

Holistic Health Curriculum

For Adolescents and Young Adults

*Understanding Healthy Living through Dinacharya
and Lifestyle Practices*



Curriculum Development Team

Vaidya Keyuri Dugar

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Shri Sadhan Bhattacharya

Holistic Health Curriculum for Students

Duration: 22 Sessions (1-2 hours each)

Objective:

To help children understand their body, build lifelong healthy habits, and develop awareness about daily health practices through a blend of traditional wisdom and modern understanding.

Module 1: Foundations of Personal Health

Goal: Build awareness and introduce the concept of self-care.

Session 1: Introduction to Health Kit

- **Activity:** Exploring the health kit
- **Focus:** Developing the right mindset toward health and self-care
- **Outcome:** Students understand why daily health practices matter

Session 2: Daily Preventive Practices

- **Activity:** Learning Nasya (*Nasal drops*), Netra Amrit (*Eye drops*), and Karna Puran (*Ear Nourishment*)
 - **Discussion:** Preventable diseases through daily care
 - **Outcome:** Awareness of simple preventive routines
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Module 2: Hygiene & Body Care

Goal: Teach practical hygiene skills and their deeper impact on health.

Session 3: Dental Health

- **Activity:** Correct brushing technique
- **Discussion:** Dental diseases, heart connection, chemicals in toothpaste
- **Outcome:** Conscious oral hygiene habits

Session 4: Abhyanga & Shiro Abhyanga

- **Activity:** Oil massage techniques and pressure points
- **Discussion:** Blood circulation and massage benefits
- **Outcome:** Understanding self-massage as preventive care

Session 5: Foot Care (Padabhyanga)

- **Activity:** Foot massage techniques
- **Discussion:** Soap vs oil cleansing, chemicals, skin absorption
- **Outcome:** Awareness of skin care and grounding practices

Session 6: Quick Wash & Hygiene

- **Activity:** Proper hand and foot washing
 - **Discussion:** Nail health, microbes, hygiene in medical settings
 - **Outcome:** Strong hygiene habits
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Module 3: Body Awareness & Posture

Goal: Help children understand their physical structure and movement.

Session 7: Posture & Spine Health

- **Activity:** Sitting, standing, and wall alignment test
- **Discussion:** Impact on digestion, breathing, heart
- **Outcome:** Improved posture awareness

Session 8: Body Measurement (Praman Sharir)

- **Activity:** Measuring body parts using traditional units (angula)
 - **Discussion:** Symmetry and body proportions
 - **Outcome:** Understanding body structure and balance
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Module 4: Biological Rhythms & Daily Living

Goal: Align lifestyle with natural body rhythms.

Session 9: Circadian Rhythm

- **Discussion:** Sleep-wake cycle, dosha kaal
- **Outcome:** Better sleep discipline

Session 10: Dincharya & Ritucharya

- **Discussion:** Daily and seasonal routines
 - **Outcome:** Adapting habits according to time and season
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Module 5: Nutrition & Digestion

Goal: Build a strong foundation in mindful eating.

Session 11: Balanced Thali

- **Activity:** Group meal planning
- **Discussion:** Macro and micronutrients
- **Outcome:** Ability to create balanced meals

Session 12: Shad Ras, Upras & Vipak

- **Activity:** Tasting foods and designing meals
- **Discussion:** Digestion and seasonal eating
- **Outcome:** Understanding food diversity and digestion

Session 13: Hunger vs Craving

- **Activity:** Fire analogy (wood & digestive fire)
- **Discussion:** Agni types, liver, bile, chewing
- **Outcome:** Mindful eating habits

Session 14: Packaged Food Awareness

- **Activity:** Label reading
- **Outcome:** Making informed food choices

Session 15: Hot vs Cold Water

- **Discussion:** Uses in bathing, drinking, and healing
- **Outcome:** Practical application of temperature in daily life

Module 6: Immunity & Internal Health

Goal: Strengthen understanding of internal balance and resilience.

Session 16: Immunity & Ojas

- **Discussion:** Role of sleep, food, and hormones in building immunity
- **Outcome:** Awareness of factors affecting immunity

Session 17: Rasayan (Rejuvenation)

- **Activity:** Plant growing activity
- **Discussion:** Slow and steady growth principles
- **Outcome:** Understanding long-term health building

Session 18: Hormones

- **Discussion:** General hormones and reproductive health basics
- **Outcome:** Age-appropriate hormonal awareness

Module 7: Disease Understanding & Care

Goal: Introduce early understanding of illness and response.

Session 19: Shad Kriya Kaal

- **Discussion:** 6 stages of disease manifestation
- **Outcome:** Early detection mindset

Session 20: First Aid & Care

- **Activity:** Bandaging and wound cleaning
 - **Discussion:** Home care vs hospital care, antiseptics
 - **Outcome:** Basic emergency response skills
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Module 8: Gender-Specific Health

Goal: Provide safe and accurate understanding of female health.

Session 21: Female Health

- **Discussion:** Female health, PMS, natural cycles and its tracking, hygiene
 - **Outcome:** Healthy and stigma-free understanding
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Module 9: Brain Development & Learning

Goal: Help students understand how their brain works and how daily habits influence learning, memory, and growth.

Session 22: Brain Training

- **Activity:** Simple reaction games, coordination exercises, and memory challenges
 - **Discussion:**
 - Basic anatomy and physiology of the brain
 - Neural pathways and synapses (how learning happens)
 - Brain development from birth to adulthood
 - **Outcome:**
Students develop awareness of how their brain learns, adapts, and grows, and how habits like movement, sleep, and practice strengthen it
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Our Team

Curriculum Development Team:

- Vaidya Keyuri Dugar
- Shrimati Mridu Mahajan Pogula
- Shri Sadhan Bhattacharya

Facilitator Team

- Vaidya Keyuri Dugar - Program Lead
 - Shri Sadhan Bhattacharya - Senior Facilitator
 - Shrimati Mridu Mahajan Pogula - Senior Facilitator
 - Vibha Gautam - Facilitator
 - Pushpendra Sahu - Facilitator
 - Om Bhagat - Facilitator
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Teaching Approach

- Targets students' active engagement, logical thinking, and deep conceptual understanding
 - Practical life skills
 - Integration of traditional and modern knowledge
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Expected Outcomes

By the end of the program, students will:

- Develop consistent daily self-care and hygiene habits aligned with natural body rhythms
- Understand their body structure, posture, and basic functioning
- Make informed food choices, plan balanced meals, and practice mindful eating
- Build awareness of digestion and immunity
- Identify early signs of imbalance and adopt a preventive approach to health
- Apply basic first aid and make informed decisions in simple health situations
- Develop age-appropriate understanding of hormones and gender-specific health
- Understand how the brain learns and how habits like sleep, movement, and practice improve focus and memory
- Strengthen observation, logical thinking, and the ability to connect traditional wisdom with modern knowledge
- Gain confidence in taking responsibility for their own health and well-being