



Guidebook

Holistic Health

CLASS-XI



CENTRAL BOARD OF SECONDARY EDUCATION

2, Community Centre, Preet Vihar, Delhi-110092

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भारत का संविधान

उद्देशिका

हम, भारत के लोग, भारत को एक सम्पूर्ण प्रभुत्व-संपन्न समाजवादी पंथनिरपेक्ष लोकतंत्रात्मक गणराज्य बनाने के लिए, तथा उसके समस्त नागरिकों को:

सामाजिक, आर्थिक और राजनैतिक न्याय,

विचार, अभिव्यक्ति, विश्वास, धर्म

और उपासना की स्वतंत्रता,

प्रतिष्ठा और अवसर की समता

प्राप्त कराने के लिए

तथा उन सब में व्यक्ति की गरिमा

¹और राष्ट्र की एकता और अखंडता

सुनिश्चित करने वाली बंधुता बढ़ाने के लिए

दृढ़संकल्प होकर अपनी इस संविधान सभा में आज तारीख 26 नवम्बर, 1949 ई० को एतद्वारा इस संविधान को अंगीकृत, अधिनियमित और आत्मार्पित करते हैं।

1. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से "प्रभुत्व-संपन्न लोकतंत्रात्मक गणराज्य" के स्थान पर प्रतिस्थापित।
2. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से "राष्ट्र की एकता" के स्थान पर प्रतिस्थापित।

भाग 4 क

मूल कर्तव्य

51 क. मूल कर्तव्य - भारत के प्रत्येक नागरिक का यह कर्तव्य होगा कि वह -

- (क) संविधान का पालन करे और उसके आदर्शों, संस्थाओं, राष्ट्रध्वज और राष्ट्रगान का आदर करे;
- (ख) स्वतंत्रता के लिए हमारे राष्ट्रीय आंदोलन को प्रेरित करने वाले उच्च आदर्शों को हृदय में संजोए रखे और उनका पालन करे;
- (ग) भारत की प्रभुता, एकता और अखंडता की रक्षा करे और उसे अक्षुण्ण रखे;
- (घ) देश की रक्षा करे और आह्वान किए जाने पर राष्ट्र की सेवा करे;
- (ङ) भारत के सभी लोगों में समरसता और समान भ्रातृत्व की भावना का निर्माण करे जो धर्म, भाषा और प्रदेश या वर्ग पर आधारित सभी भेदभाव से परे हों, ऐसी प्रथाओं का त्याग करे जो स्त्रियों के सम्मान के विरुद्ध हैं;
- (च) हमारी सामासिक संस्कृति की गौरवशाली परंपरा का महत्व समझे और उसका परिरक्षण करे;
- (छ) प्राकृतिक पर्यावरण की जिसके अंतर्गत वन, झील, नदी, और वन्य जीव हैं, रक्षा करे और उसका संवर्धन करे तथा प्राणिमात्र के प्रति दयाभाव रखे;
- (ज) वैज्ञानिक दृष्टिकोण, मानववाद और ज्ञानार्जन तथा सुधार की भावना का विकास करे;
- (झ) सार्वजनिक संपत्ति को सुरक्षित रखे और हिंसा से दूर रहे;
- (ञ) व्यक्तिगत और सामूहिक गतिविधियों के सभी क्षेत्रों में उत्कर्ष की ओर बढ़ने का सतत प्रयास करे जिससे राष्ट्र निरंतर बढ़ते हुए प्रयत्न और उपलब्धि की नई उंचाइयों को छू ले;
- ¹(ट) यदि माता-पिता या संरक्षक हैं, छह वर्ष से चौदह वर्ष तक की आयु वाले अपने, यथास्थिति, बालक या प्रतिपाल्य के लिये शिक्षा के अवसर प्रदान करे।

1. संविधान (छयासीवां संशोधन) अधिनियम, 2002 द्वारा प्रतिस्थापित।

THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a **SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC** and to secure to all its citizens :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the² unity and integrity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

1. Subs. by the Constitution (Forty-Second Amendment) Act, 1976, sec. 2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs. by the Constitution (Forty-Second Amendment) Act, 1976, sec. 2, for "unity of the Nation" (w.e.f. 3.1.1977)

THE CONSTITUTION OF INDIA

Chapter IV A

FUNDAMENTAL DUTIES

ARTICLE 51A

Fundamental Duties - It shall be the duty of every citizen of India-

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers, wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- ¹(k) to provide opportunities for education to his/her child or, as the case may be, ward between age of 6 and 14 years.

1. Subs. by the Constitution (Eighty-Sixth Amendment) Act, 2002.

PREFACE

Beauty culture is a demanding field, requiring artistic, technical, entrepreneurial and communication skills. It is a career that offers unlimited opportunity to express your creative abilities. Beauty culture is a people based industry and as the esthetician one will become the part of those with whom one will work and practice ones skills.

To attain proficiency in beauty culture one should be a keen observer of human beings and the world around oneself. Beauty culture is not new to mankind, it is a natural instinct of human being to look beautiful, feel beautiful and lead a healthy life. The industry of health and beauty has grown exponentially in last many years.

Keeping pace with the latest development, innovations, and trends in Health & Beauty industry the course content has been developed. After completing the course students have many employment opportunities like beauty consultant, make-up artist, hair dressers, aesthetician etc.

The purpose of this book is to bring together all the information about skin care, diet planning, yoga and marketing aspects so as to become knowledgeable and successful beautician and health consultant. We hope this book will be of a great help for vocational students in learning the profession of health and beauty.

CBSE takes the opportunity to thank all the contributors, authors and the dedicated team of people who have helped in preparation of this book.

The Board is grateful to the members of the Committee of Course for their advice, guidance and total commitment towards development of this course. We are indeed indebted to these academic advisors who have lent us the benefit of their rich and insightful experience. I would like to appreciate Vocational Education Cell, CBSE, for coordinating and successfully completing the work.

Vineet Joshi
Chairman, CBSE

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Advisors

1. Sh. Vineet Joshi, Chairman, CBSE
2. Sh. M.V.V Prasada Rao, Director (Vocational and Edusat), CBSE

Editing & Coordination

1. Dr. Biswajit Saha, Associate Professor & Programme Officer, (Voc. Education) CBSE
2. Ms. Swati Gupta, Assistant Professor & Assistant Programme Officer, (Voc. Education), CBSE

Material Production Group

1. Col. Surendra Singh Minhas, (Retd.) Principal, Ananda Spa Institute, Hyderabad-convener
2. Dr. Vasundhara Dambal, Lecturer, Ananda Spa Institute, Hyderabad
3. Ms. Jennifer Gajmair, Lecturer, Ananda Spa Institute, Hyderabad
4. Dr. Amit Salgaonkar, Lecturer, Ananda Spa Institute, Hyderabad
5. Ms. Gurmeet Kaur, PGT (Vocational) part time, GGSS School No. I, New Delhi.

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GENERAL INSTRUCTIONS TO THE STUDENTS

- It is expected that after undergoing this unit on Holistic Health, Students should be able to understand the basic anatomy, diet and nutrition, yoga, India and International Therapies and also about safety and sterilization and Business Studies.
- The students should try and gain as much as knowledge as possible during salon visits for the topics like Panchakarma, Ayurveda, and International Therapies etc.
- All the topics should be understood by the students and practiced under the guidance of their teachers.
- All practicals must be performed minimum five times or till they are perfect on that particular topic.
- Student should learn the name of equipment and implement and use them properly during the practical sessions.
- **Note:** For Indian and International Therapies, student's should visit Salon's, Naturopathy Hospital, Sliming Centers, Gym and other institutions where these therapies are practiced every fortnight along with their Teachers. Other than this, student should visit Malls and Market for retailing and product survey at least once in a month and prepare a report for the same.

Module Objective

S. No.	Name	THEORY & PRACTICAL (hrs)	KEY LEARNING OBJECTIVES
1	Anatomy & Physiology	16 Theory	• Structure of Cell and Types of Tissues • Skeletal System, its Functions and Location of Bones • Muscular System, its Functions and Location of Muscles
2	Diet and Nutrition	24 (12 Theory + 12 Practical)	• Health, Food and Nutrition • Classification of Food • Balanced Diet and Yogic Diet • Meal Planning
3	Yoga and Body Care	60 (30 Theory + 30 Practical)	• Evolution of Yoga • Yogic Sukshma Vyayama • Basic Asanas • Posture and Correct procedure of sitting, standing and walking
4	Indian and International Body Therapies	80 (40 Theory + 40 Practical)	• Indian Body Therapies like Naturopathy, Hydrotherapy, Colour Therapy, Mud Therapy, Ayurveda and Panchakarma • International Therapies like Aromatherapy, Deep Tissue Massage, Lymphatic Massage, Stone Massage, Sports Massage & Swedish Massage
5	Basic Health and Safety	10 Theory	• Basic Hygiene Standard • Procedure for Safety and Cleanliness • Purpose of Sterilization and Sanitization • Methods of Sterilization
6	Business Studies	10 Theory	• Finding and Keeping Staff • Different Methods of Book Keeping • Different Types of Budgeting • Use of Technology in Marketing