

**SAMPLE CONTENT**

# Lifestyle



**Dr. H. V. Sardesai**

## Preface

**P**ROPER PLANNING OF lifestyle is necessary to keep our constitution healthy. There is no need to stress on the importance of diet, exercise, internal and external hygiene etc. It should be possible for us to always keep calm and not lose our intellectual edge. Our existence works on family and social levels where love is the essential element. Social ethics enter where love vanishes; law enters where social ethics do not work and where law is ineffective it is a state of anarchy. Anarchy creates uncertainty in personal life and social culture is destroyed. If we wish to avoid such circumstances, it is necessary that personal religion stays intact. There are two aspects of any religion, 'Religious behavior & Philosophy'. The actions, how and what, originate in the religious guidelines of behavior and the philosophy of a religion explains the causes. The philosophy decides our spiritual attitude and our lifestyle decides our physical structure, physiology and mental, religious and spiritual constitution.

**Dr. H. V. Sardesai**

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## THE HANDKERCHIEF

Many would discount the importance of carrying a handkerchief as a matter of habit. It is a very easy oversight if one is not accustomed to carrying it daily. In social situations, in case of an unwelcome sneeze, a cough or a sweaty face, it is a relief and averts any embarrassment when one is promptly able to whip out a clean immaculate handkerchief to clean up any unsightly sight on one's person. Having a neatly ironed and folded handkerchief that can be quickly accessed either from the left pocket of one's trousers or one's little bag is a habit worth adopting. A simple white handkerchief that would go well with any outfit, besides looking impeccable. Carrying a very gaudy handkerchief though, would position one's aesthetic sense open to judgement from viewers. It is a given that a handkerchief must be clean, though it is a matter of choice if one wants to use some cologne water for that extra panache. Some people may indulge in using a perfume that has a heady, strong fragrance. However, there is a possibility that many would find it unpleasant and even flirtatious. Even if it is not a social offence not to carry a handkerchief, it could certainly avert a most unpleasant situation in crucial circumstances.



## FOOTWEAR

Shoes are often overlooked, as they are part of the attire which we think is not as noticeable as our clothes or face. But one must pay minute attention to one's footwear. It completes the sense of a well dressed individual. Someone with a flawless sense of clothes and persona is well turned out, but pays scant attention to their feet, will, with that small oversight be likely to lose out on important business. Shoes must be well heeled and soled. Polished and well fitting. Broken straps, unpolished shoes, unevenly worn out soles project a very negative impression to onlookers. Shoes that are too tight make walking cumbersome. To add to it, they cause blisters and shoe bites, which make it undesirable to set foot on the ground. A way out of this disaster would be buying footwear a size bigger and wearing soft cotton socks as cushioning to protect the feet. It would seem fashionable to wear shoes that tapers towards the toes, but gradually it takes a toll on the well-being of the feet. Those whose ankles are bruised or are vulnerable to shoe bites should wear shoes that either cover their ankles or choose very light footwear. An agreeable practice would be to remove footwear that has trampled dirt on the streets, before entering the house or keeping them off limits, somewhere beyond the living room.

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This is a known Indian custom, practised by many. Footwear is also removed before entering a temple or meeting a respected teacher. The West does not find it necessary follow this etiquette. Also their roads are far cleaner than our own roads, so besides the etiquette, by way of dirt, they do not have to face the problem of carrying dirt and worse into the house with footwear.



SAMPLE CONTENT

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# Lifestyle

Health and disease depend upon an interplay between our inherited genetic composition and our environment. We face the environment by our Lifestyle.

Our Life style is mainly our **Aachar** (behaviour /actions), **Vichar** (Thoughts/Values), **Aahar** (Nutrition) and **Vihar** (activity, exercise and entertainment). Since our current state of knowledge does not enable us to change the genetic composition, we have to concentrate on our Lifestyle. This book is about our Lifestyle. It tells the reader how to maintain health by a healthy Lifestyle.



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