



Swasthya Bharat



Preventive Health, Nutrition and
Well-Being through IKS



PREVENT
with Awareness



NOURISH
with Nature



BALANCE
Body, Mind & Spirit



HEAL
with IKS Wisdom



THRIVE
for a Better Tomorrow



Rooted in Tradition. | Powered by Nature. | Committed to a Healthier Bharat.



Swasthya Bharat



Preventive Health, Nutrition
and Well-Being through IKS



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India
2026



Swasthya Bharat

*Preventive Health, Nutrition and
Well-Being through IKS*

Dr. Harshvardhan Singh

First Edition

BOOKSKART WORLD



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New Delhi, India

2026

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Swasthya Bharat: Preventive Health, Nutrition and Well-Being through IKS

First Edition, 2026

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Disclaimer:

This book is intended for educational, academic, cultural, policy, and general awareness purposes only. It discusses preventive health, nutrition, well-being, Indian Knowledge System perspectives, yoga, Ayurveda, meditation, lifestyle practices, and public health ideas in a broad conceptual and educational manner. It is not a medical textbook and does not provide professional medical advice, diagnosis, treatment, prescription, or therapeutic recommendation.

Readers should consult qualified medical practitioners, registered health professionals, certified nutritionists, yoga experts, Ayurveda practitioners, or other competent professionals before adopting any health-related, dietary, yogic, Ayurvedic, herbal, therapeutic, or lifestyle practice discussed in this book. The author and publisher shall not be responsible for any loss, injury, damage, adverse effect, or consequence arising from the interpretation, use, misuse, or independent application of the information contained in this book.

The views expressed in this book are those of the author. References to Indian Knowledge System traditions, classical concepts, public health frameworks, wellness practices, and policy ideas are presented for educational and analytical purposes. The book does not claim to replace modern healthcare systems, evidence-based medicine, or professional clinical judgment.

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Dedication

This book is dedicated to all those who believe that health is not merely the absence of illness, but a balanced way of living.

It is dedicated to the teachers, health educators, community workers, parents, students, wellness practitioners, researchers, and policymakers who are working to build a healthier, wiser, and more compassionate Bharat.

It is also dedicated to India's timeless knowledge traditions, which have continued to remind humanity that the body, mind, society, nature, and spirit are deeply interconnected.

Author Profile

Dr. Harshvardhan Singh is an education researcher, psychometrician, author, and policy-oriented academic professional working in the areas of educational measurement, inclusive education, Indian Knowledge System, teacher education, research tool development, wellness education, and evidence-based policy thinking. His academic and professional work focuses on connecting knowledge traditions with contemporary educational, social, and developmental needs.

His writings engage with themes such as learning outcomes, educational quality, psychometric assessment, inclusive schooling, neurodiversity, teacher capacity, holistic development, student well-being, and culturally rooted frameworks of human growth. He has also contributed to publications and academic resources that explore the relevance of Indian Knowledge System perspectives for modern education, leadership, life skills, civic responsibility, health, nutrition, and social development.

In this book, Dr. Singh brings together his interest in education, public policy, holistic well-being, and Indian civilisational thought. *Swasthya Bharat: Preventive Health, Nutrition and Well-Being through IKS* reflects his broader commitment to developing knowledge resources that are academically useful, socially relevant, policy-sensitive, and rooted in Indian intellectual traditions.

Preface

Health has always been one of the most important foundations of human development. A society may possess advanced infrastructure, economic growth, technological progress, and institutional capacity, but without healthy individuals, emotionally balanced families, resilient communities, and sustainable lifestyles, the idea of development remains incomplete. The present age has made this truth more visible than ever before. Rising lifestyle diseases, mental health challenges, stress, loneliness, unhealthy food habits, sedentary routines, environmental degradation, and fragmented healthcare systems have created a need to rethink the meaning of health itself.

This book, *Swasthya Bharat: Preventive Health, Nutrition and Well-Being through IKS*, has been written with the conviction that health should be understood not only as a clinical matter but also as a cultural, educational, social, ecological, and developmental concern. The Indian idea of *Swasthya* offers a powerful starting point for such a rethinking. In Indian knowledge traditions, health is not limited to the treatment of disease. It includes balance, self-regulation, harmony with nature, mindful living, disciplined routine, appropriate food, mental clarity, ethical conduct, community support, and spiritual orientation. Such an understanding is deeply relevant for the twenty-first century.

The purpose of this book is not to romanticise the past or reject modern science. Rather, it seeks to show how Indian Knowledge System perspectives can contribute meaningfully to contemporary discussions on preventive health, nutrition, public health, wellness education, and sustainable development. The book argues that a healthy Bharat cannot be built only through hospitals, medicines, insurance schemes, and disease-treatment models. These are important, but they are not sufficient. A truly healthy nation also requires wellness literacy, healthy food cultures, yoga and meditation practices, emotional resilience, community-based care, environmental awareness, and policy frameworks that encourage prevention before illness becomes severe.

The idea of *Swasthya Bharat* is therefore both personal and national. At the personal level, it encourages individuals to understand their bodies, regulate their routines, eat with awareness, manage stress, cultivate mental balance, and live in harmony with natural rhythms. At the family and community level, it highlights the importance of shared meals, care networks, intergenerational knowledge, local food traditions, festivals, collective responsibility, and social support. At the policy level, it points toward public health systems that integrate preventive education, traditional knowledge, modern research, school wellness, community participation, and accessible healthcare.

The book is organised into eight chapters. The first chapter introduces India as a global model of holistic well-being and explains why ancient wellness traditions remain relevant to modern health crises. The second chapter discusses *Swasthya* as a civilisational idea and shows how health has been understood as a foundation of individual, social, and national flourishing. The third chapter focuses on yoga, meditation, and global health culture, especially the journey of Indian wellness practices from traditional settings to international recognition. The fourth chapter examines traditional diets and sustainable living, emphasising the relationship between food, ecology, culture, and long-term health.

The fifth chapter connects wellness, happiness, and human development. It explains that well-being cannot be measured only through income or material progress; it also includes mental health, relationships, emotional intelligence, physical vitality, and meaningful living. The sixth chapter explores the role of IKS in public health policy and discusses how traditional knowledge can support disease prevention, health promotion, and culturally responsive healthcare. The seventh chapter studies India's soft power through health and wellness, highlighting how yoga, Ayurveda, wellness tourism, culinary traditions, and knowledge diplomacy have strengthened India's global presence. The eighth chapter

presents a roadmap for Viksit Bharat through holistic well-being, linking health, education, sustainability, public policy, and national development.

This book is written for a wide readership. Policymakers may find in it a framework for integrating wellness into development planning. Educators may use it to think about health education, school well-being, life skills, and holistic student development. Health educators, yoga practitioners, community workers, and NGOs may find practical insights for wellness awareness and community engagement. Students and researchers may use it as an introductory policy-oriented resource on IKS, health, nutrition, and well-being. General readers may approach it as a guide to understanding the deeper meaning of health in Indian thought.

A central message of the book is that preventive health must become a national habit. The future of India's development depends not only on economic expansion but also on the physical, mental, emotional, social, and ecological well-being of its people. Viksit Bharat must also be *Swasthya Bharat*. A developed India should be a healthy India, a balanced India, a resilient India, and a culturally rooted India.

This book is offered as a contribution to that vision.

Dr. Harshvardhan Singh

2026

Acknowledgement

I express my sincere gratitude to all the teachers, researchers, students, health educators, wellness practitioners, community workers, parents, and readers whose interest in Indian Knowledge System, holistic well-being, preventive health, and culturally rooted education has inspired the preparation of this book.

I acknowledge with respect the vast intellectual and civilisational heritage of India, particularly the traditions that have preserved and transmitted ideas related to *Swasthya*, Ayurveda, yoga, meditation, balanced living, food wisdom, seasonal routines, community care, ecological harmony, and spiritual well-being. These traditions have shaped the Indian understanding of health as a complete and integrated way of life.

I am thankful to the scholars, practitioners, institutions, and policy thinkers whose work in the fields of public health, wellness education, nutrition, Indian Knowledge System, AYUSH, yoga, mental well-being, and sustainable development has contributed to the broader knowledge environment from which this book draws its inspiration.

I also acknowledge the role of educators and community-level practitioners who continue to translate health and wellness ideas into everyday practice. Their work reminds us that health is not only created in hospitals and clinics but also in homes, schools, communities, farms, kitchens, workplaces, and local cultural spaces.

My sincere thanks are due to BOOKSKART WORLD and EP DOWNLOADS for publication support and for helping bring this work to readers in digital format. I also acknowledge the readers who will engage with this book critically, thoughtfully, and constructively.

Finally, I express gratitude to all those who believe in the vision of a healthier, more balanced, more inclusive, and more culturally confident Bharat. This book is a humble contribution to that collective aspiration.

Health and Wellness Disclaimer

This book is written for educational, academic, cultural, policy, and general awareness purposes. It discusses themes related to preventive health, nutrition, holistic well-being, Indian Knowledge System, yoga, meditation, Ayurveda, public health, lifestyle practices, traditional diets, community wellness, mental well-being, and sustainable living.

The information contained in this book should not be treated as professional medical advice, diagnosis, treatment, prescription, clinical recommendation, or substitute for consultation with a qualified medical practitioner. Readers should not use the content of this book to diagnose, treat, cure, or prevent any disease or medical condition on their own.

Any discussion of yoga, meditation, diet, Ayurveda, herbal practices, lifestyle routines, breathing practices, fasting, detoxification, traditional remedies, or wellness interventions is presented only for broad educational understanding. Before adopting any such practice, especially in cases of pregnancy, chronic illness, disability, injury, mental health condition, medication use, old age, childhood, or any existing medical concern, readers must consult qualified and competent professionals.

The author and publisher do not claim that any practice discussed in this book will produce guaranteed health outcomes. Individual results may vary based on age, constitution, health status, environment, lifestyle, medical history, and professional supervision. The author and publisher shall not be liable for any injury, adverse effect, loss, damage, or consequence arising directly or indirectly from the use, misuse, interpretation, or application of the ideas presented in this book.

This book does not oppose modern medicine. It recognises the importance of evidence-based healthcare, professional diagnosis, emergency medical care, public health systems, and qualified clinical intervention. The purpose of the book is to encourage a broader understanding of health that includes prevention, education, wellness literacy, community awareness, and culturally rooted perspectives.

Readers are advised to exercise discretion, seek professional guidance, and use the book as a source of reflection and learning rather than as a medical manual.

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Abbreviations

Abbreviation	Full Form
AIIA	All India Institute of Ayurveda
AIIMS	All India Institute of Medical Sciences
AYUSH	Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy
CVD	Cardiovascular Disease
GDP	Gross Domestic Product
GWI	Global Wellness Institute
HDI	Human Development Index
IKS	Indian Knowledge System
NEP	National Education Policy
NGO	Non-Governmental Organization
PHC	Primary Health Centre
RCT	Randomized Controlled Trial
SDG	Sustainable Development Goal
TM	Transcendental Meditation
TKDL	Traditional Knowledge Digital Library
UN	United Nations
WHO	World Health Organization

Methodological Note / Source Note

This book is a conceptual, educational, and policy-oriented work that brings together Indian Knowledge System perspectives and contemporary discussions on preventive health, nutrition, holistic well-being, public health, wellness education, and national development. It is not designed as a clinical manual, experimental research report, or medical treatment guide. Its purpose is to provide a broad framework for understanding how India's civilisational wisdom on health and well-being can contribute to modern policy, education, community health, and sustainable development.

The book draws upon multiple knowledge streams. These include Indian philosophical ideas of *Swasthya*, Ayurveda, yoga, meditation, food wisdom, seasonal living, community well-being, ecological balance, and spiritual development. It also engages with contemporary public health concerns such as lifestyle diseases, mental health, nutrition security, preventive care, digital health, wellness literacy, health equity, and integrated healthcare systems.

The approach followed in this book is interdisciplinary. It combines civilisational interpretation, policy analysis, educational reflection, wellness studies, and public health perspectives. Traditional concepts are discussed in relation to modern challenges, but they are not presented as replacements for professional healthcare, clinical medicine, or scientific evidence. Instead, the book encourages dialogue between Indian knowledge traditions and contemporary health systems.

The manuscript uses examples, tables, frameworks, comparative discussions, and policy-oriented explanations to make the subject accessible to different categories of readers. The emphasis is on synthesis rather than technical specialization. Wherever traditional practices such as yoga, meditation, Ayurveda, herbal knowledge, dietary routines, or lifestyle disciplines are discussed, they are presented as areas for awareness, reflection, education, and responsible application under appropriate guidance.

The book also adopts a Viksit Bharat-oriented perspective. It views health not only as an individual matter but as a foundation of national development, social resilience, educational quality, ecological responsibility, and human flourishing. In this sense, *Swasthya Bharat* is presented as an essential component of a developed, inclusive, sustainable, and culturally rooted India.

Readers are encouraged to approach the book critically and constructively. The text should be read as an invitation to rethink health from a holistic perspective and to explore how preventive, educational, cultural, and community-based approaches can complement formal healthcare systems.

How to Use This Book

This book has been written for multiple categories of readers, including policymakers, educators, health educators, students, researchers, community workers, wellness practitioners, NGOs, public health professionals, and general readers interested in Indian Knowledge System and holistic well-being.

Policymakers and administrators may use this book to understand how preventive health, wellness literacy, traditional knowledge, yoga, nutrition, mental well-being, and community participation can be integrated into broader development planning. The chapters on public health policy, soft power, and Viksit Bharat may be especially useful for policy reflection.

Educators and teacher educators may use the book to design discussions on health education, life skills, value education, wellness education, Indian Knowledge System, sustainable living, and holistic development. The book can support classroom discussions, teacher-training modules, curriculum enrichment, and student awareness activities.

Health educators, NGOs, and community workers may use the book as a conceptual resource for awareness programmes on preventive health, traditional diets, yoga, meditation, mental well-being, community wellness, and sustainable lifestyles. The tables and chapter summaries can be adapted into training notes, workshops, public awareness materials, and community-level discussions.

Students and researchers may use this book as an introductory academic resource for exploring the relationship between Indian Knowledge System, public health, wellness, nutrition, education, and development. The structure of the book may also help in identifying themes for research papers, policy briefs, seminar presentations, and interdisciplinary studies.

General readers may read the book as a reflective guide to understanding the deeper meaning of health in Indian thought. It may help readers think about food habits, daily routines, mental balance, relationships, community life, environmental responsibility, and the larger purpose of well-being.

The book may be read sequentially from Chapter 1 to Chapter 8 for a complete understanding. It may also be used selectively. Readers interested in philosophical foundations may begin with Chapters 1 and 2. Those interested in yoga and meditation may focus on Chapter 3. Readers concerned with food, nutrition, and sustainability may begin with Chapter 4. Those interested in happiness, mental health, and human development may use Chapter 5. Policymakers and public health readers may focus on Chapters 6 and 8. Readers interested in India's global influence may refer especially to Chapter 7.

The central message of the book is simple: a developed nation must also be a healthy nation. The journey toward Viksit Bharat requires not only economic growth and technological advancement but also preventive health, balanced living, wellness education, community resilience, and harmony with nature.



Swasthya Bharat: Preventive Health, Nutrition and Well-Being through IKS presents a timely and policy-relevant exploration of health through the lens of Indian Knowledge System. It argues that the idea of health cannot be limited to disease treatment, hospitals, medicines, and clinical intervention. A truly healthy society requires preventive habits, balanced nutrition, physical activity, mental resilience, emotional regulation, community support, environmental responsibility, and meaningful living.



Drawing upon Indian concepts such as Swasthya, yoga, meditation, Ayurveda, dinacharya, ritucharya, traditional diets, community wellness, and ecological harmony, the book connects ancient wisdom with contemporary public health challenges. It discusses how India's wellness traditions can contribute to lifestyle disease prevention, nutrition awareness, mental well-being, school health education, community participation, digital health innovation, wellness tourism, and Viksit Bharat 2047.



The book is written for policymakers, educators, researchers, health educators, yoga and wellness practitioners, NGOs, students, community workers, and general readers interested in Indian Knowledge System and holistic well-being. It does not present traditional knowledge as a replacement for modern medicine; instead, it argues for responsible integration, evidence-based dialogue, professional guidance, and culturally rooted health promotion.



Across its chapters, the book examines India as a global model of holistic well-being, Swasthya as a civilisational idea, yoga and meditation as global health practices, traditional diets as sustainable nutrition models, wellness and happiness as human development goals, IKS as a public health resource, India's wellness soft power, and a roadmap for Viksit Bharat through holistic well-being.



**The central message is clear:
Viksit Bharat must also be Swasthya Bharat.**

A developed India must be healthy, balanced, resilient,
inclusive, sustainable, and rooted in its civilisational wisdom.

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