
Unit 7**Guidance and Counseling**

Guidance is as old as human society. It is becoming more and more important these days. Guidance is one of the major applications of psychology in education. This was too limited during early periods. In the present scientific age, increasing complexities of life are becoming responsible for the need of guidance. We generally come across maladjusted individuals in schools and colleges. Because of their wrong choice of subjects or courses, students fail in their examinations. Employees often quarrel with their co-workers for reasons generally not known. Some persons are shifting from one job to other at very short intervals, because they find themselves misfit, all this is due to lack of guidance and counseling. Such cases of round pegs in square holes are found in every sphere of life.

Many parents and children are likely to make mistakes for which they have to suffer for the whole life. Majority of people do not have either confidence or insight to solve their problems. Therefore proper guidance is required to the individuals to solve educational, vocational and psychological problems.

No two individuals are alike. There are individual differences among students. Some are slow learners, some are genius, some are creative and some are low achievers, delinquents etc. This nature of heterogeneity requires guidance and counselling.

7.1 Meaning, nature and principles of guidance :

Literally guidance means 'to direct', 'to point out', 'to show the path', it is the assistance or help rendered by a more experienced person to less experienced person to solve certain major problems of the individual.

Guidance is the assistance made available by qualified and trained persons to an individual of any age to help him to manage his own life activities, develop his own points of view, make his own decisions and carry his own burdens.

Guidance has been defined by various scholars as under.

- **Jones** : "Guidance is the help given by one person to another in making choices and adjustments and solving problems".
- **Ruth Strong** : "Guidance is a process of helping every individual through his own efforts. To discover and develop his potentialities for his personal happiness and social welfares".
- **Herman and Erickson** : "Guidance as aspect of educational programme which is concerned especially with helping the pupil to become adjusted to his present situation and plan his future in life with his interests, abilities and social needs".

Nature of Guidance :

1. Guidance is personal assistance whether given individually or in group, it aims to render personal help.
2. To render guidance is not everybody's job. It is the work of most competent, mature and able persons.
3. Guidance can be rendered to any person of any age who is in need of it. In this way its scope is very wide.
4. Guidance is not giving directions. It is not imposition of one person's point of view upon another person; it is not making decisions for an individual which he makes for himself. It is not carrying the burden of others' life.
5. Guidance is a lifelong, continuous and lengthy process. It helps in the development of the person.
6. Guidance is based on interests, abilities, assets, needs and limitations of the individual.
7. Guidance helps the individual to plan wisely for the present and the future.
8. Guidance helps the individual to become adjusted to the new environment.

Principles of Guidance :

It is an essential pre-condition to understand the basic principles of guidance. The basic principles of guidance as accepted by most authorities in the area of guidance are as follows:

1) Guidance is based on individualization: The present guidance movement all over the world emerged as an effort to implement the principle of democracy which has full faith in the supremacy and dignity of the individual. The individual should be given complete freedom to shape his personality. Guidance should be provided whenever the individual needs it. For individualizing education at different levels, proper organization of guidance service is very much essential. Briefly we can say that the first principle of guidance is primarily concerned with the personal development of the individual.

2) Guidance is based on individual difference: Individuals differ to a great extent in their physical, mental, social and emotional development. No two individuals are alike. Guidance recognizes these differences among students and is concerned with their personal development by understanding the unique developmental characteristics, needs and problems of the individuals.

3) Guidance is a Life Long Process : Guidance is not a once-for-all activity but it is a continuous life-long process which starts from early childhood and continues till the death of the individual as individuals are beset with the problems throughout their lives.

4) Guidance is a Slow Process : An individual can't make wise decisions and adjustments in a day or a month or so. It requires a considerable time to make suitable adjustments. The counselors or the guidance workers need time to understand the counselee who has complex personality and who may be confronted with an intense problem.

5) **Guidance is Developmental and Comprehensive:** Guidance is developmental in the sense that it deals with the child from month to month, year to year, stage to stage. It is comprehensive in the sense that it includes all types of problems- educational, vocational and psychological problems.

6) **Guidance is Practical Side of Education:** Education sets the goal and guidance helps in the realization of that goal. Education specifies principles and guidance on these principles are put into practice. Guidance must be based on the educational and vocational objectives which reflect the aims and purposes of a society. For all-round development of the personality of an individual, it is very important that guidance services should supplement and complement instructional work.

7) **Guidance is Child Centered:** Guidance worker or counsellor does not thrust anything on the individual. The counsellor finds out the needs of the child and gives him only his suggestion. The emphasis is on the individual and not on the guidance.

8) **Guidance Develops the Insight of an Individual:** The counselor helps the individual in such a way that he gains insight to make his own decisions and choices.

9) **Guidance Considers Most of the Individual as Average and Normal Persons :** Even for a movement students should not be given the impression that the counsellor is interested in serving individuals who are not normal otherwise guidance work will suffer. It must be impressed to the students that services of guidance workers are available to all.

10) **Guidance is an Inter-related Activity:** It is very difficult to see problem clearly in isolation. It is co-related with the total program. It demands a comprehensive study of the individual in his social and cultural setting by the use of scientific techniques.

7.2 Meaning and Importance of Educational, Vocational and Individual Guidance.

Meaning of Educational Guidance

It is a process concerned with bringing about a favorable setting for the individuals education which includes the assistance with regard to choice of subjects, use of libraries, study habits, evaluation techniques and adjustment of school life and to other activities. In other words, it is conscious efforts assist in the intellectual, physical, spiritual, social, cultural and economical growth of an individual.

Definition of Educational Guidance

A. J. Jones: "Educational guidance is concerned with assistance given to students in their choices and adjustment with relation to school curriculum and school life".

J. M. Brewer: "Educational guidance is a continuous effort to assist it in intellectual growth of an individual anything that has to do with instruction or with learning may come under the team of educational guidance".

Importance of educational guidance

1. Selection of Curriculum : Our country has adopted diversified 10+2+3 system of education as per the recommendation of national policy. After 10th class a student has to choose a curriculum of his choice from different types of curriculum available such as humanities, medical, non-medical, commerce; vocational etc. Guidance is needed at this stage to pursue a system in accordance with his abilities, aptitude, interest, future plan etc. Secondary Educational Commission, Indian Education Commission and NPE 1986 recommended the role of guidance at the crucial phase of education.

2. To check wastage and stagnation : India is facing problems of wastage and stagnation to achieve the goal of universalization of elementary education. Due to this problem, less than half the number of students reach at the termination phase of elementary education. Reasons may be illiteracy, economic, social status, values or attitudes of parents. It may be due to unattractive school environment, method of teaching, in adequate training or attitude of teacher's etc well organized programme of guidance and help to deal wastage, stagnation and providing awareness to teachers, parents and also students.

3. Selection of co-curricular activities: Co-curricular activities are important for the harmonious development of the personality of a child. A good school provides a long range of activities for selection of students according to their aptitudes and interests. Many a times, properly selected co-curricular activity at school becomes the vocational guidance for the individual.

4. Selection of books: Number of books are available for a course, written by different authors. Sometimes student can help them in proper selection of books.

5. Making adjustment in school: Proper adjustment of the students leads to desirable progress in studies as well as in curricular activities. Best of body, mind and spirit comes out in facilitating environment. New entrants may face problem of adjustment in new school environment. A student coming from various medium of school/college faces problem. Similarly if a student is coming from rural school to urban school, he is unaware of rules and regulation of new school. Even a student may face a problem of mixing with the new classmates. Physically or mentally challenged children need to help to adjust in the new environment. These problems of adjustment must be attended to in time otherwise it leads to dropout.

6. Providing awareness of course and training : Most of the students of first degree course have no clear plan for their future. They often do not made up of their mind which course or timing they are going to pursue after completing their graduation. Unplanned on unguided education of youth created the problem of unemployment in our country, which may be tackled by providing guidance at school/college level.

7. Guidance for solving the problem of indiscipline: The problem of indiscipline in education has become a burning issue. In fact, it has acquired the status of national problem. This lack of discipline is due to the failure of education, in making the pupils satisfied. Lack of solutions to problems of the pupils in the educational institutions is also responsible for indiscipline. The

students need a person to listen to their problems. By providing guidance, we can curb student-unrest. And lot of opportunities should be given to students to exhibit their talent so that they get experiences and be self satisfied.

8. Guidance for leisure: The way children spend their leisure determines to certain degree the kind of adults they become. Because of the scientific inventions, there is ample free time left for the present generation. This has to be spent purposefully. But there are innumerable ways of spending it and the individual is baffled when he comes to choose the best course hence the need for guidance.

9. Guidance as an instrument for the qualitative improvement of education :

There has been a rapid expansion of educational facilities to cater to the needs of increasing number of students in recent years. This has resulted to some extent in fall of educational standards in the mad race for quantity, the quality has been the first casualty so there is strong current of thinking among educationists and general public that qualitative improvement of education should be emphasized and the introduction of the guidance services is one of the means towards this end.

10. The problem of educated unemployment: The mismatch between education and employment has rarely been as wide and as disturbing as it is today. Higher academic education is for too general and diffused to be of practical value to vast majority of young men and women. Most of Indian young men and women have no clear objectives or career targets. Every year, Indian colleges and universities send thousands of hopeful young stars in to the labour market virtually unemployable despite their fancy degrees and diplomas. Guidance facilities may help in reducing this wastage and thus ensure efficient use of manpower.

Vocational Guidance :

After completing their education, it is essential for the students to enter the field of their choice. In order to earn their livelihood, they have to select an occupation on the basis of their interest aptitude and abilities. At this juncture, which job he has to select ? what is the preparation he has to do ? etc., are the questions answered by vocational guidance.

Meaning of vocational guidance :

Vocational guidance is a process of helping a person develop and accept an integrated and adequate picture of himself and his role in the world of work. It has a specific goal. It assists individual to find satisfying, interesting and realistic roles in the environment. It helps the individual to know themselves, their interests, values and abilities and world of work. It helps the individual to reach a mature career decision.

According to National Vocational Guidance Association NVGA (1937): Vocational guidance is the process of assisting the individual choose an occupation, prepare for it, enter upon and progress in it. It is concerned primarily with helping individual's makes decisions and

choice involved in planning a future and building a career decisions and choices necessary in effective satisfactory vocational adjustment.

Definition of Vocational Guidance :

According to **International Labour Organization (1949)**: Vocational guidance is an assistance given to an individual in solving problems related to occupation choice and progress with due regard for individual characteristics and their relation to occupational opportunities.

Importance of vocational guidance :

The importance of vocational guidance is discussed as below :

- 1) **Individual differences**: No two individuals are alike in this universe. They differ in respect of abilities, aptitudes, capacities, interests etc. Every person has unique personality. Hence, every person may not be suitable for a particular vocation. For instance, administrative work and high level professional work require high level of intelligence. Average intelligence persons can be employed for skilled and semi-skilled jobs. Vocational guidance helps the person to choose a vocation according to his abilities, aptitude, interest etc.
- 2) **Difference among opportunities**: Different occupations are available in our society. Occupation needs a person with particular aptitude, abilities, and capacities etc. to do justice with it. For example, teaching profession needs individuals with high teaching aptitude and above average level of intelligence. A person with low teaching aptitude cannot do justice with the profession as well as with himself. Hence, role of vocational guidance is to place a round peg in round hole and square peg in square hole. It increases the happiness of the individual and welfare of the society.
- 3) **Continuous change in the world of work**: The world of work is in a state of continuous change. With the advancement of Science and Technology, the disappearance of certain careers and emergence of new or alternate careers is taking place. We are witnessing a communication revolution which has led to massive expansion in broadcasting with introduction of more television channels, cable television etc. Information communication, entertainment careers and event management are among careers of the new century. Today greater emphasis is on quality of life of where health is a vital component. More and more industries are becoming environment conscious. Hence, environmental specialists will be in great demand in coming days.
- 4) **Future planning**: Education, along with other aims, prepares a person for future. Student must have knowledge and awareness of different vocations i.e., courses after they terminate their formal education, career guidance is need of the hour. At present, the students and their parents are in confusion. They need proper assistance to choose a proper career. Vocational guidance helps the students in planning their future.

- 5) **Production and job satisfaction :** The output of a person at job depends upon his abilities, capacities, aptitude and interest for that vocation. If the job is not according to the person, output/production will be less. On the other hand, the person is getting happiness from the job. He is getting satisfaction. The vocation of the person is not only a means of earning bread and butter; it is more a way of life. Vocational guidance helps to place a person at a suitable job. So that, he may contribute maximum to the employer and the society at large.
- 6) **Need to change the values:** With the changing needs of the society, the new careers are coming up. The values of the new generation are also changing. Vocational guidance assists to match the changing values of individual with new set of career possibilities.
- 7) **Increasing number of occupations:** With the advancement of science and technology the number of occupations is increasing and most of the school leavers and college leavers do not have any vocational plans according to their potentialities and needs of the society. The result is that they do not get suitable vocation and become frustrated and maladjusted. So vocational guidance is needed from the point of view of saving the pupils from frustration, disappointments, unhappiness and maladjustments.
- 8) **From the health point of view:** Vocational guidance is needed from the health point of view. Unsuitable occupations affect adversely the health of the workers. For example a delicate eye-sight is injured by work which greatly affects the eye-sight. Unhealthy workers are burden on society.
- 9) **From personal and social point of view:** Vocational guidance is also required from personal and social point of view. The worker's happiness and satisfaction in his work as well as his development of personality depends on his occupation. A frustrated and dissatisfied worker is a curse to himself as well as to the society. In the words of Super, "Occupation is not merely a means of earning a livelihood but also a way of life, a social role."
- 10) **From the point of view of utilizing human potentialities:** The society loses much through its failures to discover potential genius and vocational guidance aids in the discovery of potential genius. It enables society to utilize human potentialities to the maximum.

Individual guidance :

Movement of guidance started as vocational guidance. Its scope widened and included educational guidance as well. But now it is recognized that personal or psychological guidance is also an important part of guidance.

Meaning of individual guidance :

Personal guidance is a sort of help which is given to the individual for solving personal, emotional or psychological problems. It safeguards the psychological abnormalities, mental conflicts, maladjustments and frustrations of various types. It helps him in making adjustments to

circumstances in his life. It makes the child emotionally balanced and helps in his life. It makes the child emotionally balanced in his life and in allround development of personality.

Importance of Individual Guidance :

Personal guidance aims at adjustment of the individuals to the changing circumstances of life. There are certain personal problems that need solution and hence personal guidance is required. They are:

1. **Problem concerning physical health:** A person may need the advice and treatment of an expert for solving his physical ailments and building up his physique.
2. **Family problems:** There are many family problems. The relationships between child and his parents, between husband and wife, between brothers and sisters may be started e.g. constant quarrels between the father and the mother, presence of step-father or step-mother in the house may become a cause of the neglect of a child and thus make the child a problem one. Jealousy among various siblings in the family may be another factor in home environment which may become a potent cause of maladjustment. Expert guidance is required for dealing with these problems.
3. **Utilization of leisure time:** For utilizing the leisure time profitably a person might need guidance. He might need to be guided in sports, games and hobbies.
4. **Personality problems:** Personality problems like temper tantrums, building, testing, fighting, anxiety, nail-biting, thumb-sucking, grinding of teeth, sleep-walking, sleep-talking, absent-mindedness, day-dreaming, shyness, sensitiveness, inferiority complex become important causes of maladjustment. Hence these difficulties need a very competent guidance.
5. **School problems:** The child might feel difficulty in making progress in the various academic, physical, social, and recreational activities of the school, and thus need guidance. He may need guidance in the selection of various subjects, books, hobbies and methods of effective study.
6. **Vocational problems:** The person might need guidance for choosing the occupation, for adequate training for a particular occupation, or for the change of an occupation. Or he might need guidance for making suitable progress and adjustment in the occupation.
7. **Religious problems:** The person might have certain religious doubts or wrong philosophy of life for which he might need guidance.
8. **Marital problems:** Happy is the man who has got the good life partner. For the right choice of a partner the person might need guidance. If the married life of the person is unhappy, then he might need guidance for making his married life a happy one.
9. **Sex problems:** Sometimes persons have to face sex problems due to masturbation, nightmares, excessive sex curiosity, heterosexual interests and activities. For helping the individual in solving sex problems and in leading a healthy sex life, personal guidance is essential.

10. Old age problem: Old age has its own problems. At his age various organs of the body began to decline in their strength and the various senses like eye-sight, hearing and smell etc. being to grow feeble day by day. Such an age needs guidance regarding proper utilization of time and for keeping the body in strength.

7.3 The guidance services -information, health, counseling and placement :

Guidance programme is concerned with meeting student needs. It is a service to help the student in the recognition of his abilities, aptitudes, interests and attitudes. The objectives of the guidance service are summarized as below:

- To assist the student to understand himself and utilize his traits properly.
- To provide him opportunities for learning in the areas of occupational and educational endeavour's.
- To help a student in obtaining experiences which will help him in making wise choices and decisions.
- To assist him in developing his potentialities to optimum level and become self directive.

In achieving these many-fold objectives an effective guidance service programme is very much needed.

1. Information Service
2. Inventory Service
3. Health Service
4. Counseling Service
5. Placement Service
6. Follow up Service

1. Information service :

Information is an essential part of virtually every guidance programme whether we want to assist the students in making better choices or helping them in better adjustment or optimum development. This is the reason that information needs to be organized and utilized as a distinct guidance service so as to:

- (a) Develop in the students a broad and realistic view of life's opportunities and problems at all levels of educational training, programmes;
- (b) Create an awareness of the need and an active desire for accurate and valid occupational, educational and personal-social information;
- (c) Assist in learning the techniques of obtaining and interpreting information for progressive self-direction;
- (d) Promote attitudes and habits which assist in the making right choices and adjustments productive to the work culture;

2. Inventory Services :

Inventory service is an essential to understand the student for the guidance. Inventory services include all standardised psychological tests like, Intelligence tests, personality tests, interest inventories, aptitude tests etc.

3. Health service :

(a) Health Services include all services dealing with the diagnosis and treatment of diseases, or the promotion, maintenance and restoration of health. They include personal and non-personal health services;

(b) Health services are the most visible functions of any health system, both to users and the general public, Service provision refers to the way inputs such as money, staff, equipment and drugs are combined to allow the delivery of health interventions;

(c) Improving access, coverage and quality of services depends on these key resources being available; on the ways services are organized and managed, and on incentives influencing providers and users.

4. Counselling service :

This service is intended to establish a relationship between the guidance worker and the student in which the former attempts to assist the latter in achieving optimum educational, vocational, personal-social development and adjustment. The service may be performed by the counselor, teacher or the administrator provided they are adequately trained. It involves helping the student to:

(a) understand that what he can do and what he should do

(b) understand the choices he faces, the opportunities open to him and the qualifications he possesses for the goal he has chosen;

(c) handle his difficulties in a rational way and strengthen his attributes;

(d) make his own decisions and plans on the basis of self-understanding, accept responsibility for his decisions and take action on the plans developed.

Counseling is possible if the counselor has enough information regarding the individual's assets and liabilities and of the possible courses of action open to him. It consists of an interview or a series of interviews between the counselor and the counselee and may involve the administration of certain psychological tests. Being helpful in crystallizing the problem and reaching a reasonably good solution, counseling is a distinct guidance service.

5. Placement service

This is another important service in the guidance programme and is intended to help the student in:

(a) Situating himself in the right scholastic track in the proper course;

(b) Finding a suitable place in the post-school environment.

(c) The fit choice of co-curricular activities available in the school;

- (d) Choice of job-oriented courses;
- (e) Getting admission in an ITI, polytechnic or college;
- (f) Getting part-time jobs during working session and whole-time jobs during vacation and after getting education and training.

Appropriate data from schools should be collected and transmitted to receiving colleges, universities and prospective employers. Close contact with institutions of higher learning as well as with personnel managers in business and industry, co-ordination among teachers and guidance workers are essential to make a success of this service useful for all types of students – the normal, the intellectually gifted, the emotionally disturbed, the artistically talented and the mentally retarded to find their appropriate place in an educational or vocational setting.

6. Follow up Service: The main objective of this follow up service is to observe the progress carefully after providing all above services. It makes guidance service as a continuous process.

7.4 Counselling -Meaning and importance :

Counseling Constitutes the heart of any guidance programme without it guidance is incomplete it helps the students to resolve their educational, vocational as well as personal problems. It makes an effective use of the information collected about the individual of the group to provide insight in to the problems for a better guidance programme.

Counseling is process of enabling the individual to know himself and his present and possible future situations in order that they may make substantial contributions to the society and to solve his own problems through a face to face personal relationship with the counselor.

Counseling is a learning driven process carried on in a social environment in which professionally competent counselor attempts to assist the counselee using appropriate procedures to become a happy and productive member of the society by formulating realistic and purposeful goals for the total personal growth. Counseling is not just giving information, or giving advice, suggestions and recommendations.

Definitions of counselling :

The concepts of counseling has been defined in various ways as given in the following lines :

- 1) **Carl Rogers :-** "Counseling is a series of direct contacts with the individual which aim to offer him assistance in changing his, attitudes and behavior.
- 2) **Wren :-** "Counseling is a personal and dynamic relationship between two individuals, an older more experienced and wiser and a younger, less experienced and less wiser.
- 3) **Ruth Strange :-** "Counseling is a face to face relationship in which growth takes place in the counselor as well as counselee.
- 4) **Robinson :-** "Counseling Covers all types of two person situations in which one person, the client, is helped to adjust more effectively to himself and his environment.
- 5) **Humphrey and Traxler :-** "Counseling is the application of the personal resources of the school or other institution to the solution of the problems of individual.

Importance of Counseling :

1. When an individual needs, not only reliable needs, not only reliable information but also its interpretation so as to meet his own personal difficulties.
2. When an individual needs a capable listener with a broader and long experience so that he can recount his difficulties and get some suggestion.
3. When an individual is aware of the problem, but is unable to define it or express or cope with it intelligently.
4. Appropriate use of leisure time inadequate or necessary participation in school activities.
5. Clarification of manners, morals and values.
6. Personal problems connected with planning the future, choosing of career etc.,
7. Problems of sex, i. e. mixing up with the opposite sex and dealing with them.
8. Personal behavior problems.
9. Developing and satisfying Philosophy of life.
10. Home and environment problems.
11. Adjustment needs stemming from feelings of inferiority inadequate social skills and unfortunate personality traits.
12. Emotional problems resulting from scholastic difficulties.
13. Counseling is person to person relationship.
14. It involves two individuals one seeking help and the other, a professionally trained person who help the first.
15. The main emphasis in the whole of counseling process is on the counselors self direction and self acceptance.

7.5 Techniques of counselling : directive-nondirective and eclectic counselling**Approaches of counselling**

There are three approaches in the field of counselling On the basis of these approaches there are three types of counselling and these divisions have been made on the basis of :

- i) The nature of counselling process.
- ii) The role of counselor.

These three types are :

- i) Directive
- ii) Non-directive
- iii) Eclectic

I) Directive counselling :

It is also known as prescriptive or counselor oriented or counselor - centered counseling. The leading exponent of this school of thought is E.G Williamson.

It is a process in which the counselor assumes the major responsibility of solving the problem of the counselee. It is the counselor who discovers the problems, defines it, diagnoses it and then provides the solution to the problem. In order to achieve this end, he collects complete information about the counselee and on the basis of that information he decides in advance the kind of advice to be given to him. When he conducts the kind of advice to be given to him. When he conducts the interview, he assumes direct leadership and does most of the talking. He takes a firm control of the interview.

In this kind of counseling process social conformity and the right of the more able to direct the less able is highly valued and emphasized.

The focus of the whole process is the problem and not the individual. If the problem has been solved in a manner approved by the counselor and symptoms of the problem have been removed, the process is considered to be successful.

It gives more significance to the intellectual rather than the emotional aspect of the individual's personality. It means the counselee is assisted to solve the problems of the intellectual level and not at the emotional level. A change of attitude is brought about in the counselee so that he finds happiness in his environment.

Advantage of directive counselling :

1. It is economical in time as it takes less time.
2. The counselee comes to his solution soon that gives him happiness.
3. It gives more significance to the intellectual rather than to the emotional aspect of the individual's personality.
4. In it the methods used are direct, persuasive and explanatory.

Disadvantages of directive counselling

1. It kills the initiative of the child and as such it makes him helpless. He never becomes independent of the counselor.
2. The counselee does not gain any ability of self-analysis or solving new Problems of adjustment.
3. There is lot of regimentation in it because of the dominant role played by the counselor.
4. It Is undemocratic.
5. Problems regarding emotional maladjustment can be solved in better way by directive counseling.
6. It does not keep the counselee away from making mistakes in future.

Non-directive counselling

It is also known as permissive counseling or client-centered counseling. Carl Rogers is the main exponent of this type of counseling.

In it the counselee plays the primary role and the counselor a secondary role. The counselee participates actively in the process. After gaining insight into the problems and factors affecting it,

the counselee forms his own plan of action. This way plan works more effectively. The counselor avoids making any decision for the counselee. Nor does he lead the discussion.

The counselor helps the counselee think for himself and see his true feelings. His attitude throughout the process is very non-committal. He listens, accepts and very often reflects the clients feelings by the same remarks.

Its purpose is to help the individual grow towards maturity and adjustment so that he takes the responsibility for the treatment. The client selects his own goals, even though they may be different from what the counselor may propose.

The sight of each individual to become psychologically independent and maintain his psychological integrity is highly valued in this process.

The non-directives believe that when a person has learned to face the problems and can rely on his own Judgment for selecting the solution, he has been made independent of the counselor's help. This experience enables him to cope with future problems.

Non-directive counseling emphasized the emotional aspects of the client's personality. Failure to adjustment to the environment is considered to be due to some emotional difficulty. Hence, emotional block has to be removed. The counselor likes to remove this block by encouraging the client to talk freely about his difficulties. This helps the client to bring his suppressed thoughts to the surface and the tension is reduced.

This type of counselling makes use of few or no diagnostic instruments, except when the individual is handicapped in some way or the other due to his own inadequacies due to some limitations in the environment.

In it the counselor believes in the ability and capacity of his client to adjust and adapt in terms of the demand of the situation.

Advantages of non-directive counselling :

1. In the present day personal work, the non-directive counseling movement may be linked to the progressive movement in education. Both stress the freedom of the individual.
2. As a therapy, it has indisputable value. It is a slow but sure process to make the individual capable of making adjustment.
3. No tests are used in it and we thus avoid all that is laborious and difficult.
4. It removes the emotional block. It can be compared to confessions made in the church and as such when one is allowed to talk, one brings one's suppressed thoughts to the surface and relieves one's tensions.
5. It is client centered. Insight of client development.
6. It is effective in solving emotional problems.
7. It develops potentialities and capabilities of the client.

Disadvantages of non-directive counselling :

1. It is slow and time consuming process. So this method can't work in schools and college, if the needs of all the Students are kept in view. Exclusive use of this method is neither possible nor desirable in school situations.

2. Secondly, It is not possible to solve a problem merely by depending on the experiences of the counselee or by drawing the resources within him, e.g., a counselee may know his ability in various fields and also his aptitudes, but he will not be able to guide himself to select the type of course unless the counselor helps him or relates his aptitudes with his abilities and with future opportunities available to him. So the resources, judgment and wisdom of the clients can't be relied upon.
3. Lastly, can all problems be solved by simply talking out things in the interview situation. This is a big limitation.
4. There are individuals who like to lead from stage to stage. In-such cases, the counsellor becomes passive.

Eclectic counselling :

F. C. Thorne is the leading exponent of this type of counseling. He accepts the value of non-directive method but does not ban the use of other methods that would be acceptable to non-directivity.

This is a combination and synthesis of directive and non-directive counseling. It is the middle course. It is the mixed type of counseling the Counselor shall neither play 'God' to the counselee, nor serve as 'Sound board' to him. In other words, the counselor is neither too active as the directive counseling nor too passive as in non-directive counseling.

According to eclectic counseling, the counselor first studies the personality and needs of the individual. He then selects the techniques that would be most helpful for the individual. The counselor can start with the directive technique, but when the situation demands, he may switch over to non-directive technique and vice-versa. Again the techniques and vice-versa. Again the techniques used are not to be restricted to these two techniques, but other techniques like reassurance, merely giving information, case history, testing etc., may be used when the situation so demands.

The purpose is that during counseling process, the counselee should modify his ideas and attitudes. He should look at things and situations in his environment, that affect him more realistically. The attempt is made to adjust the techniques to the requirements of the situation and the individual. Shirley, Harming and Paulson write about this approach as, "Neither this nor that, but both and more". Thus, the eclectic counselor adopts variations in the following things.

Advantages of eclectic counselling :

1. In general, passive methods to be used whenever possible.
2. Active methods should be used with specific indication.
3. Passive techniques are usually the methods choice in the early stages when the client is telling the story. This permits emotional release.
4. Complicated methods should not be attempted until simple methods have failed.
5. All counseling should be client centered.

6. Every client should have been given an opportunity to resolve his problems non-directly. Inability of the counselee to progress therapeutically using passive methods alone is an indication for utilizing more directive method.
7. Some degree of directiveness is inevitable in all counseling even in reaching the decision to use passive methods.

Disadvantages of eclectic counselling

1. It is said eclecticism is not possible because directive and non-directive concepts can't be merged together.
2. Some are of the view that eclecticism is vague, superficial and opportunistic.
But we can't say that eclectic counseling seems to have the greatest promise for future developments in the methodology of counseling and can prove to be of much practical value in it. So, eclectic counseling seems justified provided it is coupled with the positive concept that counseling is essentially a learning process for both the counselor and the counselee.

Discussion

A detailed discussion on Guidance Services – Information, Occupational, Health, Counselling and Placement by inviting experts from the department of employment and training and from department of health sciences preparation of a report.

Model questions :**I Answer the following questions in a sentence each**

- 1) Define 'guidance'.
- 2) Define 'educational guidance'.
- 3) Define 'vocational guidance'.
- 4) What do you mean by individual guidance.
- 5) What is information service?
- 6) What do you mean by health service?
- 7) Write the meaning of placement service.
- 8) What is counseling?
- 9) Define 'directive counseling'.
- 10) Write the meaning of Non – directive counseling.
- 11) What do you mean by Eclectic counseling?
- 12) Who is the proponent of Non – directive counseling?

II Answer the following questions in 2-3 sentences each

- 1) Write any two nature of guidance.
- 2) Mention any two principles of guidance.

- 3) List any two importance of educational guidance.
- 4) Write any two needs of vocational guidance.
- 5) Write any two importances of individual guidance
- 6) Mention any two types of guidance service.
- 7) Write any two importance of information service.
- 8) Mention any two uses of occupational service.
- 9) What is health service? Write its one importance.
- 10) List any two needs of placement service.
- 11) Mention the Techniques of counseling.
- 12) Write any two advantages of Eclectic counseling.

III Answer the following questions in not more than a page each

- 1) Write the meaning and nature of guidance.
- 2) What is the importance of educational guidance?
- 3) What is vocational guidance? Write its importance.
- 4) What is individual guidance? Write its importance.
- 5) What are the techniques of counseling? explain any one of them.
- 6) Write the importance of counseling.
- 7) Mention the advantages of directive counseling.
- 8) Write merits and demerits of Non – directive counseling.
- 9) Write merits and demerits of Eclectic counseling .

IV Answer the following questions in not more than two pages each

- 1) Explain the principles of the guidance.
- 2) Explain about the importance of educational guidance.
- 3) Explain the importance of educational guidance.
- 4) What is individual guidance? Explain its importance.
- 5) What are the guidance services? Explain any two of them.
- 6) What are techniques of counseling? Explain.

UNIT 8

Health Education

- 8.1 Meaning, and Importance of Health.**
- 8.2 Meaning and Importance of Health Education.**
- 8.3 Characteristics of a Physically Healthy Individual.** - Factors helpful in the development of physical health of an Individual – Cleanliness - Balanced diet - Relaxation and physical Exercises.
- 8.4 Mal-Nutrition-Its Causes- Effects and Remedies.**
- 8.5 Characteristics of a mentally healthy individual.**
- 8.6 Barriers to Mental Health-Tension, Frustration and Stress-Measures to Promote Mental Health-Importance of Yoga, Dhyana and Pranayama.**

Objectives:

At the end of the instruction of this unit, students will,

- Explain the meaning and importance of health and health education.
- Describe the characteristics of a physically and mentally healthy individual.
- Explain the causes, effects and remedies for Mal-nutrition.
- Develop positive attitudes towards cleanliness, Balanced diet, relaxation and physical exercises.
- Create positive attitude towards nutritious value of food.
- Create favorable attitude towards yoga, dhyana and pranayama.
- Develop skills helpful in the development of sound physical health
- Develop the skills of practicing Yoga, Dhyana and Pranayama to maintain sound mental health.



UNIT 8**Health Education**

All living beings on this earth need some basic necessities to live. Air, water, food and shelter are the very important basic needs of man. All human beings are more bothered about these needs and their purpose of life is to get all these fulfilled in a very comfortable way. Besides these immediate needs, man, being intelligent and more civilized than other animals, expects some more wants to lead happy life. He is after money, power, status, name and fame etc. Human wants are always unlimited. By hook or crook, man has been trying to fulfill his wants. He feels satisfied enjoying these wants. He is committing undo things to get his wants fulfilled. Besides this, many of us are practicing some unhealthy habits like smoking, addiction to alcohol and drugs which are injurious to health. Along with this, science and technology has advanced and due to more machinery work, many individuals have become lazy. Environmental pollution has also affected our health. Hence many of us are facing problems like physical disorders, blood pressure, diabetes, heart problems, mental stress and tension etc. Hence many of us are suffering from physical and mental ill health. This has lead to social and moral ill health also. Totally there is unhealthy environment and atmosphere everywhere. Therefore caring for good health is inevitable. Hence knowledge and importance of health education has become the need of the hour.

8.1 Meaning and Importance of Health:**Meaning of Health:**

The English word ‘Health’ comes from the old English word ‘hale’ meaning ‘wholeness’ ‘Being whole’ ‘sound’ or ‘well.’ ‘Hale’ comes from the proto-Indo European root ‘Kailo’; meaning ‘Whole;’ ‘uninjured;’ ‘of good omen’.

“Health is a state of complete physical, mental and social well –being and not merely the absence of disease or infinity.

World Health Organization

Health is ‘Soundness of body’

- Bharadwaja’s Gem Dictionary

“Health is the state of being free from illness or injury. It is a person’s mental or physical condition.

- Illustrated Oxford Dictionary

In human “health is the general condition of a person’s mind and body, usually meaning to be free from illness, injury and pain”

“Health is the general condition of the body and mind with reference to soundness and vigor.”

Thus the term health is a positive and dynamic concept. When we speak about health, we generally think about physical health. It simply means man’s condition without any disease or injury. But the meaning of health, in its wider sense, is much more than this. It includes not only physical but also mental, social and moral aspects.

Health may be described as a potentiality-the ability of an individual or a social group to modify continually, in the face of changing conditions of life in order to function better in the present and also to prepare for the future.

Health and wellness is the full integration of states of physical, intellectual, emotional, social and spiritual. Each of these dimensions acts and reacts in a way that contributes to our own quality of life.

There are seven dimensions of good health are,

1. Physical 2. Intellectual 3. Emotional 4. Social
5. Occupational 6. Environmental 7. Spiritual

Physical health: It is a state of being without any disease in the body. Physical health is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress. It refers to the state of the body: its composition, development, functions and maintenance.



Cognitive health: It is the mental ability to develop skills and knowledge to enhance one's life. It is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.

Emotional health: It is the ability to understand ourselves and other's feelings and cope up with the challenges of life.

Social health: It is the ability to establish and maintain positive and satisfying relationship with family, friends and co-workers which contributes to social wellness.

Occupational health: Occupational wellness is the ability to get personal fulfillment from the jobs as a chosen career fields. While still maintaining balance in our lives, our desires to contribute in our career and to make positive impact in the organization we work in and in society as a whole leads to occupational wellness.

Environmental health: Environmental wellness is the ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us. It is the ability to make a positive impact on the quality of our environment, be it our home, our communities to our environmental wellness.

Spiritual health: It refers to our personal belief and values, our own acceptance or rejection of the creation. It is more a matter of looking inward; at our own depth of understanding it is the ability to establish peace and harmony in our lives.

Importance of health:

It is rightly said, "Health is wealth". This saying emphasizes the importance of health. It is true that good health is very important for a happy life. An unhealthy individual cannot be happy. He is always sad and passive. He does not have peace of mind. A healthy individual is always active,

cheerful and well interested in his duties and always hopeful. The one who has sound health could be called the most gifted man. Health is one of the most precious possessions we have. We should learn to preserve and maintain it.

Importance of good health cannot be overstated. It has a direct effect on every aspect of one's life. It is important for every individual, young or old. Good health has a positive effect on an individual's personal life, family life, attitudes, performance of tasks, his stress levels, sleep etc. Physical health is of immense importance today. The man of this century is going faster than his capacity, pressure to earn more, work better and aspiring for top positions, getting name and fame etc. In the effort of gaining all these, the individual has neglected his health. But one cannot neglect health because it is a very precious thing. It is true that good health is the great gift of man. It is the fundamental right of every human being. It has come to be regarded as pre-requisite for optimum socio-economic development of man.

Child health:

A healthy child can only develop as a healthy individual. The child who is suffering from ill health cannot be healthy in his/her childhood, adolescent and adult stages. Parents are the responsible persons and they should take care of the health of their children from infancy itself.

Personal life:

The importance of health in personal life cannot be minimized. It has come to be regarded as a prerequisite for optimum socio-economic development of man. Health care as a right of every individual has been recognized in many countries. In the "Universal Declaration of Human Rights", there are thirty articles. The right to better living conditions and the right to health and medical service are vital. Though health is recognized as a fundamental right of every human being, it is essentially an individual responsibility. It is also desirable that every individual should be acquainted with the essential health skills in his/her personal life to stay healthy.

Family life:

The family is a primary social group and a group of biological related individuals. The family plays a very important role in maintaining health and preventing diseases and treatment of individual illness. Medical schools are developing teaching programs in family medicine as Florence Nightingale has said, "the secret of national health lies in the homes of the people".

Social life:

Society is a group of individuals united together by common bond of closeness who act together in general to attain certain common goals. So health of the society is also very important and society has its own role to play to maintain the health of its members. Public health is an integral part of the social system. It is influenced by society and society is influenced by public.

Workplace:

As an employee, one should take care of his/her health, both in the home as well as workplace. This makes the individual feel more energetic and he/she will be able to carry out the tasks without any stress or strain. A healthy employee feels motivated to finish off the task at hand and will be interested to work more time with more positive attitude.

Other points:

- A healthy child develops into a healthy individual. In case, the child does not grow healthy, his adult life will be spoiled. He cannot be a successful worker and cannot lead a happy life.
- A healthy person is an asset to himself, to his family and to the society. On the other hand the un-healthy person is a burden to all.
- Physical, intellectual, social, emotional and spiritually healthy individual only can develop dynamic and creative personality and such individuals can develop as great personalities.
- Healthy persons work for long hours without getting tired, Hence they are progressive creative and constructive.
- Healthy individuals are more strong and energetic to service better than others.
- Health favors personal efficiency.
- It contributes to an individual's life span.
- It helps in the attainment of individual's personal ambition.
- Health permits individuals to conserve their earnings for longer and happy life.
- A healthy person is always cheerful, active creative and optimize.
- The body of healthy persons becomes free from various forms of disorders.
- Healthy persons can save money and time on doctors and hospital.
- Healthy persons can live without any ache, pain and discomfort.
- Healthy persons can perform the best of their ability.
- Physical, intellectual, emotional and social health brings attractiveness and smile in the face of an individual.
- Health brings drastic improvement in the overall quality of one's life.
- The body and mind of healthy persons will always be free from stress, pressure, tension and frustration.
- Healthy persons are socially adjustable. They develop as good citizens with civic sense.
- Healthy individuals are emotionally well balanced.
- A healthy individual will be shining example to others.
- Those who are wealthy may not always be healthy but the healthy people are always wealthy.

8.2 Meaning and importance of health education:

Human body and mind are the great gifts of God. Maintaining the health of body and mind should be the first motto in life, because healthy persons keep always cool and creative. Good health is the source of happiness and success. Happiness of any individual depends considerably on good health. The saying 'health is wealth' emphasizes the importance of health. It is obvious to say that every individual needs sound health. An individual must develop physically strong, mentally sound, socially co-operative and spiritually good. There are four dimensions of human personality i.e., physical, mental, intellectual and spiritual. The harmonious development of all these aspects leads to develop a dynamic and creative personality. Education, being a process of all-round development of the personality of an individual must give primary importance to health. All individuals are to be educated regarding good health from childhood only. Hence Health education is of immense importance today at all stages of our education system. Not only schools and colleges, but home, social organizations, religious institutions and mass media- all have responsibility to inform and educate every individual regarding good health. Hence health education is the need of the hour.

Meaning of health education:

"Health education is the profession of educating people about health".

"Health education is knowledge about health rules and then taking care of health." It is knowledge of giving guidance regarding the maintenance of good health. It is a process of enriching the knowledge of all with regard to health consciousness and its maintenance. It is a process of informing about health habits and their use and practice in life.

Health education can be defined as "the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health"

"Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes".

-World Health Organization

The joint committee on health education and promotion terminology of 2001 defined health education as "any combination of planned learning experiences based on sound theories that provide individuals, groups, and communities the opportunity to acquire information and skills needed to make quality health decisions".

Importance of health education:

Health education is a social science that draws from the biological, environmental, psychological, physical and medical science to promote health and prevent disease, disability and premature death through education- driven voluntary behavior change activities. As health of human being is of immense importance, there is a great need of health education to be promoted through schools, home, voluntary organizations, mass media etc.

The importance of health education lies in the following points:

- Health education improves the health status of individuals, families, communities' states and the nation. It enhances the quality of life for all people.
- Health education prevents premature deaths and extends the life span of man.
- By focusing on prevention, health education reduces the costs that individuals, state and the nation would spend on medical treatment.
- Health education provides young people with the knowledge and skills they need to become successful learners and healthy and productive adults.
- School health education programs provide the best opportunity to promote positive health behavior among children and adolescence.
- Quality health education emphasizes the teaching of functional health information and essential skills necessary to adopt, practice and maintain health enhancing behaviors.
- Health education guides individuals to become physically, mentally, socially morally and spiritually fit.
- It allows people to know how to take care of themselves; and to help others by informing them of ways to better care for themselves.
- It informs and teaches healthy habits among children, youth and to all.
- It informs about common and contagious diseases and preventive measures.
- It establishes the health habits and principles of healthy living among individuals.
- It assures individual's health consciousness and maintenance to bring happiness and peace in life.
- It develops positive attitude towards healthy life.
- It builds knowledge, skills and positive attitude about health.
- It helps in creating sound mind in a sound body.
- It instructs the children and youth to conserve and improve their health.
- It sets the norms of good health.
- It enhances the quality of life.
- Child is like clay. Health habits and good behavior adopted in childhood remain unchanged even in adulthood.
- It improves the health of the individuals and community life so that the next generation comes out better.

8.3 Characteristics of a physically healthy individual: Factors helpful in the development of physical health of an Individual – Cleanliness - Balanced diet - Relaxation and physical exercises.

Physical health is of utmost importance in life of every individual. If an individual is not healthy physically, he cannot do any work. He becomes inactive, passive, and patient and gradually

becomes dependent. He can neither take care of himself nor his family and becomes burden to the society. Hence care is to be taken to see that every individual should maintain physical fitness and health from birth itself. It is the duty of the parents, elders and teacher to see that the child grow physically well.

“The physical welfare of the youth of the country should be one of the main concerns of the state, and any departure from the normal standards of physical well being at the period of life, may have serious consequences.”

- Secondary Education Commission Report

The statement of Secondary Education Commission Report very clearly emphasizes the importance of physical health in a democratic country.

Physical health is the pre-requisite of all education. **Aristotle** is of the opinion that education is the creation of sound mind in a sound body. So, in order to develop or create sound mind there is a great need of sound physical health. Physical health is one of the five dimensions of individual's personality. Sound body and sound mind are closely related to each other. Physical ill-health leads to mental worries and depressions.

A Physically healthy person certainly should have some characteristics.

Medically speaking, a physically healthy person must,

- Have heart beat between 60-100 beats per minute.
- Have blood sugar levels between 70-120
- Have weight proportionate to their height.
- Have stomach area is tone and in shape

Characteristics of a physically healthy person

- Free from diseases.
- Always active
- Always Smiling
- Always Enthusiastic
- Stress Management
- Healthy Habits
- Self Activity
- Sound Sleep



Other Characteristics are:

- All the bodily parts are healthy and active.
- Stress free, self control and faith in his physical strength.
- They have positive feelings about themselves they practice health habits such as walk and exercises daily.

- Sleep well, walk well and feel refreshed after sleep.
- Energy to do daily tasks of living easily and happily.

Factors helpful in the development of physical health of an individual-**Cleanliness-Balanced diet-relaxation and physical exercises:**

Physical health is of utmost importance to every individual. As physical health leads to mental health care is to be taken to maintain good physical health. It is the duty of the parents and elders to see that their children and youngsters should be physically strong and fit. Negligence in this regard will certainly spoil their future life.

“Prevention is better than cure.” Keeping this in mind, children have to be taken care of. There are number of factors which are to be kept in mind by every individual. Factors like cleanliness, balanced diet, relaxation and physical exercises help in proper maintenance of physical health.

Cleanliness :

Cleanliness plays a vital role in maintaining sound physical health. It is the state of being clean and free from dirt and it is the process of achieving and maintaining that state. Cleanliness leads to ideals such as health and beauty. In practical sense, it is related to hygiene and disease prevention. Good hygiene practices are essential for health and social reasons. Cleanliness of body is necessary for good health. Healthy habits should be practiced daily. Oral hygiene, hand wash, regular, bathing, regular grooming, wearing washed and pressed clothes are necessary conditions of good health. Cleanliness of body is necessary for self respect. People who are clean hesitate to mix with those who are not clean physically. None will give respect to those who are not clean physically and do not wear proper dress. A Man of dirty habits is uncivilized.

Oral hygiene:

Proper oral hygiene is necessary to keep teeth; tongue and gums clean. By this, the problems of mouth and gums are prevented. Dentist's suggestion is to be taken to select suitable brush and paste. Mouth gargling is must after every feed. Regular massaging of gums is also necessary.

Hand wash:

Frequent hand washing reduces the spread of germs, bacteria and food borne illness. According to U.S Center for Disease Control and Prevention, one should wet hands by warm running water. Apply soap and lather at least 20 seconds, making sure to clean fingers, fingernails, cuticles, palms and wrists. Rinse thoroughly and dry with a fresh paper towel or an air dryer. Wash hands before and after eating food.

Bathing:

Regular bathing reduces body odor and can help to control skin problems. Bathing daily reduces the bacteria that contribute body odor, particularly in the armpits and on the feet. Hair should be washed as frequently as you need based on your hair type. Thorough dry up after bathing will prevent bacterial growth.

Grooming:

Grooming is the act of making yourself presentable to others. At its most basic level, grooming includes keeping your body, teeth, clothes, hair, and nails clean and preventing body odor by using deodorant.

Cloths:

A sanitary home environment and clean clothes are important aspects of overall personal cleanliness. Washing clothes regularly will remove odours. Iron cloths cleanly and wear. Clean and pressed cloths give appearance to the body and will attract others.

Importance of Cleanliness:

- Cleanliness is the sign of a healthy person
- It keeps body clean.
- It is one of the factors which bring self respect and self confidence.
- It creates cheerful mind.
- It keeps body fit.
- Cleanliness leads to ideals such as health and beauty.
- It makes individual enthusiastic.
- It is one of the good qualities and a part of our civilization.
- It yields personal hygiene.

Balanced diet:

A balanced diet plays a vital role in achieving long healthy life.

A balanced diet contains sufficient amounts of fiber and the various nutrients (carbohydrates, fats, proteins, vitamins, and minerals) to ensure good health. Balanced diet must contain all these in correct proportions.

“Balanced diet is that which provides all the essential nutrients in sufficient quantities and in correct proportions to promote good health. The six main classes of nutrients are 1. Carbohydrates 2. Fats 3. Proteins 4. Vitamins 5. Minerals and water.

- Oxford dictionary of sports and medicine

“A diet that furnishes in proper proportions all the nutrients necessary for adequate nutrition is a balanced diet.”

- American heritage Student Medical Dictionary

“Balanced diet is a diet which contains the proper proportion of carbohydrates, fats, proteins vitamins minerals and water necessary to maintain good health”

- Dictionary of cultural literacy: health

A balanced diet should be adequate and wholesome. Of course it is very difficult to state precisely what constitutes a balanced diet for any particular individual.

For the general population, health professionals suggest that a healthy balanced diet is one that provides at least 50 % of energy from carbohydrates, 35 % from fat and 15 % from protein.

Sl.no	Nutrients	Percentage
1	Carbohydrates	50%
2	Fats	35%
3	Proteins	15%

The precise optimal quantities of each nutrient will vary with the age, sex and activity. Vitamins and minerals are required in relatively small amounts. In addition to nutrients fiber is a necessary component of a healthy diet.

A balanced diet is required for the growth and development of a person especially the children. Each food group is abundant in certain type of nutrients. So, abundant right mix of all nutrients in our food will ensure long and healthy life.

A balanced diet contains sufficient amount of fiber and the various nutrients like **carbohydrates, fats, proteins vitamins and minerals and water** to ensure good health.

Carbohydrates:

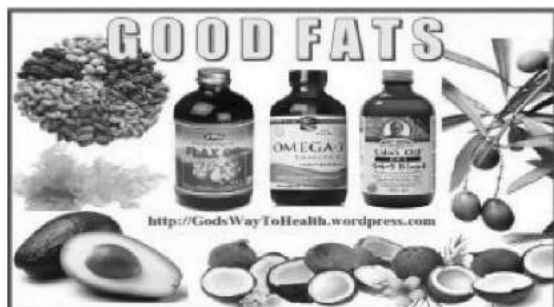


Carbohydrates are the most important sources of energy. They are made of carbon, hydrogen and oxygen. Cereals, sugar, Jiggery, and some fruits and potatoes contain large quantities of carbohydrates. Carbohydrates on digestion turn into glucose. Glucose gets into blood and the blood supplies glucose to each

living cells of the body. Excess of glucose or any inadequacy leads to adverse effects. Hence we must take carbohydrates in moderate quantity. Carbohydrates help in the regulation of sugar in the blood stream. This ensures adequate supply of carbohydrates to every cell. The carbohydrates act as a shield and protect muscles. Person with intense and active lifestyle needs more carbohydrates. Hence it is necessary to include food items with carbohydrates in our meal. For instance energy generation, sugar and starch are perfect fuels. They help to carryout physical activities efficiently and effectively. Fibers present in carbohydrates such as cellulose keeps bowel movement smooth.

Few carbohydrate sources are:

Cereals	Roots & Tubers	Sweet foods
Wheat	Potatoes	Sugar
Rice	Colossian	Jaggery
Ragi	Yam	Honey
Jowar	Sweet Potato	Grapes
Maize	Tapioca	Ripe Banana
Bread	Turnips	Mango
Biscuits	Beet root	Dates, Sugarcane

Lipids: (Oils and Fats):

Sometimes oils and fats are referred as lipids. They serve as concentrated energy food. Lipids consist of molecules of carbon, hydrogen and oxygen. Lipids in help in brain functions smooth movements of joints, clotting of blood. Lipids store energy and hence help in energy production. Excess lipids can cause weight gain obesity. Fats also help to maintain healthy skin and hair. Lipids

are found in oil seeds and mutton and milk production. There must be some fat in our body because it contains fat soluble vitamins.

Proteins:

Proteins are required for growth and repair. They can also be used as a source of energy. They are involved in all cell-functions. They contain carbon, hydrogen, oxygen nitrogen and sometimes sulphur. Some proteins are involved in structural support and some proteins are involved in bodily movement. Combining variety of right food together in one meal will have adequate proteins to our body.

The body use proteins for maintaining healthy growth. Found in all dicots.

Vitamins:

Vitamins are required in very small quantities. They are essential compounds of carbon. There are some of them are, A, B1, B2, B3, B6 B12, C, D, E and K.

**Vitamin A:****Importance:**

Vitamin A helps in the healthy skin, eyes and night vision. It promotes skeletal growth and normal tooth structure.

Sources:

Fish, liver oils, carrots, green papaya, yellow vegetables, and dairy products.

Diseases due to deficiency:

Skin diseases, Night blindness, and poor development.

Vitamin B 1:**Importance:**

It helps to convert sugar and starches to energy and promotes digestion. It strengthens heart muscle.

Sources:

Whole wheat, oatmeal, peanuts, and sunflower seeds.

Diseases due to deficiency:

Beriberi, effect on nervous system, nerves weakness and poor growth.

Vitamin B 2:**Importance:**

It helps in releases energy to body cells, and enables utilization of fats, proteins and sugars.

Sources: Dairy products, liver, kidney, yeast leafy greens fish and eggs.

Diseases due to deficiency:

Eyes cannot tolerate light

Vitamin B 3:**Importance:**

It helps a healthy digestive tract and nervous system. It lowers cholesterol in very large doses.

Sources: Mushrooms, chicken, pea-nuts, enriched grams.

Diseases due to deficiency:

Skin diseases, loose motion.

Vitamin B 6:**Importance:**

It is involved in amino acid metabolism, prevents certain skin disorders.

Sources: Cereal grains, yeast, liver, milk, wheat, meat, bananas and eggs.

Diseases due to deficiency:

Skin diseases

Vitamin B12:**Importance:**

It promotes utilization of proteins, fats and carbohydrates .It is essential for red blood cells.
It prevents anemia.

Sources:

Milk and milk products, egg.

Diseases due to deficiency:

Anemia

Vitamin C:

It is needed for absorption of iron, some proteins and folic acid It stops internal bleeding and strengthens blood vessels. It holds body cells together .It helps in healing wounds and burns.

Sources: Citrus, fruits, green and leafy, vegetables, tomatoes, cauliflower and orange.

Diseases due to deficiency:

Scurvy, Common weakness, Swelling leg.

Vitamin D:**Importance:**

It promotes bones and tooth development .It maintains nervous system and heart action .It prevents rickets.