

## **Akaash Open Enterprise Center**

53 East Park Road, 2<sup>nd</sup> Floor, Between 15<sup>th</sup> & 16<sup>th</sup> cross, Malleswaram,  
Bangalore – 560055  
Ph: 91-080-23347424 M: 9342867666

Email: venkataoec@gmail.com

## **Heart Healthy Habits**

- Sustainable Educational Institutions and Social Welfare Centres

### **Children and Healthy Habits**

As telecast in a TV programme, India is facing a crisis or will face a crisis when it comes to the eating habits and nutritional intake of the younger generation.

This reckoner looks at the problem from a healthy heart point of view. Today children are aware of HIV, AIDS, hepatitis, diabetes as they are living in an environment where someone discusses these issues.

**This reckoner focuses on a Happy Heart programme that can be incorporated in any educational institution or social welfare centre. The social welfare centre can incorporate the same independently or refer the same to the institution attended to by the children.**

**It can be implemented via the Akshaya Patra Foundation, if their mid-day meal programme can guide or provision resources for this.**

AOEC offers a toolkit and Mission Health Card to initiate programmes that can improve the growth and development of children or students.

The Happy Heart programme builds a student(s) understanding on what makes and keeps the heart healthy. The programme also integrates a workbook like exercise that can be maintained by students to ensure they are putting the healthy heart plan into work.

The Happy Heart programme could include facets like

- a. Heart healthy eating
- b. Physical activity
- c. Nurturing a happy heart
- d. Purging the internal poisons

The notes that follow are excerpts from a publication that focuses exclusively on Healthy Hearts.

Reference: 30 minutes a day to a Healthy Heart by the Readers Digest. We in India have renowned cardiologists and heart care specialists who can provide more insights on the same.

The Happy Heart programme could delve into details on how tobacco, alcohol, substance abuse affects the heart, lungs, arteries, even leads to cancer. It could discuss causes for high mortality rates in our country.

## **Akaash Open Enterprise Center**

53 East Park Road, 2<sup>nd</sup> Floor, Between 15<sup>th</sup> & 16<sup>th</sup> cross, Malleswaram,  
Bangalore – 560055  
Ph: 91-080-23347424 M: 9342867666

Email: venkataoec@gmail.com

The Happy Heart programme could also involve the doctors, where experts could talk about the influencers (hereditary, lifestyle, substance abuse, tobacco addiction and alcohol addiction), symptoms of heart disease and risks that can affect the younger generation if left unattended.

### **a. Heart healthy eating**

This section does consider that all children do not come from such family backgrounds, where it is possible to provide a diet that is balanced least of all heart healthy. It reviews what an institution can proactively provide as

#### **+ Compulsory Breakfast ingredients (Tick as applicable)**

**A bowl of porridge** with 1-2 table spoon of ground flaxseeds

**Whole meal crackers or oats biscuits**

**2 table spoons of walnut halves**

**Low fat cereal bars**

#### **+ Compulsory Midday meal ingredients (Tick as applicable)**

**Vegetable soup** that is low-sodium content and made from beans, sweet potatoes, a clove of garlic and pieces of fresh ginger

**Whole grain rotis or bread**

**6-8 glasses of water** (keeping in mind that we need to have a balanced intake of fluids in different ways)

**Drinking chocolate (cocoa)** made from semi-skimmed milk

**Fruits like bananas, water melon pieces**

#### **+ Weekly supplements (Tick as applicable)**

**Multivitamins**

**Fish oil capsules or cod liver oil capsules**

## **Akaash Open Enterprise Center**

53 East Park Road, 2<sup>nd</sup> Floor, Between 15<sup>th</sup> & 16<sup>th</sup> cross, Malleswaram,  
Bangalore – 560055  
Ph: 91-080-23347424 M: 9342867666

Email: venkataoec@gmail.com

### **b. Physical activity (Tick as applicable)**

**Walking briskly (where the distance covered keeps count of the number of steps)**

**Physical training (outdoor games)**

**Yoga (Surya namaskar)**

**<Gardening to grow Super foods>....** They could mean growing fruits like Apples, Bananas, Berries, Broccoli, Cinnamon, Carrots, Garlic.

**Value addition:** Today most people are fighting disease or stress and need foods or super foods that help them oxidize their LDLs / reduce the issues like metabolic syndrome/cholesterol etc.

This could be done via food produce planning, which means that institutions could grow specific foods in their environments via discussions with horticulturists and agriculturists.

**Caution:** It is important to know that there is an increase in pulse rate or blood pressure during any physical activity, so this element of the programme will need the institution to know about the health, fitness and medical background of the student.

### **c. Nurturing a healthy heart (Tick as applicable)**

**Knowing the need to avoid tobacco, alcohol and addictive substance consumption**

**Avoiding food items, snacks, fast foods rich in butter, ghee or artery clogging fats**

**Including time to relax, laugh, share affection with family members, get enough sleep**

#### **Note:**

1. Tobacco products to be avoided are cigarettes, cigars, beedis, chewable tobacco, gutka, mouth freshners (made from substances causing addiction)

2. Alcohols to be avoided beer, cashew rich fenny, fine spirits, drinks with sweet liqueurs

## **Akaash Open Enterprise Center**

53 East Park Road, 2<sup>nd</sup> Floor, Between 15<sup>th</sup> & 16<sup>th</sup> cross, Malleswaram,  
Bangalore – 560055  
Ph: 91-080-23347424 M: 9342867666

Email: venkataoec@gmail.com

### **d. Purging the internal poisons(Tick as applicable)**

- Eating anti-oxidant rich fruits** (like Apples, Bananas, Berries)
- Using a herbal mouth wash** (strong mouth washes have other issues associated with them)
- Keeping teeth clean** (timely action to remove dental plaque)
- Scrubbing hands and practicing good personal hygiene**
- Becoming more aware of active and passive tobacco addiction or influencers** (and proactively participating in anti-tobacco programmes, drug menace awareness programmes)
- Becoming aware of the influence of rising air pollution levels** (and proactively helping traffic flow in the neighborhood or location by opting for suitable modes of transport, selecting timings and even understanding the need for Commuter Health solutions)

### **The Healthy Heart Workbook (included in Mission Health Card)**

The workbook when printed and handed over to a student can help the student, family, Healthy Heart circle and institution record findings as to whether the recommendations are being followed.

The workbook will comprise of 4 main sections

1. Healthy eating habits
2. Physical activity
3. Nurturing a healthy heart
4. Purging the internal poisons, where the family/student can record concurrence and involvement by stating whether the recommendations are being followed

Largely or mostly

Sometimes

Less periodically

Other issues do not permit this

The workbook can be called for evaluation once every week, or every fortnight, or month, or quarterly, or six monthly and annually, where the evaluators can discuss reasons for recordings such as “less periodically”, “other issues” to understand what can be done to address their problems.

## **Akaash Open Enterprise Center**

53 East Park Road, 2<sup>nd</sup> Floor, Between 15<sup>th</sup> & 16<sup>th</sup> cross, Malleswaram,  
Bangalore – 560055  
Ph: 91-080-23347424 M: 9342867666

Email: venkataoec@gmail.com

This reckoner does only highlight the major and additional attackers that are known to damage the heart. It expects that there is sufficient information available to describe each of these and thereon incorporate understanding as relevant to the institution.

### **Heart attackers**

#### **A. Major attackers**

1. Excess body fat
2. High cholesterol levels
3. High blood pressure
4. Chronic inflammation
5. Metabolic syndrome (high insulin levels, impaired glucose tolerance)
6. Oxidation stress (high levels of oxidized LDLs)

#### **B. Additional attackers**

1. Triglycerides
2. Homocysteine levels (low levels causes blood clotting and damages artery lining)
3. Apo(a) and Apo(b) levels (Apo(a) important for production and transport of good HDLs, Apo(b) important to control bad LDLs)
4. Lp(a) levels (when high leads to atherosclerosis)
5. Nitric oxide levels (helps keep blood vessels relaxed, maintains healthy blood pressure and discourages atherosclerosis)

### **Insight to helping provide Food to deserving children**

Today Akshaya Patra Foundation aims to reach a large number of children via its mid-day meal programme, it does this at dedicated institutions but could this be extended further? The interlink to provide food to deserving children at other places is there but needs to be associated with, designed and implemented. The decision making, funds and resources for inter-linked mid-day meal programmes may be a new vision for existing mid-day meal programmes.

**Akaash Open Enterprise Center**

53 East Park Road, 2<sup>nd</sup> Floor, Between 15<sup>th</sup>& 16<sup>th</sup> cross, Malleswaram,  
Bangalore – 560055

Ph: 91-080-23347424 M: 9342867666

Email: [venkataoec@gmail.com](mailto:venkataoec@gmail.com)

**AOEC's toolkits**

AOEC has different toolkit offerings to help sustainable development and growth. It is reaching out to organizations and educational institutions to promote the Mission Health Card and sustainable facility management insights.

**AOEC also has designed a Sustainable Foods Gap Analysis toolkit that could be of interest to the Akshaya Patra Foundation and Social Welfare centres. This toolkit could add to the concepts of quality and accountability that is being adhered to in Kitchens that supply meals to children.**

You can ask for more details by calling the consultant on +91 9342867666 or by emailing [venkataoec@gmail.com](mailto:venkataoec@gmail.com)