

Puzzle 1: “The Factory Worker Who Felt Perfectly Healthy”

Scenario: Mr Sharma, 38, works in a chemical factory. He has no fever, no pain, and says, “Doctor sahib, I am completely healthy.” Yet his blood pressure is 160/100 mmHg every time it is checked.



Puzzle questions:

1. Write one sentence Mr Sharma would say if he followed the **biomedical definition**.
2. Write one sentence that the WHO expert would say about Mr Sharma’s actual health status.

Puzzle 2: “The Village of Bad Air”

Scenario: In 1850, villagers believed cholera came from “miasma” (bad air). In 2025, a village still blames “bad winds” for frequent respiratory illnesses because a cement factory is nearby.

Trace the evolution of health concepts on a single timeline arrow: Miasma Phase → Germ Phase → Ecological Concept → WHO/Holistic Concept

Puzzle question: What are the components for Agent = , Host = , Environment =

Puzzle 3: “Rani’s Four Missing Dimensions”

Scenario: Rani is a 25-year-old teacher. She is physically fit (runs 5 km daily), but feels life is meaningless after her mother died. She has stopped meeting friends and prays excessively, seeking peace.



Puzzle questions:

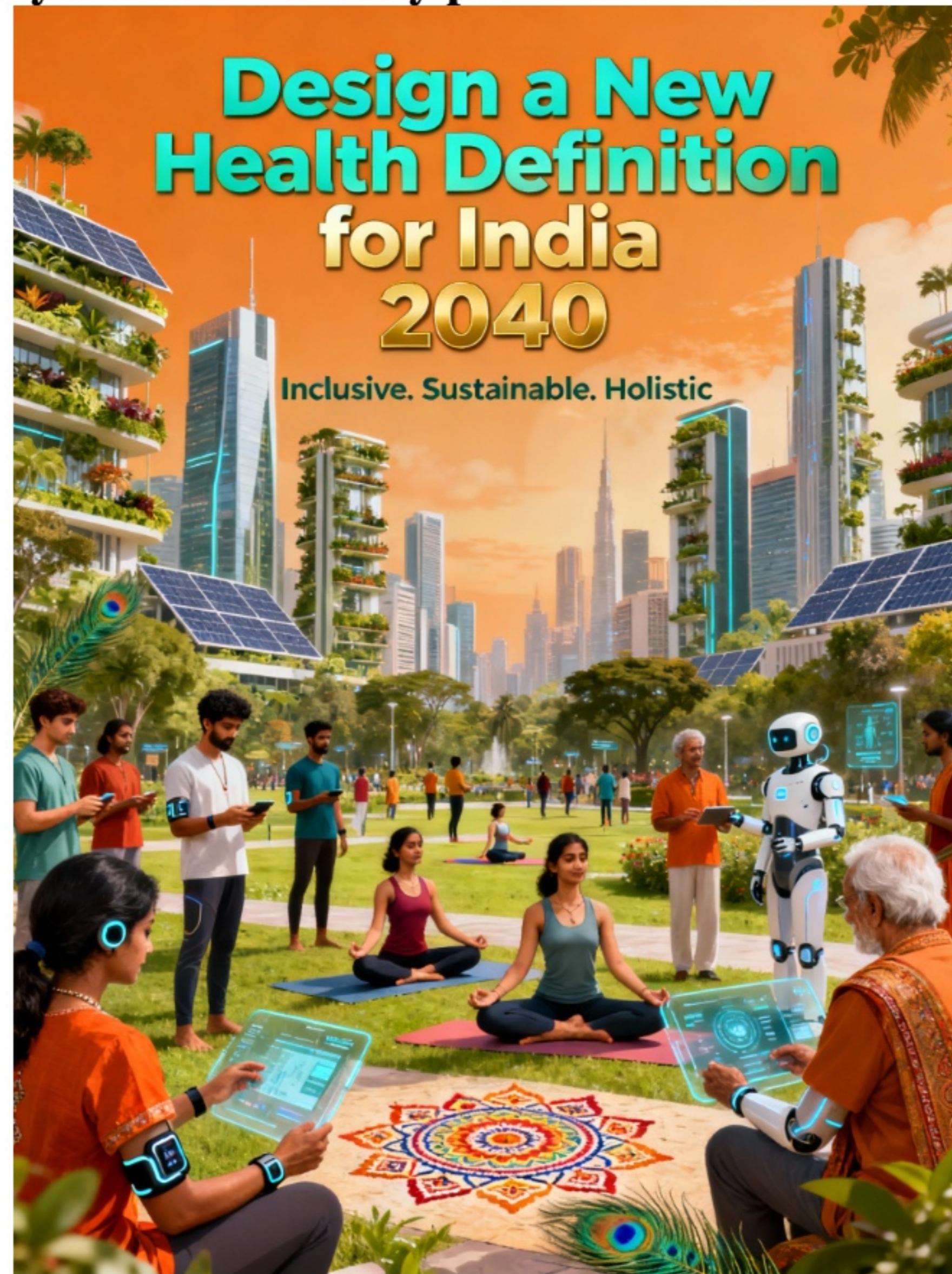
1. Fill this exact table for Rani (one tick or cross in “Signs of Good Health” column for each dimension):

Dimension	Signs of Good Health in Rani?	One intervention (max 6 words)
Physical		
Mental		
Social		
Spiritual		

2. According to the holistic concept in Indian society (lecture notes), which dimension, if strengthened first, will create the fastest ripple effect on the other three? Justify in two lines.

Puzzle 4: “Design a New Health Definition for India 2040”

Scenario: The Government of India says the 1948 WHO definition is now “unattainable” and too static. They want a new definition that includes the **holistic concept + spiritual health + ability to lead a socially and economically productive life.**



Puzzle question: Create a new 25-word Indian Health Definition for 2040 that improves on the WHO 1948 definition. It must contain these compulsory phrases:

- “dynamic”
- “harmony with surroundings”
- “spiritual health”
- “socially and economically productive.”

Puzzle 5: “Mr Raj – Timeline of Missed Opportunities”

Scenario: Mr Raj (exact case from lecture notes page 8–9): overweight office worker → pre-diabetes at 42 → diabetes at 48 → heart attack at 55.



Puzzle question: Draw Mr Raj's life as a straight horizontal arrow labelled **Natural History of Disease**. Mark four exact points from the notes and write the **missed level of prevention** at each:

1. Childhood (fast-food culture) → Missed level: _____
2. Age 30 (sedentary job, starts smoking) → Missed level: _____
3. Age 42 (blood sugar 160 mg/dL, no symptoms) → Missed level: _____
4. Age 55 (after heart attack) → Only possible level now: _____