

Value Education -3/09/23

Today we learnt about difference between need and like, where need corresponds to necessities on contrary to like which corresponds to temporary excitement.

Need for Self and body are different, body needs right food, sleep, hygiene, where self needs Right understanding, feeling. They too can be divided at different levels- Personal, Family, Society and Nature.

On further clarifying about the Needs, we learnt how we run after likes. Exercise, Organic and Healthy foods are needed but overpowered by unhealthy Junk foods. So our liking are get exploited for profits.

Then we discussed about the coexistence of self and body, similar to like and need, According to my conclusion. We must fulfil the need and can balance like too. But completely dependent on one can be a bad event.

Moreover, since most of our foods are impure, somehow we are getting polluted so we must not consume or try to not to consume such foods.