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UHV-Assignment 3

Aim: To understand how to ensure health vs dealing with disease by discussion on – “Harmony of Self/'I' with Body.

What is the current practice towards health and its disadvantages?

1.What is health?

→ Health is a state of physical, mental and social well-being, not just the absence of disease. The word health refers to a state of complete emotional and physical well-being. Mental and physical health are probably the two most frequently discussed types of health. Maintaining physical fitness, for example, can protect and develop the endurance of a person in all aspects of life.

2.Why is it important?

→Having good health is directly related to leading a productive life. Your health is at the centre of your life. Every part of your life relies on you having good health. You cannot achieve higher goals in all the other seven areas of your life if you do not have enough physical energy to devote to each of them. Wealth or physical facilities don't have any meaning if someone is not healthy. Thus to do anything in life, health is the most important asset that one must have.

3.How to achieve it?

→To be consistent and disciplined is the most important thing in life if you want a healthy lifestyle. Being physically active. Exercise can reduce feelings of stress and depression and improve your mood. Getting enough sleep is very important. Also a good diet is important for being healthy. Doing things that you love keeps you happy and motivated which helps in building habits that accumulate over time and result in a healthy lifestyle. Thus, taking care of these three things with discipline will result in a happy as well as healthy life.