

Name:Sakshi Bhosale

Roll_No:223012

PRN no.:22110670

Div:C Batch:C1

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?

Once it is understood what happens during the different stages of life, it is easier to work towards a healthy life for oneself and the family. Illness comes to everybody; no one can live without some illness. Good health helps in quickly overcoming minor illnesses. Making simple changes in our lifestyle can prevent many illnesses. Understanding and learning to make the necessary changes helps the person face these challenges and lead a normal life. Self-care is a very important aspect in our life. Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.