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Lecture 31

1. What do you understand by the saying, “A sound mind resides in a sound body?” What are the steps you have been taking/would be taking to have “a sound mind”?

Ans: The saying “A sound mind resides in a sound body” emphasizes the interconnectedness of physical and mental well-being. Essentially, it suggests that mental health is closely linked to physical health. When the body is healthy and well-nourished, it can support and facilitate mental well-being. The steps that I would be taking to have a sound mind:

- Regular exercise
- Healthy diet
- Adequate sleep
- Stress management
- Engage in activities that challenge my mind like puzzles, learning new skill.
- Self-care
- Practice gratitude

2. Why do employers prefer healthy individuals over unhealthy ones as employees? Do you think they are justified in doing so? What are the steps you have been taking/would be taking to make yourself a healthy, reliable employee?

Ans: Employers often prefer healthy individuals over unhealthy ones as employees for reasons like better productivity, lower healthcare costs, reduced absenteeism, improved morale and team dynamics, better job performance.

Yes, I think they are justified in doing so. The steps I would be taking to make myself a healthy, reliable employee:

- Prioritize physical health
- Manage stress effectively
- Stay organized and manage time well
- Balance work and personal life

3. Suggest the ways in which one could overcome unhealthy habits like smoking and drinking.

Ans: Overcoming unhealthy habits like smoking and drinking can be challenging, but with determination and the right strategies, it is possible.

- Set clear goals
- Identify triggers and Seek support
- Replace unhealthy habits with healthy alternatives
- Change your environment
- Consider medication and practice self-care
- Celebrate milestones and stay persistent and patient.

Lecture 32

1. Define health. What is your perception of health? How healthy would you like to be?

Ans: Health can be defined as a state of physical, mental, and social well-being, encompassing not just the absence of illness or disease but also the presence of positive factors such as vitality, resilience, and overall life satisfaction. It's a holistic concept that reflects the harmonious functioning of various aspects of an individual's life.

My perception of health aligns with this definition. I believe that health is not just about the absence of physical ailments but also about having a balanced mental state and fulfilling social connections. It involves taking care of one's body, mind, and social interactions to lead a fulfilling and meaningful life.

I think healthy would be like. optimal health involves achieving a balance in physical fitness, mental well-being, and social connections. It is about feeling energized, mentally sharp, emotionally resilient, and having meaningful relationships with others. Striving for this balance can contribute to a high quality of life and overall satisfaction.

2. Suggest ways in which you could stay motivated to exercise consistently without breaking the pattern.

Ans: Ways in which I could stay motivated to exercise consistently without breaking the pattern:

- Set realistic goals
- Participate in events and competitions
- Track progress using mobile apps
- Find a workout buddy
- Create a routine
- Reward ourselves

3. Inculcate at least one exercise into your daily routine and note down its positive impacts on your life in five days.

Ans: I started doing a simple and effective exercise which is walking for one month back. Walking requires minimal equipment, can be done almost anywhere, and offers numerous health benefits.

Day 1: I and my friend started from hall CD gate and make a complete walk circle and back to it. It took a 30-35 minute after dinner. I felt some leg pain.

Day 2: we continue same, I felt same pain.

Day 3: we increase the time to 45-minute walk, I felt better. I felt less pain.

Day 4: I and my other friend started 30 minutes because she is new to it, I felt no pain.

Day 5: I went alone to walking because my friends have some work, I continue walking 45-minutes, saw some new places.

Lecture 33

1. How good is your sleep cycle? How would you prepare the surroundings to get a sound sleep?

Ans: My sleep cycle is I think is good, I sleep around 12pm to around 7am, so I get around 6 hours of sleep which is good for me. I would prepare the surrounding to get sound sleep

- Create a comfortable sleep environment
- Invest in a comfortable mattress and pillows
- Establish a relaxing bedtime routine

- Limit exposure to screens before bed
 - Avoid stimulants and heavy meals before bed
 - Limit daytime naps
2. Note down the essential nutrients that are part of a balanced diet and inculcate them into your daily diet plan.
- Ans:**
- Avoid all white food and choose all naturally coloured ones
 - Eat plenty of fruits and vegetables daily to have rich source of minerals and vitamins
 - Get the right balance of carbohydrates, proteins, and fats
 - Drink minimum 2 litres of uncontaminated water per day
 - Do not drink carbonated and alcoholic drinks
3. How would you ensure that you avoid sleep deprivation?
- Ans:** Avoiding sleep deprivation requires prioritizing sleep and adopting healthy sleep habits.
- Establish a consistent sleep schedule
 - Create a relaxing bedtime routine
 - Create a comfortable sleep environment
 - Limit exposure to screens before bed
 - Exercise regularly
 - Limit daytime naps
 - Manage stress and anxiety
 - Monitor sleep pattern

Lecture 34

1. Which of the traits are hallmarks of real love? Explain briefly.
- Ans:** Real love is characterized by several key traits that distinguish it from other forms of affection or attachment. Some hallmarks of real love include:
- Love is beyond doubt
 - Love is constant and eternal
 - Love is not in saying “I love you”
 - Love is not keeping someone in bondage
 - Love is freedom
 - Love is unconditional and all-encompassing
2. Identify and analyse a poem on love that is not discussed in the course.
- Ans:** The poem "Love After Love" by Derek Walcott.
- Love After Love**
 The time will come
 when, with elation
 you will greet yourself arriving
 at your own door, in your own mirror
 and each will smile at the other's welcome,

and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you

all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,

the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

Analysis:

1. **Celebration of Self-Love:** The poem begins by anticipating a moment in the future when the reader will embrace themselves with joy and acceptance. It celebrates the idea of self-love and the importance of recognizing one's own worth and identity.

2. **Reconnection with the Self:** The speaker encourages the reader to welcome themselves as a beloved guest, acknowledging the importance of self-acceptance and self-care. This reconnection with the self is depicted as a joyful and liberating experience.

3. **Embrace of Inner Struggles:** The poem acknowledges the struggles and challenges of life, including times when the self may have been ignored or neglected. However, it emphasizes the possibility of rediscovering and embracing one's true essence with compassion and forgiveness.

4. **Nourishment and Healing:** The act of sitting down to eat and feast symbolizes nourishment and healing for the soul. The reader is encouraged to give themselves the love and care they deserve, symbolized by wine, bread, and the return of their heart to itself.

5. **Reflection and Acceptance:** The poem urges the reader to take down the love letters, photographs, and other remnants of past relationships, suggesting a process of reflection and acceptance. By peeling their own image from the mirror, the reader can confront their true self without the distortions of external influences.

6. **Gratitude for Life:** The final line, "Sit. Feast on your life," invites the reader to appreciate and celebrate their own journey and experiences. It encourages gratitude for the richness and complexity of life, even in the face of challenges and uncertainties.

Overall, "Love After Love" by Derek Walcott is a poignant exploration of self-love, acceptance, and healing. It offers a powerful message of resilience, compassion, and the transformative power of embracing one's true self.

3. What does Khalil Gibran try to convey through his poem "Love One Another?" How far do you think that the author's views are acceptable in your practical, personal life?

Ans: In his poem "Love One Another," Khalil Gibran conveys the importance of love, compassion, and empathy in human relationships. The poem encourages individuals to embrace love as a guiding principle in their interactions with others, regardless of differences or conflicts. Here is an excerpt from the poem:

"Love one another, but make not a bond of love
Let it rather be a moving sea between the shores of your souls."

Through this verse, Gibran emphasizes the idea that love should not be stifling or possessive but rather fluid and liberating. He suggests that love should allow for individual growth and autonomy, like a "moving sea" that connects but does not constrain.

Furthermore, Gibran urges readers to "Sing and dance together and be joyous, but let each one of you be alone, even as the strings of a lute are alone though they quiver with the same music." This line underscores the importance of shared experiences and joy, while also respecting each person's individuality and solitude.

The author's views in "Love One Another" are rooted in universal values of kindness, understanding, and harmony. These principles are generally acceptable and relevant in practical, personal life, as they promote healthy relationships and emotional well-being.

In my personal life, I find Gibran's message in "Love One Another" to be highly applicable. Embracing love as a guiding principle allows for deeper connections with others, fosters empathy and compassion, and promotes mutual respect and understanding. Additionally, respecting individual autonomy and allowing space for personal growth within relationships can contribute to their longevity and fulfilment.

However, it's essential to acknowledge that applying these principles may require ongoing effort, communication, and compromise, especially in complex and dynamic relationships. While Gibran's views on love are admirable, it is also important to recognize that human relationships are multifaceted and may require navigating challenges and conflicts with patience and understanding.

Lecture 35

1. Can love change a person with a fixed mindset into a growth mindset? Comment.

Ans: Yes, love changes a person with a fixed mindset into a growth mindset.

Love has the power to influence a person's mindset, but whether it can directly change a fixed mindset into a growth mindset is uncertain. Love can provide support, encouragement, and motivation for personal growth and development. However, shifting from a fixed mindset, which believes abilities are static, to a growth mindset, which believes abilities can be developed, often requires intentional effort, self-reflection, and openness to change. While love can inspire and facilitate this process, ultimately, the individual must be willing to embrace new perspectives and beliefs about their abilities and potential.

2. Suggest the ways in which one should handle rejection.

Ans: Ways in which one should handle rejection:

- Acknowledge feelings
- Practice self-compassion
- Seek support and stay resilient
- Learn from the experience
- Stay positive and practice patience

3. How do you think that one should deal with love in the workplace?

Ans: Dealing with love in the workplace requires a delicate balance between maintaining professionalism and acknowledging personal emotions.

- Know the company policies

- Maintain professionalism
- Set boundaries
- Communicate openly
- Be prepared for potential consequences