Submitted by:

Name : Mayur Kailas Nimkande

Roll no: 224047

Prn no: 22110922

Batch: D3

Assignment 3

Title : Practice session to discuss program for ensuring health vs dealing with disease.

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?

* What do you mean by “Harmony of Self” / “I with Body”?

Ans: Harmony is usually identiﬁed as a human value, referring to compatibility and accord in feelings, actions, relationships, opinions, interests, etc. It denotes a state of balance among forces inﬂuencing and even opposing one another. Psycho-logists have investigated both intrapersonal and interpersonal harmony, and attested to their relations with happiness and subjective well-being.

* What is current practice towards health and its disadvantages?

Ans: The disadvantages are poor service, lack of ownership on health and limitation of free medicine program. On the other hand, the advantages are government assistance, health infrastructure and taxation.

* How to achieve Self Harmony?

ANS: Becoming aware that human is the co-existence of ‘I’ and Body. Becoming aware that the body is only an instrument of ‘I’ is the steer, doer and enjoyer. Becoming aware of the activities of Desire, Thought & Expectation and pass each of these desire, thoughts, and expectation through your natural acceptance. Understanding the harmony at Self & I by verifying base on one’s natural acceptance. This leads to realization and understanding, which in turn becomes the basis for desire, thoughts, and expectation-this leads to harmony in ‘I’ in continuity.