

UHV TUTORIAL 2B

Q1

ANS

Body was healthy : - when I eat healthy foods
- when I get proper amount of sleep

Body was sick : - When I eat a lot of junk food
- when I get insufficient sleep.

Body was resting : - After a long day of college
- when I fall ill

Body was refreshed : - when I wake up early in the morning
- when I workout at the gym with
adrenaline pumping through my body.

Body was fatigued : - After a heavy day of workout
after skipping a few days.
- Lack of sleep.

a Yes, this activity of imagination is continuous in time and not dependent on the state of my body.

b Yes, the state of my body has an impact on my behaviour and my work.

Thus, I do not always decide my behaviour and work.

From this exercise I understood that my behaviour

is not solely dependent on my mindset but also largely dependent on my body.

Q2

The human body is a mechanism which is self-organised and highly sophisticated. With self-organised body, health can be ensured and without, a good health can also be lost. Hence, self-organized body plays a vital role for the health and needs to be given due priority.

Today we observe that our lifestyle have become very demanding and peculiar. So we usually do not give priority to take proper care of the body. As a result we have increasingly started eating at odd hours, eating junk food and are largely ignorant about the state of our body. We tend to look with contempt on any kind of exertion. Our environment has been polluted by our various activities today which are directly or indirectly harming us. There is nothing natural and clean, e.g. there is contamination in the air, water, soil, plants and no doubt we people are responsible for it. You may find out that our present life style and conditioning are not very conducive to keep the body fit and therefore it is important to understand self-organized unit and health correctly and maintain proper harmony with the body. The other is the protection of the body. The clothes and shelter we choose for protection need to be such that they ensure proper interaction of the body with the

environment. The right amount of exposure of the body to the air, water and sun is required to ensure its proper functioning. The need for physical facilities for nurture, protection and right utilization of the body is limited. We need to understand and live with self-organized body to ensure health. clarity of the needs of the body, paves way towards ensuring prosperity. This is the necessity of the present time and we need to pay consideration towards this rising issue.

Q3

| | PHYSICAL FACILITY | QUANTITY | QUANTITY AVAILABLE | PROSPEROUS OR DEPRIVED |
|------|-------------------|----------|--------------------------------------|---------------------------|
| | | | LESS, EQUAL OR MORE THAN REQUIRED | |
| i) | clothes | 75 pairs | more | Prosperous |
| ii) | TV | 1 | equal | Prosperous |
| iii) | A.C | 3 | more | Prosperous |
| iv) | Footwear | 15 | more | Prosperous |
| v) | car | 1 | equal | prosperous |
| vi) | Mobile | 3 | equal | Prosperous |

Almost all the physical facility is being rightly utilized i.e. during hot summers, AC is being utilized, for communication and entertainment purpose, mobile is being used, etc.

- a Meaning of Prosperity : Prosperity is feeling of having equal or more than required physical facilities.
- b The role of understanding : The feeling of having or making available more than required physical facility is prosperity. Almost all of us feel that wealth alone means prosperity we are trying to achieve happiness and prosperity by maximizing accumulation and consumption of physical facilities. It is becoming anti-ecological and anti-people and threatening the human survival itself.
- c Ability of my family to identify its needs with the required quantity : For prosperity two things are required -
i) Identification of the required quantity of physical facilities.
ii) Ensuring availability / production of more than required physical facilities.
- We can be prosperous only if there is a limit to the need for physical facilities. If there are no limit what so ever be the availability the feeling of prosperity cannot be assured.
- Secondly, just assessing the need is not enough. We need to be able to produce or make available more than the perceived need.