**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?**

**Ans:** Generally for preventing diseases and staying health we must do these things :

* Eat Healthy. Eating healthy helps prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases.
* Get Regular Physical Activity.
* Avoid Drinking Too Much Alcohol.
* Get Screened.
* Get Enough Sleep.

Human Being is co-existence of Self and Body.

The Self is central to human existence. Body is an instrument of the self. The transaction between Self and Body is only in the form of information. Physical Facility is required, in a limited quantity, for Nurturing, Protection & Right Utilisation of the Body.

The Self and the Body are in Harmony when there is a feeling of Self-regulation in the Self and Health in the Body

▪ Self-regulation is Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body.

▪ Health is The body acts according to Self and parts of the body are in harmony

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