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### **UHV 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?”

#### **Harmony of Self/’I’ with Body. What is the current practice towards health and its disadvantages?**

Harmony is usually 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. To be in harmony means to deal with disputes and resolve conflicts fairly and adequately with neutralization. Harmony of Self/’I’ with Body is the condition of the body where every part of the body is properly performing its expected function. This leads to harmony within the body, and the body become perfectly fit for use by the “I”. There is a strong coupling between “I” and the “Body”. One needs to understand the abstract things existing inside a human body. The three significant forces of mind are desire, thought and expectation. We constantly have these three types of emotions running inside our minds. In a society in which people are expected to work long hours and pass on vacation days, there is an underlying belief that we must always be productive – which can ultimately take away from opportunities for self-care. But by taking some time out to engage in self-care, you may relieve the pressures of everyday life and reset yourself to get

back to a healthy point where productivity is once again maximized. Considering the costs associated with mental health services, lost wages and more, spending some time on yourself may ultimately benefit everyone.