

P5 5 & P56

Here are some examples of sequence mentioned for different physical facilities.

1 Tasty Food

- i) Tasty-necessary - Food which is tasty and necessary for survival.
- ii) Tasty-unnecessary - Food like junk food which is tasty but not necessary as it is bad for health.
- iii) Tasteless unnecessary - This food is neither tasty nor essential. This can be the left over food.
- iv) Intolerable - Food like poisonous food that can be classified into intolerable.

2 TV Program

- i) Tasty-necessary - Educational programs or motivational movies these are interesting and at the same time necessary.
- ii) Tasty-unnecessary - Entertainment shows and the comedy, reality shows which are interesting but unnecessary.
- iii) Tasteless-unnecessary - Boring and uninteresting shows or programs on such subjects which are not important and not interesting.
- iv) Intolerable - Offensive or harmful content like hate speeches or graphical violence.

3 Sleep

- i) Tasty - necessary - Restful sleep that is essential for good health and well being.
- ii) Tasty - unnecessary - Napping or sleeping in on the weekends, which can be enjoyable but not required
- iii) Tasteless - unnecessary - Insomnia or disrupted sleep that are unpleasant but not life threatening.
- iv) Intolerable - Chronic sleep deprivation or sleep disorder which can lead to serious health issues.

4 Playing game

- i) Tasty - necessary - Games like cricket, football, which is enjoyable and help in building physical strength.
- ii) Tasty - unnecessary - Games like FPS shooting games, mobile, games like "Candy-Crush" are addictive as it is enjoyable but are not necessary that much.
- iii) Tasteless unnecessary: Games which you are not interested and are boring to at the same time.
- iv) Intolerance - Games which can affect your life like "Blue whale".

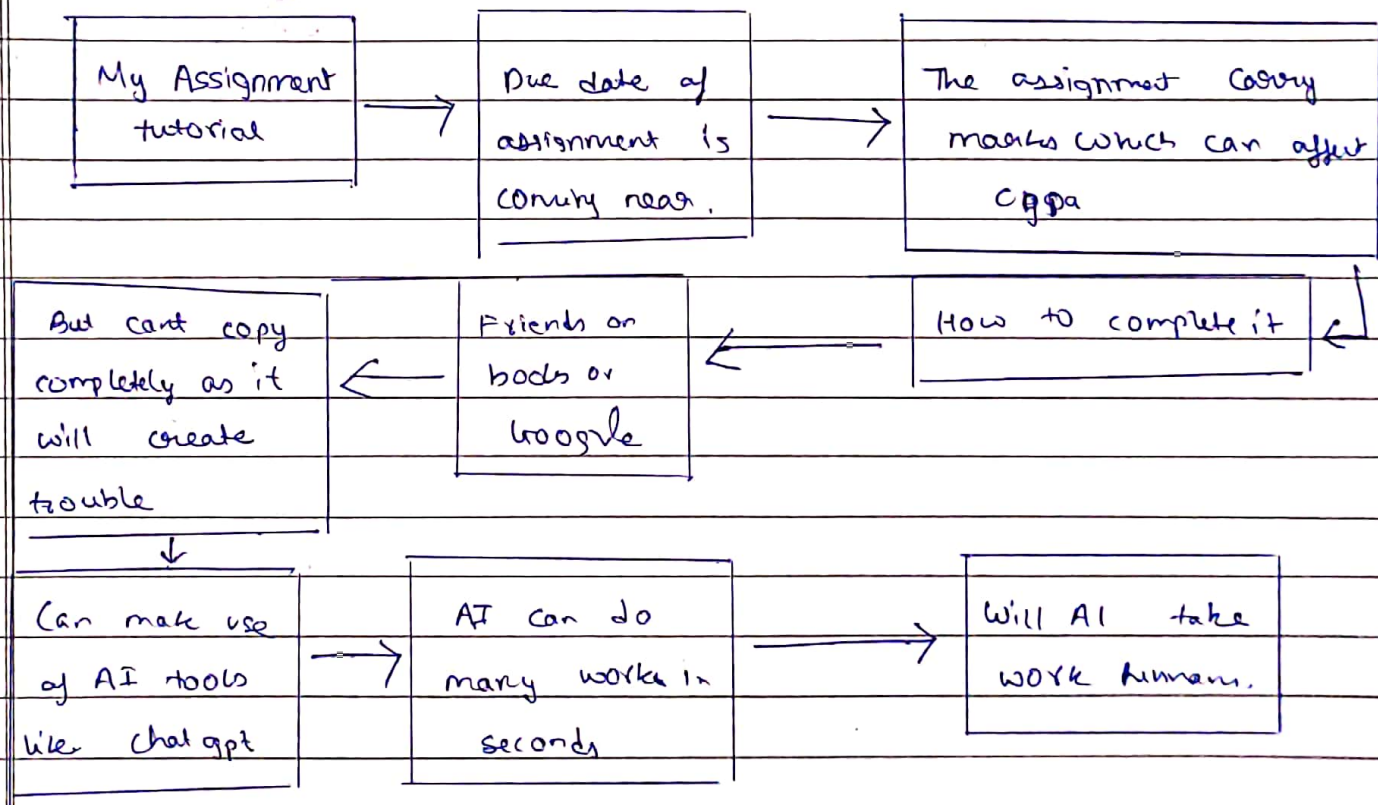
5 Exercise :

- Tasty - necessary - Physical exercise like hiking or biking or are both enjoyable and at the same time necessary for good health.
- Tasty - unnecessary - Physical activities like boxing or dancing are good but not necessary.
- Tasteless - unnecessary - Exercise like running on treadmill or doing pushups are coming under this category.
- Intolerable - Exercises that have a high risk ratio come under this category.

Feelings are either naturally acceptable or not we continuously desire the acceptable feelings while avoiding the unacceptable ones.

Continuous happiness cannot be achieved solely through consumption of physical facilities as they are fleeting and temporary. Happiness from physical facilities are temporary to achieve it continuously one must focus on internal factors like personal growth, self love and gratitude. It is also possible by cultivating positive thoughts, emotions and habits.

2



a) No only some time I can see my imagination

b) Is see imagination when I am alone or doing assignment like this

c) Yes, there are gaps in my imagination

d) This exercise help me to understand my inner self and more understand about my imagination.

3

1) Good health \rightarrow Natural Acceptance

2) Have trustful friends \rightarrow Natural acceptance.

3) Become rich - Natural acceptance, social pre-conditioning

4) Buy a gammy \rightarrow Sensation social, pre-conditioning

5) Respect - Natural acceptance

c) Have a happy good - Natural acceptance

7) Good Job \rightarrow Natural acceptance

a) 71.43% are motivated by natural acceptance.

b) 42.8% are motivated by sensation & social pre-conditioning

c) Efforts like right understanding is required to be self organised

| Date | Illness or disharmony | Type | Steps taken | Root cause. |
|-------------|-----------------------|--------------|--------------------------------|----------------------------------|
| 1 week | Illness | Headache | Take a good sleep for 2-3 days | Long usage of mobile and laptop. |
| 2 years ago | Disharmony | Demotivation | Took measure to get motivated | could not clear JEE advance |

Time allocate for keeping your body in good health through

- Healthy intake : 1.5 hrs
- Timing for upkeep of body : 9 hrs.
- Labour : 8 hrs
- Exercise : 2 hrs
- Regulating breathing of body : full day

Yes, this schedule will definitely make me more productive.

- 2 (1) Clothes : 4 or 5 pairs of clothes (quantity required)
3 or 4 pairs of clothes [quantity near equal]

(2) Yes I feel prosperous.

(2) Laptop / PC :

Quantity required : 2 (one laptop & one PC)

Quantity available : 1

Feeling : Prosperous.

(3) Mobile

Quantity required : 1 for each

Quantity available : 1

Feeling prosperous.

(4) Pen / Writeables:

Required : For 1 month nearly 5 to 10

available : 20

Feeling - Prosperous.

(5) Shoes / Footwear.

Required : 2 to 3 pairs

Available : 1 pair

Feeling deprived.

(6) Electronic Accessories (Mouse / Keyboard / Earphone)

Required : 1 each

Available : 1 each

Feeling : deprived.

In our family, physical facility are used whenever required, access of physical facility is not used if not required. This can be because our family have a right understanding. But we can have little more physical facility as it will be helpful in future. Also we can use those facilities which are not required much but give us excitement.