

## Poace (ITCH) - Assignment

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- (31) what is the role of Indian culture & tradition when we say vasudhaiva Kutumbakam?
  - Yasuchaiva kutambakam' is a sansknit phrase that translates to "the world is one family". This concept is deeply vooted in Indian colture and tradition and carries significant philosophical and ethical implications.
  - Dunity in diversity 
    India is a land known for its rich

    tapestry of coltures religions, and languages.

    Yet, despite these differences, there is a

    strong conse of unity and shared identity

    among its people.



- D Universal BrotherhoodThe concept promotes the idea of universal brotherhood, emphasizing that all human beings share a common origin and destiny. It encourages individuals to heat each other with respect, compassion, & understanding.
- 3 Concept of pharmaDharma, encompassing nighteausness duty, and ethical conduct, is another key concept that shapes Indian culture.

  It guides individuals and societies towards living in harmony with each other and the environment.
- The philosophy of vasudhaiva

  kutombakam promotes the idea that

  peace and narmony can be achieved

  through mutual understanding and cooperation.

  By recognizing au shaved humanity,

  individuals are encouraged to work

  towards resolving conflicts and promoting

  a peaceful aexistence.



- (33) According to you what is the mood of a healthy and balanced diet? > A healthy & balanced diot includes -1 Physical health-A balanced diet provides your body with the nation's it needs to function properly which should include-Macrono hients - carbo hydrates, protoins, and fats provide energy & apport various bodily functions. Micronumients - vitamins, minerals & antioxidants are essential for growth, development, & immune
  - 2 Montal health & cagnitive function-Eating a healthy diet can also have a positive impact on your montal health & cognitive function. For examples studies have shown that a diet nich in omega-3fatty acids, found in fatty

Fonchon,



fish like salmon & tuna, can holp reduce symptoms of dopversion and anxiety. Additionally, or diet nich in Proils and regetables is linked to a lover visk of domentia.

3 Overall well-being when you ext a healthy &
balanced diet; you feel your best.
You have more energy to do the
things you enjoy, and you've less likely
to get sick. Extring healthy can also
improve your mode and self-extrem.

Tips for creating healthy & balanced diet-

- Eat plently of fruits, vegetables enhole grains
- choose lean protein sources, such as Rish, chicken, beans & lentils
- Limit unhealthy fats, such as saturated and mans fats.
- Reduce your intake of added sugar
- Drink plonly of water.
- make sure of portion your meals appropriately.