

Peace (ITCH) - Assignment

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Q1) what is the role of Indian culture & tradition when we say Vasudhaiva Kutumbakam?

→ 'Vasudhaiva Kutumbakam' is a Sanskrit phrase that translates to "the world is one family". This concept is deeply rooted in Indian culture and tradition and carries significant philosophical and ethical implications.

① Unity in diversity -

India is a land known for its rich tapestry of cultures, religions, and languages. Yet, despite these differences, there is a strong sense of unity and shared identity among its people.

② Universal Brotherhood -

The concept promotes the idea of universal brotherhood, emphasizing that all human beings share a common origin and destiny. It encourages individuals to treat each other with respect, compassion, & understanding.

③ Concept of Dharma -

Dharma, encompassing righteousness, 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.

④ Peace & Harmony -

The philosophy of *vasudhaiva kutumbakam* promotes the idea that peace and harmony can be achieved through mutual understanding and cooperation. By recognizing our shared humanity, individuals are encouraged to work towards resolving conflicts and promoting a peaceful coexistence.

Q3) According to you what is the need of a healthy and balanced diet?

→ A healthy & balanced diet includes -

① Physical health -

A balanced diet provides your body with the nutrients it needs to function properly. which should include -

- Macronutrients - carbohydrates, proteins, and fats provide energy & support various bodily functions.
- Micronutrients - vitamins, minerals & antioxidants are essential for growth, development, & immune function.

② Mental health & cognitive function -

Eating a healthy diet can also have a positive impact on your mental health & cognitive function. For example, studies have shown that a diet rich in omega-3 fatty acids, found in fatty

and they are

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