**UHV Assignment No -3**

**Title:** To discuss program for ensuring health vs dealing with disease.

**(Source:** Wikipedia**)**

**Q)** What is harmony of self?

**Ans:** Choosing to live in harmony with yourself means you have made a decision to **embrace all elements of your character.**

This allows these elements to work together to produce a lovely and distinctive individual. 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.

**Q)** Why harmony of self is important?

**Ans:** 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.

It is a commonplace for people generally to think of the human body as being merely an elaborate machine with all the non-material aspects of the human being thinking, feeling, attitudes, emotions, mores, Imagination, etc., as being simply the result of the [physiochemical activities](https://pubmed.ncbi.nlm.nih.gov/4451755/), which take place in the physical body.

**Q)** How to achieve harmony of self?

### Ans:

### 1) The first step towards building harmony in self is aligning our imagining following natural acceptance. Genuine acceptance demands some purpose of desire, and there should be some purpose behind any desire existing inside a human being.

### 2) Learn how to make your shortcomings work for you.

### 3) Practice acceptance and gratitude.

### 4) Improve what can be changed.

### 5) By doing self-exploration we can seek harmony amongst themselves.

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