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## **UNIVERSAL HUMAN VALUE**

### **Assignment no:3**

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

**Ans:** 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.

Harmony is the highest form of wisdom a human being can possess. To attain harmony with ourselves, we need to understand ourselves first. We need to understand and analyse the activities we perform every second to better comprehend the actual harmony with ourselves.

Harmony in self relates to the actions of self

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, which take place in the physical body.

Indicators of a healthy body:

- The Body is healthy if it is able to perform as per the instructions of the Self.
- Different parts of the Body are in harmony amongst each other, they are in order.

### **The current practice towards health**

The responsibility of the Self towards the Body is in terms of nurturing, protecting and rightly utilizing the Body.

Nurturing the Body is by providing appropriate air, water, food, sunlight, etc.

Protection is to ensure the continuity of the body which includes safeguarding from unfavourable conditions.

Right utilization would mean using the Body for the purpose of the Self.

This feeling of responsibility towards the Body is called as the feeling of self-regulation, and a natural outcome of it is health.

The programme for nurturing and maintaining health of the Body includes the following:

- 1a. Intake 1b. Routine
- 2a. Physical Labour 2b. Exercise

3a. Balancing internal and 3b. Balancing breathing of  
body  
external organs of body  
4a. Medicine 4b. Treatment