

Name : Tanmayee Kumbalwar

Roll no. : 224037

Div : D

Batch : D2

PRN no. : 22110083

UHV-Assignment 3

Aim: To understand how to ensure health vs dealing with disease by discussion on – “Harmony of Self/’I’ with Body. What is the current practice towards health and its disadvantages?

What is health ?

- ⇒ Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
- ⇒ Health is a positive concept emphasizing social and personal resources, as well as physical capacities.

Why is it important ?

- ⇒ According to the old proverb “Health is wealth” , for human being health is essential factor in their life .
- ⇒ Health is directly related to leading a productive life .

How to achieve it ?

- ⇒ 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

Disadvantages of bad Health :

- ⇒ Less productivity
- ⇒ Bad performance
- ⇒ Not being socialize
- ⇒ Someone can suffer depression
- ⇒ Unstability in financial condition
- ⇒ And many more

So we have to be more cautious about our health as it is the key to live a good life.