

UHV 2 : Assignment-3

Trivijay Balasaheb Jawale

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Roll Number : 224027

PRN : 22110901

Class : SY D (Computer Engineering)

Aim : To understand how to ensure health vs dealing with disease by discussion on "Harmony of self/I with the body".

1 What is current practice towards health and its disadvantages?

The 21st century is considered as the age of rapid development. All the changes in our society are taking place at a very rapid pace. However all this has disturbed all our schedule. Due to this we all are paying very less attention towards our health. This is resulting into a greater risk of the diseases.

Also, an increased workload and the deadlines setup by us are causing the instability of the thoughts. This affects the mental health. So for improving the quality of life, we should try to give the necessary importance to health.