

# UNIVERSAL HUMAN VALUE

## Assignment no: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?

**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.

**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.

Disease prevention differs from health promotion because it focuses on specific efforts aimed at reducing the development and severity of chronic diseases.

Health promotion and disease prevention progress often addresses social determinants of health , which influence modifiable risk behaviour .

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    3b. Balancing breathing of body  
external organs of body

4a. Medicine    4b. Treatment

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