**UHV**

**ASSIGNMENT-3**

**HEALTH VS DEALING WITH DISEASE**

The biggest asset we need every day to meet our goals is good health. As time passed, the definition has changed. Good health now includes the physical and mental wellbeing of a person. A person can be physically fit but mentally disturbed due to the circumstances being faced. The same can happen when someone is suffering from physical illnesses but is mentally strong. Maintaining proper health is the prime concern these days. This is a competitive era where we cannot stop. People are affected by mental issues, constant stress and lack of physical activities contribute to the problem. The elements of good health are physical and mental fitness. If both are maintained, a person will enjoy a higher quality of life. How can we achieve that state? Proper health comprises many factors, good food, proper routine, good sleeping habits, and eating habits. What makes us happy? Watching TV all the time is enjoyed by many, but is it a healthy choice? This type of lifestyle choice should be immediately avoided. The compromise towards health becomes a costly affair later. ‘Prevention is better than cure’ is a way to tell us that it is better to avoid contracting an illness than to have to go around and look for a way to get rid of it. Prevention is said to be the best available way to remain away from any kind of problem or disease. A person just needs to maintain a well-disciplined and healthy lifestyle throughout their life, while a careless and unhealthy life might lead to certain issues, which requires cure using medical science.

The current belief is that human consist of only body. Due to this we cannot differentiate between the self and the body. As a result, people thing that being unhealthy/healthy is only related to the body and if in case we fall ill we can be cured by simply taking medicines. This misbelief obstructs us from being completely healthy/happy.

But how ever this is not the case. There is coexistence between the mind and the body. Being healthy means being both physically fit and mentally conscious/stable.

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