

14/04/2023

Friday

## Value Education #9

- The idea of <sup>non-</sup>conflict was defined as the coherence between Imagine, Analyse & select verb of the 'I'.
- we started summarizing chapter 7: Harmony - Understanding sangam and shasthya.
- It was proposed that lack of self-restraint & self-control leads to lack of health.
- The idea was challenged by saying that if the basis of ~~lack of~~ self-restraint and self control is in lack of understanding, then even with these two, there cannot be health, as understanding is the basis for health.
- The topic of reservation was brought up to discuss as it was Ambedkar Jayanti.