Submitted by:

Name : Ankush Kaudi

Roll No. : 223005

PRN No. : 22110104

Batch : C1

UHV Assignment 3

Title : Practice session to discuss program for ensuring health vs dealing with disease.

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?

Currently people want to get well and come out of a disease as soon as possible. Whenever people get ill, get a headache or any other kind off aches in their body, they always consider consuming pain killers and other different antibiotics which have long term side effects, also the quality of fruits and vegetables has been going down and people only care about saving money by buying cheaper food but do not care about the food quality. These practices can harm the health of a person in the long run.

The pharmaceutical companies have been upgrading their medications and the medicines are made more stronger so as to cure diseases in as many lesser days as possible. In doing this , the side effects of such medicines are sidelined. Our body has its own mechanism of dealing with outsider organisms that get into our system which leads to diseases, if we stay happy and have a positive mindset, give our body some time to cure itself and take minimum medicines possible as prescribed by the doctors , we can cure our diseases and also increase our immunity.

If our body is healthier and stronger, we are more active and can work more efficiently and think brighter.