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UHV Assignment 3

Health is the state of complete physical and social well being or we can also say that health refers to the state of well being of both physical and mental ability of the body and self. In order to keep the body healthy, there are some basic intakes to be taken like water, food, air, nutritions, etc. Along with the necessary intakes, the body also needs some physical activity such as routine exercises, yoga, meditation, etc., to keep body healthy.

Disease is the state of being unwell of the body which means that the body is not able to perform work and activities efficiently. There may arise few situations where the body might be diseased due to some external agents or due to some of the unhealthy activities carried. Once the body is diseased, a person has to fight or deal with the disease until it is cured.

Consider a scenario of a person who is a chainsmoker, due to the excessive smoking there arises a condition where the blood pressure of the body is not under the normal condition leading to various health related issues. In this situation, the person has two choices either to quit smoking and avoid dealing with diseases and ensure a healthy life or continue to smoke and deal with diseases until his death.

In any of the condition, a person wants to ensure a healthy life rather than dealing with the diseases as they say HEALTH IS WEALTH if a person is healthy he can live a happy and prosperous life. The ultimate aim of a human being is to attain happiness and I believe happiness cannot be achieved without being healthy hence it becomes a very crucial to ensure your health and be disease free to attain happiness.