**UHV Assignment 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?

Health is the condition of the Body where every part of the Body is performing its expected function. There is harmony within the Body and it is fit for use by the Self. On the part of the Body, its being in harmony with ‘I’ is conducive to Health- its fitness and readiness to serve ‘I’. In fact, the word ‘Health’ literally means being anchored to the Self, being in close harmony with the Self.

Our current practice towards health is not very good. Advancements in technology and modern lifestyles with ever increasing pace, has led us to a stage where we neglect our health and other important factors regarding the same. Most of us are always under stress or burden of our work. We don’t get enough time to interact with people so that we can share our feelings and feel good about the same. This may lead to disharmony among the self. ‘I’. As a result, the Body is abused repeatedly and falls sick. One can easily see that so many ailments are prevailing and increasing in modern society due to our indulgence and addictions primarily for lack of Sanyama.

Whenever there is pain in any part of the Body, it is a signal of some disorder which needs to be properly attended to. However, our common tendency has become to supress this pain by immediate medication and then forget about it. Our focus today seems to be more on “fighting germs in the body” than on helping the body restore itself to its natural state of harmony. We end up consuming a lot of harmful substances in the name of medicines. In fact, today we are focusing a lot more on what to do if we fall ill rather than learning to live healthy.

We have polluted our environment today and it is directly or indirectly harming us. There is contamination in the air, water, soil, plants, and we are responsible for it. Our food has become impure. Due to heavy use of chemical fertilizers, pesticides and a lot of pollution, our food has all kinds of toxic contents in it. The air we breathe in, is polluted by various chemicals released from industries and vehicles, while our water is also polluted due to industrial effluents, sewage etc. All this, surely, is not conducive to the health of people. Increase of hospitals or medical grants etc. is no substitute to Sanyama.

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