

# UHV Assignment No: 03 Harmony of Self/'I' with Body

## **1) What is Harmony of Self/'I' with Body?**

Ans: It is the feeling of responsibility in the Self ("I") for nurturing, protection and right utilization of the Body.

Once 'I' realize that the Body is my instrument and that the body needs nutrition, protection from the environment and proper utilization to work as an efficient tool for the right purpose, I naturally develop a feeling of responsibility towards my Body.

It is the condition of the body where every part of the body is properly performing its expected function. This leads to harmony within the body, and the body become perfectly fit for use by the "I".

There is a strong coupling between "I" and the "Body". Disharmony in any one of them adversely affects the other.

## **2) What is the importance of Harmony of self/'I' with body?**

Ans: Harmony is usually a human value, referring to compatibility and accord in feelings, actions, relationships, opinions, interests, etc. It denotes a state of balance among forces influencing and even opposing one another.

Harmony is the highest form of wisdom a human being can possess. To attain harmony with ourselves, we need to understand ourselves first. We need to understand and analyse the activities we perform every second to better comprehend the actual harmony with ourselves.

One needs to understand the abstract things existing inside a human body. The three significant forces of mind are desire,

thought and expectation. We constantly have these three types of emotions running inside our minds.

It is a commonplace for people generally to think of the human body as being merely an elaborate machine with all the non-material aspects of the human being thinking, feeling, attitudes, emotions, mores, Imagination, etc., as being simply the result of the physiochemical activities, which take place in the physical body.

All of us so that together in peace and friendship. All of us here at harmony invites you and me to seek that balance with us so that we can embrace all that life has to offer together.

### **3) How to achieve harmony of self/'i' with body?**

Ans: Following are some effective ways to achieve harmony of self/'i' with body:

1. Define where you are now.
2. Define where you want to get and who you want to become.
3. Accept everything you are, have and have done.
4. Learn to listen to your mind.
5. Meditate.
6. Respect your desires and needs.
7. Give in order to get and satisfaction will come.
8. Be grateful.
9. Do things for yourself.
10. Take full responsibility for everything you've done.

#### **4) What is the current practice towards health and its disadvantages?**

Ans: Governments are searching for ways to improve the equity, efficiency, effectiveness, and responsiveness of their health systems. In recent years there has been an acceptance of the important role of primary health care in helping to achieve these aims. However, there have been no systematic reviews on primary care versus specialist-oriented systems, nor has the case for primary health care been firmly established.