**Assignment 1**

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**Title: Practice session to discuss natural acceptance in human being.**

**Aim: To understanding Natural Acceptance by discussion on - “What do you mean by your natural**

**acceptance? Illustrate with examples. Is it invariant with time and place?”**

* **What is Natural Acceptance?**

Acceptance in human psychology is a person's acknowledgment of the reality of a situation, process, or state of being. Natural acceptance is accepting ourselves first and accepting things around ourselves. If we accept ourselves, it makes us a more responsible person and then we can make ourselves a better person. Basically, it a journey to accept ourselves and being a good and responsible person.

Example: A proposal- 'Respect' is a value in human relation. When I verify at the level of natural acceptance, I find that it is naturally acceptable to me. Similarly, when I behave with respect, it is mutually fulfilling to me and to the other

* **Is it invariant with time and place?**

Natural acceptance does not change with time. It remains invariant with time. For example: Natural acceptance for trust and respect does not change with age. When we were in school we were children and we respect our teachers and now we are teenagers and we are going to college, still we give respect to our teachers so time passes but we give respect to them so natural acceptance does not change with time

It does not depend on the place. Whatever we have accepted, in our life, at any time of our age does not change, even if we move from one place to another one. It does not depend on our beliefs or past conditionings. No matter how deep our belief c conditioning, as long as we ask ourselves the question sincerely, as long as we refer deep ourselves, the answer will always be the same.