**Assignment 3**

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**Tittle: 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?**

The word ‘Harmony’ means that the body and ‘I’ are related. There is a flow of information from the body to the 'I'. We can make this distinction between self and body in three ways, according to needs, activities, and types of these two entities. All the needs of ‘I’ , say respect, we can also say happiness, while the needs of the body are material facilities and these two things are qualitatively different, like the fool. While the needs of the body are quantitative, quantity has no relation to the needs of I because it is qualified and they are limited. The activities of 'I' are desire, thought, choice, while Boi activities like eating, breathing etc. The mode of interaction of 'I' includes knowing, assuming, recognizing and fulfilling. Fulfillment depends on recognition and depends on assumptions and knowing or not knowing. If the assumption is based on knowledge, then the recognition cone will be correct. If assumptions are not based on knowledge, things can go wrong. The m interaction of the body is simply to recognize and complete. The self is a conscious entity and the body is an entity, or physico-chemical in nature. we can say that human being can be understood in terms of the co-existence of a completely different entity of the sentient 'I' and the physical body. Their needs and activities are very different and must be understood accordingly. But these two elements of man must work in harmony with each other.