UHV assignment 3

Title : 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?

How knowledge relevant to health and well-being is distributed in the digital society, and how the search for this knowledge, ie, navigating knowledge landscapes, influences everyday life and health needs to be clarified. We present different definitions of health and health-related values. The usual approach to explaining health definitions would be to give a historical and chronological overview showing the development of the ideas over time to better understand the current position. In contrast to this, in the online environment, the overload of information and limitless opportunities of content presentation result in co-existence of different views. We claim that, today, we need a historical overview to identify and understand this multiplicity of views and standpoints co-existing in the digital environment. This co-existence being the product of digital society could be referred to as “digital anachronism”.

When the Self has a feeling of self-regulation (the responsibility for nurturing, protection and right

utilisation of the Body), and it is able to fulfil this responsibility, the Body is in harmony (good health).

This feeling of self-regulation is instrumental in identifying the need for physical facility and ensuring

prosperity.

Nurturing means providing the necessary inputs to the Body. The right inputs nurture the Body, without disturbing its harmony.

The first part is the intake, all that the Body takes in. It includes the air it breathes, the water it

drinks, the sunlight it absorbs, the food given to it and so on.

A regular routine is required in order to keep the Body healthy, like ensuring a proper programme for sleeping, waking up, cleaning the Body, eating, doing physical work, etc.

The Body needs adequate movement to maintain health. Labour is the work on the rest of nature. Few hours of labour a day provides sufficient body movements to keep the Body in good health. It also ensures production of physical facility.

A lifestyle which includes appropriate intake, routine and labour, would be generally sufficient to keep

the Body in good health. However, if we are unable to do that, or in spite of this effort, there is some disharmony in the Body, there are some more aspects of the programme for self-regulation and health,

below.