**UHV Assignment 3**

**Q)**

*“Harmony of Self/’I’ with Body. What is the current practice toward health and its disadvantages?*

*Essay on understanding how to ensure health vs dealing with the disease.*

* Handle & Prepare Food Safely
* Get Vaccinated
* Avoid Touching Wild Animals
* Stay Home When Sick
* Wash Hands Often
* Clean & Disinfect Commonly Used Surfaces
* Cough and Sneeze into a Tissue or Your Sleeve
* Don’t Share Personal Items

These habits can cause much harm not only to the body but too. In addition, these habits are also the cause of many evils in society. The major healthy lifestyle destroying habits are smoking, drinking, junk food, addiction, meal skipping, and overuse of pills. All these activities severely damage body parts and organs which cannot be replaced easily. Besides, they not only cause physical damage but mental damage too.

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