

Introduction Of Looking After ourself

Taking care of our body

As we all know by the previous chapter that our body is just like a machine. And we know machine need maintenance, so it is very obvious that our body also needs care. Taking care of body is very important for proper functioning of the body. This saying is true that **"A HEALTHY MIND LIVES IN A HEALTHY BODY"**. So, we should take care of our body and mind both.

