

Section-1

- A-4 1) Sanyama or self regulation is basically the feeling of responsibility in the self or nurture, protect and rightly utilize the body.
- 2) Swasthya can be explained as having two elements: when the ~~harmony~~ body acts according to the needs of the I and when there is harmony among all the parts of the body.
- 3) When the Body is in harmony with the self, the state of ~~swasthya~~ Swasthya occurs, making the Body fit for use by the self. Swasthya also means being anchored to the self and being in close harmony with the self.