

SEC-1

④ Define Sanyam and Swastha. How are the two related. Give example of the two. Sanyam means the feeling of responsibility in the self for nurturing, protection and right utilizing of the body. Self Control or Sanyama is the control of the mind and its desires, urges, emotions and delusions.

Swasthya is the condition of the body where every part of the body is performing its expected function. The word Swasthya, literally means being choiced to the self-dependence. e.g. :- I am happy. The temperature and pressure are normal, but I am angry or tense, they got upset.