

~~Section 8~~

Question 4. Define Sanyam and swasthya. How are two related?
Give example of the two.

Answer. Sanyam is defined as the self control of the mind and its desire, it involves control of the mind and its desire emotions, and urges. Swasthya is the body condition in which every part of the body is performing its expected function properly. It means living in close harmony with the self.

Sanyam and swasthya are interrelated with each other

Example! - If we are angry means we are losing our self control and it affects our body health. As the blood-pressure of the body increases and heart rate increase when we are angry and ultimately it will affect our health.