

Q.4

Ans Sanyam and Swasthya :-

1. Sanyam means the feelings of responsibility in the self (I) for nurturing protection and right utilization of body.
 2. Sanyama is the control of the mind and its desires, urges, emotions and delusions.
 3. Swasthya is the condition of the body where every part of the body is performing its expected function.
 4. In other words, Swasthya, in Sanskrit means self dependence. embedded in its meaning are health, sound, state and comfort.
- ⑤ So we can say that Sanyam ensures Swasthya.

Example:-

- ① when I am happy, the temperature and pressure in the body are normal.
- ② when I am angry, they get upset.