

Ans-1:- Sanyam (Self-Control) and Swasthya (Health) :-

- ① Sanyama means the feeling of responsibility in the self (I) for maintaining protection and right utilization of the body.
- ② Self-control or sanyama is the control of the mind and its desires, urges, emotions and delusions. It is controlling the outgoing tendencies of the mind and the senses and bringing them back to an self with an.
- ③ In other words, swasthya, in Sanskrit means self-dependence (Sw-yansau) also, embedded in its meaning are health, sound state, comfort and satisfaction.

- ④ So we can say that Sanyam ensures Swasthya.
- ⑤ With right understanding and right feelings, the body gets favourably affected.
- ⑥ For example - when I am happy, the temperature and pressure in the body are normal, when I am angry or tense, they get upset. It means if I am in disharmony, say in anger or stress or depression, it immediately starts affecting the body adversely.