

### Section - 3

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Define Sanyam and Swasthya,  
 How are the two related.  
 Give example of the two.

Sanyam means the feeling of responsibility in the self for nurturing, protection and right utilization of the body. Self control or Sanyama is the control of mind and its desire, emotion and delusion.

It controls the outgoing tendencies of the mind and the sense and bring them back to our self with.

Swasthya is the condition of the body is performing its expected function.

The word Swasthya literally mean being in close harmony with the self. Also in its means are health, sound state comfort and satisfaction.

Right understanding. I get self-organised and take care of the body properly.

With lack of right understanding, I am able to do it and the body become unhealthy. With right understanding and right feelings, the body get favourably affected.

For example → when I am angry or tense they get upset. It means if I am in disharmony say in anger or stress or despair. it immediately start affecting the body.

adversely. There are many disease of the body that are caused due to disharmony.

These are called such disease such as asthma, allergies, diabetes etc.

So we can use that Sanyam has a strong effect on Swasthya.