

Course Name: Bachelor of Physical Education

Year: I st

Paper Name: Introduction to Physical Education

Paper No. -I

Topic No. 8 (b)

Topic Name: Punjab's Sports Culture and Heritage

Lecture No.: 21

Lecture Title

Punjab's Sports Culture and Heritage

Glossary

Flicker – Shine Unsteadily

Shattered – Very upset

Pristine – In Original Condition

Grabbed - Grasps

Domned – Put on