

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Guidance and its Importance

Topic No. - Sec - C (11)

Paper No. - IInd

Lecture No. - 16

Lecture Title

Guidance and its Importance

Glossary:

- **Guidance:** Advice or information aimed at resolving a problem or difficulty, especially as given by someone in authority
- **Holistic:** Characterized by the belief that the parts of something are intimately interconnected and explicable only by reference to the whole.
- **Vocational:** Relating to an occupation or employment.
- **Personal:** Belonging to or affecting a particular person rather than anyone else.
- **Educational:** Relating to the provision of education.
- **Conservation:** The action of conserving something, in particular.