

Course Name - Bachelor of Physical Education

Year – IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Relationship Between Body and Mind

Topic No. - Sec - B (4)

Paper No. - IInd

Lecture No. - 5

Lecture Title

Relationship Between Body & Mind

Glossary

- **Mind:** A person's ability to think and reason; the intellect.
- **Body:** The physical structure, including the bones, flesh, and organs, of a person or an animal
- **Anxiety:** A feeling of worry, nervousness, or unease about something with an uncertain outcome.
- **Immune System:** The organs and processes of the body that provide resistance to infection and toxins.
- **Inherent:** Existing in something as a permanent, essential, or characteristic attribute
- **Fight-or-flight response:** Also called hyper arousal, or the acute stress response, is a physiological reaction that occurs in response to a perceived harmful event, attack, or threat to survival.