

**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**

**Summary**

Typically humans are characterized as having both a mind (nonphysical) and body/brain (physical). This is known as dualism. Dualism is the view that the mind and body both exist as separate entities