

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Yoga**

**Topic Name - Yoga**

**Topic No. – Section A (1)**

**Paper No. - V**

**Lecture No. - 1**

**Lecture Title**  
**Introduction of Yoga**

**Glossary**

1. Deteriorating
2. Endocrine
3. Inherent
4. Aphorism
5. Glands