

Course Name: Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Niyama

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 10

Lecture Title

Niyama

Glossary

1. **Contentment noun:** A state of happiness and satisfaction
2. **Phase-** A distinct period or stage in a process of change or forming part of something's development
3. **Relaxative-** The state of being free from tension and anxiety
4. **Fatigue-** Extreme tiredness resulting from mental or physical exertion or illness
5. **Meditative-** Relating to or absorbed in meditation or considered thought.