

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name – Yoga Asana

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 11

Lecture Title

Yoga Asana Part – 1

Glossary

- 1. Steadily: Gradually**
- 2. Selfishness:** The quality or state of being selfish; lack of consideration for other people.
- 3. Desired:** Strongly wish for or want
- 4. Imbalance:** Lack of proportion or relation between corresponding things
- 5. Withdrawal :** The action of withdrawing something.