

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. – 12

Lecture Title

Yoga Asanas Part – 2

Glossary

Prescribed: Advise and authorize the use of (a medicine or treatment) for someone, especially in writing.

Hunching: Raise (one's shoulders) and bend the top of one's body forward.

Arch: A curved symmetrical structure spanning an opening and typically supporting the weight of a bridge, roof, or wall above it.

Consciousness: The state of being aware of and responsive to one's surroundings.

Stiffness: Is the rigidity of an object — the extent to which it resists deformation in response to an applied force