

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. – 13

Lecture Title

Yoga Asanas Part – 3

Glossary

1. **Armpit:** A hollow under the arm at the shoulder.
2. **Vitality:** The state of being strong and active; energy.
3. **Alleviate:** Make (suffering, deficiency, or a problem) less severe.
4. **Ailment:** An illness, typically a minor one.
5. **Capillaries :** Any of the fine branching blood vessels that form a network between the arterioles and venules