

**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. – 15**

### **Lecture Title**

### **Yoga Asanas Part – 5**

### **Glossary**

**Beginner:** A person just starting to learn a skill or take part in an activity.

**Hesitation:** The action of pausing before saying or doing something

**Aggression:** Feelings of anger or antipathy resulting in hostile or violent behaviour; readiness to attack or confront.

**Diminishing:** Make or become less.

**Sprain:** Twist the ligaments of (an ankle, wrist, or other joint) violently so as to cause pain and swelling but not dislocation