

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. – 16

Lecture Title

Yoga Asanas Part – 6

Glossary

1. **Alleviated:** Make (suffering, deficiency, or a problem) less severe.
2. **Lethargy:** A lack of energy and enthusiasm.
3. **Rejuvenated:** Make (someone or something) look or feel better, younger, or more vital.
4. **Co-ordination:** The ability to use different parts of the body together smoothly and efficiently.
5. **Detoxify:** Remove toxic substances from.