

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. – 17

Lecture Title

Yoga Asanas Part – 7

Glossary:

Liberation: Freedom

Moderate : Average in amount, intensity, quality, or degree.

Flexible: Capable of bending easily without breaking

Equivalent: Equal in value, amount, function, meaning