

**Course Name : Bachelor of Physical Education**

**Year : IInd (Part - I)**

**Paper Name : Yoga**

**Paper No. V**

**Lecture No. 19**

**Topic no. : Section -B (3)**

**Lecture Title : Hath Yoga and Dhauti Kriyas**

**Glossary**

**Adequate** - Satisfactory or acceptable in quality or quantity.

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

**Impulse** - A sudden strong and unreflective urge or desire to act.

**Relieve** - Cause (pain, distress, or difficulty) to become less severe or serious.

**Diameter** - A straight line passing from side to side through the centre of a body or figure, especially a circle or sphere.