

**Course Name : Bachelor of Physical Education**

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

**Paper Name : Yoga**

**Paper No. : V**

**Lecture No. : 20**

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

**Lecture Title : Shudhi Kriyas Part - I**

**Glossary**

**Expelling** : Force out (something), especially from the body.

**Purification** : The removal of contaminants from something.

**Therapy** : Treatment intended to relieve or heal a disorder.

**Nostril** : Either of two external openings of the nasal cavity in vertebrates that admit air to the lungs and smells to the olfactory nerves.