

**Course Name : Bachelor of Physical Education**

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

**Paper Name : Yoga**

**Paper No. V**

**Lecture No. 21**

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

**Lecture Title : Shudhi Kriyas - Part 2**

**Glossary**

**Rotation :** The action of rotating about an axis or centre.

**Strain :** Force (a part of one's body or oneself) to make an unusually great effort.

**Capacity :** The maximum amount that something can contain.

**Rejuvenate :** Make (someone or something) look or feel better, younger, or more vital.