

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Yoga**

**Topic Name – Bandha Mudra**

**Topic No. – Section C (6)**

**Paper No. - V**

**Lecture No. – 22**

### **Lecture Title**

### **Bandha & Mudras Part – 1**

### **Glossary**

**Lethargy:** A lack of energy and enthusiasm

**Anxiety:** A feeling of worry, nervousness, or unease about something with an uncertain outcome.

**Stagnant:** (of a body of water or the atmosphere of a confined space) having no current or flow and often having an unpleasant smell as a consequence.

**Plexus:** A network of nerves or vessels in the body.