

**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. – 23**

### **Lecture Title**

### **Bandha & Mudras Part – 2**

### **Glossary**

**Exhale:** Breathe out.

**Inducing:** Bring about or give rise to.

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

**Modification:** The action of modifying something.