

**Course Name: Bachelor of Physical Education**

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

**Paper Name - Yoga**

**Topic Name - Relevance of Yoga**

**Topic No. – Section D 1 (d)**

**Paper No. - V**

**Lecture No. – 26**

## **Lecture Title**

### **Relevance of Yoga in The Modern Age**

## **Glossary**

**Frenetic** - Fast and energetic in a rather wild and uncontrolled way.

**Essence** - The intrinsic nature or indispensable quality of something

**Glutes** - A gluteus muscle.

**Holistic** - Characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease.

**Discernible** - Able to be discerned