

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 1

Topic no. : Section D 1(e)

Lecture Title : Difference Between Yoga and Non - Yogic Exercise

Glossary

Conceived – Acquires

Strenuous – Great effort

Expansions – Expand in size

Sufficient – Adequate

Inspecting – without proof, an idea