

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Ashtanga Yoga

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 4

Lecture Title
Ashtanga Yoga – 2

Glossary

1. Self-mortification self-discipline as an aspect of religious devotion.
2. Verities- a true principle or belief, especially one of fundamental importance
3. Vigour- physical strength and good health.
4. Hellish- of or like hell.
5. Deeds - an action that is performed intentionally or consciously.