

**Course Name : Bachelor of Physical Education**

**Year : IInd (Part - I)**

**Paper Name : Yoga**

**Paper No. : V**

**Lecture No. : 5**

**Topic no. : Sect - A (2)**

**Lecture Title : Pranayam - I**

**Glossary**

- 1. Inhalation :** The action of inhaling or breathing in.
- 2. Prolonged :** Continuing for a long time or longer than usual; lengthy.
- 3. Exhaling :** Breathe out.
- 4. Retention :** The continued possession, use, or control of something.