

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. : V

Lecture No. : 6

Topic no. : Sect-A (2)

Lecture Title : Pranayam - II

Glossary

- 1. Retention :** The continued possession, use, or control of something.
- 2. Exhalation :** The process or action of exhaling.
- 3. Lethargic :** Affected by lethargy; sluggish and apathetic.
- 4. Accumulated :** Gather together or acquire an increasing number or quantity