

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 7

Topic no. : Sect - A(2)

Lecture Title : Pranayama : Suryabhedhi, Ujjai, Bhastrika

Glossary

1. Sublimated - Divert or modify
2. Invigorates - Give strength
3. Augment - Make greater by adding to it
4. Expulsion - The action of forcing someone
5. Insufficiency - Insufficient