

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Pranayamas

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 8

Lecture Title

Pranayamas

Glossary

Yamas- Represents a series of "right living" or ethical rules within Hinduism and Yoga. They are a form of moral imperatives, commandments, rules or goals.

Karma - Good or bad luck, viewed as resulting from one's actions.

Soul- Emotional or intellectual energy or intensity, especially as revealed in a work of art or an artistic performance.

Samadhi – A state of intense concentration achieved through meditation. In yoga this is regarded as the final stage, at which union with the divine is reached (before or at death)

Srutis - Shruti is a Sanskrit term, which in the context of Indian music, is the smallest interval of pitch that the human ear can detect.