

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Pratyahara

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 9

Lecture Title

Pratyahara and Dhyana

Glossary

Attaining: Succeed in achieving

Resistance: The refusal to accept or comply with something.

Progressive: Happening or developing gradually or in stages.

Uninterrupted: Without a break in continuity.

Concentration: The action or power of focusing all one's attention.