

**STANDARD INTERNATIONAL TRANSLITERATION CODE  
USED TO TRANSLITERATE SANSKRIT WORDS**

a	=	अ	ña	=	ऩ	pa	=	प
ā	=	आ	ca	=	च	pha	=	फ
i	=	इ	cha	=	छ	ba	=	ब
ī	=	ई	ja	=	ज	bha	=	भ
u	=	उ	jha	=	झ	ma	=	म
ū	=	ऊ	ñ	=	ञ	ya	=	य
ṛ	=	ठ	ṭa	=	ट	ra	=	र
ṝ	=	ठ	ṭha	=	ठ	la	=	ल
e	=	ए	ḍa	=	ड	va	=	व
ai	=	ऐ	ḍha	=	ढ	śa	=	श
o	=	ओ	ṇa	=	ण	ṣa	=	ष
au	=	औ	ta	=	त	sa	=	स
m̄	=	अं	tha	=	थ	ha	=	ह
ḥ	=	अः	da	=	द	kṣa	=	क्ष
ka	=	क	dha	=	ध	tra	=	त्र
kha	=	ख	na	=	न	jña	=	ज्ञ
			ga	=	ग			
			gha	=	घ			

## DEFINITION OF TECHNICAL TERMS

Anxiety:	An emotion characterized by feelings of tension, nervousness, fear, apprehension, worrying and somatic complaints.
Balance:	The ability to maintain the body's center of gravity over the support base related to the maintenance of equilibrium while stationary or moving.
Childhood visual impairment:	A group of diseases and conditions occurring in childhood or early adolescence (<16 years of age), which, if left untreated, result in blindness or severe visual impairment that are likely to be untreatable later in life.
Coordination:	Synchronisation and integration of activities.
Depression:	A mood disorder characterised by persistent feeling of sadness, loss of interest, hopeless, helpless, low self worth, feeling of guilt and poor concentration.
Dynamic balance:	Dynamic balance, both the base of support and the centre of mass shift.
Flexibility:	A health-related component of physical fitness that relates to the range of motion possible at a joint or a group of joints.
Health:	A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.
Health-related fitness:	The components of physical fitness referred to as health-related components are cardiorespiratory fitness, muscular strength and endurance, body composition, flexibility, and balance.
Intervention:	A policy, program, or action intended to bring about identifiable outcomes.
Moderate-intensity physical activity:	Physical exertion that is equivalent to brisk walking. Such activities are usually done at between 3.5 and 6.0 times resting metabolic rate.
Motor fitness:	The abilities to control the movement of muscles in the body
Gross motor skills:	Movement and coordination of the arms, legs, and other large body parts and movements. The actions such as running, crawling, swimming etc.
Fine motor skills:	Smaller movements that occur in the wrists, hands, fingers, and the feet and toes. The actions such as picking up objects between the thumb and finger, writing carefully, and even blinking
Muscle endurance:	The ability of a muscle or muscle group to perform repeated contractions against a light (sub maximal) load for an extended period of time.
Muscle Strength:	The ability of the muscle to exert force.

Musculoskeletal fitness:	Fitness that includes muscular strength, muscular endurance, muscular power, and muscular flexibility.
Physical activity:	Bodily movement produced by skeletal muscles that increases energy expenditure.
Physical fitness:	A set of attributes that relate to person's ability to perform physical activity that are either health related or skill related. It is an adaptive physiologic state that varies with growth and maturity status and physical activity.
Prevalence:	The number of instances of a condition or disease in a population at a designated period of time usually expressed as a percentage of the total population.
Psychological health:	A state of well-being characterized by self regard, inter personal relationship, problem solving, reality testing, assertiveness, stress tolerance, social responsibility and flexibility.
Sedentary lifestyle:	A way of living or lifestyle that requires minimal physical activity and that encourages inactivity through limited choices, disincentives, and/or structural or financial barriers.
Self esteem:	Self-esteem refers to one's general evaluation or appraisal of the self, including feelings of self-worth.
Skill-related fitness:	A component of physical fitness is associated with motor skill performance or sport which includes speed, agility, balance, coordination, power, and reaction time
Static balance:	The base of support (i.e., feet) and the ground (i.e., surface in treadmill walking) remain still and only the centre of mass moves
Visual impairment:	The functional limitation of the eye or eyes or the vision system comprise with both low vision and blindness.
Well-being:	A view of health that takes into account an individual's physical, social, and emotional health.
Working memory:	The ability to mentally represent information, manipulate stored information, and act on it; moving information from short- to long-term memory.
Yoga:	Yoga is a group of physical, mental, and emotional disciplines, including breath control, meditation and adoption of specific bodily postures for the development of the body, mind and spirit.

## ABBREVIATIONS

Abbreviation	Sanskrit	Itrans
अ संशा /A San Śā	अष्टाङ्ग संग्रह शारीर स्थान	Aṣṭāṅga Saṅgraha Śārīra Sthāna
अ हृ वि/A Hr Vi	अष्टाङ्ग हृदय विमान स्थान	Aṣṭāṅga Hṛdaya Vimāna Sthāna
भा पु /Bhā Pu	भागवतं पुराण	Bhāgavatani Purāṇa
च सं शा /Ca San Śā	चरक संहिता शारीर स्थान	Caraka Saṅhitā Śārīra Sthāna
च सं सूत्र /Ca San Sū	चरक संहिता सूत्र स्थान	Caraka Saṅhitā Sūtra Sthāna
च सं वि /Ca San Vi	चरक संहिता विमान स्थान	Caraka Saṅhitā Vimāna Sthāna
ग पु /Ga Pu	गरुड पुराण	Garuḍa Purāṇa
ग उ /Ga U	गर्भोपनिषद्	Garbhopaniṣada
हा सं तृ अ /Hā San Tr A	हारीत संहिता तृतीय अध्याय	Hārīta Saṅhitā Trītiya Adhyāya
का सं शा /Kā San Śā	काश्यप संहिता शारीर स्थान	Kāśyapa Saṅhitā Śārīra Sthāna
म स्म/Ma Smṛ	मनु स्मृति	Manu Smṛti
सु सं शा /Su San Śā	सुश्रुत संहिता शारीर स्थान	Suśruta Saṅhitā Śārīra Sthāna
सु सं उ /Su San U	सुश्रुत संहिता उत्तर तन्त्र	Suśruta Saṅhitā Uttara Tantra
सु सं सू /Su San Sū	सुश्रुत संहिता सूत्र स्थान	Suśruta Saṅhitā Sūtra Sthāna
वे सा /Ve Sā	वेदान्त सार	Vedānta Sāra