

**Course Name: Bachelor of Physical Education**

**Year: I st**

**Paper Name: Introduction to Physical Education**

**Paper No. -I**

**Topic No. 8 (b)**

**Topic Name: Punjab's Sports Culture and Heritage**

**Lecture No.: 21**

**Lecture Title**

**Punjab's Sports Culture and Heritage**

**References**

1. Guide to physical education

2. Golden Health and Physical Education

**Links**

<https://en.wikipedia.org>

[pbsports.gov.in](https://pbsports.gov.in)