

Course Name: Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Yoga

Topic No. – Section A (1)

Paper No. - V

Lecture No. - 1

Lecture Title

Introduction of Yoga

References

1. Selvarajan Yesudian and Elisabeth Haich, Yoga and Health London, George Allen of Unwin Ltd., 1953 p.19.
2. Rachel Carr Yoga for All ages P.9.
3. Desmond Dunne, Yoga Made Easy, London Souvenir Press 1961 p.13.

Links

www.prabhpadaavani.org

www.artofliving.org

www.bigshakti.com

www.thefreeofchildren.com