

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

Summary

Yoga is a technique, which is used by the individual to attain a union with the universal soul. Yoga is effective in removing most of the physical disorders and in many cases even in their chronic condition. In short, yoga brings healthy influence up on body and minds simultaneously and changes one's character.