

Course Name: Bachelor of Physical Education
Year - IInd (Part-1)
Paper Name - Yoga
Topic Name - Niyama
Topic No. – Section A (2)
Paper No. - V
Lecture No. – 10

Lecture Title

Niyama

Summary

Second and third part of the Ashtang Yog that is niyam and asanas. We discussed about the benefits, its use in our daily life and how it plays an important part for all of us.