

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name – Yoga Asana

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 11

Lecture Title

Yoga Asana Part – 1

References:

-Asana Why & How (Gujarati) Paperback – 1 Mar 2008 by Shri O P Tiwar

-Yogasana And Pranayam By Swami Ramesh Chandra Shukla

Links:

www.yogabasics.com

<https://www.youtube.com>