

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. – 12

Lecture Title

Yoga Asanas Part – 2

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>