

**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. – 14**

**Lecture Title**

**Yoga Asanas Part - 4**

**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](http://www.yogabasics.com)

<https://www.youtube.com>