

**Course Name : Bachelor of Physical Education**

**Year : IInd(Part-1)**

**Paper Name : Yoga**

**Topic no. : Section D 1(b)**

**Paper No. V**

**Lecture No. 24**

**Lecture Title : Educational Values of Yoga**

### **References**

The Role of Yoga in Education by Swami Niranjanananda Saraswati

Education in Values by Subramanyam.K

### **Links**

[www.yogamag.net/archives/2001/cmay01/educatin.shtml](http://www.yogamag.net/archives/2001/cmay01/educatin.shtml)

[www.artofliving.org](http://www.artofliving.org) › Home › Yoga › Yoga Benefits