

**Course Name : Bachelor of Physical Education**

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

**Paper Name : Yoga**

**Paper No. V**

**Lecture No. 25**

**Topic no . : Section D1 (c)**

**Lecture Title: Role of Yoga in Physical Education and Sports**

### **References**

1. Light on yoga by B.K.S Iyengar
2. The heart of Yoga by T.K.V Desi kacha

### **Links**

<https://yogaed.com/resources/yoga-in-physical-education/>

<http://www.home-remedies-for-you.com/yoga/kids/physical-education.html>