

**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**

**Summary**

Physical education is defined as a process of education through physical activity. In a broader context, physical education is defined as a process of learning through physical activities designed to improve physical fitness, develop motor skills, knowledge and behaviour of healthy and active living, sportsmanship, and emotional intelligence. Thus, Physical Education is not only aimed at physical development but also includes the development of the individual as a whole.