

**Course Name: Bachelor of Physical Education**

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

**Paper Name - Yoga**

**Topic Name - Relevance of Yoga**

**Topic No. – Section D 1 (d)**

**Paper No. - V**

**Lecture No. – 26**

### **Lecture Title**

### **Relevance of Yoga in The Modern Age**

### **References**

1. Teaching Yoga: Essential Foundations and Techniques-Textbook  
by Mark Stephens
2. Karma Yoga: Book 2: Experience of Life Paperback – Import, 1  
Feb 2014 by Swami

### **Links**

[rayogamalta.com](http://rayogamalta.com)

[yogamaster.me](http://yogamaster.me)