

बाबू राम सिंह महाविद्यालय

खाड़पाथर, पो0-मुर्धवा (रेनुकूट) सोनभद्र-उ0प्र0

(सम्बद्ध-महात्मा गाँधी काशी विद्यापीठ, वाराणसी)



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पत्रांक.....

दिनांक.....

Metric No. : 3.3.2

3.3.2.1: Total number of books and chapters in edited volumes/books published and papers in national/ international conference proceedings year wise during last five years

LINK OF RELEVANT DOCUMENTS

- Additional Document (2022-23)
- Additional Document (2021-22)
- Additional Document (2020-21)
- Additional Document (2019-20)
- Additional Document (2018-19)

3.3.2 Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during last five year

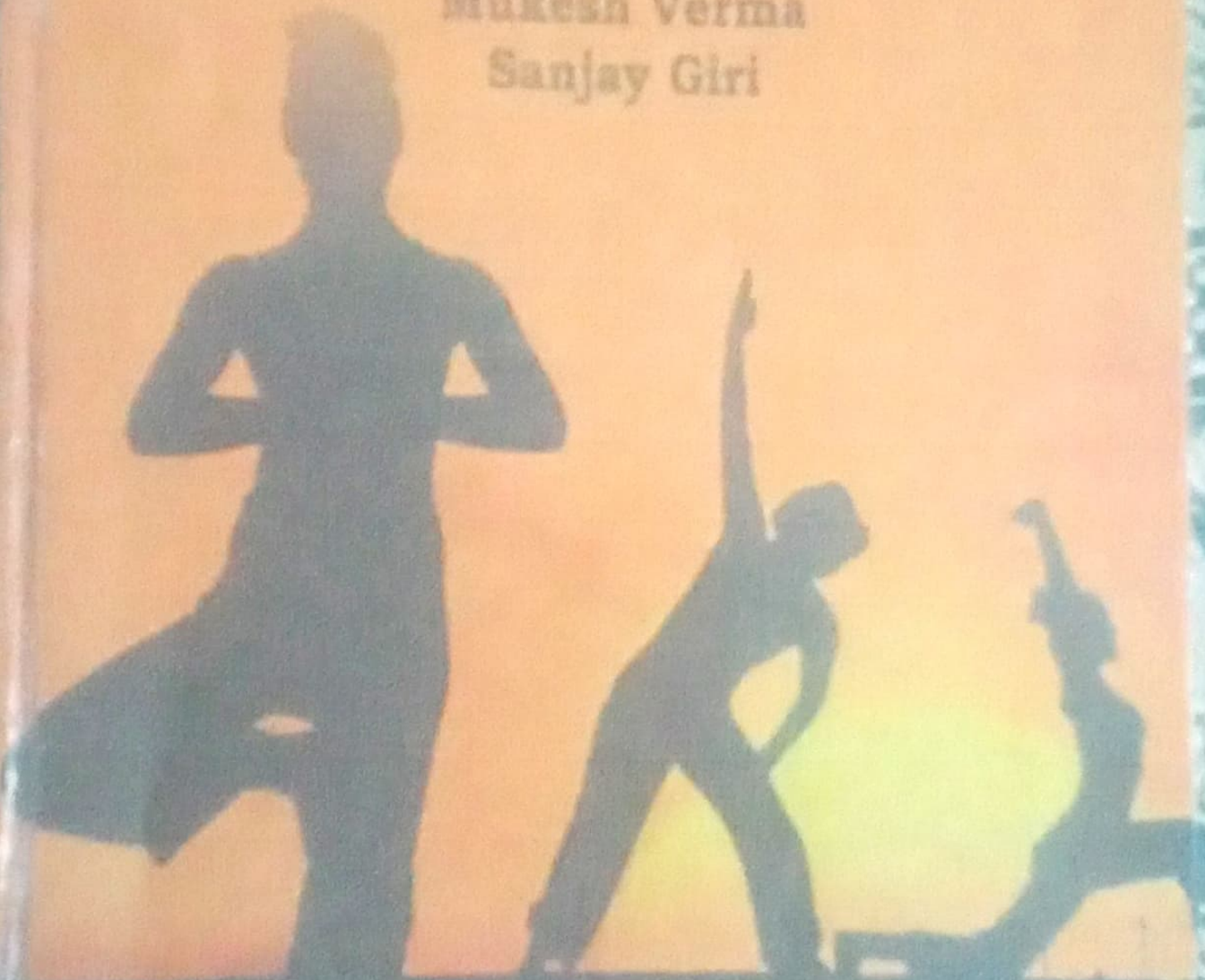
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प्राचार्य
बाबू राम सिंह महाविद्यालय
खाड़पाथर (मुर्धवा (रेनुकूट)
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THE YOGA BOOK

A Practical Handbook

Mukesh Verma
Sanjay Giri



About the Book

The book is a comprehensive text on the subject of Physical Education for the students of B.A. (Hons.) in Physical Education. It covers the various aspects of Physical Education, its history, objectives, and its role in the development of the individual. The book is written in a simple and lucid style, making it easy to understand. It is a must-read for all students of Physical Education.

About the Authors



Dr. Vinod Kumar Sharma is a young physical educationist in the field of Physical Education. He has been working in the field of Physical Education for the past 10 years. He is currently working as an Assistant Professor in the Department of Physical Education, Government College, Meerut. He has also worked as a Lecturer in Physical Education, Government College, Meerut. He has a B.A. (Hons.) in Physical Education from Meerut University. He has also worked as a Lecturer in Physical Education, Government College, Meerut. He has a B.A. (Hons.) in Physical Education from Meerut University. He has also worked as a Lecturer in Physical Education, Government College, Meerut. He has a B.A. (Hons.) in Physical Education from Meerut University.



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