The book Physical and Health Education was prepared to fulfil the needs of student community especially from Education and Physical Education. It covers all the areas of physical education syllabus in the curriculum of education and physical education degree courses. This book explains the yoga and its way of doing things very clearly and deeply. One can practice the yoga by using this book and then he will realize that yoga is an art and it should be practiced and followed for his lifelong. It mentions very clearly that the Asana is one of the eight parts of yoga. Further, it explains the prevention, signs of sickness and treatment of athletic injuries. In Health Education section, it explains the safety methods in school, play field, road, and home, Posture, food & nutrition and common communicable diseases.

- Photo London
- Physics Exercises : Questions and Answers
- Physiology of the Cladocera
- Phylum Monsters
- Physical Education - Primary Source Edition
- Physiotherapie Und Prothetik Nach Amputation Der Unteren Extremitat
- Physics in the Real World