

A COMPLETE GUIDE TO HEALTH AND WELLNESS , YOGA AND SPORTS

**Strictly written as per new syllabus of
FYUG**

DIPON KANGSABANIK

Preface

In today's fast-paced world, where stress and sedentary lifestyles have become the norm, the pursuit of health and wellness has never been more vital. "A Complete Guide to Introduction to Health and Wellness, Yoga, and Sports as per FYUG" by Dipon Kangsabanik is your passport to a holistic and balanced life. This comprehensive book is a carefully curated treasure trove of knowledge, offering a deep dive into the foundations of health, the ancient wisdom of yoga, and the transformative power of sports. This book is your roadmap to a healthier, happier you. Discover the path to wellness, embrace the serenity of yoga, and harness the vitality of sports, all within these pages. Let this book be your guide on your journey to a harmonious and fulfilling life.

Thanking You

Dipon Kangsabanik

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