Corrigendum

Corrigendum to: Kaur R, Chahal A, Sharma S. Effect of Surya-Namaskar on the Fitness Components and its Trends. *Int Res J Ayurveda Yoga*. 2021;4(11):21-26. Available at: https://irjay.com/index.php/irjay/article/view/608

In the above article, a citation to earlier work was published with errors in the authors' names and in the bibliographic details.

On page 22, the in-text citation “(Choudhary and Krzytof, 2010) [2]” should read “(Choudhary and Stec, 2010) [2]”.

On page 24, Reference 2, published as:
“Choudhary A, The Effects of Dynamic Suryanamaskar on Flexibility of University Students, International Journal of Advanced Research & Development, 2010 Vol-1(1), 201.”

should read:
“Choudhary R, Stec K. The effects of dynamic suryanamaskar on flexibility of university students. *Journal of Advances in Developmental Research*. 2010;1(1):45-48.”

These corrections do not affect the results or conclusions of the article. The Editorial Office apologises to the authors of the cited work, Dr. Rajeev Choudhary and Dr. Krzysztof Stec, for the error.

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