

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 19

Topic no. : Section -B (3)

Lecture Title : Hath Yoga and Dhauti Kriyas

Summary

Hatha Yoga is a branch of yoga. It is also called Hath Vidya, is a kind of yoga focusing on physical and mental strength building exercises and postures .Hath yoga is focusing on physical and mental strength. it is branch of yoga which concentrates on physical health and mental well being. It's a very important science of humanity today. Through the Practical aspect Hatha yoga is a great science which everyone can practice according to his or her own capacity. Whereas Dhuati is one of the important part of Shudhi Kriyas. Dhauti is beneficial for the whole body.