

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Yoga**

**Topic Name – Bandha Mudra**

**Topic No. – Section C (6)**

**Paper No. - V**

**Lecture No. – 22**

### **Lecture Title**

### **Bandha & Mudras Part – 1**

### **Summary**

Bandha' means 'to hold' or 'to tighten'. In this sense it is a physical action that is needed to perform other yogic practices. Through bandha's the practitioner contracts and tightens some of the parts gently but powerfully. In yoga, the significance of bandhas is even greater than that of Asanas and Pranayam. The bandhas which have been described in the yogic texts are helpful in putting to rest and controlling the sensations and stimulations of the nervous system.