

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. – 23

Lecture Title

Bandha & Mudras Part – 2

Summary

A mudra is a certain position or attitude which represents the psyche. Mudra means a symbolic gesture of the body parts. Mudras prepare the mind for meditation by encouraging withdrawal of the senses from association with external objects. By the practise of mudra the entire nervous system is brought under volition. It leads to the development and control over involuntary organs- intestines, heart, liver, kidney, etc. In yoga, the significance of mudra is even greater than that of asana and pranayam because mudra influence pranayam. The mudras described in the yogic scriptures are manifestations of special moods or feelings of consciousness.