

**Course Name : Bachelor of Physical Education**

**Year : IInd (Part - I)**

**Paper Name : Yoga**

**Paper No. : V**

**Lecture No. : 5**

**Topic no. : Sect - A (2)**

**Lecture Title : Pranayam - I**

**Summary**

Pranayama is the fourth limb of Ashtanga Yoga. The science of breathing (Pranayama) is very helpful in making mental and spiritual progress. It is equally important for physical improvement and maintaining health. Breathing is the most essential means of sustaining human life. It should not be done after merely reading books on the subject or even observing others at practice of these. In the earlier stages the pranayama should be done under the immediate guidance of experienced instructors, who have thorough knowledge of the merits and demerits of the Pranayama, otherwise the consequences will be bad. In order to practice Pranayama, it is essential to follow certain rules. Intense Pranayama sadhna cannot be practiced under normal conditions: a separate place, separate food and separate guidelines are required.