

**Course Name : Bachelor of Physical Education**

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

**Paper Name : Yoga**

**Paper No. : V**

**Lecture No. : 6**

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

**Lecture Title : Pranayam - II**

### **Summary**

There are so many types of Pranayama which are described in the shastras. But few of them are supposed to be important ones. Pranayama is the fourth limb of Ashtanga Yoga, its benefits, how it plays an important role in our day to day life, its definition according to patanjali Yogsutra, its precautions and one of our today's important type of pranayama i.e. suryabheji pranayama. Techniques for performing pranayama, how to perform what are the major precautions while performing suryabhedi pranayama and some of the major benefits of suryabhedi pranayama.