

**Course Name : Bachelor of Physical Education**

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

**Paper Name : Yoga**

**Paper No. V**

**Lecture No. 7**

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

**Lecture Title : Pranayama : Suryabhedhi, Ujjai, Bhastrika**

### **Summary**

Prana may be either in a static or dynamic state. It is prana that shines in your eyes. It is through the power of prana that the ear hears, the eyes see, the skin feels, the tongue tastes, the nose smells, in a young lady, the melody in the music, the power in the emphatic words of an orator the charm in the speech of one's beloved are all due to prana. The chief aim of pranayam is to unite the prana with the apana and take the united prana-apanas slowly upwards to the head. The effect or fruit of pranayam is awakening of the sleeping kundalini.