

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Pranayamas

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 8

Lecture Title

Pranayamas

FAQs

Q:1 What is Pranayam?

A:1 Pranayama is control of breath. Prana is the breath or vital energy in the body. On subtle levels prana represents the pranic energy responsible for life or life force, and yamas stands for control.

Q:2 What are the 10 types of Pranayam?

A:2 Quiet breathing, Deep breathing, Fast breathing, Tribandha and Pranayamas, Nadi shuddhi pranayamas, Anuloma- Viloma, Suryan Bhedan pranayamas, Ujjayi pranayama, Brahmari Pranayama, Pranayama from hatha yoga

Q:3 Which five types of prana are responsible for various types of pranic activities in the body?

A:3 Prana, Vyan, Udana, apana and samana

Q:4 Which two activities are involved in breathing Process?

A:4 The breathing process chiefly involves two activities. Inhalation and Exhalation

Q:5 What role breathing plays in Asanas?

A:5 Breathing plays an important role in the asanas. With the co-ordination of breathe and asanas, the yoga practice becomes harmonious, the breath deepens of its own accord and the body's circulation and metabolism are stimulated. Use of the breathe generally enhances muscle relaxation by concentrating on tense areas of the body and consciously relaxing those parts with each exhalation.

