

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

References

THE SCIENCE OF PRANAYAMA By SRI SWAMI SIVANANDA

Light on Pranayam by B.K.S Iyenger

Links

<http://www.wikihow.com/Do-Pranayam>

<http://www.hotstar.com/tv/pranayam/4617>