

**Course Name - Bachelor of Physical Education**

**Year - IIInd (Part-1)**

**Paper Name - Yoga**

**Topic Name - Pranayamas**

**Topic No. – Section A (2)**

**Paper No. - V**

**Lecture No. – 8**

**Lecture Title**

**Pranayamas**

**Summary**

Pranayama and Prana, that is the actual link between the astral body and the physical body. The secret of attaining perfection and the knowledge of all forces, all powers and prana which spring from the fountain or common source, 'atmah'. The sum total of all Latin forces and powers which are hidden in men and which lie everywhere around us. We reviewed how proper breathing improves circulation, nervous functioning and the whole physical condition. We examined how the practice of Pranayamas achieves the balance and results in healthy body and mind.