

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Pratyahara

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 9

Lecture Title

Pratyahara and Dhyana

Summary

Dhyanam means “meditation”. Uninterrupted flow(of mind) toward the object is meditation. The stage of dhayana is achieved after dharna or concentration. Through concentration, interruptions are reduced in frequency in a progressive manner. Samadhi may be defined generally as a process of living into the deeper layers of one’s consciousness which function a through different grades of mind through different mechanism which are called vehicles or Koshas