



BHARATHIDASAN UNIVERSITY

**Tiruchirappalli- 620024,
Tamil Nadu, India**

Department of Physical Education and Yoga

Course Title : YOGI SCIENCE

Course Code : 21MPE13

Unit-(III)

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PRANAYAMA

S.No	ASANA	ASANA EFFECT ON BODY AND MIND HEALTH
01.	Pranayam without kumbhak	Reduces anxiety, depression and tension.
02.	Deep breathing	Improves lung capacity, calms the mind.
03.	Anulom-vilom (pranayama with kumbhak)	Overcome depression, anxiety, tension, improves lung capacity, helps in breathing problems like bronchitis, asthma.
04.	Kapalbhati	Reduces abdominal fat, improves concentration.
05.	Bhramari	Relieves anger, tension, anxiety, helps in reducing blood pressure.



PRANAYAM

Pranayama without kumbhak- sit with closed eyes and notice breathes.

Deep breathing - breathe in deeply through the nostril, feel the diaphragm movement, expansion of lungs and chest.



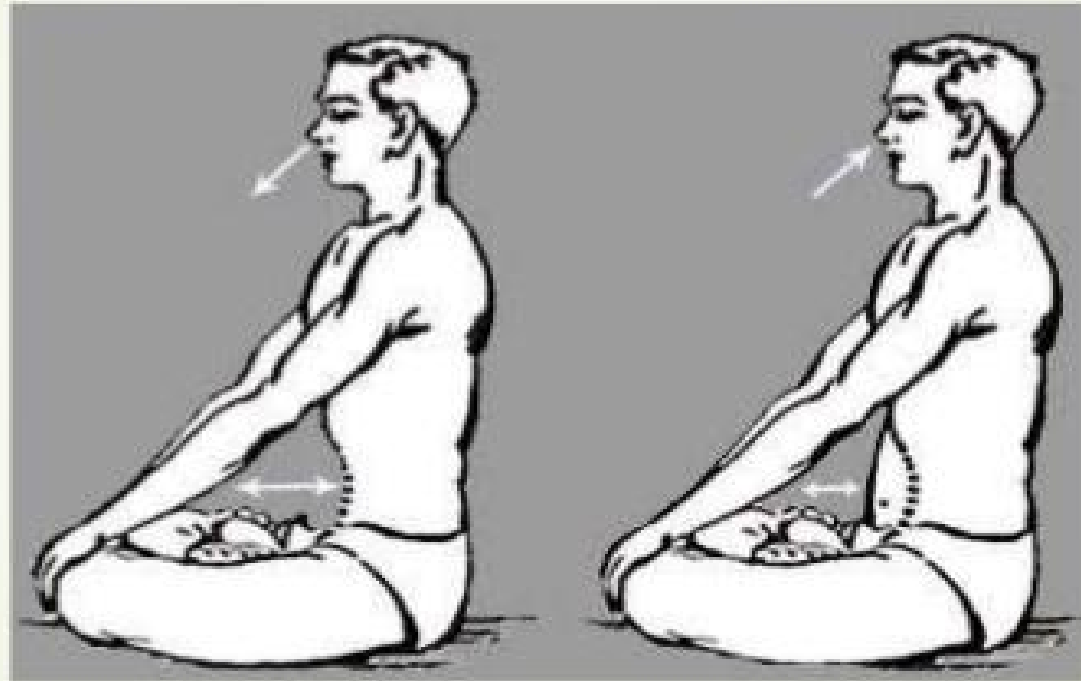
ANULOM-VILOM



- ▶ **Anulom-vilom (pranayama with kumbhak)– sit with closed eyes, close the right nostril, inhale from left nostril, close it, open the right nostril and exhale. Repeat the process vice versa.**



Kapalbhati.



- ▶ **Kapalbhati – inhale deeply through nose and expand abdomen, exhale with the greater force so that abdominal muscles contracts.**



Bhramari.



- ▶ **Bhramari – put index fingers in ears, take deep breath, make humming sound like bee while exhaling. Breathe again and repeat.**

WHAT IS MEDITATION?

Meditation is a mental discipline by which one attempts to get beyond the "thinking" mind into a deeper state of awareness. The word meditation comes through the Latin "meditatio", which originally indicated any type of physical or intellectual exercise.

STATES OF MIND ON THE PATH OF MEDITATION

CONSCIOUSNESS (self motivation)



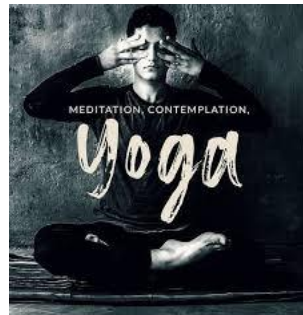
INTENSION (exercise of will)



CONCENTRATION (exercise of focus)



CONTEMPLATION (exercise of thought)



ATTENTION (exercise of fixing the mind)

