

A Systematic Programme on Yoga Education for the Child and the Adult

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Abstract: *Yoga education is a constant haste to study and analyse buddhi (Mind or intellect). Yoga helps in the human evolution. Yoga education works on the basis of the realization that there exists a larger purpose behind human existence. An education is moving from strictly psychological to spiritual description.*

Yoga education will enhance our outlook towards life aligning our mind, soul and body through practicing bhavas such as dharma, jnana, vairagya and aishvarya, also how our buddhi is capable of experiencing all objects. I have studied and analysed how the compilation of positive attitude can lead to Self- direction, Knowledge, act of letting go and self-reliance can give exposure to rectify our problems and live without all negative traits. Here are some challenges faced and some questions answered and how yoga education can be implied practically. This research has 4 chapters explaining how Yoga can improve life of students and how the 4 bhavas can play a vital role in their daily functioning as students.

Keywords: yoga.