

Yoga for Stress and Mental Health Humans and Mind

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Abstract: *The term "Human" refers to the complex and highly evolved species known as Homo sapiens. Humans are characterized by their cognitive abilities, capacity for abstract thought, and advanced social structures. This abstract explores the multifaceted nature of humanity, encompassing aspects of culture, language, social organization, and the pursuit of knowledge. It delves into the unique qualities that define humans as a species and their profound impact on the world.*

The concept of "Mind" embodies the intricate realm of human consciousness and cognitive processes. It encompasses thought, perception, emotion, and consciousness itself. This abstract delves into the multifaceted nature of the mind, exploring its capacity for cognition, creativity, and self-awareness. It also considers the challenges of understanding the mind's subjective nature, its role in shaping individual experiences, and its profound impact on human behaviour, culture, and society.

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