

CONDUCTIVE YOGA EDUCATION AND PSYCHOSOCIAL WELLBEING

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ABSTRACT

The main Statement of this study to analysis the conducive yoga education and psychosocial wellbeing of the young and promoting society. The study finalised the result the yoga education that made signified result and support the study. It was concluded that yoga education has been spending goodness in the psychosocial wellbeing.

Keywords:- *yoga education ,psychosocial wellbeing, formative education, self promotion.*

INTRODUCTION

Today the world is put into a competitive arguments according to shown their strength and development. We are formally followed the oldest education policy. This policy not getting adequate strength to our nation to enter of the latest new education policy and new education system. So that can be moved into the yoga education to made some inclusion in the change of human behaviour and social well being.

STUDIES RELATED TO THE STATEMENT

From the past publication published by alaguraja.K,(2019) yoga P., (2019) and Parthasarathy (2019) they are contribute more studies towards the yoga education and the promotion of yoga. These studies mostly support the text related to my study.

YOGA AND HEALTH

Mainly the toga education that can made a huge numbers of benefits in the human health. The yoga education system that can be made upon the key themes related to the person health promotion.

1. To promo the physical condition
2. To promote the mental abilities
3. To promote the system of human body
4. To Tacking the senses of health campaigns
5. To applied the natural Treatment
6. Public health and Education campaigns
7. Development of cultural Value.

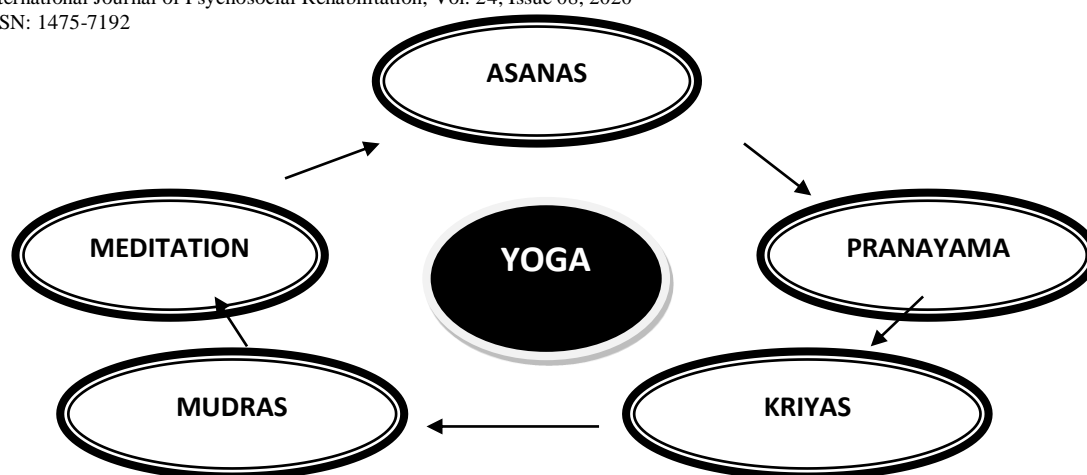
These way yoga education that can made a similar change inside of human body. The yoga not only related with body it can collaborated with the soul.

YOUTH AND CHILD EDUCATION PEACE BUILDING

The Conductive yoga education that can promote the every aspects of child behaviour from the main impact of yoga import all the values of life and educational value of an individuals contributions. That affairs the new way of shaping the peace building of youth and child education concepts. From the current situation the yoga can mostly made some changes inside the human cognition.

STRUCTURAL WELLBEING OF CHILD

The promotion of yoga and its leafs that can produced more stimulations inside the soul of human. The yoga implication that can confirmed in the following paths.



These are contribute more and develop the congenital things of human beings from this area the Childs behaviour and purity of soul getting more goodness.

PROSPECTIVE EDUCATION

The same way of participating in the yoga education that can really made a huge number of emotional and cultural promotions inside tue basic education of yoga education. This education made some of the natural concepts mostly related with the human contributions. That education made some of the following psycho social lists given below.

1. Self awareness
2. Self motivation
3. Self cognition
4. Self promotion
5. Self acquisition
6. Self realization
7. Self esteem

These are stimulated by the import of yoga education to the psychosocial wellbeing of individuals.

CONCLUSION

This study may concluded that the main areas likely to promote the psychological factors emotion, motivation, awareness, satisfaction, wisdom and achievement are motivated and promoted with the help of yoga education. Finally this text proved that the yoga education proved the psychosocial wellbeing of individuals.

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