A Review on Analysis of Effect of Yoga and Meditation using Current Technology

International Journal of Computer Applications
Foundation of Computer Science (FCS), NY, USA

Volume 182
Number 48

Year of Publication: 2019

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Abstract

Nowadays people are more oriented towards their health and fitness and yoga has been serving their purpose in a positive way. Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing and to relax your mind. The technology has also evolved to the extent that people find every solution for their issues using the technology. It makes the life of people easier. This paper gives an overview of how yoga and technology can be brought together so that it helps the folks to choose the appropriate techniques of yoga to overcome their health issues

References

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Index Terms

Computer Science Information Sciences

Keywords

Cognitive neuroscience, Meditation analysis, EEG analysis