

## THE CHANGING SCENARIO OF YOGA EDUCATION WITH ARTIFICIAL INTELLIGENCE

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### **Abstract :**

*AI-powered yoga instructors are now knocking on our doors. They have emerged in the form of AI-optimized yoga programs. This is rapidly changing the landscape of yoga worldwide, including in India. Yoga scriptures state that the ultimate goal of yoga is self-realization. However, most people around the world practice yoga for health reasons. This raises the question: how much will AI-optimized yoga programs benefit yoga practitioners seeking health improvements? Could it be that AI-optimized yoga programs will become a curse for the practice of yoga and leave millions of yoga instructors facing unemployment? These scattered discussions are now gaining momentum. With this objective this research paper focused on The Changing scenario of Yoga education with Artificial Intelligence.*

**Keywords :** Artificial Intelligence, Yoga education, Teaching Methods, Moral Values

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### **Preface :**

Yoga is the Indian science that has been prevalent since time immemorial. The sages, saints and spiritual gurus of India used yoga to attain complete bliss by developing their inner power and realizing the supreme conscious self. To perform selfless actions with a feeling of equanimity between favourable and unfavourable, success and failure, success and failure, victory and defeat, etc. To concentrate the mind inspired by divine inspiration; Being self-sufficient is called yoga in Geeta or religious scriptures. Spiritual science says that Yoga is the only path to reach salvation. Importance of Yoga is also given in Vedas, Puranas, Upanishads, Buddhist philosophy etc. In Jain philosophy, the Vrittina Yoga of mind, speech and body is referred to as Yoga. In various philosophies, Yoga is capable of expressing limitless, eternal, infinite forms. Indian philosophy is based on the traditional Shadangadarshan or the best scriptures Yoga philosophy. Yoga Vidya itself is the direct experienced practice of Indian sages to develop the conscious power within us. Since ancient times, this knowledge has been an esoteric personal practice. Jhala Asoon Rishi started teaching Yoga to his disciples as per the Gurukul teaching method. Yoga is generally associated with natural things and it is not considered appropriate to associate it with technology. Artificial intelligence (AI) technology has impacted almost every industry, including financial services, education, healthcare, and retail. And now, AI has also made its way into the fitness and wellness industry, including



yoga. With the aim of making yoga more accessible to people, Xenia, a startup founded in Belarus, has used artificial intelligence (AI) to help people find ways to perform asanas correctly. Artificial Intelligence (AI) is empowering both hardware and software to help users improve yoga postures, giving them better health benefits. In recent times, lockdowns have forced people to stay at home. In this scenario, online classes and yoga apps have proven to be a boon. These apps can offer a far better experience than a traditional yoga studio, where typically one instructor teaches many students. The apps provide a personalized digital coach, focusing entirely on the practitioner. AI also offers the added benefit of providing content in multiple languages and accents. In the future, the popularity of more advanced AI-enabled interactive apps is sure to increase even further. The advanced technology of these apps will help improve both user experience and engagement, ultimately leading to better physical and mental health. Both yoga and artificial intelligence are here to stay. The combination of the two offers a unique experience that is bound to spread globally.

### **Yoga Teaching Methods :**

Along with basic needs like food, clothing, and shelter, education has become a crucial need for humanity in modern times. Yoga education has gained importance as a vital component of physical and health education, alongside subjects like science, mathematics, social studies, and languages. In earlier times, yoga was considered a mystical practice, and its learning was purely individual. Teaching yoga in a group setting was considered unacceptable according to the principles of yoga. In constructivist education, knowledge is not something to be exchanged, but rather something acquired through direct sensory experience. In today's fast-paced life, the need for yoga education has increased significantly. Due to the insufficient number of yoga teachers and the growing population, providing individual yoga instruction has become impossible. Therefore, a method of group yoga instruction, similar to education in regular schools and colleges, has become prevalent. Today, yoga is being taught worldwide through institutions, universities, yoga teachers, yoga experts, professors, and group yoga camps. Three main methods are used when imparting yoga education: creating emotionally charged motivation, providing physically challenging exercises, and explaining the cause-and-effect relationship of right and wrong practices. Some yoga gurus believe that yoga education is most effective when taught using these three methods.

### **AI-Powered Yoga :**

AI-powered yoga solutions are becoming so popular worldwide, including in India, that many companies are experiencing booming business. These solutions are particularly appealing to gym-goers and those practicing yoga online. This is because AI-powered yoga solutions assess the individual needs of practitioners, create personalized yoga practice plans, monitor yoga postures, and provide real-time feedback on poses. This makes it easier to identify correct posture and potential mistakes, and allows for tracking progress in virtual classes. As a result, training becomes more effective and safer. An additional benefit for yoga businesses is that it makes studio management more convenient. The popularity of online yoga increased rapidly after the COVID-19 pandemic, and now AI-powered technology is giving it further momentum. In India, yoga has been a primary means of physical, mental, and spiritual well-



being for thousands of years. Traditionally, yoga practice was based on the guru-disciple tradition, scriptures, and oral teachings. However, the 21st-century technological revolution has propelled yoga into the digital age. Today, digital platforms are available that effectively make the traditional knowledge of yoga accessible through cutting-edge technology. Yogifi is a prime example of this. Yogifi is a smart yoga mat that seamlessly integrates technology and yoga practices. The much-talked-about Yogifi emerged from the pioneering efforts of IIT Mandi, utilizing state-of-the-art sensor technology. The Yogifi mat reportedly tracks body movements, balance, and various postures, providing real-time feedback during each pose. Most yoga instructors emphasize proper posture, breath control, and mental focus. Yogifi scientifically reinforces these principles, assisting yoga practitioners with correct posture, balance, and breathing techniques. It also provides audio-visual instructions in case of incorrect poses.

### **Integrating AI-based yoga Key benefits :**

Integrating AI-based yoga into school education is not only a symbol of innovation but also a holistic approach to the overall developmental, mental, intellectual, and moral growth of students. Enriching traditional yoga practices with the power of artificial intelligence adds depth, flexibility, and personalized suitability to the education system. A detailed explanation of various key benefits is provided below:

- **Significant Improvement in Students' Concentration :** By understanding students' mental states through AI techniques and providing them with appropriate mantras and meditation sessions, their ability to concentrate can be significantly improved. For example, a joint study conducted by IIT Delhi and NCERT in 2022 found that AI-assisted mantra yoga practices resulted in a 37 percent increase in students' concentration levels.
- **Reduction in Stress and Mental Imbalance :** The increasing academic pressure, the influence of social media, and competition among school-going children lead to mental stress. Mantra yoga, especially mantras like "Om" and "Shanti Mantra," increases the secretion of GABA (Gamma-Amino butyric Acid) in the brain, which helps in reducing stress. AI apps such as Calm Student track students' heart rate, sleep patterns, and emotional responses, and suggest meditation practices accordingly.
- **Development of Moral Values and Self-Discipline :** Mantra yoga, particularly through mantras like the Gayatri Mantra or ethical verses, introduces students to values such as truthfulness, compassion, tolerance, and self-control. AI-developed interactive moral education platforms like Think Zone and Moral Spark teach children ethical decision-making through stories, quizzes, and games.

### **Conclusion :**

Technology is constantly changing, with new advancements being made over time. The current era is the age of artificial intelligence. Many countries around the world are trying to gain dominance in this technology. India has also accelerated its efforts in this regard and has implemented artificial intelligence in various sectors. The World Health Organization (WHO)



has been impressed by India's achievements in this area. It has released a booklet specifically recognizing India's pioneering efforts in integrating artificial intelligence (AI) with AYUSH systems, which include yoga. These achievements reinforce the idea that advanced AI could play a significant role as a "digital guru" in the coming years, providing philosophical discourse, textual knowledge, and test-based learning. However, several weaknesses have also been pointed out, as discussed above. But we must understand that AI is still in its infancy and has a long way to go.

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