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Economics of Yoga: Multi-Level Healthy G

Dr. Falleiro Savio P.

Vice Principal, Associate Professor & Head, Department of Economics, Ros

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Abstract

Yoga has invariably been looked at as a healthy practice. While there is much health and wellness, the present article is an attempt to find the economic gains in the context of 'self', i.e. in terms of curative and preventative benefits for a workplace and/or organization' promoting yoga, and (iii) in terms of commercial benefits for 'others'. The article concludes with suggestions for the healthy development

Keywords

Curative benefits, commercial benefits, economic benefits, health and yoga,

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