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## Benefits of YOMEI

Neuroscientific studies reveal that mind and body are integrated, augmenting the significance of YOMEI for a healthier physical, mental and emotional life [5]. Mindfulness is a product of Yoga and Meditation and it has been proven that Mindfulness further strengthens Emotional Intelligence (EI) [7].

Yoga involves ancient technique of meditation to achieve enlightenment. Enlightenment, in this case, involves self-realization with universal reality [1]. It is argued that Yoga can help achieve a state of intuition, self-reflection and self-absorptive alertness with a serene presence of mind. Yoga and meditation facilitate individuals towards a creative, adaptive and enlightened state of life [1]. Yoga has proven to improve self-care among individuals from all workplaces such as Healthcare professionals, Educators, Corporate Workforce, and Military Professionals [2] [9] [10] [11]. Yoga improves sleep, energy, blood circulation and a significant strengthening of general health [6]. It also improves memory, enhances intellectual level and imparts strong continuity to emotions [2]. Yoga harmonizes the internal and external environment through meditation which promotes Mindfulness and enhances EI [6].

Mindfulness refers to self-awareness regarding internal and external experiences which enables Educators, Corporate Workforce, Military Professionals, and Vulnerable individuals to familiarize themselves with the ever-evolving external environment [3]. Mindfulness enhances EI and provides relief from stress [3]. Mindfulness is also positively associated with EI as seen in several positive outcomes such as awareness, fulfilment, better emotional functioning, and

emotional recognition of others. [4]. Examining from the EI perspective, Mindfulness enhances EI which enables us to link our thoughts, feeling and behavior [5].

As mentioned earlier, Mindfulness and EI are improved and enhanced with Yoga. EI can be explained as the ability to process and analyze own and others' emotions [6]. It is attributed to Mindfulness which increases self-awareness, self-reflection and self-realization [7]. There are five components of EI which are empathy, self-awareness, self-regulation, motivation and social skills [7]. EI equips us with the ability to recognize our and others' emotions and it also helps us in managing social demands [8]. Emotional Intelligence facilitates creativity and adaptation to external social environment through self-reflection and emotional strength.

The above-mentioned logical discourse describes how Yoga and Meditation translates several benefits for human health in the form of emotional, mental, physical and psychological well-being. It is now known that Mindfulness and Emotional Intelligence stems from Yoga and Meditation through self-realization, unification with the external environment and emotional recognition. YOMEI (Yoga, Mindfulness & Emotional Intelligence) can potentially revolutionize human life by improving physical, mental, psychological and emotional health.

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