

YOGA AS A CAREER CHOICE FOR WOMEN- A KKHSOU STUDY

Sukmaya LAMA
slama@kkhsou.in
KKHSOU, Assam, India

Juri HAZARIKA
Juri.hzrk@gmail.com
KKHSOU, Assam, India

Received: 15.05.2023

Accepted: 01.10.2023

ABSTRACT

Yoga has been practiced for centuries and continues even in contemporary times. Krishna Kanta Handiqui State Open University (KKHSOU) has been providing learning opportunities for those who are desirous of higher education but are not able to due to various reasons. The University offers both Diploma and PG Diploma programme in Yoga. While the increasing female enrolment trend reveals the growing interest in the programme, it is important to look into their aspirations when it comes to making a career in Yoga. The paper explores the prospects and challenges that Yoga offers as a career choice for women through the narratives of the learners.

Keywords: Yoga, Women Empowerment, ODL Institution, KKHSOU