

# The "third man" in the bio-info-modified society

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Abstract Id: 56

Submitted: 06/10/2020

Event: PIconf2020 - Online Education without Social Distance: Challenges for Internationalisation and Culture of Peace

Topic: Education

Keywords: Biopolitics, Freedom, Yoga.

Today in the most advanced civilizations we are witnessing a rapid change of man as a social being, due to his relationship with IT. Man, once an active subject in a society communicating with others, is now a passive subject, whose communicative makes his life increasingly predictable and limits his freedom to act. But a society without free ideas is "anti-human". It is right to take back control of our lives by promoting freedom and free thought. In recent years, many studies focused on the problem of the relationship between technology and children's learning. The results have not been positive because due to technology young people become slaves of their tools and unable to develop the autonomy of thought. In 1998, the MIUR recognized the benefits of yoga as a "method of harmonious development of the child's entire personality and potential", and proposed its teaching in public schools. The purpose of this work is to demonstrate how yoga can be a valid way to educate children in the correct use of IT, to freely develop potential and grow peacefully. Yoga is a pedagogy that invites to gradually give acquisitions, set goals and reach them, take the path and follow it in the awareness of abilities and limitations, to dwell on everything one encounter, know how to listen, pay attention, focus on the actions. We used the deductive method to analyze the hypotheses and the inductive method to analyze cases for establishing different techniques.