

## **Abstract**

The diploma thesis "Yoga and its impact on the psyche of children and youth in the scope of a charity project" dealt with a current and socially important topic. The introduction explained the importance of this topic and the author's motivation for its elaboration.

The first part of the thesis deals with the theoretical background, the importance of charity and social work, its history and present. The next chapter in the theoretical part was devoted to the concepts of yoga. The historical context of yoga in the Czech Republic as well as abroad was described there. Various techniques and types of yoga were emphasized, including its beneficial effects on physicality and psyche. A separate chapter was then devoted to the process of re-socialization of marginal groups of children and youth along with an explanation of how to use the yoga in this process. In the practical part, the survey has been placed and the respondents were introduced. As part of the charity project, the author of the thesis performed yoga and meditation exercises with children at younger school age. A quantitative survey method with ten respondents from the ranks of pedagogical and educational workers of the children's home was used for the research itself. Their responses were evaluated using the method of analysis and comparison. Based on the findings, a summary of the research results with its recommendations was made.

## **Keywords**

Social work, etopedy, institutional care - children's home, yoga, psychological deprivation of children, resocialization of youth.

