



## Holistic Influence of Yogic and Meditative Practices on Students' Psychological Well-Being and Academic Functioning

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### Abstract

Due to the growing academic pressure, lifestyle changes, and technological impacts on students, the issue of mental health has risen to prominence among students due to the stress, anxiety, and emotional imbalance that are likely to be triggered by these factors. Yoga and meditation, which are based on ancient Indian philosophy, are identified as some of the effective practices in ensuring holistic well-being through enhanced physical health, emotional stability, and mind clarity. The current research focuses on the effects of yoga and meditation practice on the mental health of the students and their academic outcomes. The paper provides the conceptual knowledge of yoga and meditation and examines their psychological and physiological advantages. Asanas, pranayama, and meditation are some of the yoga activities that help balance the nervous system and decrease stress hormones and enhance concentration and control of emotions. In a similar manner, meditation methods enhance attention, memory, innovation, and self-awareness and decrease anxiety and depression. The research points out the beneficial outcome of regular practice of yoga and meditation in terms of improved cognitive functioning, stress management, and academic motivation among other students. Past studies have shown that the practices have a positive impact on psychological health, social interactions, and the quality of life. The results indicate that yoga and meditation can be an important part of educational process that will help to maintain mental stability, enhance learning skills, and a balanced way of life in students. Thus, the inclusion of these practices in academic schools can contribute to the comprehensive growth of students and their academic achievements.

**Keywords:** Yoga, Meditation, students, psychological, physiological, academic etc.

### Introduction

These days, kids are constantly bombarded with media, and it's just getting worse. Children are becoming less physically active as a result of technological advancements, which is associated with an increase in a host of health issues, as well as behavioral and mental disorders. Their self-esteem takes a hit, and they start to exhibit signs of mental illness as anxiety, restlessness, tension, and sadness. Having a sound mind is just as crucial to your general health as having a sound body. If you want to be happy, fulfilled, and successful in all aspects of life-at home, at work, and in play-you need to take care of your mental health. Even if your mental health is excellent, you may still experience feelings of depression, unease, or anxiety. Nonetheless, being in tip-top mental shape might assist in putting things in context. When people and groups are emotionally and socially healthy, it has a favorable impact on their overall

well-being. Optimal mental health involves harmony among one's psychological, physiological, spiritual, and social dimensions. It is clear that it is crucial to our overall health since it affects our decision-making and environmental management.

Mental health refers to an individual's level of emotional, social, and psychological stability, all of which influence their mood, thoughts, and behaviors. In our complex and fast-paced world, it is crucial to prioritize mental health and all its aspects to avoid leading an unhealthy lifestyle. Mental health goes beyond the mere absence of mental disease, as stated by the World Health Organization (WHO, 2014). In this ideal world, everyone is healthy, happy, and fulfilled; they are able to handle life's typical challenges, have satisfying careers, and make positive contributions to their communities

Thousands of years ago, in India, a new way of life called

yoga emerged as a discipline for cultivating one's physical, mental, and spiritual selves. Yoga is mentioned in the "Upanishads" and the Puranas, which were written by Indian Aryans during the later Vedic and post-Vedic eras. The "Yoga sutra" principles were bestowed by the "Patanjali," the yoga's renowned founder. These sutras are as relevant now as they were then. Their positive effects on our mental, emotional, and spiritual health allow us to live more fully and joyfully. "Chitta Vritti Nirodhah" is the definition of yoga in Indian philosophy. Yoga is a method for calming the mind or controlling one's thoughts. Yogic practices have numerous positive effects. The advantages may be categorized into three main groups: physical, mental, and spiritual. Some of the most significant mental health benefits of yoga are reduced stress and anxiety, enhanced concentration and clarity of thought, heightened awareness of one's immediate surroundings, and an overall sense of well-being.

Meditation is a mental practice that may be used for specific benefits or as an end in itself; it involves training one's mental abilities or entering a heightened level of awareness. For calming the mind and releasing stress, it is the best option. College kids are full of life and energy, and they're competitive by nature. People are looking for places that meet their demands since their lives have changed as a result of the changing circumstances. Substance abuse, crime, violence, sexuality, and economic hardship are some of the most pressing issues facing today's college students. In addition to lowering their self-confidence, these problems make them long for self-improvement. In addition, these problems cause tension and a decrease in concentration. The calming effects of meditation on stress and morale have long been recognized. When you meditate, your brain's networks that control attention and encourage empathy become stronger. Young people may take charge of their mental health by practicing more mindfulness. A person's mental health goes beyond only being free of cognitive problems. Mental health is a key component of physical health, according to the World Health Organization's constitution.

There are many schools of thought within meditation, each with its own unique method of automatic self-transcendence, concentration, and heightened awareness. Common practices, such as transcendental meditation, include reciting a mantra in order to attain a condition of effortless concentration in the absence of focused attention. Between three and five Additional popular methods include training in mindfulness or achieving a condition of complete present-moment awareness; one such approach is mindfulness-based stress reduction. The significance of these distinctions and their impact on the consequences of psychosocial stress remain unclear.

The ancient Indian practices of yoga and meditation are well-known for their ability to improve one's mental, emotional, and physical well-being as a whole. Yoga and meditation both have calming effects, lower cortisol levels, and make people more emotionally stable and focused. Students are among the many groups that have benefited from these strategies for lowering stress and anxiety. As they enter the challenging medical curriculum, first-year MBBS students at Government Medical College, Siddipet, Telangana, are the subject of the present research. It is

essential to investigate treatments that might alleviate their mental health issues since this time often causes considerable stress. The Perceived Stress Scale (PSS) and the Beck Anxiety Inventory (BAI) were used to assess the effects of a 6-week yoga and meditation program on participants' levels of anxiety and perceived stress. The purpose of this research is to support the idea that medical schools should include yoga and meditation into their curricula to improve students' mental health and academic performance by comparing their stress and anxiety levels before and after the intervention.

The current academic setting is characterized by growing rates of psychological pressure, competition and changes in lifestyle that tend to influence mental health and emotional stability of students. Consequently, there has been a need to determine effective and holistic methods that can help students in the psychological sense and improve their motivation and focus. Yoga and meditation as the ancient Indian practices provide a natural and comprehensive approach to enhancing mental balance, lowering stress levels, and improving emotional resilience. Such practices do not only improve the physical health, they enhance the cognitive performance, self-awareness, and inner calmness. Given the increased significance of mental health among students, the current research study seeks to determine the role of yoga and meditation practices on mental health and motivation to achieve academic success among students. Studying the effect that took place prior to and following the intervention, the study tries to draw the differences in the effectiveness of the implementation of yoga and meditation in the learning setting to aid the overall maturity and psychological gains in the students.

### **Concept of Yoga and Meditation**

#### **Yoga**

"Yoga" means "union" in Sanskrit. Union or connecting is what it signifies. Yoga is the branch of philosophy that studies how the body, mind, and spirit may work together harmoniously toward a common goal. The goal of yoga, as a science of life, is to help people reach their greatest potential so that they may live happy, healthy lives free from suffering. In it, one learns the ins and outs of the soul, the vital energy, and how it connects to one's physical form, society, and the cosmos. Being in perfect harmony with one another and, ultimately, becoming one with the soul of all humanity, is the art of it. To better one's consciousness, one's willpower, and one's self-realization, yoga is a disciplined spiritual exercise. In order to achieve his life's ultimate purpose, a man must first develop his personality, and yoga provides a method for doing just that. Yogic self-realization is the merging of individual soul (Athman) with cosmic soul (Svayambhava).

The practice of yoga has its roots in ancient Indian philosophy. All aspects of a person's being, physical, mental, and spiritual, are believed to be part of this ancient method of self-improvement. "Yoga" means "to join" or "to unite" in Sanskrit. A union of the individual soul with the ultimate soul, it is the control of the mind's activity. Originating in ancient India, yoga is among the earliest disciplines of self-improvement that have come to light. Achieving unification between one's jeevatma (individual soul) and paramatma (universal soul) is the ultimate goal of

yoga, a discipline that teaches its practitioners how to do just that. The practices that help one get closer to the sublime are sometimes referred to as "yoga" (Chakrabarti and Sahana's 1984) [1]. An accomplished physician and widely regarded as the "Father of Modern Yoga," Maharishi Patanjali described the practice around 300 BC as the union of one's rational and emotional selves. As a philosophical framework, yoga shares foundational principles with Samkhya and integrates certain Vedic teachings.

### There are three main types of yogic practices

- Asanas
- Pranayama
- Meditation

### Meditation

Meditation is a mental exercise that helps one become more self-aware, focused, and attentive. The purpose of meditation is to help you reach a deeper level of awareness where you can better manage your thoughts and feelings. The autonomic nerve system (ANS) mediates the effects of meditation on several bodily processes.

Mindfulness and meditation are hot subjects right now, with much of research going on in neuroscience, psychiatry, medicine, and psychology. The development of a comprehensive philosophy of meditation remains an open question. Adding fuel to the fire is the fact that "meditation" encompasses such a wide range of techniques. The term "meditation" is widely used to denote both the altered state of consciousness that results from the mental training method that meditators use.

Achieving a state of tranquility and concentration in the here and now without making continual attempts to transform oneself is the goal of meditation. Deliberately relaxing, entering a self-induced condition, relaxing one's mind and body, concentrating on one's breath, ceasing to think logically, bringing in a spiritual or religious background, and reaching a state of mental stillness are all components of the specialized approach that is meditation. Neuroscientific research has shown that regular meditation practice may influence a person's neurocognition and behavior by influencing their brain's chemistry and physiology. Focusing one's mental energy on a single thing—be it an idea, a sound, a picture, or an experience—is what's known as meditation. The goal of this practice is to enhance psychological health, reach a state of deep spiritual understanding, or gain insight from personal experience.

Meditation and other contemplative practices have been around for a long time, are firmly rooted in their communities, and contain some aspects that have the potential to affect physical and mental health. More than that, it has a goal or purpose that drives it. To do this, one might refer to a recipe as a series of directions. Community evaluators are responsible for carrying out evaluations according to certain criteria in order to gauge success in reaching this objective.

### Effectiveness of Yoga on Mental Health of Student

**Increases your self-esteem:** The vast majority of them consistently display poor self-esteem. Negative drug use, excessive eating, long hours at work, and sleeping around may take a toll on your mental, emotional, and moral

wellbeing. With an optimistic outlook and regular meditation, you may learn to recognize your own worthiness or, according to yogic teachings, see yourself as a mirror of the All-powerful-in fleeting glimpses at first, and then in more profound experiences later on. If you exercise regularly with the intention of self-evaluation and progress, rather than just as a replacement for aerobics, you will uncover a different aspect of your personality. Along with a sense of purpose and belonging, you may feel thankfulness, remorse, and redemption. Despite the fact that spirituality does not set out to enhance one's health, several clinical trials have shown that it is often an unintended consequence.

**Maintains your nervous system:** A great deal of the physical control that some seasoned yogis exhibit is under the direction of their neurological system. Yoga practitioners were studied for their ability to induce arrhythmias, alter brain waves in distinctive ways, and increase hand temperatures by fifteen degrees Fahrenheit via the practice of meditation. Yoga teaches you how to accomplish that, so you may learn to relax if you have problems sleeping or increase blood flow to the pelvic if you want to conceive.

**Create peace of mind:** Meditation calms the mind, according to Patanjali's Yoga Sutra. To rephrase, it speeds up the internal cycles of desire, letdown, shame, wrath, and anxiety. Learning to calm your mind will likely increase your lifespan and decrease your risk of serious health complications including anxiety, lupus, MS, eczema, hypertension, and heart attacks.

**Build up your immune system:** Meditation has the most robust immune-boosting benefits so far, while asana and pranayama may help improve the immune system. All things considered, this improves the immune system's performance, making it stronger when called for (like when a vaccine causes antibody levels to rise) and weaker when called for (like when an autoimmune disease like psoriasis causes the immune system to work too hard).

**Releases tension in your limbs:** When you gaze at a computer screen, do you ever see yourself clenching your jaw or gripping the driving wheel tightly? Constant pain, weakened muscles, and stiffness, as well as increased tension and depression, may result from these habitual movements of the hands, arms, legs, back, and face. You can find that your jaw, hair, face, and neck muscles get tense during yoga. Just by listening in, you can find that the tension between your tongue and head is reduced. Learning to relax bigger muscles, such as the buttocks, trapezius, and quadriceps, might take a long time.

**Regulates your adrenal glands:** Reducing cortisol volume is one of yoga's benefits. Think about this if it seems to be nothing. As a normal defense mechanism, when the adrenal glands detect an emergency, they release cortisol, which temporarily boosts immune function. The immune system may be compromised if cortisol rates remain elevated long after the crisis has passed. While it's good to temporarily boost cortisol aid for long-term memory, doing so continuously lowers performance and may cause long-term

brain changes. Conditions including severe depression, osteoporosis (since it hinders the creation of new bone by stealing calcium and other nutrients from bones), high blood pressure, and insulin resistance have really been associated with toxic cortical chemicals. According to research, rats with high cortisol rates engage in "food seeking activity" (the sort that causes you to eat when you're angry, upset, or anxious). Gaining weight, diabetes, and cardiovascular disease are all consequences of the body storing excess calories as belly fat.

### **Effectiveness of meditation on mental health**

Numerous cognitive and perceptual capacities have been associated with meditation activities. The range of these skills might be anything from mundane to extraordinary. The many mental and behavioral effects of meditation have been the subject of many scientific investigations.

### **Aid in alleviating depression and anxiety**

When compared to antidepressant medication, research shows that meditation is just as effective in reducing anxiety and depression symptoms. It raises the body's prana (life force) level. Anxiety may be naturally reduced by increasing prana level, according to Ayurveda. The Art of Living's Sahaj Samadhi Dhyana is a meditation method that has shown promise in reducing the severity of symptoms linked to depression in old age.

### **Sensory perception**

Using a pre-and post-test design with a control group, Brown, Forte, and Dysart investigated visual acuity in individuals who practiced Buddhist meditation. A post-test was administered after a rigorous three-month meditation regimen. To measure visual sensitivity, we used simple light flashes to find the detection and discrimination thresholds. There is evidence that the meditation retreats improved participants' visual sensitivity. Additional research has shown that meditating reduces visual threshold and increases aural sensitivity. Additional studies have shown better visual-motor speed, longer attention spans, less visual distractions, quicker response times, and greater visual-imaging abilities.

### **Enhances Focus, Attention, and Memory**

Mindfulness and enhanced cognitive concentration are two benefits of regular meditation practice. Every so often, thoughts of the future and the past cross the mind. Aversion to the future or wrath toward the past are the two main emotions we experience. One way to become more attuned to the here and now is to practice meditation. Focus and attention span are both enhanced as a result. The brain's grey matter gets a boost from meditation, which enhances memory.

### **Facilitates the process of healing and effectively controls pain**

Meditation aids with recovery and pain management, according to research. People with chronic pain who meditate regularly are able to control and manage their discomfort much better. Empirical research suggests that meditation may help in the healing process for those with chronic diseases.

### **Meditation for Memory, Intelligence and Creativity**

Research has shown that the more time one spends practicing Transcendental Meditation (TM), the better they do on a test of nonverbal intelligence. Similar results about enhancements in cognitive ability were also observed in another investigation. Researchers have shown that regular practice of Transcendental Meditation (TM) improves IQ, memory (both short- and long-term), cognitive ability, and academic achievement. The link between meditation and creativity has been the subject of conflicting study findings. Experts in the field of Transcendental Meditation (TM) have shown that regular practitioners of the technique exhibit much higher levels of original thought. The link between meditation and inventiveness, however, was not confirmed by further research. Many believe that the ultimate aim of serious meditators should be self-actualization. Numerous research has investigated various facets of self-actualization and meditative experiences. The effects of relaxation techniques like Transcendental Meditation (TM) on self-actualization were examined in 42 research articles that were pooled together for a meta-analysis. Emotional maturity, an in-depth knowledge of oneself and the environment, and a robust and adaptable self-concept were the three criteria used to assess self-actualization. Transcendental Meditation (TM) had an effect on self-actualization that was around three times stronger than other relaxation and meditation techniques, according to the study's authors. Additional research has shown that regular meditation practice enhances several dimensions of self-actualization.

### **Enhances interpersonal connections**

Reducing negative emotions like anger and blaming others are two benefits of regular meditation and mindfulness practice. You get a dispassionate view of life and find it easy to put aside little arguments. In order to heighten the intensity of your romantic interactions, Sudarshan Kriya might increase your body's production of the hormone oxytocin.

### **Psychology of Meditation**

Psychologists seek to answer the question, "What is the nature of human thought and behaviour?" by using scientific methods to the study of the mind. They look at things like overt actions, subtle mental operations, physiological responses, cultural influences, and buried, unconscious thought patterns. In addition, in order to comprehend behavior, they examine the intricate interplay of all of these many components. Conscious experience ought to be the primary area of research in psychology. Like scientists dissect complicated things, our job is to break down emotions, pictures, and experiences into their component pieces. Then we may begin to comprehend the mind for what it really is. Introspection, in which we ask people to explain the mental processes at work as they carry out a series of activities or go through a particular event, may help us achieve this goal. The study of psychology presents both fascinating and difficult problems. It keeps going at a rapid pace every year and keeps answering fundamental issues about being human.

There is a great deal of promise in psychology. Our lives, our communities, and our world can be better understood

and improved via it. When compared to its early days, modern psychology is more of an experimental discipline than a field based on speculation or subjective opinion. Since it is an impartial science, psychology does not prescribe any particular way of behaving. The field of psychology is not concerned with "what should be," but rather with explaining how an animal or person would normally conduct in such a situation. In terms of behavior, this science discusses how and why things occurred in a certain manner; it does not discuss any rules or norms. At its most extreme, psychology penetrates other fields of study, and thus proves Woodworth's thesis: that psychology is a science that seeks to comprehend, analyze, and shed light on the mind and all of its implicit and explicit processes and procedures.

### **Impact of yoga and meditation on mental & physical health and thereby on academic performance of students**

Meditating has been around for as long as humans have, having its origins in the ancient Vedic mythology. This ancient Indian medical technique has its roots in the Vedic period and is being employed today in Ayurveda. In its quest to find cures and avoid illnesses, Ayurveda takes a holistic approach to human wellness. Connecting with your deep inner Self is the primary goal. Methods that lead to the desired outcome are the true purpose of meditation. Throughout history, people have turned to meditation as a means to enhance their overall health and well-being, whether that's physically, emotionally, mentally, or even in the face of a terrible sickness. Nowadays, people all around the globe meditate, and its popularity has skyrocketed in the last two or three decades, mostly because people are much more stressed out and have a much harder time striking a healthy work-life balance than in previous decades. The percentage of Americans who meditated in the preceding year increased to 14.2% in 2017 from 4.1% in 2012, according to a new report by the National Health Interview Survey (NHIS). Also, with the pressures kids face from rising levels of competitiveness across all academic disciplines, it was critical that they find ways to relax via meditation so they could do their best in school. Nowadays, students are under a lot of pressure to perform well in school and to have respectable jobs waiting for them after they graduate or get their master's degree.

Family, friends, classmates, society, businesses, and corporations are just a few of the places where pressure may build up. Weak people with poor morale and drive are the result of all this. These are challenging times, so it's more important than ever to stand out and do well in school and the workplace. The number of pupils who meditate has grown substantially over the last decade, going from 0.6% in 2012 to 5.4% in 2017. This includes both elementary school students and those in the United States who are between the ages of 4 and 17. All of these things point to the importance of meditation and its role in promoting physical health, emotional stability, psychological wellness, and success in all areas of life. Research on the effects of meditation on students' mental and emotional health, physical and psychological well-being, and academic performance is urgently needed, particularly among those pursuing PhDs, master's degrees, or other advanced degrees, due to the concept's weight and its potential to foster more

self-assured and focused individuals. The goal of this study is to determine if and how regular meditation practice has positive effects on the physical and mental health of college students, specifically in relation to their ability to concentrate, anxiety levels, and general happiness.

Accomplishment in academic tasks, as shown by students' performance on standardized exams and reported as grades or units based on norms determined from a representative sample of students' work, is known as academic accomplishment. According to studies, stress of any amount may impair performance, no matter how little. The difficulty to focus is one of the cognitive responses to stress. Harmony, balance, and wellness are hallmarks of the yoga lifestyle. According to Maharishi Mahesh Yogi, who developed a novel kind of meditation currently referred to as transcendental meditation, meditating is an integral aspect of yoga and the seventh limb of Ashtanga Yoga. As a result of regular yoga practice, one may expect to achieve a level of mental calmness in which they are able to moderately react to both positive and negative stimuli from the outside world.

As a discipline, yoga offers a wealth of information that helps its adherents live healthier, more fulfilling lives in all aspects of their being: physically, mentally, spiritually, and socially. Typically, physical demonstrations of asanas, pranayama, kriyas, mudras, and bandhans are the primary means of instruction in Hatha Yoga. While different forms of meditation focus on the mind, they all have a common goal: cultivating an awareness of one's own inner workings that can alter one's emotional and visceral functions, which in turn can alter one's intellectual and physical functioning. After six months of meditating, doing asanas, and pranayama, you will feel better physically and mentally, lose weight, have more vital capacity, speed up your endocrine activities, and have better memory. The 86 patients who suffered from headaches, sleeplessness, and anxiety all saw improvements after only three months of Savasana practice. shown that yoga may assist those with stress disorders attain metabolic and physical stability, and it may even have an effect on the condition itself. Research by Sahasi *et al.* shows that yogic methods may help with anxiety control and improve focus and concentration.

Adolescents may benefit from yoga's stress management practices, which include meditation, asanas, and pranayama. Meditation and pranayama both help the thalamic level of the brain handle sensory data more efficiently. Students' attention and stability were improved after 10 days of practice when they engaged in these two activities alongside physical postures, cleaning practices, devotional sessions, and lectures on the philosophy and theory of yoga. Better eye-hand coordination, focus, concentration, and relaxation were thought to be responsible for this improvement. Students' violent conduct is reduced after participating in a 4-week yogasana and meditation program, according to one research. According to another research, meditation offers many benefits, including lowering the frequency of thoughts, improving physical and mental health, decreasing drug misuse, and overall improving quality of life. It also decreases difficulties associated to maladaptive behaviors. Stress levels are reduced and academic performance is enhanced by transcendental meditation. Mentally chanting "Om" heightens awareness, and regular yoga practice boosts

athletic performance. Scientific studies conducted by the Mind/Body Institute, Harvard Medical School, and the University of Kentucky in Lexington, USA, directed by Bruce D' Hara and his colleagues, shown that meditation improves cognitive abilities and performance. In this research, we look at the relationship between stress and the academic performance of high school pupils and whether or not yoga has any influence on it. Against this backdrop, the current investigation set out to determine: (1) Does yoga have any impact on stress-related academic performance?

A person's mind, body, and spirit may all be better managed with regular yoga practice. As a result of the integration of mental and physical practices, it facilitates the management of stress and anxiety and the maintenance of a state of deep relaxation. Flexibility, strength, and body tone may all be improved with its aid. Enhanced breathing, vigor, and energy are the results. On the surface, yoga may seem to be nothing more than stretching, yet the physical, mental, and emotional benefits of regular practice are far-reaching. Modern kids at almost every grade level may benefit greatly from the ancient practice of yoga.

Yoga's focus on breath and movement helps relieve mental and physical strain from sitting at desks all day and from slouching over computers. There are many potential benefits to incorporating Yoga into school curricula, and the practice has already attracted over 20 million students, according to the Huffington Post (2013) [2]. Learning yoga is like studying a comprehensive science. Human flourishing encompasses a man's intellectual, emotional, physical, and spiritual growth, and it's an intentional and methodical process. Numerous studies have shown that yoga improves one's physical, mental, intellectual, and social well-being. According to Aminabhavi's (1996) [5] research, participants' mental health and the development of a positive attitude were both improved by yoga instruction. Anxiety, aggression, despair, and dysphasia are all less common among regular meditators, according to research by Beauchamp-turner *et al.* (1992) [4]. Yes, Jyotsana. 2012 [3] also found that Rajyoga and positive thinking significantly reduced elderly people's felt loneliness and death dread.

### Conclusion

The current study highlights the high importance of yoga and meditation in enhancing the mental and emotional well-being of students and their academic achievements. The current competitive educational climate frequently implies a great deal of stress, anxiety and psychological pressure on the student, which can adversely influence his/her ability to concentrate, his/her motivation and his/her academic performance. Yoga and meditation provide scientifically valid methods to overcome these problems through enhancing mental purity, emotional stability and physical wellness. The results presented in the current research show that regular yogic activities including asanas, pranayama, and meditation assist to control the nervous system, decrease stress level, improve cognitive functions, and increase attentiveness and memory. These are also the practices that aid in the development of positive attitude, self-awareness, emotional stability and improved interpersonal relationship amongst students. Moreover, meditation practices enhance mindfulness and focus which are critical in effective learning and achievement in school.

The paper points out that yoga and meditation as a part of learning institutions can help to establish a healthier learning environment and promote overall growth of students. This is why schools and colleges ought to support the adoption of yoga and meditation courses during the education system to advocate mental health, academic inspiration, and general personality enhancements. Future studies can also extend to investigate the psychological health and educational performance of students in the long-term effects of these practices.

### Suggestions

- Yoga and Meditation need to be part of school life in order to enhance the mental well-being of students and motivate them to achieve higher results.
- Educators are encouraged to initiate the students to engage in formal mindfulness and relaxation practices.
- The education programs must be aimed at creating psychological health as well as goal-oriented behavior among students.
- Stress management and emotional stability workshops may be put together to help students develop.
- Future research is advised to investigate such interventions in other areas so as to generalize the effects of Yoga and Meditation among the students.

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