



Health, Well-being- Sport and Yoga: Agenda for Youth

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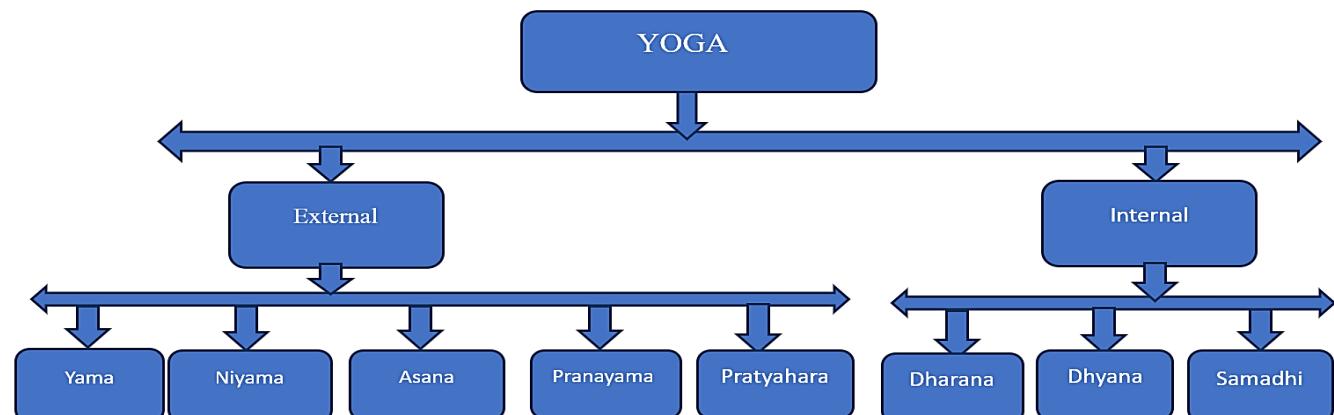
Abstract:

Today's time is full of challenges. Everyone wants to achieve a lot in a short time. This creates physical and mental imbalance. In this fast-paced life, everyone should incorporate yoga into their daily routine. Technology is dominant in today's time. Along with the advantages of technology, some disadvantages also come out. In present time yoga put as physical exercise but yoga is the all development of youth. The title of the Study Health, Well-being- Sport and Yoga: Agenda for Youth interest in yoga, sport and well-being and what relationship between among of these variables. This Study mainly focuses on youth. The main objectives of this study are finding the relationship between Health, Well-being- Sport and Yoga. In this study content analysis methods are used. After review we found that yoga mainly used with one or two variables but integrated studies are found in previous study. This study fulfils the research gap and gives a holistic and integrated approach. This research mainly based on secondary data collection. Secondary data collected by various national and international sites. Some sites are given below: Shodhganga, Google scholar, Research Gate, ERIC (U.S. Department of Education) and digital sites. Some data collected by Government of India likes that Ministry of Ayush and Ministry of Youth Affairs & Sports and various policies as national-youth-policy-2014 and Fit India Movement. Yoga is an integral and pivotal part of our life. Yoga and sport are two sides of the same coin. Yoga can provide relief from health-related problems. Yoga contains such powers that enhance the entire personality. Yoga and sports also have an unbreakable and positive relationship. Doing yoga increases the ability of the player. In the coming times, policy makers, institutions and the government should also formulate a policy so that yoga and sports can be included as an integrated curriculum.

Keywords: Yoga, Stress, Mental Well-Being, Physical well-being, Sport

1. Introduction

Yoga is the integral part of life. The term Yoga comes from the Sanskrit root "Yug" which means to join unite or connects to mind, body and spirit. Maharishi Patanjali was the founder of yoga. Maharishi Patanjali gives eight yoga sutras which divided in two main parts- (1) Internal & (2) External



External Yoga deals with the physical (body) and other conduct. Internal Yoga deals with the concentration, meditation, and absorption of mind. In nowadays yoga included as physical exercise but ancient time yoga is the realization of self (Atma). Mental wellbeing is which states where all aspect is harmonised and balanced like psychological emotional and social in specially youth. Sport is also considered as physical exercise which enhances the physical health. Yoga and sports promote stress reduction and Mental and physical well-being. Engaging in physical activity, whether through sports or yoga, which are natural mood elevators and natural stress management technique. Mental Health and Well-being: Yoga and Sports support mental well-being by providing stress relief, relaxation, and many more opportunities like health issues, carrier. The present time is full of struggles and competitions. In this time life is fast-paced, every person is striving to move ahead of others. As a result, stress and tension have become arise. Yoga provides relief from such stress and fills their hearts with peace. Yoga always helps in maintaining mental balance. Mental well-being develops the student's self-confidence and concentration. Yoga also helps students to overcome the stress arising from upcoming challenges. Yoga is increasingly seen as a tool for stress relief, flexibility, and improving overall fitness, with practices. Incorporating yoga into one's daily routine has to improve one's physical, social, emotional, and spiritual health, as well as one's overall well-being, since it is a holistic and comprehensive approach to living that helps to reduces stress on all levels.

2. Objectives

1. To publish original research and review articles on Yoga; Health, wellbeing & Sports.
2. To finds the relationship between Yoga; Health, wellbeing & Sports.

3. Methodology

This study based on secondary data analysis. Secondary data collected by many sites Shodhganga, Google scholar, ResearchGate, ERIC (U.S. Department of Education) and digital sites. Various Data collected by Policy repositories like that Ministry of Youth Affairs & Sports and Ayush Ministry. This research paper based on review or repeatedly called as content analysis. It's not presenting a new experimental data but it concludes the previous existing research on specific topic. This paper provides a comprehensive and holistic approach of the current state of knowledge, and also fulfil the research gap and also gives suggestions for further research.

A Comparative Analysis of Meditation Techniques and Their Influence on Psychological and Physiological Parameters: Sharma, R., Singh, M., et. all (2025) Programs for meditation can lessen the experimental aspects of psychological stress. When compared with nonspecific active controls, mindfulness meditation programs show small improvements with moderate evidence for anxiety, depression, and pain; small evidence for stress/distress and the mental health component of health-related quality of life; and low evidence for these outcomes. It impossible to gain fresh insights into mind-body connections through the practice of meditation.

Exploring the Synergy between Yoga and Mindfulness Sport Practices: Enhancing Mental and Physical Well-Being: Deshmukh, L., & Janghel, U. et all (2024) Yoga and sports are complementary to each other. Yoga promotes to achieving harmony, balance and nurturing a healthy, and prosperous life. Youth can gain physical and mental well-being. Yoga and sports play important roles in shaping individual lives, societies, and nations. They gain physical fitness, mental well-being, and a sense of community. With its holistic and integrated approach, yoga promotes harmony between mind, body, and spirit (Chit). Sports promotes instil discipline, teamwork, and leadership qualities, and moral value. which are crucial for a nation's progress Traditional societies often integrated yoga and sports into daily routines, recognising their importance in maintaining a healthy life, style and fostering community bonds.

Effect of Yogic Intervention on Anxiety Frustration and Mental Health among Individual and Team Game Players: Patel, V. (2025) Male and female individual and team game players exhibited a notable reduction in their somatic anxiety and worry, and their concentration levels increased after the

intervention so they could focus on the game. Including yoga in training programs can offer mental health benefits regardless of the type of sport. The results advocate integrating yoga into sports players' training to improve mental health and reduce adverse emotional situations.

A comparative study of yoga practitioners and nonyoga practitioners on subjective wellbeing psychological hardiness and physical fitness among emerging adult: Pareek, J. (2025) outcome demonstrates that the yoga practice was successful improving physical fitness performance significantly. The healthy lifestyle, regular yoga practice, and natural surroundings all contributed to a noticeably better. Improvement in the performance of the yoga practitioner compared to the Nonyoga Practitioner. Through the study, subjective well-being significantly improved after the yoga practice. Yoga practices such as improves good feelings, health, and quality of life while lowering stress, anxiety, and hopelessness.

The Power of Yoga in Sports: Enhancing Performance and Well-Being: Jha, S. (2023) Yoga is which technique which deals with the physical, mental, and spiritual well-being. Yoga has been gaining popularity in the sports world because is improves the stamina of the sports person. Yoga has been reputed for reinforcing concentration, alleviating gastrointestinal disorders, refining muscle coordination, and curbing superfluous body fat.

Integrating Sports and Yoga: A Multilevel Framework for Advancing Health, Education, and Social Well-Being: Yadav, V. (2025) Sports and yoga represent two complementary embodied practices that extend beyond physical activity to shape health, education, and social well-being. Sports foster cardiovascular fitness, motor coordination, resilience, and teamwork, while yoga emphasizes autonomic regulation, stress reduction, flexibility, mindfulness, and self-regulation.

YOGA AND MEDITATION: ENHANCING STUDENT MENTAL HEALTH AND WELL-BEING: Sharma, Dr & Gupta, Ms. (2025) This research investigates the impact of yoga and meditation on the mental health and well-being of school students through a five-week intervention program. A total of 60 school students participated in daily 30-minute yoga and meditation sessions over five weeks. Pre- and post-intervention assessments were conducted using standardised psychological scales. The paired sample t-test revealed significant improvements in both mental health and subjective well-being scores. The findings suggest that regular practice of yoga and meditation can be an effective school-based intervention to enhance student well-being.

Yoga for Health, Happiness & Harmony 384 CHAPTER -50 YOGA FOR MENTAL WELL BEING: N. Amsaveni, Raj, Ms. & et al (2025). Research indicates that regular yoga practice can significantly reduce symptoms of anxiety, depression, and stress, while promotes stamina of sportsman. Yoga help and promotes psychological wellbeing of youth. Yoga also helps to reduction of cortisol levels, and improvement in mindfulness and body awareness.

Awareness and Practice Regarding Yoga among High School Students in Selected Institutes of the Kathmandu District: Khan, K., Thapa, P. & Adamopoulos, I. P. (2025). A study was conducted on high school students and it was concluded that 49.8% of the participants did not have knowledge about yoga. Whereas majority of the participants 90.4% said that they do not have any habit of doing yoga. These findings suggest a gap between knowledge and practice. Physical and mental health are complementary to each other when student is not fit physically then mental health are also affected.

4. Finding

After review the previous knowledge present on various sites getting a research gap. This research paper provides the overview and summary of previously published research paper and article. After analysis of content, we conclude that a positive relationship between yoga and sport. Yoga also helps in improve flexibility, harmony balance, core strength with help of Asanas (Postures). Dhyana (Meditation) enhances

the focus, reaction time and coping with stress. Pranayama (Breathing) boosts the lungs capacity, oxygen capacity, endurance which is also helpful to enhance physical strength of sportsman. Yama develops the discipline, Moral and Ethical considerations. Yoga affects the overall development of youth. Globally, it is estimated that 1 in 7 (14.3%) 10–19-year-olds experience mental health conditions, yet these remain largely unrecognized and untreated. Published data also highlight concerning increases in suicide rates across many countries among those aged 10 to 24 years. This is amplified by recently released global Mental Health Atlas data, which show that only 56 percent of countries have a distinct or integrated child and youth mental health policy or plan, while fewer than half of responding countries provide community based, school based, or other mental health services for children and adolescents. After seeing this report, we can say that specially youth are suffering from stress. When problem arises, a solution comes up. Yoga is the solution of stress and many more problem. In last we can say that Yoga se hi Hoga.

5. Conclusion

Today life is full of challenges, and this gives birth to stress. After review we found that yoga helps in reducing stress by lowering the level of the stress hormone, cortisol. Yoga helps in coming out of stress and also acts as a stress management tool. Various researches prove that yoga helps in increasing the stamina of sportsman. yoga enhances the mental, physical and social wellbeing of youth. Almost every aspect of a student's life is affected by their mental health and well-being level. It determines whether one engages in certain activities or tasks, and also ensures the likelihood of completing those tasks or activities successfully. Yoga helps to stabilized the mental health. The integration of yoga, sport, and wellbeing promotes the holistic development of student. Previous studies focus only yoga with physical wellbeing but this study focuses on three variables yoga, sport and wellbeing of youth. In present scenario this study is very effectives and prominent. Yoga and sport are complementary to each other and found a positive relationship between yoga and sport. Yoga and sports are complementary and integrated approach (disciplines) that enhance physical, mental, and overall well-being, especially among youth. Their integration creates a synergistic effect, making sportsman stronger, calmer. Yoga also helps to get rid of stress in sportsman.

6. Implications of the study for policy-making

Yoga and sport are complementary to each other. Many policies or plans are launched to integrated Yoga, wellbeing and Sport. National youth Policy lunched in 2014. Its Aim to empower youth for India's holistic development. Creating a productive and integrated through education, employment, and entrepreneurship. Developing a healthy generation through health, sports, and lifestyle. Ministry of Ayush launched Namaste-Yoga APP (12 Nov 2024) which promotes positive yoga attitudes among youth. FIT INDIA APP helps in Check your Fitness Level Score, Track your Steps. Track your Sleep, track your calorie intake, Be Part of Fit India Events, Get Diet Plans Age-wise and fitness level. Fit India Movements view to make fitness an integral part of our daily lives.

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