



## A Study of Mental and Physical Well-being of Student in Context of their Yoga Attitude

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### Abstract:

*India is a diverse country, different culture, different tradition, different religion and different custom. Diversion is the virtue of India. Separation is the against of nature. The term “yoga” comes from the Sanskrit root yuj, which means to join— or the union of body (Physical), mind (Mental), and spirit (Self). Yoga also unites the people socially. This Study mainly focuses on attitude towards Yoga in student. The main scope and objectives of this study are finding the relationship between mental, physical Well-being and Yoga attitude. This type of research, two types of null hypotheses were formulated, and research and review on both hypotheses led to their rejection, and it was found that there is a positive correlation between the yoga attitude and mental and physical wellbeing. In this study content analysis and peer review methods are used. After review we found that yoga mainly used with str one variable, but integrated studies are not found in previous study. This study fulfils the research gap and gives a holistic and integrated approach. This research paper 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 many sites. Some data collected by Government of India likes that Ministry of Ayush, WHO, UN and many more. In today's fast-paced life, yoga is the only memory that gives peace of mind. Yoga is an integral part of our life. Yoga also enhances the concentration power in student, which is more prominent in student life. Yoga not only improves physical well-being but also mental well-being. In conclusion a significant relationship between yoga and mental, physical well-being.*

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**Keywords:** Mental Well-being, Physical Well-being, Yoga Attitude, Student

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### 1. Introduction

Yoga is an integral part of human lives. In ancient time yoga was broad term but nowadays yoga is considered as physical exercise. yoga is the part of journey that which influences the whole life. The term “yoga” comes from the Sanskrit root yuj, which means to join or rejoin Anatma to parmatma— or the union of body (Physical), mind (Mental), and spirit (Self). World Health Organization (WHO) says that enhance mental health, with an important goal to promote mental well-being. Yoga also connects people local to global.

### 2. Harmonizing wellbeing: The Fusion of Yoga and Mental and Physical wellbeing

The Impact of Yoga and Meditation on Mental and Physical Well-being; Sharma, D., & Sharma, B. R. (2024). Conduced a research and find out that the effects of yoga on students' mental wellbeing, including many activities like that - relaxation, retention power, memory, stress, depression, anxiety and physical wellbeing are also examined. Yoga (Meditation) enhances mental and physical well-being. Yoga also acts as stress coping technique.

**Yoga and Mental Well-being: A Qualitative Exploration of the Lived Experiences of Yoga Practitioner**  
Vogler, S., Salyer, R. E., & Giacobbi, P. R. (2023).; Finds that regular yoga practice promotes physical and mental well-being of students by discussing how yoga could become a more integrated modality to sustained health. Yoga is not a physical exercise but also promotes the mental well-being.

**Effects of yoga on functional capacity and well being** Akhtar, P., Yardi, S., & Akhtar, M. (2013). Regular Yoga practices are beneficial and helpful in improving the functional capacity. He finds that's yoga is also helpful and fruitful to enhancing the mental wellbeing. Their potential in enhancing mental health is significant and aligns with the achievement, which advocates for the promotion of mental health and well-being.

WHO release a report (World mental health report) **Transforming mental health for all** under the direction of **Dr Tedros Adhanom Ghebreyesus** During the Covid 2019 period, people learned to live together. The biggest problem is that time a mental health. Mental health and well-being are also related to each other. During the first wave of COVID-19, 25% more people experienced more stress in that time. More than 1 billion people already suffer from mental health problems. Mental health doesn't mean you're not sick or ill, but rather that you have good physical and mental well-being. Mental health is a vital and important part of our lives, which affecting our entire lives. Mental health and well being has been given place in Sustainable development Goal (SDG3: Good Health and Well-being) Yoga is a holistic approach and comprehensive for harmony and well-being, blending with physical and mental. Yoga also enhances physical and mental well-being when they integrated.

**Exploring the Synergy between Yoga and Mindfulness Sport Practices: Enhancing Mental and Physical Well-Being** Deshmukh, L., Janghel, U., Sonkuwar, A., & Thakur, R. (2024): conducted research and finds that Yoga is a holistic approach for harmony and blending physical and mental well-being. Various forms of yoga (Asana) are benefits beyond physical health, enriching various aspects of life. He finds that a positive relationship between yoga and wellbeing.

**Exploring Wellbeing Profiles, Mindfulness, Compassion and Personality Traits in Regular Ashtanga Yoga Practitioners: A Cluster Analysis** Ramirez-Duran, D., Kern, M.L. Mindfulness (2025) A study was conducted 199 people and finds that a positive impact on its wellbeing. Ashtanga yoga practice regularly enhances in their levels of wellbeing physical and mental. Participants and researcher find that their yoga practice greatly influenced their wellbeing.

**The Effect of Daily Yoga Practice on the Physical and Mental Well-Being of College Regular** yoga practice Parekh, N. (2025). including a variety of Yoga asanas, like Tanasan Sarvang asana, Surya Namaskar with mantras this leads the significant improvements in physical, mental, and social wellbeing among the participating students. This research was held for five days per week over 2 months. This research found that positive yoga attitude improves wellbeing.

**Effect of yoga on academic anxiety and wellbeing among school students** Njue Phd, John. (2024). Research was done that found that a significant difference between two groups in the level of wellbeing. Yoga positively affects the student's wellbeing.

**The effects of yoga on mental health in school-aged children: A Systematic Review and Narrative Synthesis of Randomised Control Trials** Khunti, K., Boniface, S., Norris, & et all (2023). After 21 peer-reviewed RCT trials, it was found that school-based yoga program Positively impact on student mental health.

**Ministry of Ayush: The 10<sup>th</sup> edition International Yoga Day** was celebrated in 2024, serving as a milestone for promoting mental health and well-being.

Effect of yoga program on wellbeing of deaf adolescents Positive Psychological Effects of School-Based Yoga and Mindfulness Programs for At-Risk Hispanic Adolescents Allen, D., & Delgado, J. (Mar 2023) A quasi-experimental study was organized in which it was found that there was significant change in the student mental level compared to before.

Effect of yoga program on wellbeing of deaf adolescents a randomised controlled study. John Britto J., Rajesh S. K. (2025) conducted research and found that comprehensive and holistic study reflects that of yoga is positively correlated with deaf adolescents.

A comparative study of yoga practitioners and non-yoga practitioners on subjective wellbeing psychological hardiness and physical fitness among emerging adults) (Pareek, shodhganga, 2024) Wellbeing significantly improved by doing regularly Yoga practice in comparison to non-yoga practitioner.

### 3. Objectives

1. To publish original research and review article on Mental and Physical Wellbeing of Student in Context of their Yoga Attitude.
2. To finds the relationship between Mental well and yoga attitude.
3. To finds the relationship between physical wellbeing and yoga attitude.

### 4. Hypotheses

**H01:** There is no significant relationship between Mental wellbeing and yoga attitude.

**H02:** There is no significant relationship between Physical wellbeing and yoga attitude.

### 5. Research Methodology

This research paper mainly based on secondary data collection and analysis. Secondary data collected by various national and international sites. Some sites are given below: Shodhganga, Google scholar, Research Gate, Scopus, ERIC (U.S. Department of Education) and many sites. Some data collected by Government of India likes that, WHO, UN and many more. This research paper based on content analysis and peer review paper. This research paper based on not experimental data but also conclude the previous paper on that topic. this paper fulfils the research gap and gives the holistic approaches on mental, and physical wellbeing on yoga attitudes.

### 6. Finding

Yoga and Physical well being correlates with each other. Yoga also enhances the physical capacities due to regularly practice. yoga training can also help student unlock their full potential, manage stress, and maintain emotional and mental balance, while regular yoga practitioners can benefit from the principles of self-awareness and self-improvement. The researcher constructed two kinds of null hypotheses The researcher constructed two kinds of null hypotheses Testing led to the rejection of both null hypotheses, establishing a positive association between yoga attitude and wellbeing (Mental and Physical) under study.

### 7. Conclusion

Our objective is to promotes the mental and Physical wellbeing. In this study explore the connection between physical and mental health through yoga. After review we found that yoga has positive correlated with wellbeing. Most of societies and most people neglects mental health or mental health problem and do not provide the care and support people which need and deserve. Mental health is an integral and important part of our general health and well-being and a most basic human right. Yoga is not limited to any one individual; it unites the nation and the world. Yoga is free from the limitations of religion, caste, community, or class. Therefore, it can be said that yoga promotes physical, mental, and social development of student. Yoga also free from age limit.

## 8. Implications of the study for policy making

We need such innovative approaches or policy or action today that can achieve the objectives of the Sustainable Development Goals (SDG) and the Mental Health Action Plan (WHO) 2013–2030 and to provide support or care for that student in which deserve it. Policymakers and intuitions should implement a policy designed to nurture the physical growth and mental well-being of their students. Programs like Yoga awareness should be added to achieve goals such as the Sustainable Development Goal.

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