

**EFFECT OF REGULAR YOGA PRACTICE ON STUDENTS' LEARNING HABITS**

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**Abstract:**

*Today's students face increased academic stress, which often affects their concentration, emotional balance, and study habits. This qualitative study uses secondary data from research articles and academic sources to explore the role of regular yoga practice in improving students' study skills and academic readiness. A thematic analysis of existing literature shows that yoga practices such as poses, breathing exercises, and meditation improve concentration, memory, stress management, and self-discipline. These psychological and cognitive benefits contribute to more effective learning and a positive attitude towards learning. The study concludes that yoga serves as a holistic, practical approach to supporting students' academic engagement and overall well-being, and that incorporating yoga into educational environments can promote healthier and more productive study habits.*

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**Introduction:**

Raising successful children is a top priority for many parents and guardians. This includes regularly planning for the future and doing everything necessary to achieve it academically. While this can be productive and encourage children to aim high, the cycle of always looking ahead in their academic lives can be harmful. Many young people experience tremendous academic pressure to get good grades, get into prestigious universities, and prepare for successful careers. In today's fast-paced world of higher education, where students juggle classes, exams and social lives, stress and anxiety are all too common. But what if there was a way to solve these problems while improving academic performance and overall well-being? This is where yoga comes in handy. Yoga is more than just twisting your body into pretzel poses. This is a whole package of services that includes stretching, breathing exercises, and calming. Think of it as a combination of mental and physical training. When students practice

yoga regularly, they are able to calm their restless minds, manage their emotions better, and effectively cope with the challenges of college/school life.

But yoga is more than just feeling zen. It also does wonders for your intelligence. Research shows that yoga can actually improve brain function. By practicing mindfulness and deep breathing, students can improve their concentration, memory, and problem-solving skills. All of these are essential to success in school. In other words, yoga not only helps you relax, but it also makes you smarter. In addition to the mental benefits, yoga brings people together. Many schools/colleges offer yoga classes and wellness programs where students can interact with each other in a supportive environment. These yoga classes aren't just about getting in shape; they are aimed at building friendships, relieving stress, and personal development. It's like a small community where everyone supports each other.

Additionally, yoga teaches important life skills beyond the classroom. Through yoga, students learn discipline, self-awareness, resilience, and other qualities that help them in all aspects of life. Lessons like patience and self-compassion learned from the yoga mat help students face challenges with confidence and bounce back from failure stronger than before.

### **Yoga and Learning Habits:**

Since we talked about yoga above, let's talk about study habits. Study habits are the daily routines and behaviors you develop while studying, such as how you manage your time, concentrate, and deal with pressure. Powerful habits help you stay organized and motivated. But let's be honest: not all students have perfect habits, and sometimes it can get in the way of their lives. It's easy to feel overwhelmed when things pile up and you don't have enough time. At this time, many students turn to the Internet and start searching, "Can a professional help me with my homework?" – and the answer is yes. DoMy Homework provides professional study assistance when normal study methods don't work. While these services can help in a pinch, improving your study habits through practices like yoga can reduce the need for emergency solutions and help you stay ahead of the curve.

### **Review of Related Literature.**

**Kiran Kumari Sharma, Jyoti Yadav, Rajani Chopra. (2019).** did a study on the impact of yoga on school students. According to the study, Yoga combines several techniques with the purpose of achieving psychosocial balance. Stress and emotional disorders are on the increase among children and adolescents; they are becoming more sedentary and preoccupied with the barrage of stimuli bombarding them through cell phone, computer, and television. After studying a number of research papers, we can deduce that yoga has been proved to be beneficial in the treatment of a variety of diseases and problems. Yoga may help alleviate stress, anxiety problems, and

depression. It examines the viability of adding yoga into the school curriculum for children who are healthy and those who are impaired. Thus far, research indicates that yoga may aid students in improving their concentration, self-regulation, and stress management in the classroom.

**Kanwal Preet Singh. (2018).** Analyze the Effect of Yoga on Stress and Academic Performance. Yoga is part of normal culture nowadays, with main medical centers, community healthcare centers, and neighborhood yoga studios offering yoga as a mind-body practice to support health and healing. In the India, so many individuals now practice yoga, although yoga has existed in various forms for around 2500 years, the phenomenon of "yoga for health" is a feature of more modern yoga. Yoga is usually accepted as an ancient tradition that incorporates postures, breathing techniques, meditation, and moral and moral principles in spite of its growing popularity among people of all ages to promote overall health and fitness, little is known about the use of yoga among youth, especially urban youth. Preliminary quantitative studies have found support for yoga programs improving mood, decreasing anger, depression, and fatigue, improving stress resilience, and reducing problematic physiological and cognitive patterns of response to stress such as rumination, intrusive thoughts, and emotional arousal.

**Lal Prasad Arya. (2022).** Studied Role of Yoga Practices for Mental Health and Learning Habits of Management Students This article discusses yoga (Asanas, Pranayamas and Dhyanas) as a potential tool for the management students to deal with mental health that essentially important for effective learning habits and to regulate themselves. This research study combination of both experimental and survey research designs. For this experimental study, 60 number of students are taken as sample who were failed in their mid-term examination and they were further classified

as self-control group and experimental group with 30 students in each group in order to identify and confirm the effectiveness of yoga practices on academic performance of students. This study finding suggests that 'yoga practices' is an effective tool to solve mental health issues and finally it contributes for effective learning habits of management students. With this study, it is argued that students need such aid to listen inward, to their bodies, feelings, and ideas.

#### Objectives of the study:

1. To explore the perceived impact of regular yoga practice on students' learning habits.
2. To understand how yoga influences students' concentration, memory, and study routines.

#### Methodology:

##### Research Design:

This study uses a qualitative research design. The goal of this course is to deeply understand how regular yoga practice impacts students' study habits, emotional balance, and academic performance.

##### Nature of data:

This study is based on secondary data. No primary data was collected directly from students. The study instead relies on existing scientific sources.

##### Data source:

Data was collected from:

- Scientific papers published in peer-reviewed journals.
- Books and scientific publications related to yoga and education.
- Conference reports and papers
- Reliable online academic databases and educational websites.

#### Discussion:

##### The Benefits of Yoga for the Brain Supported by Science:

What does yoga do for the brain, then? More than you may imagine.

#### 1. Improved concentration and attention:

Have you ever felt lightheaded while reading or attending a lecture? you are not alone. Practicing yoga regularly improves your concentration, especially when it comes to breathing and meditation. Research has shown that yoga increases activity in the prefrontal cortex, which is responsible for concentration and judgment. You will spend more time studying and less time rereading pages if you can concentrate better.

#### 2. Reduce anxiety and stress:

Exam stress is real. So let's chat late into the night about unfinished essays. Yoga lowers levels of the stress hormone cortisol, calms the nervous system and triggers the body's relaxation response. result? Able to remain calm under pressure. This is very important when you have a deadline or an important test.

#### 3. Better memory = better sleep:

Your brain stores and processes information while you sleep, which may surprise you. For this reason, working all night often has unpleasant consequences.

Yoga improves the quality of people's sleep by calming the body and mind. Doing a quick workout before bed will help you sleep better at night, and when you wake up, you'll be energized and ready to study.

#### 4. Here's how simple yoga can improve cognitive function:

You don't have to have expensive yoga equipment or be super flexible. Many of these poses can be done right in your dorm room. These easy poses for beginners will help you improve your study skills.

##### i. Balasana or child's pose:

Sitting to study can create tension in your neck and back, and this pose can help relieve that tension. It also calms your mind. How to do it: Sit on your heels and kneel on the floor with your

big toes touching. Extend your arms in front of you and lower your torso between your thighs.



**Fig. 1 Balasana or Child's Pose**

ii. **Cat and Cow Stretch (Bitirasana - Marjaryasana)**

This smooth transition between the two positions improves blood flow to the brain and spine, making it perfect for long workouts.

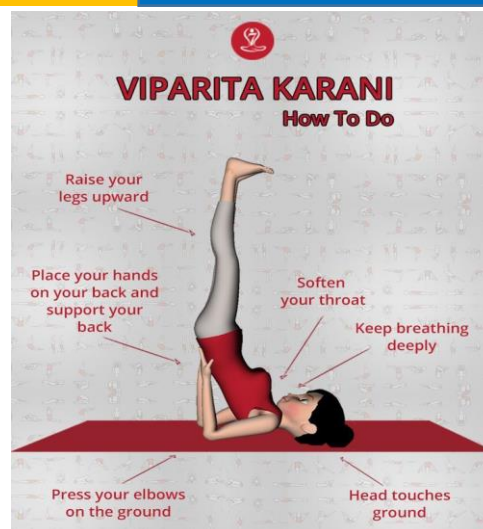
First, get on all fours. Exhale while arching your back (cat) and inhale while arching your back (cow).



**Fig. 2 The Cat-Cow Stretch (Bitilasana- Marjaryasana)**

3. **“Legs Up the Wall” by Viparita Karani:**

Are you tired? This soothing pose calms the nervous system and improves blood circulation. How to do it: Lie on your back with your feet against the wall. Place your hands beside your body, palms facing up. Practicing these poses for 5-10 minutes in between study sessions will significantly improve your mental health.



**Fig. 3 “Legs Up the Wall” pose**

**Yoga breathing techniques to improve concentration: Breathe and engage your brain:**

Yoga is more than just stretching. This includes breathing. Your energy, focus, and stress levels are directly related to the way you breathe. The next time you feel sleepy or nervous, try these simple breathing techniques.

**1. Square breathing or box breathing:**

Used by Navy SEALs and athletes, this technique improves focus and calmness.

This method involves breathing in for 4 seconds, holding your breath for 4 seconds, exhaling for 4 seconds, and holding your breath for another 4 seconds. Repeat for several minutes.

**2. Nadi shodhana or alternate nostril breathing:**

This technique promotes calmness and clarity by balancing the left and right hemispheres of the brain.

**How to do it:**

Close your right nostril with your thumb. Inhale from the left and exhale from the right, closing with your ring finger. Repeat several times. These techniques are easy to learn and can be used to refresh yourself before studying or during study breaks.

**Incorporate yoga into your class schedule:**

You don't have to attend an hour-long class to make yoga a part of your daily life. Think of this as a quick, energizing and mentally invigorating snack.

**Here's how to easily incorporate yoga into your schedule.**

**Morning:** Stretch or breathe for 5 minutes to clear your head. **Afternoon:** Take a yoga break between classes to recharge your batteries.

**At night:** Try relaxing poses and meditation to improve your sleep quality. Workouts can also be managed using apps like The Yoga Collective App, which offers free classes and paid versions.

Consistency is key. Just 10 minutes a day can significantly improve your concentration, mood, and academic performance.

**Use yoga to study smarter, not harder.**

Let's face it, school life doesn't get any less stressful. However, your study habits will not be compromised. Yoga is a powerful, natural way to increase focus, reduce anxiety, and improve memory. It works like a reset button for your brain.

The next time you find yourself stressed out over a deadline or falling asleep in the library, take a few deep breaths and roll out your mat (or just sit on the floor). Your GPA and intelligence will be highly valued. Because doing yoga is the best way to learn more effectively.

**Conclusion:**

This study reveals a significant relationship between regular yoga practice and the development of effective study habits in students. Summarizing secondary research, it is clear that yoga supports both psychological and cognitive domains that influence academic performance. A combination of practices such as physical posture, breathing techniques, and meditation improves concentration, emotional balance, stress reduction, and self-discipline, factors that are strongly associated with positive learning behavior.

The analysis revealed that yoga is not just a physical activity, but a comprehensive mind-body practice that increases students' motivation to learn. Yoga reduces anxiety and improves mental clarity, allowing students to engage more meaningfully with their schoolwork and cope with the demands of the educational environment. Additionally, yoga fosters long-term personal qualities such as resilience, perseverance, and self-awareness, contributing to overall well-being beyond academic success.

Considering these benefits, this study supports the incorporation of yoga practices into health programs in schools and higher education. Even short, regular sessions can have a positive impact on students' attitudes and study habits. Future research could build on these findings by conducting empirical studies that measure the direct effects of structured yoga sessions on various aspects of academic performance. Overall, yoga is a simple, cost-effective, and holistic strategy that helps students not only study harder, but also become smarter and healthier.

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