

## Importance of Yoga in Higher Education: Benefits of Yoga in Colleges

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College and college-going students may have youth on their side, but that does not mean they are spared from the stresses and pressures of life. So, let's talk about the benefits of yoga in colleges. Sitting at a desk for hours a day, going back home and pouring over books to finish the daily homework assignments, studying and acing numerous tests, participating in various extra-curricular activities, etc. all cause the body and mind to tense up. To add to these, there are social and family challenges, anxiety, and emotional that also take their toll on students. Yoga, an elixir that works on almost every new age predicament such as obesity, depression, diabetes and panic attacks, is not a solution only for grown-ups but also for young students and can help them lead a better lifestyle as they grow up. Here are some of the benefits of including yoga for students in college.

### Reduces Stress And Anxiety

Yoga's innate ability to cease the mental chatter and live in the moment reduces stress and anxiety, showing profound benefits in every sphere of life. Students are very stressed individuals, keen to outperform themselves and prove their worth every chance they get. Yoga helps them to deal with their stress and bring back some peace of mind. Those who regularly practice yoga not only report lower levels of stress and anxiety and subsequently improved academic performance.

### Improves Memory And Attention Span

Yoga helps to improve the memory function in both adults and students, a direct benefit of which would be a better academic performance in students. It also helps to improve students' attention span and focus. In fact, yoga aids students suffering from ADHD (Attention Deficit Hyperactivity Disorder) as well by reducing its core symptoms such as inattentiveness, hyperactivity and impulsivity. Many students suffering from ADHD are able to reduce their medication with regular yoga practice. This is one of the amazing benefits of yoga in colleges.

### Helps To Manage Weight

Students spend long hours in sedentary poses and tend to consume a lot of junk food as well, both of which are a by-product of the new age lifestyle. Yoga helps to counterbalance this lifestyle.

Through regular practice of asanas, students (especially those who are not fond of playing sports) can manage a healthy weight. This helps to curb the problem of childhood obesity at a young age in a salubrious way.