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## Need of Yoga and Meditation for Balanced Life Style

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*Abstract – Mental problems are on the rise, and for traditional allopathic treatments to treat diseases, it is always not enough. Population-level mental health promotion strategies are increasingly called for. One popular form of complementary and alternative therapy is the ancient Indian practice yoga, which uses a combination of body postures, breathing exercises, as well as meditative methods to address mental and physical health. It has been well documented that yoga can reduce stress, anxiety, and depression, as well as improve the quality of life. Studies have shown that daily practice has a positive effect on mental health, mood and emotional balance.*

*And remember, Yoga is a complete health system not just an exercise regimen. Practised to a high standard, it helps men bond their mind with body and balance and harmony are the results. The term "yoga" itself is derived from the Sanskrit root "yuj," which translates to unite or join, indicating a harmonious union between the self and the universe. The goal of yoga: Is self-realization and freedom from suffering bringing us in a state of mental, emotional liberation. Yoga Introduction Originating in ancient India, Yoga has a history of thousands years and is still the most effective way to physical, mental and spiritual health issues caused by living in today's busy world with over work.*

**Keywords:** *Mental well-being; Quality of life; Yoga; Depression; Mental health promotion*

### 1. INTRODUCTION

Yoga is an ancient Indian practice of physical and spiritual exercise. Around the 2nd century B.C., Patanjali believed that the Yoga Sutras formalized it. "Yoga" itself means "union," "yoke," or "joining." By the eighth century, yoga was a means for connecting God and an imperfect man. To that end, the idea is to reunite mind, body and spirit. Yoga trains the mind to concentrate and relax in deep breathing. Practice leads to mind control. In addition to the physical benefits of performing yoga, one can be rest assured that it will also act as a treatment for the mind in order to cure/improve their mental health (Nayak 2016).

In the whirlwind of modern life, where demands and distractions vie for our constant attention, achieving a balanced lifestyle can feel like navigating a raging sea. Fortunately, we have an ancient tool at our disposal: meditation. This is a discipline dating back thousands of years, with transcultural and religious appeal, that provides a powerful way to achieve inner peace, focus and well-being. With daily meditation, we can cultivate a still space that allows for the navigation of life's waves.

Not surprisingly, meditation works to decrease tension and anxiety, clearly a major advantage. But in this day and age, we have too much stimuli feeding our neurological systems. The practice of meditation calms the mind and induces deep relaxation. Focusing our attention on the breath or a mantra helps teach our thoughts to respond less reflexively to stress. The beneficial effects of meditation such as lowering blood pressure, better sleep or greater emotional resilience are scientifically proven.

In addition to helping us overcome stress, meditation also enhances our focus and concentration. In a time of information overload, our minds are constantly tugged in several directions. Meditation enables us to build a “muscle” of focused attention so that we can direct our attention in a better way on what is happening, whether it be finishing a work project or having a meaningful conversation. This new found attention flows over into all areas of our lives and leads to increases in productivity, better choices.

Furthermore, meditation fosters self-awareness. The more we know how to witness thoughts and emotions without reacting the most enlightened we become about ourselves. This heightened awareness helps us to recognize negative thought and feeling patterns, which is the first step before being able to form a new response instead of simply reacting out of habits. Through regular practice, individuals who meditate may develop a greater sense of inner peace and acceptance and as a result have better relationships with others and a more positive perspective on life.

One of the most beautiful aspects of meditation is that anyone can do it. Unlike the many stress-reduction methods, meditation does not require any special apparatus or space. whether you have five minutes or an hour there’s a way to make daily meditation fit into even the busiest schedule. Meditation comes in many Flavors, with some types that emphasize being aware of the current moment — whether it's feeling your breath move in and out of your body or listening to birds singing outside — to others where audio recordings will take you through certain visualization exercises. Playing around with a variety of writing styles can help you discover what works best for you.

Meditation can be a tool to foster inner calm, concentration and wellness in an increasingly stress-filled world. We can develop both emotional and mental fortitude to help us better navigate the challenges we face in our modern world, allowing us to lead a more balanced and enriched life. All right then, deep breath, singer off a quiet corner for yourself and meditate your way on inside.

The path of yoga is composed of the eight yogic limbs which include Yama (ethical standards), niyama (self-discipline), asana (postures), pranayama (life force practices), pratyahara (sensory transcendence), dharana (concentration), dhyana(meditation) and samadhi (divine bliss). Yoga's Sanskrit etymology is “to unite.” This ancient South Asian system is based on the merging of personal and collective self, and mind and body (Shroff, 2011).

One’s quality of life is largely determined by their mental health. Many people all around the world suffer from psychiatric disorders like stress, anxiety and depression thereby placing heavy burden on individual wellbeing as well as society's. The traditional treatments for mental disorders are pharmaceuticals and psychotherapy. Thus, other than conventional treatments for mental disorders such as YOGA, the alternative methods of treatment... Brain Consumers Nitro: Anew Pill That Contains All The “Important” Vitamins Can Improve Memyps- Reveals Credit Unonityous Hack from Tedxygoodted Experiment Another Problem-Like About Your Body? YOGA: A timeless practice for self-rejuvenation, yoga has been used for thousands of years to improve overall physical and mental health.

Yoga improves mental and physical health through asanas, pranayama, and dhyana meditation. Yoga balances body and mind to offer serenity and tranquility. Meditation helps focus, increase willpower, and reduce stress, while breathing exercises and postures strengthen and calm the body.

This scoping review examines yoga's effects on mental health and categorizes and summarizes data on anxiety, stress, depression, and other mental health conditions.

## **2. RESEARCH METHODS:**

The study we performed involved searching peer-reviewed medical literature for 300 individual studies and 30 reviews on yoga and mental health. There will not likely be regulations on this type of research for the foreseeable future and since it is still a relatively new field, we have differences in sample size presence,

trial length variances as well as variations in form of yoga which are hard to compare one study with another.

### 3. REVIEW OF LITERATURE:

"In many of these studies that have been reviewed by experts in the field, we only found about 300 original studies and about 30 reviews of these original studies that were discussing health and yoga. Since this is a relatively young research area, it's not so easy to compare studies with each other because trial length, sample size and the sort of yoga employed can differ from one to the next.

Studies have found that yoga practice lowers mental health problems. Research on yoga and stress, anxiety and depression all showed improvements.

Parks & Steelman (2008): "There is a yogic aphorism that says: the flexible body leads to the control of a flexible mind." His cures anger, sadness and brings tolerance and forgiveness. By imitating nature, yoga teaches students how to find their way "home" to themselves. There are also animal and plant-inspired positions, such as the tree pose, the dog pose, the cat pose, or snake pose.

Streeter et al. (2010), your brain releases endorphins and other neurochemicals such as serotonin and GABA to regulate your mood and diminish anxiety. Yoga itself, with its physical asanas (poses) and breathing exercises, triggers the release of these neurochemicals and helps improve mood while reducing anxiety. Positive effects of yoga on mental health have been reported in both healthy and diseased individuals. One study reported such benefits after just one yoga session, where mood was enhanced and anxiety and depression reduced.

Rocha et al. (2012) put forward a number of hypotheses regarding the effects of yoga on mental health. The controlling function of the autonomic nervous system (ANS) is also concerned. Yoga increases parasympathetic and decreases sympathetic activity in the ANS. This ANS imbalance decreases blood pressure, and slows heart rate – a sign of stress.

In a meta-analysis of 32 randomized controlled trials, yoga as an intervention was shown to be effective at reducing stress, anxiety and depression symptoms when compared to controls (Cramer et al., 2013).

Khalsa et al. (2014): Treatment of mental illness with Yoga. For people with anxiety, strenuous yoga practices that build physical effort and mindfulness may offer some benefit; those with PTSD might be helped by restorative yoga (focused on grounding and relaxation).

#### 3.1 Patient experiences of yoga and meditation:

- i. **Social Support & Communal Experiences:** His common humanity allowed him to survive in that it gave him a sensation of common consciousness — all is one and interdependent. It's comfortable to walk away believing I know everyone's story, not just my own. Depression makes you feel very alone, but feeling whole and large is worth more.
- ii. **Managing anxiety and ruminating:** I feel good about myself when I am done with yoga." Ramirez11, I preferred to focus on the good rather than the bad – not did do, couldn't control.
- iii. **Capability, Empower:** "I feel like I can do this for myself, and that motivates me to try other things that maybe I wouldn't have tried before."

### 4. OBJECTIVES:

- The study had two objectives to fulfil.
- To check out why yoga is all the more important for a healthy lifestyle.
- To explore about meditation in a balanced life.

**5. DATA COLLECTION:**

An institution tutor helped to develop an original questionnaire tool in order to obtain the data needed for this study.

**6. SAMPLING METHOD:**

A total of 100 subjects were included in this study through Simple Random Sampling from Kurukshetra, Haryana.

**7. STATISTICAL TOOL:**

The relationship between yoga and meditation in a more balanced life style was investigated using regression analysis.

**8. SURVEY DESIGN:**

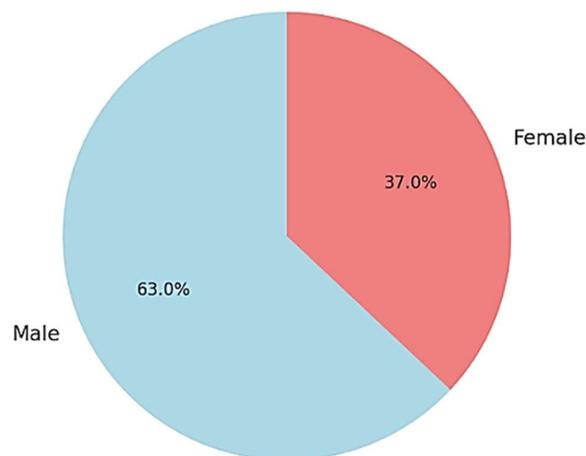
The survey was distributed to the respondents through Google Forms. The questionnaire had 4 sections: demographic characteristics and questions to elicit the perception of yoga and meditation. Answers were quantified on a 5-point Likert scale from 1 to 5, depending on how the participants felt about yoga and meditation.

**9. DATA ANALYSIS**

**Table 9.1: Respondent Gender**

<b>Gender</b>	<b>Frequency</b>	<b>%'age</b>
Male	63	63%
Female	37	37%

**Gender of Respondents**



**Figure 9.1:** Shows the percentage of men and women who took the survey.

**Table 9.2: Age of Respondents**

Age Group	Frequency	% 'age
20-23	24	24.5%
24-30	28	28%
31-40	24	24.5%
41-50	18	18.5%
Above 50	6	4.5%

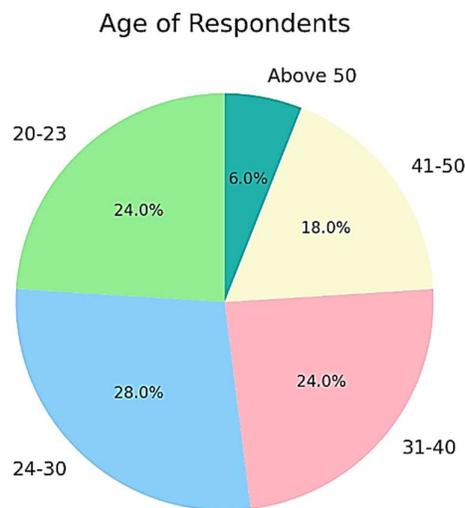
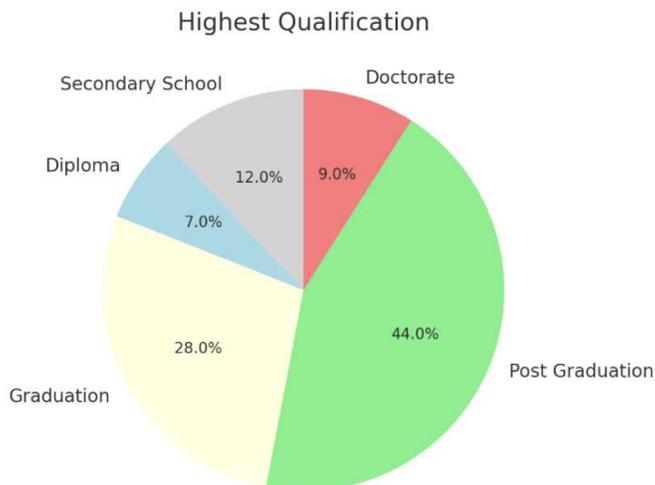


Figure 9.2: Age of Respondents shows participant age distribution.

**Source: Primary Source**

**Table 9.3: Highest Qualification**

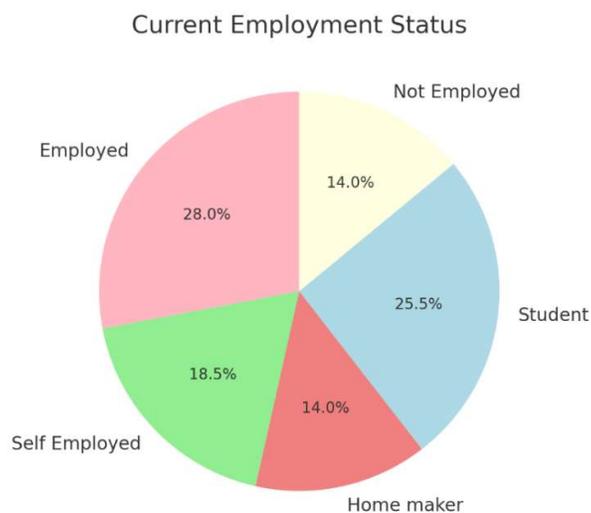
S.No.	Highest Qualification	Frequency	%
1	Secondary School	12	12%
2	Diploma	7	7%
3	Graduation	28	28%
4	Post Graduation	44	44%
5	Doctorate	9	9%



**Figure 9.3** showing the distribution of respondents' educational qualifications.

**Table 9.4: Current Employment Status**

S.No.	Current Employment Status	Frequency	%
1	Employed	28	28%
2	Self Employed	18	18.5%
3	Home maker	14	14%
4	Student	26	25.5%
5	Not Employed	14	14%



**Figure 9.4** shows that 28% of respondents were working, 26% were studying, and 18% were self-employed.

**Source: Primary Source**

**Table 9.5: Regression Analysis Results**

Variable	Male	Female
R <sup>2</sup>	0.393	0.396
F-Statistic	33.405*	37.839*
Constant	0.289	0.301
Product Features	0.198*	0.008
Office Services	0.006	0.296*
Pre-Sale Services	0.290*	0.196***
Post-Sale Services	0.296*	0.198***

Regression Analysis Results (Table 5) - Cylindrical Chart

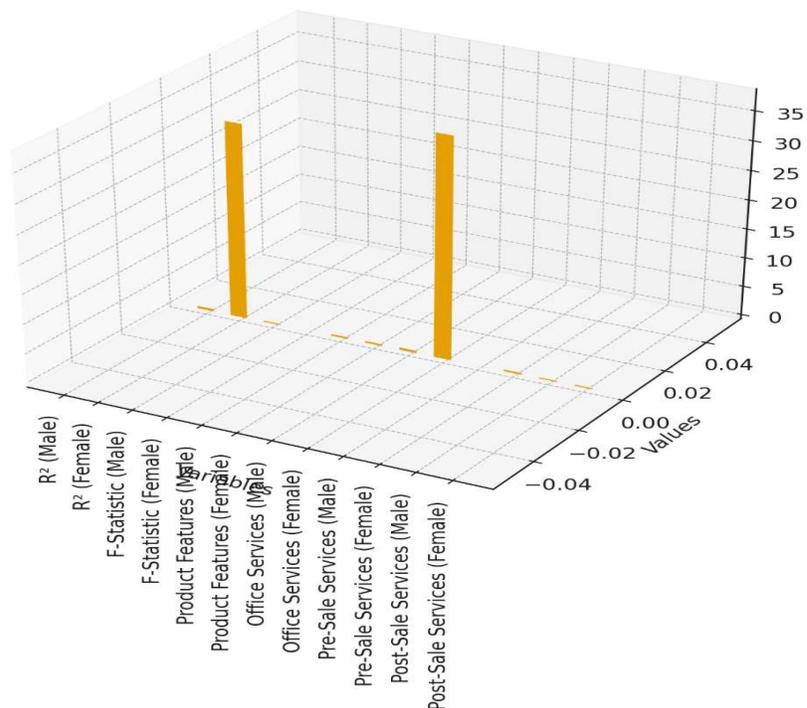


Table 9.5 presents the results of a regression analysis, including R<sup>2</sup> and F-statistics, as well as coefficients for different factors (product features, “office” services, presale services and postsale service) for both male and female respondents.

**10. DISCUSSION:**

Indeed, the very opposite is true: Meditation, rather than an escape from action and commitment, is instead a voluntary suspension of dispersion of one’s mental activity. We’ve learned, in different ways, to concentrate our minds and watch our thoughts without judging them or ourselves — and to cultivate a sense of inner peace. This adventure of inner travels brings so many benefits to all of our life.

Stress and anxiety relief are great advantages of meditating. So, by concentrating on the now we disrupt the habit of being concerned about past or future. This allows the body to relax and enter a state of deep physiological calm, lowering blood pressure and reducing the stress hormone cortisol. With a peaceful mind and strong body, our capacity to meet the daily struggles in life with grace is enhanced.

Meditative practice also aids in focus and concentration. Focused attention, on something like the breath, conditions the mind to discount distractions and enhance its ability of being able to hold focus.

This translates into sharper thinking, improved productivity, and a greater capacity to learn and absorb information.

Meditation improves emotional health. We come to know ourselves through witnessing our thoughts and feelings without judging them. Self-awareness allows us to push back against feelings of suffering, and practice self-compassion. We grow in emotional intelligence, improving our relationship and communication.

Meditation is good for more than just your mental and emotional health. Meditation has also been shown to strengthen the body's immune system, improve sleep and decrease chronic pain. Life in balance begins with this complete wellness guide.

Yoga has the potential to promote public mental health. Reasonable, affordable, accessible, and independent. Yoga is health, for the individual and the community. Similar to tai chi, qigong and meditation, it is a practice of the community. Mental health benefits of attending yoga courses in schools, work and other settings can be seen (Harfiel et al., 2011). Even though it doesn't directly solve the societal triggers of mental illness, yoga still soothes.

## 11. CONCLUSION:

The study revealed that yoga daily dose can make a huge difference in mental well-being. It is especially successful when dealing with stress, anxiety and depression as well as a feeling of general well-being and health. Several physiological and psychological mechanisms are posited to underlie the beneficial effects of yoga. They range from the production of endogenous opioids and neurochemicals that mitigate pain and boost mood to the regulation of autonomic nervous system functions such as heart rate and breathing. Furthermore, yoga also helps in increased emotional regulation and cognitive function which lets a person with experience of such thing to deal with their emotion well and think clearly. Yoga can be safely practiced at low cost and is available to virtually anyone, and regardless of fitness or age – thus being an instant adjunctive therapy for mental health. However, additional research is necessary to establish which are the most effective yoga therapies for various mental health disorders and how exactly does yoga act on mental health. This could facilitate a customising of yoga interventions for people interest in mental health.

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