



Integration of Yoga into School and Higher Education Curriculum

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ABSTRACT

The ancient Indian discipline of yoga is crucial for enhancing students' mental, emotional, physical and spiritual health. Students deal with stress, competition and health problems in today's hectic academic setting, which hinders their entire development. By encouraging harmony between the body and mind and enhancing focus, memory and physical fitness, yoga provides a comprehensive answer. Additionally, it lessens emotional instability, stress and anxiety, which improves self-awareness and optimism. Using methods like asanas, pranayama and meditation, yoga can be successfully incorporated into education through regular practice, classroom integration and teacher training. However, difficulties including a shortage of qualified educators, a lack of knowledge and time limits could occur. These problems can be resolved with careful planning, awareness campaigns, and institutional support, which makes yoga a crucial component of education for producing responsible, balanced and healthy people.

1. INTRODUCTION

1.1 Introduction

The goal of education is to help students grow as people by helping them with their physical, mental, emotional and social needs. But modern education systems often put more emphasis on how well students do on tests and in school than on their health and happiness. Because of this imbalance, students are more stressed, anxious and have health problems related to their lifestyles. Because of this, a lot of



students have trouble focusing, staying emotionally stable and keeping a healthy balance between their schoolwork and their personal lives.

The goal of education is to help students grow as people by improving their physical, mental, emotional and social health. But modern schools often put more emphasis on academic success than on health, which can cause stress and anxiety. Yoga, which comes from ancient India, uses asanas, pranayama, meditation and relaxation to help people stay physically and mentally healthy.

Educational authorities like the University Grants Commission(UGC) and the Central Board of Secondary Education(SBSE) have incorporated yoga into school and higher education programs because they understand its value. By incorporating yoga into curricula, educators can help children develop their discipline, focus, emotional stability and moral values all of which contribute to their overall development and equip them to live balanced, healthy and responsible lives.

1.2 Objectives of the Study

1. To learn how important yoga is in school.
2. To look at the advantages of adding yoga to school and college classes.
3. To find ways to successfully include yoga in school programs.
4. To look at the problems that came up during implementation.
5. To give advice on how to make a successful curriculum.

1.3 Need and Significance of the Study

Students' general development is impacted by the high levels of stress, academic pressure and unhealthy lifestyles they encounter in today's educational system. A comprehensive strategy that promotes mental, emotional and physical health in addition to intellectual development is required. By increasing focus, lowering stress, boosting physical fitness and encouraging emotional equilibrium, yoga offers a practical remedy. Students can maintain a healthy lifestyle and improve their academic performance by incorporating yoga into school and higher education programs.

This study is important because it raises awareness among educators and policymakers about the value of incorporating yoga into school. It also places a strong emphasis on creating responsible, healthy and well-rounded people via a well-rounded educational system.

Techniques.



1.4 Methodology

The study uses a qualitative approach with a theoretical and descriptive research methodology. It focuses on examining ideas, theories and earlier studies about the incorporation of yoga into curricula in schools and universities. In addition to assessing their applicability in contemporary educational institutions, the study looks at how yoga poses, pranayama and meditation can enhance students' mental, emotional and physical health. The study is based on secondary data gathered from a variety of sources, including government records, books, research journals, articles and online academic resources pertaining to yoga and education. In order to comprehend the advantages, difficulties and useful use of yoga in educational contexts, these materials are examined and combined.

2. REVIEW OF THE RELATED LITERATURE

2.1 Review of the Related Literature

- 1. Galan et al. (2017).** In their study, *“Designing an effective approach to sport for the integration in higher education institutions (the effects of yoga practice)”* The study examines students’ readiness for “sport for all” through Physical Education, focusing on motivation, knowledge, reflection and physical activity. It highlights that a developed program significantly improved students’ fitness engagement, skills and attitudes toward exercise. After the intervention, readiness levels increased markedly, with more students participating in regular physical activity, including Yoga. The findings show higher motivation, better fitness outcomes and improved satisfaction with PE classes. The study concludes that structured PE programs, including Yoga, effectively enhance students’ lifelong fitness habits and overall health awareness.
- 2. Jain, M. (2024).** In the study *“Integrating Yoga and Ayurveda in the Modern Indian Education System: Benefits, Challenges and Future Directions”*, the author explores the inclusion of Yoga and Ayurveda within the modern Indian education framework. The study highlights that this integration promotes holistic development, improves physical and mental health and strengthens cultural and traditional knowledge awareness among students. It also discusses key challenges such as curriculum adaptation, lack of trained teachers and institutional readiness. The paper concludes that despite these challenges, integrating Yoga and Ayurveda can enrich the education system and support a more balanced, value-based and sustainable learning approach.



3. Mr. Ramesh (2025). In his study of *“Integrating Yoga and Traditional Knowledge into Higher Education: A Perspective on NEP-2020”* The paper discusses how India’s NEP 2020 promotes integrating Yoga and traditional knowledge (like Ayurveda and Sanskrit) into higher education. This approach aims to support holistic development by improving students’ physical and mental well-being, focus and ethical values. It encourages experiential learning and blends modern education with India’s cultural heritage. The study highlights that this integration can foster critical thinking, innovation and balanced lifestyles. It also notes challenges such as curriculum design, teacher training and policy support, but concludes that it can reshape higher education by connecting modern and traditional knowledge systems.

2.2 Research Gap

There is little study on the systematic incorporation of yoga into school and higher education curricula, despite the fact that existing studies emphasize the benefits of yoga for both physical and mental well-being. Additionally, there is a dearth of scientific data regarding the efficacy of teacher training in a variety of cultural and educational contexts, standardized implementation approaches and long-term academic outcomes.

3. EXPLANATION

3.1 Importance of Yoga in Education

By enhancing students' physical, mental, emotional and moral wellbeing, yoga is essential to their whole growth. Students deal with academic pressure, stress, anxiety and sedentary lives in today's fast-paced and competitive atmosphere. By encouraging physical fitness, improving posture, flexibility, strength and immunity and reducing lifestyle-related health problems, yoga aids in the restoration of balance.

By enhancing focus, memory and cognitive skills, yoga also promotes mental development. Stress reduction, emotional stability and relaxation are all improved by techniques like pranayama and meditation. Additionally, yoga fosters the development of moral principles like self-control, discipline, patience and respect, all of which serve to create responsible, well-rounded people.

3.2 Benefits of Integrating Yoga into Curriculum

By tackling social concerns, mental stress, emotional instability and physical inactivity, including yoga into the school curriculum has many positive effects on children' overall development. By balancing the



body and mind, it promotes wellbeing, academic success and personality development. Yoga helps prevent obesity and lifestyle-related disorders while also improving flexibility, strength, balance and posture. Regular practice also increases immunity and lessens fatigue. While meditation improves focus, attention and memory, it also lessens stress, worry, and depression in the mind, allowing pupils to remain composed during tests and other academic difficulties.

While relaxation techniques encourage calm and optimism, yoga helps students manage anger, impatience, and fear by fostering self-awareness and balance. Regular yoga practitioners frequently do better academically because they are more focused and have better memory recall, which helps them comprehend the material. Yoga promotes cooperation, empathy, and respect on a social level, and group activities foster better social interaction and teamwork among pupils.

3.3 Methods of Integrating Yoga into School Curriculum

By enhancing students' physical well-being, cerebral clarity, emotional equilibrium and social abilities, including yoga into the curriculum promotes their entire growth. It lowers tension, anxiety and exhaustion while improving immunity, strength and flexibility. Additionally, yoga increases self-awareness, aids in emotional regulation and enhances focus and memory, all of which improve academic achievement. It also fosters excellent social interaction, empathy, and teamwork among kids.

Regular practice sessions, careful planning, qualified teachers and institutional support are all necessary for successful implementation in schools. In addition to teacher training and yoga clubs to promote participation, yoga can be incorporated into physical education classrooms, morning assemblies and weekly periods. These planned initiatives contribute to the development of a balanced, healthy and disciplined atmosphere that fosters both academic achievement and individual development.

3.4 Integration of Yoga into Higher Education

Higher education institutions play a crucial role in shaping not only the academic knowledge of students but also their professional skills, personality and overall well-being. In this context, the integration of Yoga into higher education becomes highly significant as it supports both academic excellence and holistic development. Universities and colleges can incorporate Yoga through structured academic programs, skill-based courses and research initiatives, thereby making it an essential part of higher learning.



Higher education institutions can integrate Yoga through academic and research programs.

Certificate and Diploma Courses: Students from many academic backgrounds can enroll in short-term yoga courses offered by colleges and institutions. These courses offer fundamental information and useful skills, encouraging a healthy lifestyle and laying the groundwork for further education.

Degree Programs: For professional education, institutions may offer yoga bachelor's and master's degree programs. In-depth information and wide employment prospects in teaching, therapy, and research are provided by these courses.

Research Opportunities: Academic institutions should support studies on the effects of yoga on mental and physical well-being. This enhances its adoption in healthcare and education and contributes to the provision of scientific evidence.

Yoga Workshops and Seminars: Frequent workshops and seminars assist teachers and students in developing their yoga skills and raising awareness. They offer real-world experience and promote involvement and lifelong learning.

The integration of Yoga into higher education through academic programs, research initiatives and practical training activities ensures a comprehensive approach to student development. It not only enriches the educational experience but also promotes a culture of health, mindfulness and lifelong well-being among learners and educators alike.

3.5 Challenges in Implementing Yoga Curriculum

Despite its physical, mental, emotional and academic benefits, Yoga faces several practical and structural challenges in the education system. These challenges often limit its effective integration into school and higher education curricula.

Addressing these issues is essential to ensure Yoga becomes a sustainable and meaningful part of education. Despite its benefits, several challenges affect the successful implementation of Yoga in education.

1. Lack of Trained Teachers: Students might not learn the proper yoga poses, which could lower its efficacy and possibly result in incorrect practice. Schools also find it difficult to offer organized, secure



and meaningful yoga classes that actually improve students' physical and mental health in the absence of qualified instructors.

2. Limited Infrastructure: - Some schools lack adequate room and infrastructure, which makes it challenging to run yoga classes efficiently. This may restrict consistent practice and lower student engagement.

3. Curriculum Overload: Schools may find it difficult to manage their time when yoga is added to an already hectic agenda. It might not receive adequate attention or consistent practice time as a result.

4. Lack of Knowledge: It's possible that some educators and parents are unaware of the significance and advantages of yoga. Support and enthusiasm in incorporating it into schooling may decline as a result of this ignorance.

5. Standardization Issues: Yoga instruction is inconsistent between schools due to the lack of consistent criteria. To guarantee high-quality and equitable education for every student, a standardized curriculum is required.

While Yoga has immense potential to enhance the educational experience and overall well-being of students, overcoming these challenges is crucial for its successful integration. With proper planning, policy support and awareness, these barriers can be addressed to make Yoga an effective and accessible part of the education system.

3.6 Recommendations for Effective Implementation

To encourage students' overall development, the government and educational institutions should mandate yoga instruction at all levels. Teacher training programs must be set up to produce qualified and competent yoga instructors in order to support this endeavour. To guarantee efficient practice, schools and colleges should also have sufficient facilities and infrastructure. To emphasize the value and advantages of yoga in everyday life, awareness campaigns for parents and educators should be held. The scientific advantages of yoga should also be investigated and validated through research. Lastly, to guarantee that the yoga curriculum is suitable, efficient and available to all students, it should be standardized based on age groups and educational levels.



3.7 Role of Government and Educational Bodies

To support students' overall development, the government and educational institutions should mandate yoga instruction at all levels. Teacher training programs must be set up to produce competent and trained yoga instructors in order to carry this out successfully. In order to facilitate frequent practice, schools and colleges should also be equipped with sufficient equipment and infrastructure. In order to emphasize the significance and long-term advantages of yoga, awareness campaigns for educators and parents are also crucial. Its application and trustworthiness will be further strengthened by promoting research into its scientific advantages. To guarantee appropriateness and efficacy, the yoga curriculum should be standardized based on age groups and educational levels.

By developing national initiatives and policies for yoga's integration into the educational system, government bodies play a significant role in advancing yoga education. Global awareness and engagement have grown as a result of occasions like the International Day of Yoga on June 21. Research and training initiatives, as well as the incorporation of yoga in school and higher education curricula, are supported by organizations like CBSE and UGC. Yoga is acknowledged as a crucial component of government strategies that prioritize wellness and preventive healthcare. Infrastructure, particularly in remote regions, is funded and awareness campaigns, curriculum standards and teacher training guarantee high-quality instruction and broader yoga acceptance.

4. CONCLUSION

Integration of Yoga into school and higher education curricula is highly important for the holistic development of students. Yoga is an ancient Indian practice that promotes physical health, mental stability, emotional balance and spiritual growth. In the present education system, students often experience stress, anxiety, academic pressure and unhealthy lifestyles due to excessive competition and digital dependence. Yoga helps overcome these challenges by improving concentration, memory, discipline and self-awareness, thereby enhancing academic performance and overall personality development.

Regular practice of Yoga strengthens the body by improving flexibility, posture, immunity and stamina. It also calms the mind, reduces stress and develops emotional resilience, helping students manage challenges effectively. Additionally, Yoga nurtures moral values such as patience, empathy, self-control and respect, which are essential for responsible citizenship and social harmony.



Although challenges like lack of trained teachers and infrastructure exist, they can be addressed through proper planning and government initiatives. Thus, Yoga integration is essential for balanced and meaningful education.

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