

# Effects of Yoga on Mental Health

**Dr. Amit Kumar Singh**

Principal

Department of Physical Education

SVM Science & Technology PG College, Lalganj, Pratapgarh

**Abstract:** *The practice of yoga has become increasingly popular in recent years, with more people adopting it as a form of exercise and stress management. Yoga is an ancient Indian practice that involves physical postures, breathing exercises, and meditation techniques that promote physical and mental well-being. This research paper explores the effects of yoga on mental health and reviews studies that examine the impact of yoga on various mental health conditions such as depression, anxiety, and stress. The findings suggest that practicing yoga regularly can lead to significant improvements in mental health, including reductions in symptoms of anxiety and depression, as well as improvements in overall well-being and quality of life.*

**Keywords:** Yoga