

# Effects of Yoga and Physical Education on Academic Performance and Cognitive Function

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**Abstract:** *In recent years, there has been a growing interest in the connection between cognitive function and physical activity. This study looks at how yoga and physical education programs affects kids' academic achievement as well as cognitive abilities including memory, focus, and problem-solving. Yoga has been demonstrated to improve mental clarity and lower anxiety because of its emphasis on mindfulness and stress reduction.*

*Conversely, physical education encourages social connection and physical fitness, which enhances general wellbeing. This study, which used a mixed-methods approach, divided 200 middle school students into three groups over the course of 12 weeks: yoga-only, physical education-only, and control. According to research, yoga dramatically increases focus and memory recall, and physical education promotes cognitive flexibility and problem-solving abilities. Students' grade point averages (GPAs) increased noticeably as a result of both therapies, but yoga practitioners saw somewhat larger gains. The benefits of yoga and physical education working together are further supported by qualitative feedback, which shows that kids are more focused, less stressed, and more prepared for schoolwork. This study emphasizes how crucial it is to incorporate these activities into school curricula in order to promote students' overall development. Future studies ought to look into the best implementation techniques and long-term effects.*

**Keywords:** Yoga, Physical Education, Cognitive Function, Academic Performance, Mindfulness