

Yoga-Based Intervention for Enhancing Mental Health and Emotional Well-Being

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Abstract

Mental health and emotional well-being are important components of overall quality of life, particularly in the context of increasing academic, occupational, social, and lifestyle-related stress. Yoga, which combines physical postures, breathing practices, meditation, and relaxation techniques, has gained attention as a holistic approach for supporting psychological well-being. This paper examines the potential role of yoga-based interventions in enhancing mental health and emotional well-being. The study focuses on how regular yoga practice may contribute to stress management, emotional regulation, mindfulness, relaxation, and improved self-awareness. Various components of yoga, including asanas, pranayama, meditation, and yogic relaxation techniques, are considered in relation to their possible psychological benefits. The paper also discusses the mechanisms through which yoga may influence emotional responses, including improved attention, regulation of physiological arousal, and development of mindful awareness. In addition, the study highlights factors that may affect the effectiveness of yoga interventions, such as practice frequency, duration, participant characteristics, intervention design, and adherence. Potential challenges, including variations in individual responses and differences in intervention protocols, are also discussed. Overall, the paper presents yoga-based intervention as a complementary approach that may support mental health and emotional well-being when appropriately implemented. The study provides a foundation for further research evaluating structured yoga programs and their long-term effects across different populations.

Keywords: Yoga, Mental Health, Emotional Well-Being, Stress Management, Pranayama, Meditation, Mindfulness, Emotional Regulation, Psychological Well-Being, Yoga Intervention.