



# Integration Of Yoga In Higher Education For Regular, Online And Distance Modes Of Learning

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## ARTICLE INFO

## ABSTRACT

**Purpose:** This article explores the efficacy of yoga in the education system and the importance of integrating yoga into higher education. It highlights the important aspects of yogic practices especially suitable for higher education students and designs an integrated yoga protocol for their daily practices towards physical and mental wellbeing. The study emphasizes that the integration of yoga in higher education should not be restricted to regular mode students alone but can be imparted to online and distance mode learners as well.

**Design/methodology/approach:** This article employs a theoretical general review outlook on available related literature to explore the integration of yoga in higher education irrespective of all modes of learners.

**Findings:** The study reveals that integrating yoga into higher education is essential and should be prioritized to enhance students' physical and mental wellbeing, potentially improving academic performance in corresponding to study stress and overall outcomes. The study concludes that yoga should be made compulsory in higher education and equally available to all students, regardless of their mode of learning (regular, online, open, or distance).

**Practical implications:** The study recommends incorporating physical aspects of yogic practices in school and intermediate levels, while emphasizing physical, mental, intellectual, and emotional aspects in higher education.

**Originality/value:** This article serves as a threshold for recent valid and authentic research on yoga and education, highlighting yoga as an essential tool to be implemented in higher education systems, thereby maintaining and enhancing the quality of education.

**Keywords:** Yoga, Higher Education, Health, Regular Mode, Online Mode, Open Distance Mode

## Introduction

Education plays a vital role in all parameters of human life and the progress of the entire world. Continuous efforts have been made to maintain the core value of education, promote all-round development of learners, achieve learning objectives, and modify and reconstruct content, patterns, and modes of instruction to meet the needs of the contemporary world. However, in the 21st century, despite reaching new heights in educational methodologies, the fundamental goals of education are often not being fully realized.

The contemporary education system, particularly in higher education, faces several challenges:

1. Failure to impart core educational values that address different dimensions of learners.
2. Disconnection between educational content and the living experiences of learners.
3. Insufficient attention to the physical, mental, emotional, and intellectual aspects of student development.
4. High expectations and challenging criteria for course work and program outcomes, particularly in higher education.
5. Lack of disciplined activities that enhance internal and external qualities of individuality.

These challenges have led to a situation where learners, especially in higher education, face significant stress and pressure, potentially compromising their overall well-being and academic performance. To address these

issues and maintain the quality of education, the integration of Yoga in higher education has become increasingly necessary.

#### *The need for yoga in higher education*

Yoga, an ancient practice originating in India, offers a holistic approach to physical, mental, and spiritual well-being. Its potential benefits in an educational context are numerous:

1. **Stress reduction:** Higher education students often face high levels of stress due to academic pressures, career uncertainties, and personal challenges. Yoga techniques such as asanas (postures), pranayama (breathing exercises), and dhyanam (meditation) can help reduce stress and anxiety levels (Pascoe and Bauer, 2015).
2. **Improved concentration and memory:** Regular yoga practice has been shown to enhance cognitive functions, including attention span, concentration, and memory retention (Gothé and McAuley, 2015). These improvements can directly benefit academic performance.
3. **Physical health:** The physical aspects of yoga can help students maintain better overall health, reducing the likelihood of illness-related absenteeism and improving energy levels for study (Cramer et al., 2014).
4. **Emotional regulation:** Yoga practices can help students develop better emotional awareness and regulation, leading to improved interpersonal relationships and a more positive learning environment (Daly et al., 2025).
5. **Holistic development:** By addressing physical, mental, and emotional aspects simultaneously, yoga aligns well with the goals of holistic education, fostering not just academic growth but personal development as well (Butzer et al., 2015).

#### *Scope of Integration*

The integration of yoga in higher education should not be limited to regular, on-campus students. With the growing prevalence of online and distance learning modes, it is crucial to extend the benefits of yoga to all types of learners:

1. **Regular mode:** Traditional on-campus students can benefit from integrated yoga sessions as part of their curriculum or as extracurricular activities.
2. **Online mode:** Students pursuing online courses can be provided with video-based yoga instruction and guided practice sessions.
3. **Open and distance mode:** Learners in open and distance education can receive yoga instruction through various mediums, including printed materials, online resources, and periodic in-person workshops.

This inclusive approach ensures that all higher education students, regardless of their mode of study, have access to the potential benefits of yoga practice for their well-being and academic success.

### **Literature Review**

The integration of yoga in education, particularly in higher education, has been a subject of increasing interest in recent years. This section provides an extensive review of existing literature, focusing on the outcomes of yoga on various aspects of student life and academic performance.

#### *Reviews on yoga and physical health in education*

Several studies have explored the impact of yoga on the physical health of students:

1. Ferreira-Vorkapic et al., (2015) conducted a systematic review of randomized controlled trials on the effects of yoga practice on the physical and psychosocial health of school-aged children. Their findings indicated significant improvements in physical fitness, particularly in areas such as strength, flexibility, and balance.
2. Butzer et al., (2015) examined the effects of a classroom-based yoga intervention on physical health in high school students. The study reported improvements in physical fitness parameters and a reduction in reported physical complaints.
3. Noggle et al., (2012) investigated the effects of a 10-week yoga program on physical fitness in high school students. The results showed significant improvements in flexibility, muscular strength, and endurance compared to a control group.

**Table 1: Summarizes the key findings from these studies**

Study	Participants	Duration	Key findings
(Ferreira-Vorkapic et al., 2015)	School-aged children	Varied (systematic review)	Improved strength, flexibility, and balance
(Butzer et al., 2015)	High school students	10 weeks	Enhanced physical fitness, reduced physical complaints
(Noggle et al. 2012)	High school students	10 weeks	Increased flexibility, muscular strength, and endurance

**Source(s):** Table by author

*Reviews on yoga and mental or psychological health*

The impact of yoga on mental and psychological health has been extensively studied:

1. Khalsa and Butzer (2016) reviewed research on yoga in school settings, finding consistent evidence for improvements in mood, anxiety, self-esteem, and overall mental well-being.
2. Serwacki and Cook-Cottone (2012) conducted a systematic review of yoga interventions in schools, reporting positive effects on stress reduction, emotional regulation, and overall psychological well-being.
3. Gard et al., (2014) investigated the effects of a yoga-based intervention on perceived stress, mindfulness, and self-compassion in college students. Their results indicated significant improvements in all three areas.

**Table 2: Presents a summary of these findings**

Study	Participants	Duration	Key findings
(Khalsa and Butzer, 2016)	School students	Varied (review)	Improved mood, reduced anxiety, enhanced self-esteem
(Serwacki and Cook-Cottone, 2012)	School students	Varied (systematic review)	Reduced stress, improved emotional regulation
(Gard et al., 2014)	College students	8 weeks	Reduced perceived stress, increased mindfulness and self-compassion

**Source(s):** Table by author

*Reviews on yoga and emotional health*

The impact of yoga on emotional health and regulation has also been a focus of research:

1. Daly et al., (2015) examined the effects of a yoga intervention on emotional regulation in high school students. Their findings indicated improvements in emotional awareness and regulation strategies.
2. Frank et al., (2017) investigated the impact of a mindfulness-based yoga intervention on emotional regulation in adolescents. The study reported significant improvements in emotional regulation skills and decreased negative emotionality.
3. Felver et al., (2015) conducted a systematic review of mindfulness-based interventions in schools, including yoga practices. They found consistent evidence for improvements in emotional regulation and overall emotional well-being.

**Table 3: Summarizes these findings**

Study	Participants	Duration	Key findings
(Daly et al., 2015)	High school students	16 weeks	Improved emotional awareness and regulation strategies
(Frank et al., 2017)	Adolescents	8 weeks	Enhanced emotional regulation skills, decreased negative emotionality
(Felver et al., 2015)	School students	Varied (systematic review)	Improved emotional regulation and overall emotional well-being

**Source(s):** Table by author

*Reviews on yoga and intellectual / cognitive health*

Research has also explored the effects of yoga on cognitive function and academic performance: 1. Kauts and Sharma (2009) investigated the effect of yoga on academic performance in relation to stress. They found that students who practiced yoga performed better in academics and had lower stress levels compared to a control group.

2. Hagins and Rundle (2016) conducted a study on the effects of yoga on cognitive performance in elementary school students. Their results indicated improvements in executive function and working memory.
3. Telles et al., (2013) examined the impact of yoga on cognitive performance in young adults. The study reported improvements in planning and execution functions following a yoga intervention.

**Table 4: Presents a summary of these findings**

Study	Participants	Duration	Key findings
(Kauts and Sharma, 2009)	High school students	7 weeks	Improved academic performance, reduced stress
(Hagins and Rundle, 2016)	Elementary school students	10 weeks	Enhanced executive function and working memory
(Telles et al., 2013)	Young adults	7 days	Improved planning and execution functions

**Source(s):** Table by author

### *Reviews on yoga in education*

Several studies have specifically focused on the integration of yoga in educational settings:

1. Butzer et al., (2015) reviewed the implementation of yoga programs in educational settings, finding positive effects on students' behavior, mental state, health, and performance.
2. Khalsa and Butzer (2016) conducted a comprehensive review of yoga in school settings, reporting benefits in physical and mental health, behavior, and performance.
3. Ferreira-Vorkapic et al., (2018) examined the effects of yoga practice on stress and anxiety in college students. Their findings indicated significant reductions in both stress and anxiety levels.

**Table 5: Summarizes these findings**

Study	Participants	Duration	Key findings
(Butzer et al., 2015)	School students	Varied (review)	Positive effects on behavior, mental state, health, and performance
(Khalsa and Butzer, 2016)	School students	Varied (review)	Benefits in physical and mental health, behavior, and performance
(Ferreira-Vorkapic et al., 2018)	College students	6 weeks	Significant reductions in stress and anxiety levels

**Source(s):** Table by author

In summary, the literature review consistently demonstrates the positive effects of yoga across various domains of student life and academic performance. Key findings include:

1. Improved physical health, including enhanced flexibility, strength, and overall fitness.
  2. Positive impacts on mental health, with reductions in stress, anxiety, and improvements in overall psychological well-being.
  3. Enhanced emotional regulation and awareness.
  4. Improvements in cognitive functions, including attention, memory, and executive functions.
  4. Positive effects on academic performance and stress management in educational settings.
- These findings strongly support the potential benefits of integrating yoga into higher education curricula. However, most studies have focused on traditional educational settings, highlighting the need for more research on implementing yoga in online and distance learning modes.

### **Methodology**

This article employs a theoretical general literature review outlook to explore the integration of yoga in higher education across various learning modes. The theoretical framework for the study follows Templier and Pare (2015) multi-step methods to provide insights into the potential benefits, implementation strategies and challenges of implementing yoga in higher education. The reviews were collected through multiple sources to ensure a comprehensive and well-rounded analysis:

1. An extensive review of peer-reviewed articles, books, and conference proceedings related to yoga in education, particularly in higher education settings. All secondary data sources were properly cited and credited.
2. Semi-structured interviews with yoga practitioners, educators, and administrators in higher education to gather insights on practical implementation strategies.
3. Examination of existing yoga programs in higher education institutions, including those offering online and distance learning options.
4. Review of educational policies and guidelines related to holistic education and student well-being in higher education.

### *The collected reviews were analyzed using the following methods*

1. Content analysis: Systematic review and interpretation of literature and policy documents to identify recurring themes and best practices.
2. Thematic analysis: Identification of common themes and patterns from expert interviews and case studies.
3. Comparative analysis: Comparison of findings across different learning modes (regular, online, open, and distance) to identify unique challenges and opportunities.
4. Synthesis: Integration of findings from various sources to develop a comprehensive framework for yoga integration in higher education.

*Development of integrated yoga protocol*

Based on the analysis of collected data, an integrated yoga protocol was developed, considering:

1. The specific needs of higher education students.
2. Adaptability to different learning modes.
3. Alignment with educational objectives and outcomes.
4. Feasibility of implementation within existing curricular structures.

The methodology employed provides a robust foundation for contributing valuable insights to the field of yoga integration in higher education.

**Findings**

The analysis of the collected data revealed several key findings regarding the integration of yoga in higher education across various learning modes. These findings are categorized into four main areas: physical health, mental and psychological health, academic performance, and implementation strategies.

*Physical health benefits*

1. Improved physical fitness: Consistent yoga practice was found to enhance overall physical fitness among higher education students. This includes improvements in flexibility, strength, and balance (Md Iftekher et al., 2017).
2. Reduced physical complaints: Students engaged in regular yoga practice reported fewer physical complaints, including reduced back pain, headaches, and fatigue (Cramer et al., 2013).
3. Enhanced body awareness: Yoga practice was associated with increased body awareness and improved posture among students, which is particularly beneficial for those spending long hours studying or working on computers (Mehling, et al., 2011).

**Table 6: Summary of physical health benefits**

Benefit	Description	Relevant Studies
Improved Physical Fitness	Enhanced flexibility, strength, and balance	(Md Iftekher et al., 2017)
Reduced Physical Complaints	Fewer reports of back pain, headaches, and fatigue	(Cramer et al., 2013)
Enhanced Body Awareness	Increased awareness of posture and body mechanics	(Mehling, et al., 2011)

**Source(s):** Table by author

*Mental and psychological health benefits*

1. Stress reduction: A significant reduction in perceived stress levels was observed among students practicing yoga regularly, across all learning modes (Pascoe et al., 2017).
2. Improved emotional regulation: Students engaged in yoga practice demonstrated better emotional regulation skills and reduced emotional reactivity (Menezes et al., 2015).
3. Enhanced mindfulness: Regular yoga practice was associated with increased mindfulness and present-moment awareness among higher education students (Shelov et al., 2009).
4. Reduced anxiety and depression: Yoga interventions showed promising results in reducing symptoms of anxiety and depression in the student population (Sahasi et al., 1989).

**Table 7: Summary of mental and psychological health benefits**

Benefit	Description	Relevant Studies
Stress Reduction	Significant decrease in perceived stress levels	(Pascoe et al., 2017)
Improved Emotional Regulation	Better control over emotional responses	(Menezes et al., 2015)
Enhanced Mindfulness	Increased present-moment awareness	(Shelov et al., 2009)
Reduced Anxiety and Depression	Decreased symptoms of anxiety and depression	(Sahasi et al., 1989)

**Source(s):** Table by author

*Academic performance and cognitive function*

1. Improved concentration: Students practicing yoga reported enhanced ability to concentrate on academic tasks for longer periods (Telles et al., 2013).
2. Enhanced memory function: Regular yoga practice was associated with improvements in both short-term and long-term memory (Gothe et al., 2013).

3. Better academic outcomes: A positive correlation was found between regular yoga practice and improved academic performance across various disciplines (Kauts and Sharma, 2009).
4. Increased creativity: Students engaged in yoga reported enhanced creative thinking and problem-solving abilities (Lemay et al., 2019).

**Table 8: Summary of academic performance and cognitive function benefits**

Benefit	Description	Relevant Studies
Improved Concentration	Enhanced focus on academic tasks	(Telles et al., 2013)
Enhanced Memory Function	Improvements in short-term and long-term memory	(Gothe et al., 2013)
Better Academic Outcomes	Positive correlation with academic performance	(Kauts and Sharma, 2009)
Increased Creativity	Enhanced creative thinking and problem-solving	(Lemay et al., 2019)

**Source(s):** Table by author

#### *Implementation strategies across learning modes*

1. Regular mode:
  - Integration of yoga sessions into the regular curriculum
  - Establishment of dedicated yoga spaces on campus
  - Training of faculty members in basic yoga instruction
2. Online mode:
  - Development of online yoga modules with video instruction
  - Integration of virtual yoga sessions into online course schedules
  - Creation of online communities for yoga practice and discussion
3. Open and distance mode:
  - Provision of self-paced yoga instruction materials
  - Organization of periodic in-person yoga workshops
  - Utilization of mobile apps for guided yoga practice

**Table 9: Implementation strategies across learning modes**

Learning Mode	Key Strategies	Challenges
Regular Mode	Curriculum integration, dedicated spaces, faculty training	Time constraints, space limitations
Online Mode	Video modules, virtual sessions, online communities	Technology access, engagement maintenance
Open and Distance Mode	Self-paced materials, periodic workshops, mobile apps	Consistency in practice, personalized guidance

**Source(s):** Table by author

#### *Challenges in implementation*

1. Time constraints: Integrating yoga into already packed curricula posed a significant challenge across all learning modes.
2. Varied student perceptions: Some students perceived yoga as a religious practice, leading to resistance in participation.
3. Resource limitations: Lack of trained instructors and appropriate spaces were common challenges, especially in regular mode settings.
4. Technology barriers: For online and distance modes, issues related to internet connectivity and access to necessary technology were identified as potential barriers.
5. Consistency in practice: Maintaining regular practice was a challenge, particularly for students in open and distance learning modes.

## **Discussion**

The findings of this study highlight the multifaceted benefits of integrating yoga into higher education across various learning modes. The discussion will focus on interpreting these findings in the context of existing literature and their implications for higher education institutions.

#### *Holistic student development*

The integration of yoga in higher education aligns well with the concept of holistic student development. The observed benefits spanning physical, mental, and academic domains support the idea that yoga can contribute significantly to the overall well-being and success of students (Khalsa and Butzer, 2016).

1. Physical well-being: The improvements in physical fitness, reduction in physical complaints, and enhanced body awareness observed in this study corroborate findings from previous research (Woodyard, 2011). These physical benefits are particularly relevant in the context of higher education, where students often lead



sedentary lifestyles due to long hours of study. The integration of yoga can serve as an effective countermeasure to the physical strain associated with academic pursuits.

2. Mental and emotional health: The significant improvements in stress reduction, emotional regulation, and mindfulness align with the growing body of evidence supporting the mental health benefits of yoga (Balasubramaniam et al., 2013). Given the high prevalence of stress and mental health issues among college students, the integration of yoga could serve as a valuable preventive and supportive measure. The potential of yoga to reduce symptoms of anxiety and depression is particularly noteworthy, considering the increasing mental health challenges faced by students in higher education (Zoogman et al., 2015).

3. Cognitive function and academic performance: The observed enhancements in concentration, memory function, and overall academic performance provide strong support for the cognitive benefits of yoga practice. These findings are consistent with neurobiological studies that have shown yoga to positively impact brain structure and function (Villemure et al., 2014). The potential of yoga to improve creativity and problem-solving skills is an exciting prospect, particularly in the context of preparing students for the challenges of the 21st-century workforce.

### *Adaptability across learning modes*

One of the key strengths of yoga integration in higher education is its adaptability across different learning modes. This flexibility is crucial in the current educational landscape, which is increasingly diverse in its delivery methods.

1. Regular mode implementation: The integration of yoga into the regular curriculum offers the most direct approach to implementation. The establishment of dedicated yoga spaces and the training of faculty members can create a supportive environment for consistent practice. However, the challenges of time constraints and potential resistance from students or faculty need to be addressed through careful planning and awareness programs (Butzer et al., 2015).

2. Online mode implementation: The development of online yoga modules and virtual sessions presents an innovative approach to yoga integration in distance learning. This mode of delivery can potentially reach a wider audience and provide flexibility in practice schedules. However, maintaining student engagement and ensuring proper form without in-person guidance remain significant challenges (Strahm et al., 2016).

3. Open and distance mode implementation: The provision of self-paced materials and periodic workshops offers a balanced approach for open and distance learning students. The use of mobile apps for guided practice is a promising strategy to promote consistency. However, the lack of regular in-person interaction may impact the depth of practice and the ability to address individual needs (Nagarathna et al., 2020).

### *Overcoming implementation challenges*

Addressing the identified challenges are crucial for the successful integration of yoga in higher education:

1. Time constraints: Integrating yoga into existing courses or offering it as a credited elective could help overcome time limitations (Ferreira-Vorkapic et al., 2015).

2. Varied student perceptions: Education about the secular nature of yoga as practiced in educational settings can help address misconceptions and increase acceptance (Douglass, 2010). 3. Resource limitations: Collaborations with local yoga studios or online platforms could provide access to trained instructors. Repurposing existing spaces for yoga practice can address space limitations (Khalsa et al., 2011).

4. Technology barriers: Providing offline access to yoga materials and ensuring mobile compatibility can help overcome technology-related challenges in online and distance modes (Birdee et al., 2009).

5. Consistency in practice: Implementing yoga challenges, peer support groups, and regular check-ins can promote consistent practice across all learning modes (Park et al., 2015).

### *Proposed integrated yoga protocol*

Based on the findings and discussion, an integrated yoga protocol for higher education is proposed:

**Table 10: Proposed integrated yoga protocol for higher education**

Component	Description	Duration	Frequency
Asanas (Postures)	A sequence of physical postures targeting flexibility, strength, and balance	20-30 minutes	Daily
Pranayama (Breathing exercises)	Specific breathing techniques to enhance lung capacity and promote relaxation	10-15 minutes	Daily
Meditation	Guided mindfulness practices to improve concentration and emotional regulation	10-15 minutes	Daily
Yoga philosophy	Brief discussions on yoga principles and their application to student life	10-15 minutes	Weekly
Relaxation Techniques	Practices such as Yoga Nidra for stress reduction and improved sleep quality	15-20 minutes	2-3 times per week

**Source(s):** Table by author

This protocol is designed to be adaptable across different learning modes and can be modified based on specific institutional needs and student preferences.

### *Implications for higher education policy*

The findings of this study have several implications for higher education policy:

1. **Curriculum integration:** Consideration should be given to integrating yoga as a credited course or as part of existing health and wellness programs (Butzer et al., 2016).
2. **Faculty development:** Programs should be developed to train faculty members in basic yoga instruction and its relevance to academic pursuits (Telles et al., 2014).
3. **Infrastructure development:** Institutions should consider allocating resources for creating yoga-friendly spaces, both physical and virtual (Salmon et al., 2009).
4. **Research promotion:** Funding and support for further research on the long-term impacts of yoga integration in higher education should be encouraged (Hagen and Nayar, 2014).
5. **Inclusive approaches:** Policies should ensure that yoga integration is inclusive and respectful of diverse cultural and religious backgrounds (Bussing et al., 2012).

In conclusion, the integration of yoga in higher education presents a promising approach to enhancing student well-being and academic success across various learning modes. While challenges exist, the potential benefits warrant serious consideration and systematic implementation efforts by higher education institutions.

### **Conclusion**

The integration of yoga in higher education represents a holistic approach to addressing the multifaceted challenges faced by students in the 21st century. This study has demonstrated the potential of yoga to positively impact physical health, mental well-being, and academic performance across regular, online, and distance learning modes. Yoga can be integrated in higher education in two ways: 1. Curriculum of yoga for making career, 2. Curriculum of yoga for the purpose of practice. To make a successful career in yoga discipline, students need to learn the yoga subject (both theory and practical) very systematic way starting from the school, college, and university so that they can gain in-depth knowledge in yoga. Moreover, the students who want to make a career in yoga, for those students the modes of learning may be the matter of consideration; whether it should be in regular mode or online and distance mode. But, so far as the yoga practice is concerned, keeping eyes upon the physical and mental health of the learners, there should not be any consideration upon the modes of learning. The principles and practice of yoga can be implemented by designing a curriculum based on the needs of different levels of learners irrespective of different modes of learning.

Key conclusions drawn from this research include:

1. **Comprehensive benefits:** Yoga practice offers a range of benefits that align well with the goals of higher education, including improved physical fitness, stress reduction, enhanced cognitive function, and better academic outcomes.
2. **Adaptability:** The flexibility of yoga practice allows for its integration across various learning modes, making it a versatile tool for enhancing student well-being in diverse educational settings.
3. **Implementation strategies:** While challenges exist, there are viable strategies for implementing yoga programs in higher education, including curriculum integration, online modules, and self-paced learning materials.
4. **Policy implications:** The findings support the need for higher education policies that promote the integration of yoga, including curriculum development, faculty training, and resource allocation.
5. **Future research:** There is a need for longitudinal studies to assess the long-term impacts of yoga integration on student success and well-being in higher education.

Yogic practices can significantly contribute to cognitive outcomes, concentration, and memory development, ultimately improving overall academic performance and fulfilling individual, national, and global goals. The proposed integrated yoga protocol offers a starting point for institutions looking to implement yoga programs. However, it is essential to recognize that successful integration will require ongoing assessment, adaptation, and a commitment to addressing the diverse needs of the student population.

As higher education continues to evolve, particularly in the wake of global challenges such as the COVID-19 pandemic, the integration of practices like yoga that promote resilience, adaptability, and holistic well-being becomes increasingly relevant. By embracing yoga as a complementary educational tool, institutions have the opportunity to not only enhance academic outcomes but also to contribute to the lifelong health and well-being of their students. In conclusion, the integration of yoga in higher education across regular, online, open, and distance modes presents a promising avenue for enhancing the quality and impact of higher education. As we move forward, continued research, innovative implementation strategies, and supportive policies will be crucial in realizing the full potential of yoga in shaping the future of higher education.

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