



# Practicing Kriya Yoga for Handling Mental Health Issues in Students of Engineering Education

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**Abstract:-** To find out if Kriya Yoga helps students of engineering to manage their mental health while they are under pressure to perform academically well. The researchers were conducted a research study and randomly took 70 students of engineering from IT (information and technology) and CS (computer science) from different engineering colleges of Jaipur district for this study. Standardised test -Mental Health Scale (MHA-TSBA) was administered on students during pre-post quasi-experimental procedurals. Present Study is delimited to first year students of IT and CS and in age of 17-20 years. Based on the results, students in the selected engineering sector were facing mental health problems that are linked to the stress due to their schools/college, home and friends. Very few of students were in extremely good level of mental state. Findings showed a significant level of difference in pre and post group of students after practicing different asanas of kriya yoga. The conclusion through gathered data suggests that Kriya Yoga exercises can improve mental health issues by reducing the stress as yoga do produce positive impact on inner wellbeing.

**Key words:** Kriya Yoga, Mental health, information and technology, computer science students, Academic performance, stress.

## 1.1 INTRODUCTION

Engineering education is renowned for its rigorous academic demands, high expectations, and competitive environment. Students pursuing

engineering degrees often experience significant stress, anxiety, and pressure to perform, which can negatively impact their mental health and wellbeing [1]. The prevalence of mental health issues among engineering students is a growing concern, with studies indicating high levels of stress, anxiety, and depression. The science of using yogic practices to purify the body and mind is known as Kriya Yoga. The Patanjali Yogsutra Sadhanpaad describes the teachings of Kriya yoga. Man dedicates himself to nature and sheds all of his concerns and problems in this yogic intervention. Through consistent practice, a Kriya Yoga practitioner achieves self-knowledge and maintains the health of his body, mind, and brain. Tapasya is not blaming God or other people for everything that happens, but rather embracing the resources and powers that God has given us as they are. Swadhyaya is the practice of carefully examining oneself, every response one has, refraining from violence, lying, wishing harm on others, and harbouring negative emotions toward anyone, either physically or mentally [9]. The process of determining one's own abilities in Swadhyaya. Swadhyaya means studying oneself deeply, studying every reaction given by oneself and not committing any kind of violence, not lying, not wishing ill for anyone, not having any ill feelings towards anyone in mind or body. [10]

## 1.2 ENGINEERING EDUCATION AND KRIYA YOGA

Engineering Education and Mental Health: Engineering education is known for its rigorous

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academic demands, high expectations, and competitive environment, leading to significant stress, anxiety, and pressure to perform among students. There is a need for holistic approaches: traditional approaches to addressing mental health issues in engineering education often focus on symptom management rather than prevention and holistic wellbeing. Thus, implementing exercises and asanas of yoga will produce a positive significant impact on these issues.

### **The Benefits of Kriya Yoga**

1. **Reducing Stress and Anxiety:** Kriya Yoga has been shown to reduce symptoms of stress and anxiety by promoting relaxation, improving mood, and enhancing resilience.
2. **Improving Focus and Concentration:** Sudarshan Kriya Yoga improves focus, concentration, and mental clarity, leading to better academic performance and productivity as breath control purify the nervous system [1].
3. **Enhancing Creativity and Innovation:** Kriya Yoga fosters creativity, innovation, and problem-solving skills, essential for engineering students.
4. **Promoting Emotional Intelligence and Wellbeing:** Kriya Yoga cultivates emotional intelligence, self-awareness, and self-regulation, leading to better relationships, decision-making, and overall wellbeing [2].

### **1.3 MENTAL HEALTH AND ENGINEERING STUDENTS**

Engineering students, who frequently experience tremendous pressure to achieve academically, handle demanding workloads, and meet high expectations from themselves, parents, and educators, are becoming increasingly concerned about their mental health. Significant stress, anxiety, and melancholy can result from the demanding requirements of engineering programs as well as the competitive atmosphere (Singh, P., & Kumar, S. 2018). According to research, students studying engineering are more likely than those studying other subjects to

experience stress and anxiety. Burnout, low motivation, and subpar academic performance are common signs of these conditions. It can be difficult for students to handle the demands of their programs because of the high-pressure environment of engineering school, which can aggravate pre-existing mental health conditions. Additionally, the stigma associated with mental health disorders may discourage students from getting treatment out of concern that it will affect their academic or professional prospects (Sharma, R., & Gupta, S. 2019)

The consequences of neglecting mental health can be severe, ranging from decreased academic performance and increased dropout rates to more severe outcomes, such as suicidal ideation and attempts[3]. It is essential for educators, administrators, and mental health professionals to acknowledge the unique challenges faced by engineering students and provide targeted support to promote their mental wellbeing. This can include implementing stress management and mindfulness programs, providing access to counselling services, and fostering a supportive campus culture that encourages open discussions about mental health. By prioritizing mental health and wellbeing, management educators can help students develop the resilience and coping strategies needed to succeed in their academic and management professional pursuits. Ultimately, promoting mental health and wellbeing among engineering students is crucial for ensuring their overall success and happiness, both during their academic tenure and beyond.

### **The Need for Kriya Yoga in Engineering Education**

1. **Addressing Mental Health Concerns:** Kriya Yoga can help address the growing mental health concerns among undergraduate students, including stress, anxiety, and depression [5] [8].
2. **Improving Academic Performance:** By improving focus, concentration, and mental clarity, Kriya Yoga can lead to better academic performance and productivity.



3. **Enhancing Employability Skills:** Kriya Yoga can foster creativity, innovation, and problem-solving skills, making engineering graduates more employable and competitive in the job market.

4. **Promoting Holistic Wellbeing:** Kriya Yoga can promote holistic wellbeing, including physical, emotional, and mental health, leading to a better quality of life for engineering students. Nandan k. Jones, & Sharry et. Al (2020)

### **Implementation Strategies to integrate yoga education**

1. **Incorporating Kriya Yoga into the Curriculum:** Integrate Kriya Yoga into engineering programs as an elective or mandatory course.[6]

2. **Workshops and Seminars:** Organize workshops and seminars on Kriya Yoga for engineering students, faculty, and staff.

3. **Mentorship Programs:** Establish mentorship programs that pair engineering students with experienced Kriya Yoga practitioners.

4. **Online Resources:** Provide online resources, including videos, tutorials, and guided meditations, to support engineering students in practicing Kriya Yoga. Nandan k. Jones, & Sharry et. Al (2020)

### **1.4 REVIEW OF RELATED LITERATURE**

Kriya Yoga, a holistic practice combining physical postures, breathing techniques, and meditation, has been shown to have a positive impact on mental health and wellbeing. By cultivating physical, emotional, and mental balance, Kriya Yoga can help individuals develop resilience, reduce stress and anxiety, and improve their overall quality of life.[1]

Different research reviews on practicing Kriya Yoga for handling mental health issues in students of engineering education also supported the justification to conduct this study as research gap found in terms of areas of generating stress and mental illness. As this study was focusing

1. "Kriya Yoga for Emotional Intelligence and general Wellbeing in University Education" (2017)- Researchers: Sinha, V., & Sengupta, S. Journal: Journal of Emotional Intelligence- Findings: Kriya Yoga practice increased emotional intelligence and wellbeing in University students when practiced continuously.

2. "Kriya Yoga as a Complementary Therapy for Mental and psychological Health Issues in teachers of technology and Education" (2018) Researchers: Tiwari, S., & Singh, R. showed in Journal: Journal of Complementary Therapies as findings that Kriya Yoga practice 50 hrs. schedule showed promise as a complementary therapy for managing mental health issues in teachers of technology and Education.

3. "Kriya Yoga Patanjali sutra as a Tool for Improving Mental Health in Engineering Education" (2018) Researchers: Singh, P., & Kumar, S. published in Journal of Engineering Education and Research and took out the findings: Daily Kriya Yoga practice improved mental health outcomes, including reduced stress and improved mood, in engineering students.

4. "The Impact of exercise and meditation on Anxiety and Depression in Engineering Students" (2019) Researchers were: Sharma, R., & Gupta, S. in Journal: Journal of Mental Health and Human Behavior. Major findings remained regular exercise and meditation practice decreased symptoms of anxiety and depression in engineering students.

5. "The Effects of Kriya Yoga on Sleep Quality and Mental Health in Engineering Students" (2019). Researchers: Kumar, S., & Singh, P. in Journal of Sleep Research and found that Regular daily Kriya Yoga practice improved sleep quality and reduced symptoms of anxiety and depression in engineering students

6. "The Impact of Meditation on Cognitive Function and Mental Health in secondary school going Students" (2019) Researchers: Gupta, S., & Sharma, R. publication in Journal: Journal of Cognitive Psychology had findings that regular 30 minutes meditation practice improved cognitive function,



including attention and memory, and reduced symptoms of anxiety and depression in engineering students.

7. Yoga for Stress Management in final year electrical engineering students" (2020) Kumar, S., & Singh, P. in -psychology reviews published their findings that Yoga practice reduced stress levels and control mood swings in engineering students.

8. "A Comparative Study of Kriya Yoga and Mindfulness-Based Stress Reduction in management Students" (2020), Researchers: Nandan k. Jones, & Sharry et. Al in Journal: Journal of Alternative and Complementary Medicine. Findings: Both Kriya Yoga and mindfulness-based stress reduction reduced stress levels in engineering students, but Kriya Yoga showed greater improvements in mood and cognitive function.

9. "A Randomized Controlled Trial of Yoga for Reducing Stress and Improving Physical Health in School Students" (2020). Researchers: Mathur D. P., & Kumar, k. Journal of Clinical Psychology and Findings: Yoga practice significantly reduced stress levels and improved Physical health outcomes in school students compared to a control group.

10. A Qualitative Study of exercise and fitness Experiences in college going Students" (2022) with researchers: Shuitcha, Y., Romian, D., in Journal of Qualitative Research stated the findings: Engineering students reported improved mental health outcomes, increased self-awareness, and enhanced overall wellbeing following Kriya Yoga practice.

**Table-A**

Comparative analysis of reported work

Method/Study	Population	Intervention	Duration	Outcome Measures	Limitations
Proposed study 2025	first-year engineering	Standardized Kriya	40 minutes session	Mental health level	Sample, short term

	g students (17-20 years)	Yoga asanas	on for 1 month	related college, home and peers	design
Study-1 2017	University students.	Kriya Yoga	continuous	Emotional Intelligence and general Wellbeing	Only two aspects
Study-2 2018	Teachers	Complementary Therapy	50-hrs	mental health	Not specific in dimensions
Study method-3 2018	Engineering Education	Kriya Yoga Patanjali sutra	daily	Stress, mood	long term, cross sectional
Study-4 2019	Engineering Students	exercise and meditation	regular	Anxiety and Depression	long term, cross sectional
Study-5 2019	Engineering Students	Yoga asanas	Regular daily	Sleep Quality and Mental Health	Population and sample selection, cognitive domain
Study-6 2019	Secondary school	Meditation	Daily 30	Cognitive Function	Secondary student

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	l stude nts		minu tes	ion and Ment al Healt h	nts, medit ation cycle
Study- 7	electr ical engin eerin g stude nts	Yoga	-	stress mana geme nt	Samp le and resea rch desig n

potential benefits of incorporating Kriya Yoga into engineering education.

#### **Problems can be addressed by the proposed study**

1. Can Kriya Yoga practice reduce symptoms of stress among engineering students?
2. How does Kriya Yoga impact the mental health and wellbeing of engineering students?
3. Does Kriya Yoga is affected students in their Mental Health?

#### **Limitations of the present study**

Present research study had some limitations on practicing Kriya Yoga for handling mental health issues in first-year students aged 17-20 years belonging to Computer Science and IT engineering education:

- The study may have a limited sample size which can reduce the generalizability of the findings.
- The study's findings may not be applicable to students from other engineering disciplines.
- The study's intervention period may be short and lacking pre-examining of any acute diseases related to body or mind may interfere the interpretations on mental health outcomes.
- Participants may not adhere to the Kriya Yoga practice as instructed, which can impact the study's outcomes.
- The study may not include follow-up assessments to determine the long-term effects of Kriya Yoga practice.
- The study's findings may not be generalizable to students from different cultural backgrounds or geographical locations.

These studies provide evidence for the potential benefits of Kriya Yoga, yoga, meditation, exercises and fitness program practices in managing mental health issues in students of engineering as well as other higher education and school students. Despite the growing body of research on the benefits of yoga meditation asanas for mental health, there is a *significant gap* in the existing literature regarding the specific effects of Kriya Yoga on mental health outcomes in first-year engineering students. While previous studies have explored the benefits of yoga, meditation, exercise etc. for reducing stress and anxiety, cognitive functions, mood in college/ school/ university/ engineering students, few have focused specifically on Kriya Yoga, and even fewer have targeted first-year engineering students, who are particularly vulnerable to mental health issues due to the transition to university life. Furthermore, the existing literature lacks a comprehensive understanding of the mechanisms by which Kriya Yoga influences mental health outcomes in this population. This study aims to address this research gap by investigating the effects of Kriya Yoga on mental health outcomes with specific intervention schedule of 40 minutes.

This study aims to investigate the effectiveness of Kriya Yoga in managing mental health issues among engineering students with proposed kriya yoga intervention schedule of 40 minutes by exploring the impact of Kriya Yoga on level of mental health stress, this research seeks to provide insights into the

There are some potential ways to overcome these limitations of existing conditions to practicing Kriya Yoga for handling mental health issues in first-year engineering students i.e. by Increasing Generalizability by using diverse sample populations and multi-site studies across different institutions and settings. Tailored interventions can address the

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specific mental health needs and also cater neurophysiological measures. More Focused training and support for students can ensure the effective delivery of Kriya Yoga-based interventions.

### Originality/novelty of the Study

1. Study of Kriya Yoga's effectiveness for mental health issues in engineering students which is a specific effort of researcher making a novel contribution to the existing literature.
2. The study targets a specific demographic, first-year engineering students, who are particularly vulnerable to mental health issues due to the transition to university life and facing mental health problems that are linked to the stress due to their schools/college, home and friends.
3. Focus on Computer Science and IT engineering students: The study concentrates on students from Computer Science and IT engineering disciplines, who often face unique challenges, such as intense academic pressure, long study hours, and high expectations.

### 1.5 STATEMENT OF RESEARCH PROBLEM

Practicing Kriya Yoga for Handling Mental Health Issues in Students of engineering education

### 1.6 OBJECTIVE OF THE RESEARCH

To see the impact of Practicing Kriya Yoga for Handling Mental Health Issues in Students of engineering education

### 1.7 HYPHOTHESES OF THE STUDY

#### Conceptual Hypothesis

**H1.** There is no positive impact of practicing kriya yoga on mental health issues in pre-post test scores.

#### Operational Hypotheses

**H1.1** There is no significant difference between pre-test scores of Mental Health issues in students of IT and CS.

**H1.2** There is no significant difference between post-test scores of Mental Health issues in students of IT and CS.

**H1.3** There is no significant difference between pre-test and post-test scores of Mental Health students of IT and CS.

### 1.8 RESEARCH DESIGN

#### Research Method

Quasi- Experimental method in which single group pre-post research design has been used for the study. 70 students (included 35 from IT and 35 from CS) for the study were taken for administrating the tool (Mental Health Scale) for the first time as pre-test and after that the same respondents received a training for a month in Kriya Yoga Sessions designed for 40-minutes in a day. Researcher took post-test again by administering the same tool (Mental Health Scale) after completing intervention cycle. After collection of data, to analyze the impact of Kriya yoga on mental health issues qualitative analysis and t- test were utilized to interpret the results.

#### Kriya Yoga Intervention schedule - Total Time duration -40 minutes

1. Chanting of OM- 2 Min
2. Gayatri Mantra- 2 Min
3. Surya Namaskar -10 Min
4. Asanas for Mental Health –14 minutes

- Tadasan
- Vrikshasan
- Dhanurasan
- Padmasan
- Yogamudra asana
- Singhasan (Lion Pose)
- Pyramid Pose



- Gomukhasan

5. Dhyana - 2 Minutes

6. Savasan, Relaxation -3 Min

7. Pranayama - 7 Min

### Population

In this study population is considered as all students of engineering education of Jaipur City.

### Sample of the study

70 graduate students of engineering in which 35 from IT and 35 from CS from different colleges of Jaipur district were selected randomly for this study. Branches choice is purposely as in these branches' students are doing more technical work on computers for long hours in sitting work. The age range varies from 17 to 20 years.

### Independent Variable

- Practices of Kriya Yoga

### Dependent Variable

- Mental Health of Students

### Tool for Data Collection

To measure the mental health students A Standardized test was utilized i.e. Mental Health Scale (MHA-TSBA). Test was administered on 70 students with taking their personal consent for pre and post-test.

### Statistical Method Used

The researcher has used mean difference and t- test as statistical methods to analyses the results and to draw conclusions.

### Methodology Flow Chart adopted

Phase 1: Planning and Preparation- Conduct a comprehensive review, identify specific research questions and objectives, and finalize research design

Phase 2: Sample selection and Screening with random technique from different engineering colleges of Jaipur district

Phase 3: Intervention and Data Collection by Kriya Yoga Intervention and test administration:

Phase 4: Data Analysis through quantitative technique (t-test SPSS- software)

Phase 5: Results and Discussion Present findings, including statistical analysis and thematic findings, interpret results, discuss implications, and identify limitations.

Phase 6: Dissemination by publish research findings and

## 1.9 RESULT AND DISCUSSIONS

### Conceptual Hypothesis

**H1.** There is no positive impact of practicing kriya yoga on mental health issues in pre-post test scores.

### Operational Hypotheses

**H1.1** There is no significant difference between pre-test scores of Mental Health issues in students of IT and CS.

Table-1. Pre-test scores of Mental Health issues in students of IT and CS.

	Gr ou p	N	M ea n	St d. De vi ati on	St d. Er ror M ea n	M ea n Di ffe re nce	Te st	Si g. (2- tai le d)
M en tal He	IT	35	11 0. 80 0	12 .4 75 4	2. 10 87	14 .6 28 6	4. 52 4	0. 00 0

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alt	C	35	12	14	2.		
h	S		5.	.5	45		
Sc			42	04	16		
or			9	1			
e							

**H1.2** There is no significant difference between post-test scores of Mental Health issues in students of IT and CS.

Table-2. Post-test scores of Mental Health issues in students of IT and CS.

	Group	N	Mean	Std. Deviation	Std. Error Mean	Mean Difference	Test	Sign. (2-tailed)
Mental Health Score	IT (post)	35	144.057	19.9233	3.3677	2.7714	0.625	0.534
	Post(post)	35	146.829	17.0854	2.8880			

df-68

Table value- 2.65

Level of significance- 0.01

### Analysis and interpretation

The different values in table-1 for the pre-test scores of Mental Health issues in students of IT and CS are showing a significant difference by rejecting the H.1.1 operational hypothesis for selected students of CS and IT. Calculated t-value is higher than table value. The probable causes of the results are due to differences found related to issues causing illness in mental health like their school/college, home or peer related issues. It may be related to teacher's/administration related reasons, negative environment of home and institution or might be their friends and peers are not supporting. Thus stress, anxiety, frustrations etc is present in their day today life.

### Mean and SD scores of Mental Health issues in students of IT and CS

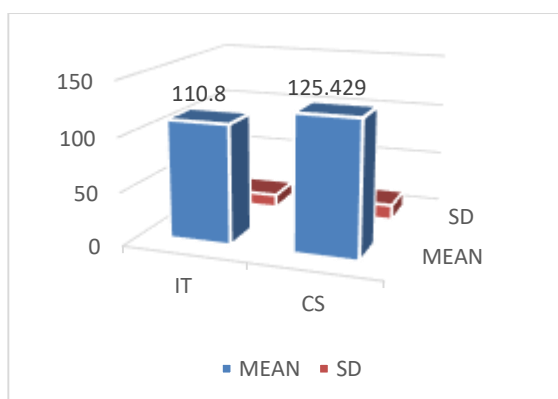


Figure-1 (pre-test)

df-68

Table value- 2.65

Level of significance- 0.05

### Analysis and interpretation

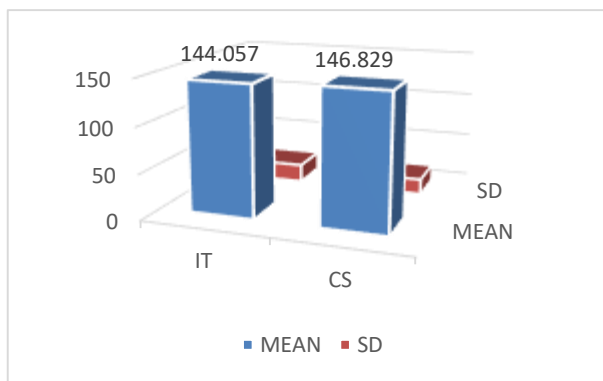
The different values in table-2 for the post-test scores of Mental Health issues in students of IT and CS are showing no significant difference in scores by accepting the H.1.2 operational hypothesis at 0.05 significant level for selected students of CS and IT. Calculated t-value is higher than table value. The mean scores are showing a significant improvement in the mental health condition of practicing kriya yoga as the mean difference reduced to 2.77 from 14.63 (table-1) when students had no practice of kriya yoga. The probable causes of the results are due to improvement in physiology of body as Kriya yoga detoxify by controlling the nervous system, improving breathing, balancing hormones, and possibly boosting general health and vitality by bringing the body's life forces into harmony, lowering stress levels, and encouraging relaxation. The issues causing illness in mental health almost equally healed





all the students in IT and CS as the practiced yoga asanas daily and constantly.

**Mean and SD scores of Mental Health issues in students of IT and CS**



**Figure-2 (post-test)**

**H1.3** There is no significant difference between pre-test and post-test scores of Mental Health students of IT and CS.

Table-3. Pre-test and post-test scores of Mental Health students of IT and CS.

	Group	N	Mean	Std. Deviation	Std. Error Mean	Mean Difference	t	Sig. (2-tailed)
Mental Health Score	Pre	70	118.14	15.3175	1.8308	27.3286	9.527	0.000
	Post	70	145.43	18.4765	2.2084			

df-68

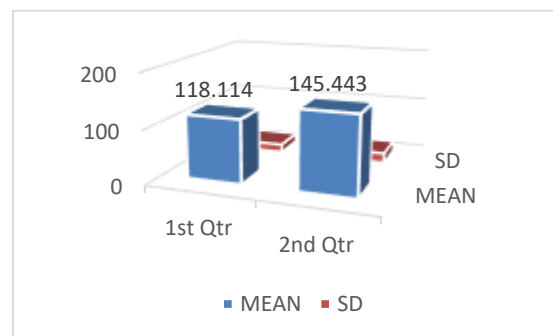
Table vale- 2.61

Level of significance- 0.01

**Analysis and interpretation**

The different values in table-3 for the pre and post-test scores of Mental Health issues in students of IT and CS are showing a significant difference by rejecting the H.1.3 operational hypothesis for selected students of CS and IT. Calculated t-value is quite high than the table value. The probable causes of the results are due to difference found related to issues causing illness in mental health like over strictness, overburdened curriculums, exams and results, career and future jobs, parents and family expectations and their behaviours, economic conditions and peer pressures etc. when they all were examined for the first time in pre-test. Mean value of IT and CS students showed a poor level of mental health. Thus, stress, anxiety, frustrations etc is present in their day today life. Whereas the mean scores in post-test are showing a significant improvement in the mental health condition due to practicing kriya yoga as the mental health of students shoot up to good level. The probable causes of the results are due to improvement in physiology of body as Kriya yoga detoxify by controlling the nervous system, improving breathing, balancing hormones, and possibly boosting general health and vitality by bringing the body's life forces into harmony, lowering stress levels, and encouraging relaxation. Thus, it was observed that practicing kriya yoga has been found impactful for handling mental health issues in students of engineering education.

**Mean and SD scores of Mental Health issues in students of IT and CS**



**Figure-3 (pre-post-test)**

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### 1.10. CONCLUSION

This study explored the effectiveness of Kriya Yoga intervention in managing mental health issues in first-year IT and Computer Science engineering students. The quantitative results indicate that practicing Kriya Yoga can lead to significant reductions in stress, anxiety, and depression which makes a mental health of students while improving overall wellbeing and resilience. The qualitative findings indirectly also provided insight into the experiences of participants, highlighting the benefits of Kriya Yoga in enhancing self-awareness, emotional regulation, and mindfulness. In conclusion, this study demonstrates the potential of Kriya Yoga in addressing mental health issues in first-year IT and Computer Science engineering students. By incorporating Kriya Yoga into IT and Computer Science engineering education and promoting mindfulness and self-awareness, educators and mental health professionals can provide students with a valuable tool for managing mental health and achieving overall wellbeing. Kriya Yoga may help engineering students with their increasing mental health issues, boost their academic achievement, develop their employability skills, and encourage overall wellbeing. Kriya Yoga can help students manage stress, develop resilience, and realize their full potential by being incorporated into engineering education.

Our educational institutions, which bear the primary responsibility for advancing the nation, are preparing the future of our nation. It becomes much more crucial that this future be well planned in such a scenario. Yoga may play a significant part in generating the ideal development environment, which is necessary for the students to achieve both overall and goal-centric growth.

### 1.11 CURRENT AND FUTURE DEVELOPMENTS

This study has the potential to contribute to the development of holistic approaches to promoting mental health and wellbeing among engineering students. By exploring the effectiveness of Kriya Yoga, this research can inform the design of

interventions and programs aimed at supporting the mental health needs of engineering students. Mental health related problems have been observed in students. These mental problems hinder the all-round development of students. In yoga, emphasis is given on physical and mental aspects, which can be strengthened to develop self-actualization and mental ability in students. Regular yoga practice increases self-confidence the main thing is that the practice of yoga stabilizes the restlessness of the mind and this increases the tendency of students to practice with a focused goal. It is the primary responsibility of teachers and parents to guide teens to practice yoga regularly Parents should also understand the mental problems of their children and give them time. With the regular practice of Kriya Yoga, students will be able to increase their academic performance. It also enhances the quality of life.

### Future Research Directions

1. Longitudinal studies: Conduct longitudinal studies to assess the long-term effects of Kriya Yoga practice on mental health outcomes with integrating other forms of yoga in comparative study.
2. Diverse sample populations: Recruit participants from diverse backgrounds, including different age groups, engineering disciplines, and cultural contexts.
3. Mixed-methods approaches: Employ mixed-methods approaches, combining quantitative and qualitative data, to gain a more comprehensive understanding of the effects of Kriya Yoga practice.

### 1.12 EDUCATIONAL IMPLICATIONS

Incorporating Kriya Yoga into IT and Computer Science engineering education can be a valuable addition to IT and Computer Science engineering education, providing students with a holistic approach to managing mental health. It also helps to promote mindfulness and self-awareness: Educators and mental health professionals can promote mindfulness and self-awareness among IT and Computer Science engineering students through Kriya Yoga practice. On the basis of Suggestions and



on the basis of findings researcher could say the further academic contribution of the study are as follows-

#### Suggestions for the teacher

- Teachers should study the literature related to kriya yoga and by its regular practice they can strengthen their intellectual and physical mental problems.
- The teacher should aware about the Mental Health issues among students

#### Suggestions for the Administration

- A regular institution should be established for the practice of Kriya Yoga in rural and urban areas where trained Kriya Yoga trainers can be prepared.
- Kriya yoga should be practiced in all educational institutes. So that the physical and mental consent of the students can be enforced.
- The administration should bring awareness for regular practice of Kriya Yoga.

#### Suggestion for the policy maker

- A policy should be made to determine how the wonderful experiments of Kriya Yoga can be implemented in a practical way

#### Suggestion for the future study

- it is recommended that similar research study be conducted on University Students or Faculty members.
- It is further recommended that Kriya Yogic intervention can be used to improve body mass index.
- It is further recommended that Kriya Yogic intervention not to be used without proper guidance on a person having serious health issues.

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