

**YOGA FOR CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH
AND WELL-BEING: REVIEW**

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DOI: 10.5958/2249-7137.2021.02505.2

ABSTRACT

This article addresses yoga as a possible stress-reduction and self-regulation technique for youngsters. Yoga teaches you how to educate your mind and body to achieve emotional equilibrium. We believe that such tools are necessary for children and young people to listen inward to their bodies, emotions, and thoughts. Yoga may help children grow in a healthy manner, strengthen themselves, and contribute as social beings. First, we look at how today's children and young people are bombarded with expectations and are constantly stimulated by the Internet and other media and communication technology. Globalization exposes kids all around the globe to a variety of new expectations, norms, and choices, which is one reason why children suffer stress and mental health issues. There is also more pressure on students to succeed in school, partially as a result of greater competition, but also as a result of the wider variety of alternatives accessible to young people now than in the past. Our thesis is based in part on the reality that contemporary society is rife with diversions and unwanted temptations, particularly those associated with new communication technology. The prevalence of multimedia gadgets and the amount of time spent on them by youngsters are obvious indications of our current generation's changing lives and priorities. While these media technologies are important resources in the lives of children and young people for communication, learning, and entertainment, they also create continuous competition for the attention of children and young people. Yoga may assist children and young people deal with stress, and therefore contribute positively to life balance, well-being, and mental health, according to one of the major concepts in our essay. We provide evidence that suggests yoga is beneficial to children's physical and mental health. Yoga in schools also helps kids enhance their emotional and stress resilience, mood, and self-regulation abilities.

KEYWORDS: Children, Young People, Mental Health, Well-Being, Yoga.

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