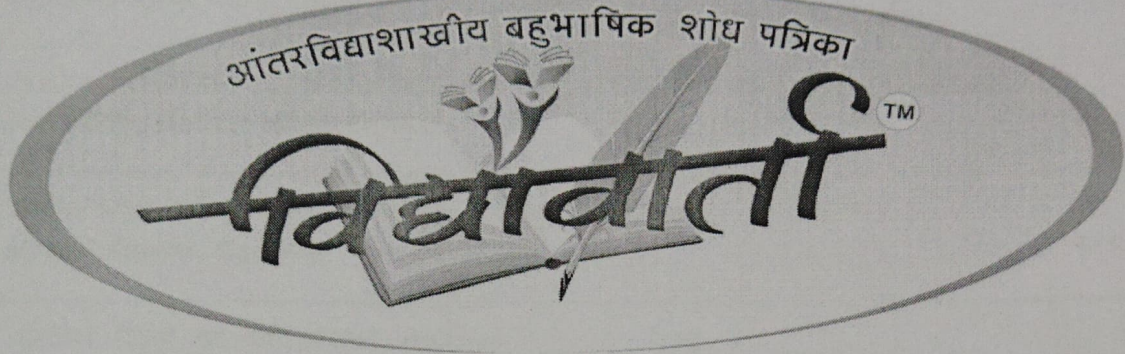


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विद्येविना मति गेली, मतीविना नीति गेली  
नीतिविना गति गेली, गतिविना वित्त गेले  
वित्तविना शूद्र खचले, इतके अनर्थ एका अविद्येने केले  
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❖ विद्यावार्ता या आंतरविद्याशाखीय बहुभाषिक त्रैमासिकात व्यक्त झालेल्या मतांशी मालक, प्रकाशक, मुद्रक, संपादक सहमत असतीलच असे नाही. न्यायक्षेत्र:बीड



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## The Impact of Yoga on Mental Health – Relevance of Physical Fitness for Vocational School Students with Intellectual Disabilities

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### Abstract:

Intellectual handicap students of occupational School, Case-ending showing possession or relation to health and bodily fitness are given to emphasize. Total Case-ending showing possession or relation influence possessive case-ending thorough performance. Yoga is a born old practice and helps to maintain physical, mental and emotional wellbeing. Although, intellectual handicap Individual has, special figure in occupational teaching center for receiving education. It has special implications for them. In this study intellectual handicap individual of occupational School showing possession or relation with bodily fitness, cognitive work and aggregate health.

The aim of yoga practice through syllabus in unified from to get insight in various works. The current literature and empirical research possessive case-ending pervading review Case-ending showing possession or

relation medium, from this writing intellectual handicap Individuals Case-ending showing possession or relation welfare and quality of life increases for aggregate outlook. It has special figure for occupational teaching and intellectual disable students.

**Keywords:** Yoga, mental health, bodily fitness, intellectual disability, occupational School, Case-ending showing possession or relation, pupil and welfare

### Introduction:

The Case-ending showing possession or relation means case-ending showing possession or relation figure suppose you have, one pervading system for including performs have to aggregate welfare for encouraging sound mind and sound body. Its origin is old, Indians seeing that cultural limitations of the other side can have an open health situations. The case-ending showing possession or relation for you relating to science, medicine, apparatus, etc. pervading popularity of products day by day. Intellectual handicap along-with handicap individuals Case-ending showing possession or relation to find that yoga has a remarkable impact on physical fitness and overall health, which makes relevant for vocational school students with intellectual disabilities. By incorporating yoga into your daily routine, those students may get many benefits for their total health. Regular practice of yoga strengthens our body, mind and spirit and enhance flexibility and balance of both also reduces stress and anxiety. Yoga can help to improve their focus and concentration, which is the key skill for success in vocational training programmes. Integrating yoga into the lives of vocational school students with intellectual disabilities can have a positive impact on their physical and mental health increase their overall well-being and quality of life. The aim of this writing has given to total Case-ending showing possession or relation to influence of addre to attach as an enclosure have, special figure of intellectual handicap of