Academic anxiety among student and the management through yoga

Academic anxiety is a well-established, significant problem in academic performance. Students face high levels of anxiety and are often at the risk of their academic performance and repugnate of oral and family sense of anxiety here offers an academic performance. 

Academic anxiety is a critical issue for students and educators. According to various studies, academic anxiety is a common problem among students. It negatively affects their academic performance, mental health, and overall well-being. 

Academic anxiety is a significant issue that affects a wide range of students. It can be caused by a variety of factors, including academic pressure, competition, and self-doubt. It is important for educators, parents, and students to recognize the signs and symptoms of academic anxiety and to take steps to manage it. 

Academic anxiety is a complex issue that requires a comprehensive approach to address. This includes creating a supportive and inclusive learning environment, providing resources and support, and encouraging students to develop healthy coping mechanisms. 

Academic anxiety is a serious issue that requires attention and intervention. By working together, we can help students overcome academic anxiety and achieve their full potential.