8.7 SUGGESTIONS FOR FUTURE STUDY

Future research should focus on personalized sessions, particularly for addressing specific emotional issues such as repression, stress, and emotional dysregulation. Longitudinal studies are essential to assess the long-term effects of yoga on mental health and determine whether continued practice leads to sustained improvements. Furthermore, the influence of cultural and socioeconomic factors on the outcomes of Yogic Counseling should be considered to understand the broader applicability of the intervention.

Given the positive impact observed in this study, it is recommended that the Yogic Counseling Module (YCM) be introduced as a yearlong intervention within school curricula. This would allow students to systematically engage with its practices, promoting deeper psychological and behavioral benefits. YCM, as a structured program, can help individuals foster self-awareness, emotional resilience, and cognitive clarity, enabling them to manage stress, regulate emotions, and maintain a balanced mindset. Additionally, the development of a comprehensive YCM Manual is proposed, which would guide counselors, teachers, and mental health professionals in effectively implementing Yogic Counseling techniques. This manual would be an essential tool for further enhancing adolescents' mental well-being in both educational and therapeutic settings. The study's results support the integration of mental health programs through Yogic Counseling in educational environments, underscoring its potential to improve cognitive distortions, emotional resilience, and overall mental health in adolescents.