

**Subjects and methods:** The combination of College Two courses education and mental health education based on synergy theory is an inevitable requirement to give full play to the function of College collaborative education, improve the path of Ideological and political and mental health education, and promote the development of College Students' physical and mental health. By objectively analyzing the relationship, necessity and reality of the combination of two courses education and mental health education in Colleges and Universities Based on synergy theory, this paper puts forward an effective path of the combination of two courses education and mental health education in Colleges and Universities Based on synergy theory.

**Results:** There is a strong correlation between two courses education and mental health education in Colleges and universities. Mental health education not only provides a stable internal psychological environment for the smooth development of two courses education, but also provides new teaching methods and effective educational measures for the creation of the basic teaching objectives of two courses education and the extension and expansion of educational content. This paper proposes to innovate the concept of collaborative management and optimize the management mode of two courses education and mental health education. Enrich the connotation of synergy theory and promote the combination of two courses education and mental health education. Make scientific use of educational resources to promote the collaborative innovation of two courses education and mental health education. Strengthen the construction of campus culture and realize the coordinated development of two courses education and mental health education.

**Conclusions:** The fundamental task of higher education is to realize the growth of college students. Facing the new changes of the times and the new hot spots of theory, and facing the new situation and new problems encountered by college students, the collaborative innovation of Two courses education and mental health education in Colleges and universities has far-reaching theoretical and practical significance. It not only helps to enrich the synergetic theory, but also helps to improve the effectiveness of two courses education in Colleges and universities and promote the healthy growth of college students. Therefore, in the process of collaborative innovation of two courses education and mental health education in Colleges and universities, educators should pay attention to the collaborative innovation of two courses education and mental health education in Colleges and universities from four aspects: optimizing the educational environment, constructing the educational system, perfecting the educational platform and innovating the educational carrier. Implement the collaborative innovation work to realize the healthy and all-round development of college students.

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## THE RELATIONSHIP BETWEEN EMOTIONAL EXPRESSION AND FUNCTIONAL EXPRESSION AND POSITIVE PSYCHOLOGY IN VOCAL MUSIC TEACHING

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**Background:** Vocal music art is a sound science in the field of human body science. It is obtained by using various acoustic skills through people's thoughts and feelings. In vocal music teaching, teaching and learning are the whole of the teaching process. In this whole, every link should pay close attention to students' psychological activities and physiological state. Because the singing process is formed by the coordination of psychology, will and physiology. The brain is the organ of psychological activity, and psychological activity is the functional expression of the brain. The whole process of singing is to conduct a series of psychological activities through the brain and the higher nervous system, stimulate the correct physiological activities of singing, and form a perfect singing.

**Subjects and methods:** In vocal music teaching, the application of singing psychological factors is an important means to obtain vocal music technology. This technology should produce correct physiological activities under the guidance of positive psychological factors. There are healthy singing physiological organs, but without correct singing psychological guidance, it will not form a beautiful song. However, with correct and positive singing psychology, without healthy physiological structure, it is impossible to train good singers.

**Results:** This paper holds that the correct singing psychological state should play a leading role in singing training and artistic practice. To a certain extent, singing psychological factors are important, dominant and run through the whole process of vocal music art. As far as singing psychology is concerned, although it plays an important role in singing, it can not solve all singing problems.

**Conclusions:** Because singing psychology is affected by the changes of external things, it restricts singing physiological activities. How singers can control singing psychology under any circumstances, not affected by external factors, so that singing can be brought into normal play, psychology can achieve self-control and emotion can be self-regulated, which are very important in examinations, performances or competitions. The normal play mainly depends on the usual training, but in the examination, competition and performance, we should enter self-regulation, believe in ourselves, firmly believe in the basic methods of usual training, psychologically establish confidence, cheer up and adjust our mood. The activity of this psychological state will stimulate the positive activities of singing physiology and make the activities of physiological function serve the psychological activities.

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## THE INFLUENCE OF YOGA TEACHING ON COLLEGE STUDENTS' PHYSICAL AND MENTAL HEALTH

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**Background:** Yoga can make people feel the true meaning of life in a calm state. It is a popular sport. Yoga also has strong aesthetic characteristics. It integrates fitness and art, and creates a new form of fitness. Long term yoga exercise can not only achieve the purpose of self-cultivation, but also cultivate sentiment and purify the soul. Yoga teaching in Colleges and universities is of great significance. It can enrich college sports, mobilize students' enthusiasm to participate in physical exercise and improve students' physical quality. In addition, through yoga practice, college students' body and mind can be relaxed and their pressure can be relieved, which can promote the formation of College Students' healthy psychology. Yoga teaching has a positive impact on the physical and mental health of college students. Therefore, colleges and universities should include yoga teaching in the basic physical education teaching content, promote the all-round development of students and promote the continuous progress of yoga teaching.

**Subjects and methods:** Yoga is a popular sport nowadays, which has a significant effect on the overall promotion of people's physical and mental health. Yoga is a sport integrating music, dance and fitness. It is loved by people, especially women, because of its unique charm. In recent years, many colleges and universities in China have also set up yoga courses to improve students' physical quality and cultivate students' awareness of lifelong sports. Yoga teaching in Colleges and universities can not only make students achieve the function of strengthening their body, but also cultivate students' sentiment and promote the formation of students' healthy psychology. It can be said that yoga teaching in Colleges and universities has a positive impact on College Students' physical and mental health. This paper discusses the embodiment of the impact of yoga teaching on College Students' physical and mental health.

**Results:** Based on all the above contents, from the change of indicators in various dimensions, the change of indicators improves the beauty of the body. The purpose of weight loss can be achieved by consuming a lot of heat energy through exercise. After half a year, the vital capacity of female college students has increased, the quiet heart rate has decreased, and the systolic and diastolic blood pressure have decreased, showing very significant changes. The results of forward flexion in the back seat were improved, the grip strength was increased, and the number of sit ups in one minute was increased, showing a significant change. The time of standing with eyes closed and one foot increased, showing a very significant change. The standing long jump performance has improved, and the 800 meter running time has decreased, but it does not show significant changes.

**Conclusions:** Yoga is deeply loved by college students with its unique charm, and more and more college students participate in yoga learning. Yoga teaching in Colleges and universities has a positive impact on College Students' physical and mental health. Yoga can help college students shape a good body shape and improve their body shape. Yoga can improve the physical function level of college students, and yoga can improve students' flexibility and balance.

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