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YOGA AN EFFECTIVE TOOL IN STRESS MANAGEMENT

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ABSTRACT

As we all are living in the era of globalization where there is a lot of competition, revolution and changes happening around, we cannot avoid stress, tension and anxiety in our day-to-day life. Only hardworking, disciplined, prompt and mentally alert can survive the work pressure and strike a balance between professional life and personal life, we are exposed to stress and tension for long periods which may appear in the form of many disorders like hypertension, high & low blood pressure, depression, backaches, migraine, spondylitis, insomnia, etc.. Yoga is the best option for healing stress among working men and women. It serves as reviver of mind, body and soul. The different method of yoga which comprise of physical postures (*asanas*), breath expansion and enhancement (*pranayama*), relaxation and meditation techniques (*dhyaan*), combine with ideology of simple and natural lifestyle management enhances energy of the an individual and develops a positive attitude. It has been attested by many as a complete all-in-one holistic formula for stress management.

KEY WORDS: Yoga, stress, tension, anxiety, discipline, exercise, punctuality.

INTRODUCTION

Today modern Medical science is giving more importance for prevention and maintenance of health. Every human beings strongest desire is to live a healthy, happy and an inspired life. Out of these three, health is foremost because without it, one cannot feel happy or inspired. Due to the competitive world, demanding jobs and other strenuous works, man is affected with high stress which in turn creates an imbalance at physical, psychological and social levels of the individual leading to various physical and psychological disorders. Yoga, an Ancient science, art provides an effective method of managing and reducing stress, anxiety and depression and numerous studies demonstrate the efficacy of yoga on mood related disorders. Yoga, a form of mind-body exercise, has become an increasingly widespread therapy used to maintain wellness, and alleviate a range of health problems and ailments.

In an age of highly dynamic and competitive world, man is exposed to all kinds of stressors that can affect him on all realms of life. Hans Selye first introduced the term stress into life science. The term stress is derived from the Latin word 'Stringere' which means to be drawn tight. Stress is a complex, dynamic process of interaction between a person and his or her life. Stress can affect one's health, work performance, social life and the relationship with family members. The stress response is a complex emotion that produces physiological changes to prepare us for fight or flight to defend ourselves from the threat or flee from it. Eminent behavioral scientist Stephen [3] defines stress as that arises from an opportunity, demand, constraint, threat or challenge, when the outcomes of the event are important and uncertain. Stress can also be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury. Yoga is an increasingly popular therapy, used to maintain wellness and assist with the management of a range of health complaints. Increased stress, depression and anxiety are the features of modern lifestyle.