

**STRESS MANAGEMENT AND YOGA****\*Dr. Aishwarya Jambhekar –Jnamdar***\*Assistant Professor, Shri Siddhivinayak Mahila Mahavidyalaya, Karvenagar, Pune.**E-mail Id.: aishjinamdar@gmail.com***Abstract:**

*In today's life everywhere we feel stress. It's a part of our life. The level of stress may be different from person to person but stress is there. Due to this pandemic, a lot of stress was bombarding every individual in different ways. Hence management of stress was a crucial point for everyone. In this scenario, Yoga plays a very important role to manage stress. Yoga is an umbrella concept. It includes meditation, pranayama, different asanas, yog nidra, etc.*

**Keywords:** *Stress, Yoga, Meditation, Pranayam, Asanas, Yog Nidra*

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**Introduction:**

Today's life is very fast and competitive. To survive in this competitive world everyone has to work hard. New morning, new challenges. Life is full of challenges and stress. Last two years due to the pandemic we have all faced a lot of stress. The word 'stress' has now become the most popular word in the last few years. Its constant presence for a long time adversely affects our daily life. Our stressed lifestyle has become a major cause of health problems and various diseases. We all are trying to find a good solution for removing stress and coming out of stressful situations. A good solution for removing stress is Yoga.

**Purpose:**

To know the basic concept of stress and yoga and to understand how yoga benefits managing stress.

**Objectives:**

1. To know the meaning of stress, and yoga.
2. To understand the role of yoga in stress management.

**Scope of the study:**

The scope of the study is limited to stress management and the basic role of yoga in stress management.

**Research Methodology:**

This research paper is purely based on primary and secondary data. Sources of data: -

- a. Primary Data: This data was collected through discussion with yoga-trained personnel.
- b. Secondary Data: This data was collected through websites, magazines, newspapers, books, articles, and journals.

**The conceptual background of stress:**

The concept of stress was firstly introduced in biomedical science by Hans Selye in 1936.<sup>1</sup> stress is derived from the Latin word "stringere" which means to be drawn tight. Stress is a feeling of emotional and or physical tension. It can happen in any situation and condition. Stress may differ from person to person. There are two types of stress, one is positive and another is negative. Stress comes from your mind first and then it reflects on your body. Hence, stress is

a reaction of your body towards any situation or challenge. It is a complex and tricky concept. Stress is a continuous process of interaction between our minds and life. We all are facing a lot of challenges in our life and trying to accept those challenges. But when our acceptance level is less then this situation automatically turns into stress. Nowadays stress is very common. There are several reasons for having stress like our thoughts, environmental, working place related, physiological, personal, social, economic, etc.

Stress is the gap between our expectations and reality. Less the gapless the stress and vice versa. Hence for eliminating stress conditions there are ways.<sup>2</sup> The first thing we all should follow every day is to expect nothing and accept everything as it is. It's a very positive measure for reducing the stress on our mind and body. The second and the most important measure is Yoga. The role of yoga in managing stress is very important and essential. Due to the pandemic situation, we all are facing a lot of stress in our day-to-day life. Yoga is the best solution for relieving stress.<sup>3</sup>

### **The conceptual background of yoga:**

The word Yoga is derived from the Sanskrit root “Yuj” which means to join or to unite. The regular practice of yoga leads to the union of an individual’s consciousness with the universal consciousness, showing perfect coordination between mind and body. The aim of yoga is self-realization, to overcome all kinds of suffering. Regular yoga practice maintains peace and freedom in our life. The origin of the science of yoga was thousands of years ago. 4

### **Contribution of Yoga to stress management:**

Yoga is a continuous activity. Yoga is a therapy system to balance health and fitness. There are various yoga sadhanas like Yama, Niyam, Asana, Pranayam, Meditation, Samadhi, Bandhas and Mudras, Mantra Japa, etc. we can manage our stress by stretching out our body and also by relaxing our mind and body. For this purpose, yoga is the most effective tool. Regular yoga practice strengthens and relaxes the body and mind. In yoga, pranayama can stimulate the vagus nerve and it helps to reduce stress. Thus, various types of pranayama are used for breathing. It helps to boost your breathing capacity as well as strengthen your body posture.

### **Yoga practices for releasing stress:**

1. **Aasana:** The basic practice of yoga is Asana. There are different types of Asana. Asanas are very useful for the body and mind. During stress, endocrine

The system is affected the most. Hence, the practice of Aasanas impacts the endocrine system and releases stress. A few Aasanas are very useful for stress management. They are as follows:

- a. **Uttanasana:** This aasana is useful for blood circulation from head to bottom. It is an effective way to reduce mild depression, fatigue, and stress.
- b. **Adho Mukha Savasana:** It is a powerful stress-relieving yoga pose. It is beneficial to reduce tiredness and stress.
- c. **Balāsana:** This aasana is effective for relaxing the mind and creating energy in our body.
- d. **Savasana:** This is the complete pose of relaxation. With this Asana’s body will be de-stressed completely and the brain and mind should be relaxing.
- e. **Pranayama:** Pranayama is a very effective breathing technique for blood circulation, purification, and healthy life. It is not just to inhale and exhale the air but to control the complete breathing system and maintain good control of the body and mind. The lung functioning will improve. Some important pranayama like Anulomvilom, Bhasrika, Kapalbhathi, Bhramari, Ujjayee.

2. **Yog -nidra:** Yog -nidra is a method that is used in doing a Dhyana. In this position the mind is awake but our body feels sleepy. It is a very basic technique to relax our mind and body and relieve stress. In yogic kriya, this pose is very normal. Yog-nidra induces us into a conscious sleep to feel the happiness in our minds.
3. **Meditations:** It is a very ancient technique. It is also called Dhyana. In this process, we withdraw our attention from various subjects and things in this material world and focus on inhaling and exhaling our breath. A lot of pictures and things come to our mind, we can also visualize them but again focus on the breath. It's a continuous process, day by day our thoughts could be minimized and concentration power will increase. Due to meditation our body and mind feel happy, calm, and energetic. It is useful for various purposes. It is a very effective and powerful technique to remove stress and maintain stressless life.

**Conclusion:**

Stress may cause several problems in our life. It is not good for our life. Hence, for managing stress Yoga is a good solution. Daily practice of yoga-like different Asanas, pranayama, yog nidra, and meditation is very powerful for stress release and relief. Yoga is useful for controlling our body and mind. Everyone should practice the right yogic food, right activities, the right attitude, right thinking, right aahar vihar, etc. to remove stress. Yoga gives us a stressless life and if stress occurs due to yoga we can manage our stress very effectively. Everyone should always practice yoga for a healthy life. Yoga practice a day keeps stress and doctor away.

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