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## Work Place Stress and Yoga Therapy

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### ABSTRACT

*It is a practice of all human being to keep the work place neat and clean. Because the work place is considered as a place of spirituality, as soon as the business people enter the business place, they begin some kind of prayer. Irrespective of religion, caste, community, this practice is followed almost in all places throughout our country. India a country, known for its rich culture houses in the citizens who have the practice of worshipping in the place of their business. Further, the employers normally should see that the work place is properly maintained by the staff. Every Friday, regular poojas are conducted by the employer or employees in the absence of the employer. Following the employer, the employee or worker also should maintain the work place neatly and they must be very careful in performing their work. They should give full concentration in their work to finish their work efficiently. Their attention should not be diverted at any cost. They should discharge their duty sincerely. In normal condition almost all employees will be careful in their work. Since the ancient period this practice is followed. But due to the change in the culture and fashions of the society, the sincerity in the work place is gradually reducing. Gossiping, spreading rumours and back – biting and the like lend to the decrease in the quality of the work performed and lead to great issues to the proprietors sometimes. Keeping the above views in mind the researchers as a preliminary step tried to write an article on "WORK PLACE STRESS AND YOGA THERAPY".*

### Keywords :

#### INTRODUCTION

Both in service sectors and in manufacturing sectors, the labourers, whether white collared or blue collared play a vital role in development of the business and industry. Specialization of labours in a particular field brings tremendous development for the enterprise in all sectors, whereas laziness in the job of labourers sometimes brings heavy loss to the organization. The contribution of the labour decides the success of the business. It is possible only when the labourer performs his duty with sincerity and concentration. But the employees in the organization nowadays perform their duty just for earning money. This will lead to decrease in quality of the product or manufacturing defective products. Busy personal schedule of the present men does not allow them concentrate in their work. Simply they speak about their personal matters and sometimes speak politics and about serials in the television. Speaking politics in the office work or when they work in factory may create disputes among the labourers which will lead to form various groups on the basis of community, caste and political party. When the labourers involve themselves seriously in the work, we can not expect such problems in the work. Work should not be disturbed at any cost. This will help to achieve the targets of the organization or business concern easily. Yoga practices are nowadays considered as the best way to solve various problems of the human beings. Even for recovery from the diseases, various types of yoga is practiced by the people. Because yoga brings full concentration to anybody who are in trouble and make them to concentrate in their work or career. So, when a worker practices yoga, he can concentrate in the work allocated to him properly.

In the modern scenario, the business people try to capture the entire market by supplying high quality of product at competitive price. Even before developing the product, they try to know the desires and needs of the consumers and also try to study the market competition from similar products. They provide better pay to the employees to extract more work

from them. They try to provide better working conditions in the working place. But nobody thinks about the concentration of the employees in all processes of the activities of the business. If the employers try to find some ways to create concentration to all employees, surely they can compete in the globalized era. This is possible by way of making arrangements to provide yoga practices to all employees irrespective of their designation.

#### DEVELOPMENT OF YOGA

Since ancient period, yoga was being practiced by the human beings. The priests and worshipers of various religions and gurus used to practice yoga regularly. Epics like Ramayana and Mahabharata gave much importance to yoga. When one man is familiar with yoga, he is supposed to be the man with more willpower than other human beings. In olden days, yoga was taught in all Gurugulam and residential schools. Even now in many educational institutions, the importance of yoga was felt and students are being taught with the eminent personalities of yoga at fixed intervals.

#### YOGA AND LABOUR

Due to personal factors and tensed life in the working place, the workers particularly, the unskilled workers in all sectors of the industries get frustration in their work. This will make the employees lose presence of mind when they are discharging their duties. Absence of mind in the working place may lead to poor performance of the work or leads to accident to the labour due to electric shock or inserting the hands of the labour in the machinery which can cause permanent disability to the labour. But this can be avoided by giving full concentration in the work. Concentration is possible only when the labour is brought under some yoga training.

#### YOGA AND HEALTH

Many discussions on yoga is being made by people, who follow the religious education. Conferences and seminars are

arranged to make all the people engaged in yoga practices. Yoga helps to keep the health and body of the human beings in desirable conditions. By practicing yoga, it is possible to get recovery from serious diseases which may cause ill health. Nowadays the doctors also suggest the patients to get yoga and physical exercise to maintain the health well and keep the minds of the people free from tension.

#### YOGA AND RICH PEOPLE

Due to the effort made by the human beings, the earning capacity is gradually increased when compared with the situation that prevailed at the time of independence. Two or three decades ago, it was very difficult to find people with an income of Rs.50,000 except a few business magnets. But the position now is entirely changed. Most of the people including people in village areas deal in lakhs. In urban areas, frequently people deal with crores. This is evidenced when we refer the financial statement of all commercial banks including the banks situated in rural areas. So earning money is not a matter nowadays. Even corruption at higher levels is dealt with crores. Many scams against the politicians and officials are discussed in crores. Though the people earn a lot of money and become rich, they do not get satisfaction in their practical life. So they try to go to a place where peace of mind can be attained. Some of the people practice yoga to keep their mind peaceful. Due to this reason, almost all elders including rich people go in for yoga practice to get peace of mind.

#### YOGA IN THE RECENT PAST

In many areas (both rural and urban) team members organize yoga programme at a maximum to all the sections of the society throughout the country. Many mutts try to teach yoga particularly to younger generations to bring them peace of mind and concentrate in their studies and future career. Even for old age people yoga classes are conducted free of cost. Many NGO's are involved in providing training programme on yoga classes including women. In all educational institutions, yoga practices are arranged by the management at fixed intervals. The teachers are also directed to attend the seminars, workshops, guest lectures etc. on the yoga classes.

#### YOGA AND THE SOCIETY

Information about yoga practices as well as advantages of yoga has not reached the society as a whole. If we consider the people who practice yoga with the population of the country, it is very poor. Even the educated employees do not practice yoga. Awareness on the yoga is lacking in many places. Some people even do not know the meaning of yoga. This is the situation in all parts of the country. Due to several engagements and busy schedules, people do not get time to spare for yoga.

#### PROBLEMS IN YOGA

1. Many people do not have knowledge about yoga.
2. Even educated people have fear to get yoga practice due to the thinking of negative effect in the body.
3. Considerable efforts have not been taken by the government to arrange yoga class for the working class.

4. Conservative thinking among both educated and an illiterate has lead to the people hesitate following yoga practices in all areas.
5. When people are engaged in yoga, they are identified by the society in different ways. They are considered as war group people sometimes. This is an obstacle for introducing training programmes in tribal area.

#### SUGGESTIONS

1. Awareness camps to all the people particularly in rural areas must be arranged by the government and NGO's.
2. If possible, the government may make necessary arrangements to establish schools for yoga practices separately.
3. In all educational institutions, there must be compulsory time frame for yoga practices, because the present students society will be the working group in future in all sector of the industries and offices. They must concentrate in their work to increase the productivity of all business concern.
4. All business organizations should arrange yoga classes for the workers to keep their mind and health in peaceful condition which will help to achieve the targets of the business concern smoothly and carry out the business activities without much difficulties.
5. Educational institutions can also conduct awareness camp about the utility of yoga practices with the help of NSS volunteers.
6. The representatives and members in the various trade union should explain their members about yoga classes. If possible, they themselves arrange for yoga practices which will make them and their colleagues to feel free and escape from tensed life. This may lead to better performances in their work.

#### CONCLUSION

In all aspects of our life we are facing heavy competition. To overcome and face the competition, careful attention must be given when performing any duty or work. Careful attention can be given so that the employees have peace of mind. Peace of mind can be achieved only by way of getting yoga practices regularly. This will help to maintain the physique in good condition to all the human beings. We can concentrate and discharge our duty with sincerity which will lead to excellency in our career or job. So it is better to have yoga practices atleast half an hour a day for all employees including the blue collared. This will surely increase the productivity of the concern without much defects in the finished products. The quality of the products or work can also be maintained regularly which will help to compete in globalized era to make India a super country in the world and keep ourselves in peace.



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