

# Stress Management with Yoga Therapy

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**Abstract:** *In recent years thousands of studies and researches conducted all across the world proved that yoga is useful in physical, mental, social and spiritual wellbeing and turned out to be highly beneficial in treating modern diseases like diabetes, hypertension, anxiety, etc. The study was done to investigate the effects of Yoga therapy on stress, depression, anxiety, etc. in college students. The research was done for four weeks and the theoretical data was collected and it was concluded that Yoga can be used as a means to treat chronic as well as acute stress. In the whole program Yoga asana, pranayama, meditation were taken as the base in the whole training session for four weeks.*

**Keywords:** Yoga, stress, depression, anxiety, Meditation, pranayama

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