

# Yoga for Stress Management amongst Youth Businessmen in India

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**Abstract:** *Scientific and technological progress all over the globe has made man highly sensitive, critical and also creative. Which are all different expressions of stress, have shown no trend of decrease. When yoga combined with certain healing and therapeutic modalities, it increases the effectiveness and efficiency of those methods. A group of Individuals of Youth Businessmen aging 16 years to 30 years, were randomly selected from the Institute who were attending our YOGA CAMPS. We taken a group of Businessmen say 35 in numbers for our study, who have the stress related problems. We collected the data before they were come in to study. With the coding technique, we found several Businessmen gave their response positively with their problems. The yogic way of management of stress, is totally Holistic. The stress accumulated at the body level as stiffness of joints and spasms of muscles can be released by the practice of Yogasana. We conducted for 20 days exclusive classes of Yogasana for business people. Various Data for our Analysis were taken ie, Before the start of yoga practice and after the completion of yoga practice. Internal Awareness is to be used to allow the relaxation to continue. When we stretch the muscles (in the final position) the muscle tone increases and when we release the stretch (for example, when returning from the final position) the muscle tone decreases, reaches normalcy and then further decreases below its normal value. Only the stimulation and relaxation combine will from a ladder to release all the stress and tension and help us to progress further.*

- *Quantitative improvements.*
- *Reducing the stress problems*
- *Making inner harmony.*

*Therefore I suggest that if we include the Yogasana and Pranayam in Business Education, it will help the students to acquire more abilities of employment..*

**Keywords:** Stress, Eustress, Distress, Yogasana, Pranayam, Meditation

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