



Work force pressure and a search for peace from the base of Indian yoga: A literature survey to see about proper guidelines in twenty first century

Partha Sarathi Sarkar

Jadavpur University, Kolkata, West Bengal, India

Abstract

Men are born free as per the concept of Social studies but the question lies here as no one except the man himself is tooting himself to be tied with several complicacies. The twenty first century is an era of globalization and still Indian market is not going with an equal pace so job is a great problem for the working age group. In this condition everyone is in fear to be sacked or be demoted due to their small mistakes. This condition is harnessing a problem over the efficiency level as without having a good health no one can invest full capacity. So the complete economy is getting shock which may not be greatly felt but it is working like a slow poisoning as some persons are losing foot and somehow they are becoming unable to walk in a forward line. So this situation is promoting a sense of relieving and various way outs are emerging out. But these ways are not much helpful as like some Steroid group of medicines are relieving minds in cost of a total break up in the physical status. So this situation is tempting the scientific minds to adopt some nature oriented practices including Yoga for a better condition. In the case of Yoga no much investment is needed rather it is generating some positive practices in the humans which were about to forgetting like early rising. And somehow it is clearing a fact that this changing phenomenon is increasing the possibility of work efficiency. Here the study will find some guideline reform for the help of mankind with Yoga practices.

Keywords: men, free, Indian market, economy, yoga

Introduction

Yoga is not a new concept but it is getting a motivational standard now-a-days after getting a pace in the international arena and it is a much critical stage of India that says Yoga is not new rather it is getting a framework to be promoted. Patwardhan, A. (2016) has suggested a nice point in his paper that says the Yoga is becoming a medication in place of a heritage or spiritual practice. Undoubtedly the point is true and in India the Ministry of AYUSH is promoting like anything else.

The trend is a new wave in this paradigm which targets all the age groups as the society is getting polluted with numerous kinds of severe pollution and along with that the workable age group especially is in very dogmatic condition as the population is increasing at a rapid rate. Allopathic treatments are of high investment and people do not like to take medicines for a long period of time. Yoga is nothing but the physical usage of organs for a better health therefore it is getting much honour in the minds.

Raju PS, *et al.* (1994) did a practical or empirical work and from the same they came to a conclusion that with Yoga some good effects are borne includes increase oxygen level in body and decrease lactate depletion level so human beings do not feel any clumsiness in daily life generally. A happy person can contribute to the work force at a great extent and for that reason they may curb the level of fatigue.

Verma M, *et al.* (2015) [3] has said that acquired lifestyle of this twenty first century is making various diseases and obesity or hyper tension. In this consideration India can also be seen as a place of excessive pressure as being a third world

country the financial resources are not divided in any equity form. So everyone who is working can be of a mental state of helplessness then a fit body can take the strong anti-normal force in a stage which can be taken for being accustomed. Therefore the study will clear how Yoga can make positive life and will suggest some guideline with them a more sustainable living will be possible.

Research Questions

1. The workforce of India and the struggle to be in similar is a critical problem of the nation of India in twenty first century. Are the working people at all satisfied?
2. If there is no satisfaction in the working people then what can be the reasons behind it?
3. Is Yoga a sufficient help for creating satisfaction among the people for stress release?
4. What can be the further guidelines to promote the Yoga for a better condition?

Scope of the Research

In Bhagavad Gita, it is said that Yoga is the journey of the Self. Since the period of early History the India has believed that Yoga is beneficial for health. But at that period of time there was no scientific proof against it. It was rather in hypothesis stage. Now is the time to understand the science behind it. A lot of research works are taking consideration on this kind of topic. And this paper will tell about the guideline framework to use Yoga with a more judicious way to help for having a good health & free of workplace stress towards increasing efficiency.

Limitation of the Research

Yoga is not a proper medicine. It is said as a behavioural practice rather. And here also the prospect cannot be further read because it is a review work to make a guideline. By stopping every medicine if Yoga is practiced then how much the stress can be managed is a big question but the research will make it clear that Yoga is a positive way to help people. And in more practice of Yoga only good impacts can be hoped but that also need some proper aptitude. The paper also cannot tell why the practices are to be regularised in a scientific maintenance. This paper is not of an empirical type so no new invention in this case would be possible. A further review can be done here in future to make the research a more compact one.

Materials & Method

This research paper is completely on review process. None of the points in the resultant discussion will be out of the researcher's own research experience. But a hard study has been placed on the previous works which are available from different scholars in this paradigm. It is unique as it has considered the time period and a possible impact of the time scale can be supposed from this ground. It sees Yoga in an analytical sense with a theoretical approach. The paper has also considered the scientism behind Yoga for a further guideline making. It has also seen the past, present and future of workforce stress and has a valued point here to say the relation of Yoga with the said. Sometimes the points in discussion will be descriptive. Therefore it is a review research with mixed temperament. It is a non-experimental type of research.

Discussion

The paper is of multi-dimensional by focusing on Yoga as the pseudo-medicine for declining the workforce stress by considering the efficiency level. The study has a focus on time scale & twenty first century particularly to study on Yoga.

- The relation between Yoga and Workforce: Alexander G.K., Rollins K. and Walker D. (2015) ^[4] have told in a study on nurses that the Yoga practices even for eight weeks can make them relieved as it helps to the communities to be free on thought and they feel less emotional attachment with the patients to be free of disease stress. If it helps nurses then it can be a hope for any working class as the nurses have to see many painful incidents of life in daily life but still they have to work efficiently with medication. Elliott D. (2014) ^[5] has suggested that Yoga in workforce can work in the directions of inner peace, calm and flexibility which are the some basic things to be effectively work as employee so the employers feel much satisfaction with the job allotments by them henceforth a holistic environment of goodness can be hoped for. There is a note by Thompson M. (2017) ^[6] in the blogging site namely business.com which tells the patients who visit doctors are of stress related ailments & the number even reaches ninety per cent and in this connection will be reduced if a proper Yoga can be regularly practiced. So here some good works have created an impression to say that Yoga is needful for making a good sense among the people. But most of the

Yoga practices are of India so the people this nation must more motivated to reduce their work stress for a healthy life.

- Yoga in India: It is all about 400 C.E. when Patanjali in his Yoga Sutra that Yoga is the control and restraint of mental modifications (sutra 1.2). A human mind is always under many types of conflicts & constraints so a total control on it is a great achievement. And if it can be possible with some very basic steps of Yoga then no one should avoid it. Russel K (2015) ^[8] has said a basic substance of Bhagvad Gita as Yoga is of a real meaning for deliverance from contact with pain & sorrow. So from the period of history immoral India believes that Yoga is essential for a good life. But it has got several changes in itself and a large section people have not remembered the essentiality of Yoga. The Indian Express (dated 28th February 2015) updated a news article by confirming that Indian government has initiated to perform a Yoga day (21 June) by entitling its importance even in present day scenario. The Times of India (dated 8th August 2017) that the Indian Supreme Court judges by name Madan B Lokur & Deepak Gupta have confirmed that Yoga will not be compulsory in schools.
- Possible Positive Impacts of Yoga on the working age people in India: It is generally perceived that a person during his full time cannot work in equal efficiency. But in any nation the age group 25–60 is considered for employing. The same case is observable in the prospect line of India. Bhat P.S. *et al* (2012) ^[11] have cleared a point to say here that Yoga is much good than Physical Training and it is much needed for the Indian people as the physical level of works are done by the persons but the mental stress can be relived with the said. Anxiety is a great problem for the working people in India as the market is rising at a high rate and Javnbakht M. *et al* (2009) ^[12] has suggested that Yoga can sufficiently reduce the anxiety within two months. Modern day people of India are living in a time of junk food which is damaging the health so work efficiency has also reduced but with practicing of 'Samhita Chitta' so one should be able to control own mind for not taking these items. Desai B.P. (1990) ^[13] has told that the brain capacity can increase just chanting the mantras at the time of Yoga. Therefore the Yoga practices can help in multi dimension of living which can be impactful for deciding the positive health factors on Indian soil.
- Ground of Indian working people for Yoga: A path to the know-how is such an enjoyable as nothing can replace it and know-how is always amazing whatever the result is! But a regular practice on the same or similar know-how is a critical step on 'bodh'. Yoga is so vibrant that takes human being on a lifestyle of proper activity (Watts A.W. *et al.*, 2018) ^[14]. According to the view of University of Rochester by name Health Encyclopaedia, Yoga was started in India some 5000 years ago to unite body & mind on a same platform of entities. The universe is so distracting that can be considered as a large & deep sea so many waves are always disturbing humans even doing a professional job when the market is not much stable or totally service sector oriented then the debacle is just

affecting the human capacity. In this case India is a good exemplary one. In a guideline paper by Dayanidy, G. and Dayanidy, R. said that Patanjali (?) view on Yoga as Atha yoga anushasanam means Yoga is a form of discipline. So India may not think Yoga as a process for 'sadhanam' rather a discipline of uniting own selves. And if there is no difference in opinion, attitude and thinking then the complex lives would be simpler as much as one can dream only to propagate a happy life.

- Indian Yoga in stand of twenty first century: In India Yoga can be attained in eight ways and those are – Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadihi (Yoga Sutra). In a News Article in The Gulf India (2016) ^[17] it was said that Yoga is of various kinds by attached with Hinduism, Jainism and Buddhism altogether. In 1893 at Chicago Conference the Indian Yoga was prominently described by the Indian monk (Swami Vivekananda) which used the philosophical base of Yoga on universal fraternity. Swami Sivananda founded the The Divine Life Society (1936) and then he established numerous Yoga centres all over the globe. In 1966, B.K.S. Iyenger wrote a book namely Light on Yoga which is universally accepted. In this way the flow of Yoga has continued. A new dimension has appreciated now in the Yoga system by engaging the westernize view on it (Bushak, L. 2015) ^[18]. So Yoga is definitely a contemporary practice collection which has still the relevancy in the human life of India. It has changed the forms in a way or another based on the human need but it is continuing like any other heritage of possible existence. So the Yoga which started to evolve from the word Yuj to yoke has been continuing for last thousands of years is an integral part of Indian cultural & spiritual life.

Conclusion

Yoga is not a very new phenomena rather it has a great historical position in Indian society. Rather the Yoga has spread worldwide from India but the people of this nation have forgotten the originality. The continuous knowledge flow of Yoga has suddenly stopped when the acculturation occurred in India. At then a complete physical standardization was mainly focused. But now in the twenty first century the population has increased a lot in the nation but the job sector where the workforce could be attached is not presented in a good figure. The economy is totally dependent now on the service sector so a trauma like stress of losing job is highly observed. In this arena of knowledge demonstration the Yoga is of much necessity.

From the Ministry of Ayush, Government of India Yoga has got a definition "Yoga is a discipline to improve or develop one's inherent power in a balanced manner." So Yoga teaches to have a balanced life and a balanced life is quite satisfactory as the life can manage whatever is the situation. So at this period of time of twenty first century when complicacy is havoc the accumulation of practices may work marvellous.

Guidelines

Yoga is promoted by the Indian government. But until something is adopted by the target group till then no much prosperity in this field can be occurred. In this case also the

people have to fetch again Yoga into daily life otherwise it can be nothing impactful in the life. So some proper ways are to be created or maintained through which Yoga can be adopted in every human life.

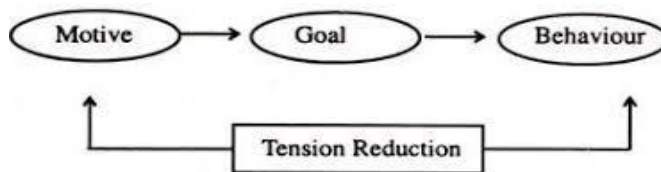


Fig 1: The process in Yoga motivation

So making a society Yoga related is a havoc task for a government though the goal can be achieved by the help of common people. If they make it accords to the behaviour practice then much positive change in this case will occur so that the people can be tension free and with no further stress.

Some points can be discussed here with which Yoga can be much actively used by the commoners. Those are –

- Yoga can be remunerative: Efficiency will always get some positive remuneration. Yoga can help to have a positive mind which is very essential. It may be that Yoga cannot directly pay a penny but it helps to rejuvenating of the nerves.
- Yoga can be timely managed: Many persons are busy with their jobs or otherwise and they do not have enough time to practice the hard tasks of Yoga but the easier ones are to be promoted for them. They can easily adopt the 'pranayams'.
- Yoga can be gender irrespective: Yoga knows human body and there is hardly any kind of gender differentiation for practicing of Yoga. So it may be adaptable for both the genders which can ensure more prominence in this kind of cases.
- Yoga can be professional: Yoga is not only for self-help rather it may use to teach others. A teaching of something is always very amusing which can free human beings from stress.
- Yoga can be regularly practiced: Yoga can be practiced even during menstruation in a way or another so it can be in use by all. So Yoga is a good behavioural practice.

Therefore the government and non-government authorities must promote the practices of Yoga. Yoga can be taken by all the people. The good practices need trainers but can be practiced by self as well if in scientific way. Stress is a great problem of these days so Yoga can help this direction to be fit and workable which in long run increases efficiency level. The increased efficiency could be in use for the nation's economy which will create a comfortable financial environment in further time.

References

1. Samal J. Role of AYUSH Doctors in filling the gap of Health Workforce Inequality in Rural India with Special Reference to National Rural Health Mission: A Situational Analysis. International Journal of Advanced Ayurveda, Yoga, Unani, Siddha and Homeopathy. 2013; 2(1):83-89.
2. Prasad KVV, Murthy KJR. Comparison of effects of yoga

- & Physical exercise in athletes. *Indian Journal of Medical Research*. Source, 1994. <https://www.researchgate.net/publication/15270797>.
3. Verma M, Sigh C, Rajesh. Importance of yoga in twenty first century. *International Journal of Physical Education, Sports and Health*. 2015; 2(2):01-02. E-ISSN 2394–1693.
 4. Alexander GK, Rollins K, Walker D. *Yoga for Self-care and Burnout Prevention among Nurses*. Workplace Health & Safety. Sage Publications. American Association of Occupational Health Nurses. 2015; 63(10):eISSN 21650969.
 5. Elliott D. The benefits of yoga in the workplace. *Training Journal*, 2014. <https://www.trainingjournal.com/articles/features>.
 6. Thompson M. *Ways Yoga can Improve at Work*, 2017. *business.com* (<https://www.business.com/articles/6-ways-yoga-can-improve-productivity-at-work/>).
 7. Patanjali (Around 400 C.E.). *Yoga Sutra*.
 8. Russel K. *Yoga Quotes of Bhagavad Gita*, 2015. Source-<http://masteringyoga.org/yoga-quotes-of-bhagavad-gita-the-real-meaning-of-yoga-is-a/>.
 9. The Indian Express (dated 28th February 2015). *Yoga given special status; its promotion charitable activity*. Source-<http://indianexpress.com/article/india/india-others/yoga-given-special-status-its-promotion-charitable-activity/>.
 10. The Times of India (dated 8th August 2017). *Supreme Court says no to compulsory Yoga education in schools*. Source - <https://timesofindia.indiatimes.com/india/supreme-court-says-no-to-compulsory-yoga-education-in-schools/articleshow/59967483.cms>.
 11. Bhat PS, *et al*. Psychological benefits of yoga in industrial workers. *Industrial Psychiatry Journal*. 2012; 21(2):98-103. Source - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3830175/>.
 12. Javnbakht M, *et al*. Effects of yoga on depression and anxiety of women. NCBI, 2009. Source - <https://www.ncbi.nlm.nih.gov/pubmed/19341989>.
 13. Desai BP. Place of Nutrition in yoga. *Ancient Science of Life*. 1990; 9(3):147-153.
 14. Watts AW, *et al*. Yoga's potential for promoting healthy eating and physical activity behaviors among young adults: a mixed method study. *International journal of Behavioral Nutrition and Physical Activity*. Springer (online version), 2018. Source - <https://link.springer.com/article/10.1186/s12966-018-0674-4>.
 15. *Health Encyclopaedia* University of Rochester, 2018. Source - <https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=1&contentid=2767>.
 16. Dayanidy G, Dayanidy R. *Principles and methods of yoga practices*. Source - http://www icyer.com/documents/Principle_and_methods.pdf.
 17. The Gulf India. *Evolution of Yoga*, 2016. Source - <https://gulfnews.com/news/asia/india/evolution-of-yoga-1.1850227>.
 18. Bushak L. *A Brief History of Yoga: From Ancient Hindu Scriptures to the Modern, Westernized Practice*. *Medical Daily*, 2015. Source- <https://www.medicaldaily.com/brief-history-yoga-ancient-hindu-scriptures-modern-westernized-practice-358162>.