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**NATIONAL CONFERENCE**  
**PSYCHOLOGY**  
On  
**YOGA AND STRESS MANAGEMENT**  
**19<sup>th</sup> January 2019**



Organized By  
Department of Psychology  
Ankushrao Tope College, Jalna (MS)







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On  
**Yoga and Stress Management**

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## CAREER IN YOGA

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### Introduction

#### Yoga :-

"A" System of exercise for the body that involves breath control and helps both your mind and body"

India of the greatest contribution of Indian culture to the world community is the philosophy of yoga and its scientific practices to enhance the quality of life the Sanskrit word is 'yuj' Yoga is the age old science of morning the individual consciousness or soul with the universal consciousness or spirit.

Even if you are not into spirituality yoga has unlimited health benefits for your body and mind under an expert yoga 'guru' people twist turn stretch and breath in the most complex ways to realize the full potential of their body mind and spirit.

There are many types of Gyam yoga and yogas, Bhakti Yoga, Karma yoga, Raj yoga, However when we talk about yoga today we refer to the physical exercise Asanas spiritual practices followed by various branches.

Yoga has become increasingly popular as a great turn the choose and humdrum of our daily lives.

Yoga provides many other mental and physical benefits. Hatha Yoga, Kriya yoga, Bikram Yoga etc popular branches of yoga.

### Benefits of Yoga

- The relaxation techniques incorporated in yoga can lessen chronic pain such as lower back pain headaches and carpal tunnel syndrome  
Explain Dr Nevins "Yoga can also lower blood pressure and reduce insomnia"  
Physical benefits of yoga include increased flexibility.  
Yoga 1<sup>st</sup> benefits to start with includes your inner awareness and helps you develop the strength of body and mind.





Through breathing practices and Asanas physical exercises, you are the focus your attention to the abilities of your body in the our presents moment.

Surveys revealed that people who practiced yoga were more aware and satisfied with their bodies than people who practiced exercise yoga they were also more satisfied with and less critical of their bodies.

#### **Mindful Sating**

Reasearches found that practicing yga led people to be mindful of all their actions including eating, they developed a questionnaire which tracked following eating behavious in the participats.

Being aware of how looks, tastes and smells

Eating even when full disintination

Eating in Response to environmental cues such as the sight or smell of food.

Eating when sad or stressed cemotional eatings the years of yoga practice and number of minuites of practice per week were found to be directly associated with their mindfulness.

#### **Weight loss and management :-**

Reasearch 30 minutes practical of yoga in are week for atleast four years gained less weight during middle adulthood it went on to reveal that people who ware overweight lost weight with the help of yoga.

#### **Fitness Enhancement :-**

Soothe our tension and anxiety and increase our capacity it was found that after just weeks of practice in yoga, muscal strength and flexibility increased.

#### **Cardiovascular Benefits :-**

It was found that yoga cuts down on cardiovascular risk factors and help body to functioning in balance of blood pressure yoga reduces blood sugar level also.

#### **Yoga careear in yoga :-**

A yoga teacher must have the require training of yoga as well as knowledge about disease, breathing and meditative exercise or pranyam. Yoga is known throughout the world because of its benefits. One can find work in yoga aerobics instructor yoga therapist yoga instructor, yoga teacher, Health club yoga and therapy research center.

We keep hearing of techies and professional who gave up their high flying careers and plum job to become yoga trainer yoga science open up several job research training and work opportunities such as a assistant ayurvedic Doctor clinical psychologist, gyms, schools, large organization, health center and housing societies hire yoga trainers and therapists.





Recently the government has made it mandatory to hire a yoga instructor in schools. In this way we can develop our career in yoga and get most opportunity for develop our corean and tendency about yoga.

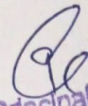
**Conclusion :-**

Yoga plays vital role in our life. Yoga have lot's of benefits. It make us physically and mently healthy. It reduce our cardiac problem It develops our muscles and increase flexibility yoga have a career side also it is best optior for being our career because it have more scope in yoga like therapist, instructor, yoga trainer etc.

Yoga is very helpful for human being.

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