

YOGA AND MEDITATION IS TOLL FOR STRESS MANAGEMENT IN THE EDUCATIONAL ORGANIZATION POST PANDEMIC COVID-19

Dr.Shailendra Sharma **Dr. R. H. Lata Dr. Manisha Sharma**

*Department of Zoology, Adarsh institute of Management & Science Dhamnod, (M.P.) India

** Professor and Head Co-ordinator S-VYASA, Bengaluru (Br-Bhopal), India

***Department of Arts, Adarsh institute of Management & Science Dhamnod, (M.P.) India

ABSTRACT

Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic. The fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Different situations and circumstances in our personal life and in our job produce stress. Those can be divided into factors related to the organization and factors related to the person which include his experience and personality traits. Job related factors are working from home, temporary unemployment, work overload, time pressures, insecure political climate at organization, role conflict and ambiguity, difference between organizational values and employee values. Person related factors are poor quality of network, unavailability of facility to take lecture at home, small house, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, death of spouse, or of a close friend, family problems, change to a different line of work, prolonged illness in the family, change in social activities, eating habits, etc., Yoga, meditation and cyclic meditation alters stress response and person's attitude, towards stress along with improving self confidence, increasing one's sense of well being, and creating a feeling of relaxation and calmness.

Keywords: COVID-19, Stress Management, Cyclic Meditation, Educational Organization, Ashtanga or Power yoga Instant Relaxation Technique, Quick Relaxation Technique.

Introduction: The word stress is derived from a Latin word “**stringere**”, meaning to draw tight. From the view point of physical sciences, the phenomena of stress are evident in all materials when they are subjected to “force, pressure, strain or strong-front”. Every material steel, rock or wood has its own limit up to which it can withstand stress without being damaged. Similarly human beings can tolerate certain level of stress. Stress is highly individualistic in nature. Some people have high levels of stress tolerance for stress and thrive very well in the face of several stressors in the environment. In fact, some individuals will not perform well unless they experience a level of stress which activates and energizes them to put forth their best results. This paper deals with Yoga and cyclic meditation is toll for stress management in the educational organization post pandemic covid-19

Objectives of The Study:-

Primary objective:

- To undergo an in-depth study about the existence of stress, depression, anxiety, and stress experienced among the employees of the **Educational Organization** Post –Covid 19.

Secondary objective:

- To identify the factors causing stress among the employees.
- To find out the level of stress among the employees of different age groups.
- To study about the effects of stress on employees in **Educational Organization**.

Research Methodology: Research is defined as human activity based on intellectual application in the investigation of matter. The primary purpose for applied research is discovering, interpreting, and the development of methods and systems for the advancement of human knowledge on a wide variety of scientific matters of our world and the universe. Research can use the scientific method, but need not do so. Research methodology is a way to systematically solve the research problem. The research methodology in the present study deals with research design, data collection methods, sampling methods, survey, analysis and interpretations.

Approaches To Research: Descriptive approach is one of the most popular approaches these days. In this approach, a problem is described by the researcher by using questionnaire or schedule. This approach enables a researcher to explore new areas of investigation.

Research Design: A research design is the arrangement of conditions for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedure.

- A well structured questionnaire is framed. Data is collected from the employees in the Educational Organization
- Findings are made and necessary suggestions and recommendations are given.

Data Sources: There are two types of data collection namely primary data collection and secondary data collection.

Primary Data: The primary data is defined as the data, which is collected for the first time and fresh in nature, and happen to be original in character through field survey.

Secondary Data: The secondary data are those which have already been collected by someone else and have been passed through statistical process.

Data Collection Method: The data collection method used in this research is questionnaire method. Here the data are systematically recorded from the respondents.

Yoga and cyclic meditation for stress relief: Yoga is an ancient art that is defined as the union of the soul with God [4]. It is “a path of personal spiritual development that utilizes meditation to bring enlightenment, self-realization, and, ultimately, the attainment of God and bliss” . Originally, the ultimate goal of yoga was called Samadhi, or self-realization [5]. Patanjali is father of yoga around the sixth century B.C. appeared in the massive epic The Mahabharata written by sage Vyasa and containing The Bhagavad Gita. Krishna

- Karma yoga: The yoga of action
- Bhakti yoga: The yoga of devotion, note Krishna had also specified devotion itself was action similar to above.
- Jnana yoga: The yoga of knowledge.
- Patanjali introduced -Ashtanga or Power yoga - a more demanding workout where you constantly move from one posture to another (“flow”).The dimensions of yoga are Pranayama (breathing), Asana (postures), Yama (restraint), Niyama (healthy observances), Pratyahara (sensory withdrawal), Dharana (concentration),Dhyana (meditation), Samadhi (higher consciousness), Cyclic Meditation.

Cyclic Meditation: Cyclic meditation is very effective in stress management in educational origination The novel corona virus pandemic has brought the world to a standstill. As we observe lockdown and stay at home in an attempt to contain the dreaded corona virus that causes COVID-19, it’s important to take care of our mental health. There are many ways to help you cope with stress, anxiety triggered by the pandemic. Cyclic meditation is a simple and quick way to de-stress, while restoring your calm and inner peace.

- If the ongoing COVID-19 pandemic has you tense, worried and anxious, consider including meditation in your daily routine. Mindfulness meditation, in particular, has been shown to ease psychological stresses like anxiety, depression, and pain. Research also suggests that the mind-calming practice can also help improve sleep by relaxing your body.

Step I: Starting Prayer

Lie on your back. Relax and collapse the whole body on the ground; legs apart; hands apart; palms facing the roof; smiling face; let go all parts of the body. As you repeat the prayer feel the resonance throughout the body.

Laye Sambodhayet Cittam Viksiptam Samayet Punah

Sakasayam Vijaniyat Samapraptam Na Calayet

Meaning: In the state of oblivion awaken the mind: when agitated pacify it; in between the mind. If the mind has reached the state of perfect equilibrium, then do not disturb it again.

Step II (a): Instant Relaxation Technique (IRT)

Bring your legs together; join the heels, toes together, and palms by the side of the thighs. Keep your face smiling till the end. Gently bring your awareness to the tip of the toes. Stretch the toes, tighten the ankle joints, and tighten the calf muscles. Pull up the kneecaps. Tighten the thigh muscles. Compress and squeeze the buttocks. Exhale and suck in the abdomen. Make the fists of the palms and tighten the arms. Inhale and expand the chest. Tighten the shoulders, neck muscles and compress the face. Tighten the whole body from the toes to the head. Tighten, tighten, tighten. Release and relax. Legs go apart; arms go apart, palms facing the roof. Assume the most comfortable position; let the whole body sink down. Let all the groups of muscles beautifully relax. Collapse the whole body. Enjoy the relaxation.

Step II (b): Linear Awareness

Now slowly raise the left hand above the head along the ground. Slowly turn over to the left side. Place the head on the left biceps; the right leg on the left leg; right palm on the right thigh. Let the whole body relax. Feel entire weight of the body coming down to the ground along the left side of the trunk. Fine linear awareness. Slowly start coming up to Tadasana. Let all the movements slow down. Let the breathing be deep, slow, and continuous. Eyes are kept closed. Carefully feel the changes in your body as you stand up and reach the vertical position. Feel the flow of blood down the heart. Feel the heartbeat and the pulse. Chant Bhramari to generate 3D awareness. NNN' Feel the whole body resonating. Feel the fine massaging effect.

Step II (c): Centring

Now slowly lean forward. Feel the weight of the entire body on the toes. Pointed awareness. Slowly lean backwards. Feel the weight on the heels. Surface awareness. Come to the center. Lean to the right. The weight of the entire body is on the right edge of the right foot. Linear awareness. Lean to the left. Come to the center. Fine surface awareness. Now the whole body is centered, the weight of the body is equally distributed throughout the soles of the feet. Collapse the shoulders, arms hanging freely down. Smiling face. Feel all the changes taking place throughout the body.

Step III: Quick Relaxation Technique (QRT)

- Now slowly sit down and then lie down to Savasana from the right side. Let all the movements be slow and continuous. The entire right arm stretched, head on the right biceps, left leg on the right leg, left palm on the left thigh, the weight getting transferred to the ground from the right side, beautiful sharp linear awareness. Slowly turn over, the muscles of the back collapsing on the ground, bring down the right arm along the ground. Legs apart, arms apart, palms facing the roof. Assume the most comfortable position.

Phase I - Observing the abdominal movements.

- Bring your awareness to the movements of the abdominal muscles moving up and down as you breathe in and out. Recognize the haphazardness and jerky movement of the abdominal muscles. Do not manipulate the breathing., let it be natural, simply observe the abdominal movement. Count five rounds mentally, one inhalation and one exhalation forming one round.

Phase II - Associate with breathing.

- Synchronize the abdominal movements with the breathing. While inhaling the abdomen bulging up and while exhaling the abdomen sinking down. Inhale deeply and exhale completely. Continue up to five rounds.

Phase III - Breathing with feeling.

- As you inhale, the abdominal muscles are coming up. Feel the whole body getting energized and feel the lightness. As you exhale, feel the whole body collapsing and sinking down nicely. Release all the stresses and tensions completely. Inhale deeply and exhale completely. Continue up to five rounds.
- Bring your legs together and hands by the side of the body. Come up straight with the support of the elbows to the sitting legs stretched relaxation position (Sthiti) - Dandasana. Let all the movements be slow and continuous without jerks. Legs apart. Take support of the palms behind the back. Relax the neck muscles, the head hanging freely down backwards or resting on either of the shoulders. Feel the changes throughout the body.

Step V: Sitting Asanas

- Now we pass on to the next set of stimulation and relaxation. Vajrasana, Sasankasana and Ardhustrasana/Ustrasana combination.

Vajrasana

- Slowly fold the right leg backward and then the left leg, sitting on the heels, coming to the Vajrasana position. Palms on the thighs and keep the spine erect. Enjoy the effect of harmonizing, the beautiful balance. Recognize all the changes in the body.

Sasankasana

- Now slowly start taking the arms behind. Hold the right wrist with the left palm. Start feeling the pulse at the right wrist, feel the heart beat. Now slowly start bending down forward for Sasankasana. The abdominal and chest muscles pressing on the thigh, beautiful surface awareness. Now collapse the forehead on the ground. Fine surface awareness. Collapse the shoulders. Observe all the changes going on, the increased flow of blood into the head and feel the heaviness in the head region. Inhale and chant M-kara, MMM... Feel the resonance throughout the head, 3D awareness. Slowly come up to Vajrasana. Carefully follow all the changes in the head region. Feel the lightness in the head. Feel the heart beat, fine 3D awareness throughout the body. Slowly release the arms, place them on the thighs near the knees.

Ustrasana

- Slowly rise up to stand on the knees for Ardha-ustrasana. Standing on the knees, observe all the changes in the head region. Slowly slide the palms up along the thighs, fingers together and support the waist with the palms, fingers pointing forwards. Slowly start bending backwards from the waist. Relax the neck muscles; head hanging freely down. Beautiful stretching of the abdominal and thoracic muscles. This is Ardha-ustrasana. Those who can, go further down to Ustrasana by placing both the palms on the soles of the feet. Have a beautiful smile on the face. Inhale and chant AAA. Slowly return by releasing the arms and placing them on the waist. Feel the avalanche of nerve impulses throughout the body. Feel the heartbeat. Slowly come back to Vajrasana and place the palms on the thighs. Feel all the changes and let the changes continue; fine 3-dimensional awareness throughout the body. Unfold the right leg and the left leg. Assume the leg stretched position. Head hanging freely backward or resting on either of the shoulders.

Step VI: Deep Relaxation Technique (DRT)

- Slowly slide down to Savasana with the support of the elbows. Legs apart, hands apart, palms facing the roof. Let the whole body collapse on the ground. Let us make ourselves comfortable and relax completely.

Step VII: Closing Prayer

Sarve bhavantu sukhinah, Sarve santu niramayah

Sarve bhadraṇi paśyantu, Ma Kascit duḥkha bhagbhavet

Scope & Significance Of The Study: The world today is fast changing and every individual faces a lot of pressure and demand at work. These pressures at work lead to mental and physical disorders. Stress refers to an individual's response to a disturbing factor in the environment and the consequences of such a reaction. This study will help organizations know what causes stress and how to reduce the same in employees since it is a well known fact that a healthy and sound employee is a productive employee.

Conclusion: Stress in the work place has become the black plague of the present century. Much of the stress at work is caused not only by work overload and time pressure but also by lack of rewards and praise, and more importantly, by not providing individuals with the autonomy to do their work as they would like. Organization must begin to manage people at work differently, improve physical work environment, treat them with respect and value their contribution. If we enhance the psychological well being and health of the employees, the organizational revenue increases and there is employee retention as well. Because it is said that, Actually yoga and mediation combines several techniques to combat stress. Yoga provides a combination of benefits such as breathing exercises, stretching exercises, fitness program, and meditation practice like cyclic meditation and guided meditations all in one technique. That is powerful, that is very powerful! Even for people who have physical limitations yoga can be very beneficial just by practicing the breathing techniques, the meditation and the guided meditation. Just by doing this you can have great benefits with the practice of yoga. So in conclusion yes yoga can be a great remedy for stress and can offer some stress relief. Yoga has combined set of principles and exercises that can greatly benefit you and help you to deal with stress.

References –

1. Arnetz, B. B. (2006). Stress in health and disease. In Arnetz, B. B., Ekman, R. (Eds.), Stress-Why managers should care (pp. 92- 121). Weinheim, Germany: Wiley-VCH Verlag GmbH & Co. KGaA.
2. Avey, J. B., Luthans, F., Jensen, S. M. (2009). Psychological capital: A positive resource for combating employee stress and turnover. *Human Resource Management*, 48, 677-693.
3. Brooks, S. K., Webster, R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence.
4. Cohen, S. and Williamson, G. Perceived Stress in a Probability Sample of the United States. Spacapan, S. and Oskamp, S. (Eds.) *The Social Psychology of Health*. Newbury Park, CA: Sage, 1988.
5. Jamal M. “Job stress-prone Type A behaviour, personal and organizational consequences”, *Canadian Journal Administration Sciences*, 1985. pp 360-74.
6. A. P and J. M. Atieh, “Studying job stress: Are we making mountains out of molehills?” *Journal of occupational behavior*, 1987 pp115-26.
7. Paul Hersey, Kenneth H. Blanchard, Dewey E. Johnson –“Organizational Behavior”, Prentice Hall of India Pvt. Ltd, 1998.
8. Stephen P. Robbins, “Organizational Behavior”, Prentice Hall, U .K. 1999.
9. Cooper. C. L. and Marshall. J, “Understanding Executive Stress”, The McMillan Press Ltd, 1978 p 4.
10. K. Aswathappa, “Organizational Behavior”, Himalaya Publishing House

WEBSITES

1. <http://www.lifepositive.com/Mind/psychology/stress/stress.asp>
2. <http://www.medicinenet.com/stress/article.htm>
3. http://helpguide.org/mental/stress_signs.htm
4. http://www.helpguide.org/mental/stress_management_relief_coping.htm
5. <http://stress.about.com/>
6. <http://www.studygs.net/stress.htm>
7. www.wikipedia.com
8. www.finance.indiamart.com