



“Study on the impacts of Yoga therapy on Body Mass Index for Subjective well-being of bank employees”.

Mr..N K Hiregoudar¹ , Dr. K Krishna Sharma²

Research Scholar, Department of Human Consciousness & Yogic Sciences
. Mangalore University

Abstract:

In the contemporary work environment, the issue of weight management and well-being among employees has garnered significant attention. This study explores the potential impacts of yoga therapy on body mass index (BMI) and subjective well-being among bank employees. Over a period of 90 days, participants engage in daily yoga sessions lasting 60 minutes each, with the aim of addressing weight management concerns and enhancing overall well-being. Pre- and post-intervention assessments are conducted to measure changes in BMI and subjective well-being indicators. The results of this study provide valuable insights into the effectiveness of yoga therapy as a holistic approach to promoting healthier lifestyles and improving well-being among bank employees. Through the integration of yoga into the workplace, organizations may have the opportunity to support employee health and wellness initiatives, ultimately fostering a more productive and positive work environment.

Keywords; Yoga therapy, Body Mass Index, Sedentary life style, Bank employees.

¹ Research Scholar, Department of Human Consciousness & Yogic Sciences. Mangalore University, Mangalagangothri, Karnataka - 574 199.

² Professor and Chairman, Department of Human Consciousness & Yogic Sciences. Mangalore University, Mangalagangothri , Karnataka - 574 199

Introduction:

In today's fast-paced and demanding work environment, maintaining physical and mental well-being is crucial for optimal performance and overall quality of life. Among the various approaches to improving health and well-being, yoga therapy has gained recognition for its holistic benefits. (Russell, 2008) This study aims to investigate the impacts of yoga therapy on Body Mass Index (BMI) and subjective well-being among bank employees. With sedentary lifestyles and increasing stress levels contributing to health concerns, exploring the

potential of yoga as a weight management tool holds promise for enhancing the overall health and happiness of individuals in the banking sector.(Holman et al., 2018)

Materials and Methods:

The study comprises bank employees from different branches leading bank who volunteered to participate in a 90-day yoga intervention program. The intervention consists of daily yoga sessions lasting 60 minutes each, focusing on a combination of asanas, pranayama, meditation, and relaxation techniques. Participants' BMI measurements are recorded before and after the intervention period to assess changes in body composition. Additionally, subjective well-being indicators, including mood, stress levels, and overall satisfaction, are evaluated using standardized questionnaires. Pre- and post-intervention data are analyzed to determine the effects of yoga therapy on BMI and subjective well-being among bank employees.

Results:

Preliminary results indicate promising outcomes regarding the impact of yoga therapy on BMI and subjective well-being among bank employees. Participants who engaged in the 90-day yoga intervention reported significant improvements in their BMI, with reductions observed in body fat percentage and waist circumference. Moreover, subjective well-being measures showed positive changes, including decreased stress levels, improved mood, and enhanced overall satisfaction with life. These findings suggest that regular participation in yoga sessions can lead to tangible improvements in both physical health and psychological well-being among bank employees.

Discussion:

Sedentary lifestyles prevalent in modern workplaces exacerbate the risk of weight gain and obesity.(Keeler et al., 1989) Prolonged sitting leads to muscle imbalances, poor posture, and musculoskeletal problems, thereby increasing the likelihood of chronic conditions such as back pain and joint stiffness(del Pozo-Cruz et al., 2013). Furthermore, sedentary behavior is associated with mental health issues such as depression, anxiety, and stress, perpetuating a cycle of physical and emotional discomfort among employees.(Diamond & Byrd, 2020)&(Bélair et al., 2018)

Weight gain and obesity pose significant challenges in the workplace, affecting both individual health and organizational productivity. Employees grappling with excess weight may experience diminished morale, reduced motivation, and decreased engagement, which can adversely affect team dynamics and overall performance(Buckle & Buckle, 2011). Additionally, obesity-related health issues contribute to absenteeism and presenteeism, further hampering productivity and efficiency in the workplace.

Incorporating yoga into the workplace offers multifaceted benefits for weight reduction among employees.(Chen et al., 2022) The practice of yoga stimulates metabolism, promotes calorie burning, and builds lean muscle mass, thereby facilitating weight management.(A. H. Y. Chu et al, 2014) Improved physical health resulting from weight reduction leads to reduced risk of obesity-related conditions such as cardiovascular diseases and diabetes, consequently lowering healthcare costs for employers.(Ross & Thomas,

2010) Moreover, the positive impact of yoga on mental well-being, including reduced stress levels and enhanced self-esteem, contributes to a conducive work environment and heightened job satisfaction among employees.(Gura Taylor, 2002)

Yoga emerges as a potent antidote to the detrimental effects of sedentary lifestyles prevalent in the workplace. By promoting mindful movement and body awareness, yoga counteracts the adverse effects of prolonged sitting, alleviating stiffness and improving mobility(Field, 2011). The practice also boosts metabolism, facilitates calorie burning, and fosters weight reduction, thereby addressing the root causes of obesity and associated health risks. Moreover, the stress-relieving benefits of yoga, encompassing relaxation, pranayama and meditation techniques, equip employees with effective coping mechanisms to manage the stressors inherent in sedentary work environments(Hartfiel et al., 2012).

The results of this study underscore the potential of yoga therapy as an effective intervention for weight management and promoting subjective well-being among bank employees. By incorporating a holistic approach that addresses both physical and mental aspects of health, yoga offers a comprehensive solution to the challenges of maintaining optimal health in the workplace. The combination of physical activity, stress reduction techniques, and mindfulness practices inherent in yoga contributes to improved BMI and overall well-being. These findings have important implications for workplace wellness initiatives, highlighting the value of integrating yoga therapy into corporate health programs to support employee health and productivity.

Conclusion

Integrating yoga into the workplace presents a holistic solution to combat weight gain and sedentary lifestyles among employees. By promoting weight reduction, enhancing mental well-being, and mitigating the adverse effects of prolonged sitting, yoga empowers individuals to lead healthier, more balanced lives, thereby fostering a thriving and resilient workforce.

Bibliography

- A. H. Y. Chu et al. (2014). Do workplace physical activity interventions improve mental health outcomes? *Occupational Medicine*.
- Bélair, M. A., Kohen, D. E., Kingsbury, M., & Colman, I. (2018). Relationship between leisure time physical activity, sedentary behaviour and symptoms of depression and anxiety: Evidence from a population-based sample of Canadian adolescents. *BMJ Open*, 8(10). <https://doi.org/10.1136/bmjopen-2017-021119>
- Buckle, P., & Buckle, J. (2011). Obesity, ergonomics and public health. *Perspectives in Public Health*, 131(4). <https://doi.org/10.1177/1757913911407267>
- Chen, M., He, Z., Zhang, Z., & Chen, W. (2022). Association of physical activity and positive thinking with global sleep quality. *Scientific Reports*, 12(1). <https://doi.org/10.1038/s41598-022-07687-2>
- del Pozo-Cruz, B., Gusi, N., Adsuar, J. C., del Pozo-Cruz, J., Parraca, J. A., & Hernandez-Mocholí, M. (2013). Musculoskeletal fitness and health-related quality of life characteristics among sedentary office workers

- affected by sub-acute, non-specific low back pain: A cross-sectional study. *Physiotherapy (United Kingdom)*, 99(3). <https://doi.org/10.1016/j.physio.2012.06.006>
- Diamond, R., & Byrd, E. (2020). Standing up for health – improving mental wellbeing during COVID-19 isolation by reducing sedentary behaviour. *Journal of Affective Disorders*, 277. <https://doi.org/10.1016/j.jad.2020.07.137>
- Field, T. (2011). Yoga clinical research review. *Complementary Therapies in Clinical Practice*, 17(1). <https://doi.org/10.1016/j.ctcp.2010.09.007>
- Gura Taylor, S. (2002). Yoga for stress reduction and injury prevention at work. *Work*, 19(1), 3–7. https://www.researchgate.net/publication/235705115_Yoga_for_stress_reduction_and_injury_prevention_at_work
- Hartfiel, N., Burton, C., Rycroft-Malone, J., Clarke, G., Havenhand, J., Khalsa, S. B., & Edwards, R. T. (2012). Yoga for reducing perceived stress and back pain at work. *Occupational Medicine*, 62(8), 606–612. <https://doi.org/10.1093/occmed/kqs168>
- Holman, D., Johnson, S., & O'Connor, E. (2018). Stress management interventions: Improving subjective psychological well-being in the workplace. *Handbook of Well-Being*.
- Keeler, E. B., Manning, W. G., Newhouse, J. P., Sloss, E. M., & Wasserman, J. (1989). The external costs of a sedentary life-style. *American Journal of Public Health*, 79(8). <https://doi.org/10.2105/AJPH.79.8.975>
- Ross, A., & Thomas, S. (2010). The health benefits of yoga and exercise: A review of comparison studies. In *Journal of Alternative and Complementary Medicine* (Vol. 16, Issue 1, pp. 3–12). <https://doi.org/10.1089/acm.2009.0044>
- Russell, J. E. A. (2008). Promoting subjective well-being at work. *Journal of Career Assessment*, 16(1). <https://doi.org/10.1177/1069072707308142>