

## THE EFFECTIVENESS OF YOGA IN STRESS MANAGEMENT AMONG THE EMPLOYEES IN INDUSTRY

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### ABSTRACT

Stress is experienced at each level of the organization that is from top to bottom. Hence there should be a reasonable, affordable and convenient strategy to deal with stress. The scope of the research extends to the employees in the industry. The results of the study indicate Yoga practices considerably reduce the emotional, cognitive, behavioral, physical and organizational effects of stress among the employees. As a result an increase in job satisfaction and job performance also reported. In the light of above result it can be recommended that a stress management and relaxation center should be part of any worksite health promotion program. Yoga can be effectively used as an intervention strategy to deal with stress in this center. This study was used yoga as an intervention strategy and probe into the effectiveness of yoga in improving individual job performance and job satisfaction .Effectiveness of Yoga in reducing the wrong effects of stress in the employees is investigated in detail. It also establishes the feasibility and practicability of introducing Yoga practices regularly in the industry for the benefit of the organization and individual employees. It gives wider scope to other researchers to probe in to various other aspects, which is not covered in this study.

**KEY WORDS:** Yoga, Stress, Management, Industry.

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