

Impact of Yoga Practice on Working Faculties in Dronacharya PG College Rait Kangra HP

Dr. Ashwani Kumar

Assistant Professor

Dronacharya College of Education Rait, Kangra, HP, India

drashwanihpu@gmail.com

Abstract: *The aim of this paper is to explain the possibilities of applying yoga in education through the presentation of the conducted research. Yoga involves various techniques with the aim of achieving psycho-social balance. We are witnessing an increase in stress and emotional disorders in Teachers & children are becoming more sedentary, and are preoccupied with the multitude of stimuli that come constantly via cell phone, computer, and television. By examining a series of research effects of yoga, we can conclude that yoga has proved to be effective in treating a variety of conditions and diseases. Practicing yoga can help reduce stress, anxiety symptoms, and depression. It examines the possibilities of introducing yoga as part of the school/Colleges curriculum for healthy children and teachers with mental disability. Results have so far shown possible contributions of yoga in schools/colleges in the form of attention improvement, self-regulation and reduction of tension.*

Keywords: Teachers, Yoga, Mental well-being, State anxiety

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