

Yoga and Stress Management: The Impact on Health

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Abstract: *This study aims to explain the significance and importance of Yoga in our daily lives. People in the global village or science and technology age work tirelessly to sustain and improve their lives. They are individuals of all socioeconomic backgrounds who strive for social and peaceful living. Anxiety, pressure, tension, and despair are examples of stressors. Stress is a bad energy or difficult challenge that all beings must manage. Stress management is considered a significant factor for happiness and success in today's society. It creates a variety of physical. Stress management is considered a significant factor for happiness and success in today's society. Individuals experience a range of physical and mental symptoms, which vary depending on their situation. Stress management offers several strategies to reduce anxiety and promote general well-being. Yoga is the most effective strategy to manage stress through smart techniques.*

Keywords: Yoga, stress, anxiety, management.

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