



HEALTH & MEDICINE

Relevance of Yoga in Management Education

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Healthy people make organisations healthy. Healthy people

means, people with complete health — physical, mental, social, emotional and spiritual. Absence of any of these factors

means that health is incomplete. How can we achieve complete health?

Right type of food, good eating habits, regular exercises and proper rest to the body gives us sufficient energy for survival and growth. The carbohydrates, proteins, vitamins, fats, minerals and water in the food nourish us well. Immunity thus built, resists diseases. That is the way we build physical health.

Continuous efforts in discovery, creativity, innovation and in depth study of mythology, philosophy and spirituality gives us good mental health. Living in well planned modern townships with high class civic amenities and getting along with intellect class of people, gives us good social health. What about emotional health? Is it different and difficult to achieve? We find men and women are emotional in almost all situations. Various types of emotions, mainly related to fulfilling our own needs come and go. How good are we in managing the same?

There are many examples of burst due to emotions and consequent disaster. Uncontrollable stress or distress arising out of emotions makes things worse. Is there a way to overcome this problem?



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Managers, being decision makers, got to be smart enough to manage their emotions. Managers are expected to show equal concern towards task and team in order to ensure efficiency. It is a difficult task to manage one's own emotions and emotions of fellow team members.

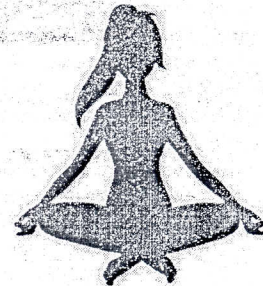
The business world is facing too many problems in HR Management and Development as human resources go highly unpredictable in behavior and attitude. Hence, it is a rather tough job, for managers to extract full potential of human resources.

People who spend at least an hour for physical exercises are sure to manage emotions well, as compared to people who are in sedentary life (desk bound professionals). Various types of physical exercises are seen in the fitness program. All types of exercises can be called as Aerobics (means with oxygen). The simplest Aerobic workout is walking. The impact of aerobics increases as one progresses in the fitness program, from walking to static stretching, to dynamic stretching to on spot jogging to running on a tread mill, to upper body, abdomen and lower body work outs. Enhanced intake of oxygen, better mix of oxygen and blood and increased efficiency in circulation of oxygenated blood help us in becoming a well being individual.

While all types of physical exercises enhance intake of oxygen and utilisation, exercises as done in Yoga give better results, as it also helps to manage emotions.

Wonder how? Firstly, there is no 'winning spirit' seen among yoga performers as compared to other fitness regimes.

The spirit to 'win' and 'out stand' others are seen in sports and games. Yogic way of stretch-



ing and doing the postures involves 'static stretching' and hence, there is no winning spirit. You must have often seen yoga instructors saying 'Close your Eyes, and try to observe the changes in the body' after each stretch or posture. The reason behind closing eyes is to cut off viewing external things and try to build inner body views. That is also the way one can build better body and relax mind.

Practice of Indian traditional yoga first prescribes cleaning of inner and outer body (with *kriyas*) and adopt yogic food. It should be only after this stage that one should get on to rigorous practice of postures (*Asanas*). *Asanas* help us to achieve proper balance of body, tone up muscles and ensure proper secretion of hormones from vital organs. After practice of *asanas* the discipline to be adopted is the deep breathing techniques (*pranayama*) that help us in enhancing oxygen intake and ensure efficient oxygenated blood circulation. After going through the rigorous practice of all these disciplines of yoga, one should get on to meditation (*dhyana*). The body receives proper rest within short time, blood pressure is brought to normal and mind relaxes as it keeps the rhythm of breathing pattern. Emotions are managed best with regular practice of meditation.

Fitness sessions comprising 10 mins. of rigorous warm up, 20 mins. of *asanas*, 20 mins. of aerobics, 5 mins. of *pranayama* and 5 mins. of muscle relaxation techniques as in *shavasana* is a better program.