

## **Role of yoga and meditation in stress management**

Presented by Madhurima Rawat

Roll Number -29

Branch – DataScience(Btech CSE)

Subject- Professional ethics and life skills



YOGA

## Definition - What does *Yoga* mean?

Yoga is a physical, mental and spiritual practice that originated in ancient India. First codified by the sage Patanjali in his Yoga Sutras around 400 C.E, the practice was in fact handed down from teacher to student long before this text arose.

Traditionally, this was a one-to-one transmission, but since yoga became popular in the West in the 20th century, group classes have become the norm.

The word *yoga* is derived from the Sanskrit root *yuj*, meaning “to yoke,” or “to unite”. The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness. Such a union tends to neutralize ego-driven thoughts and behaviours, creating a sense of spiritual awakening.

Yoga has been practiced for thousands of years, and whilst many different interpretations and styles have been developed, most tend to agree that the ultimate goal of yoga is to achieve liberation from suffering. Although each school or tradition of yoga has its own emphasis and practices, most focus on bringing together body, mind and breath as a means of altering energy or shifting consciousness.

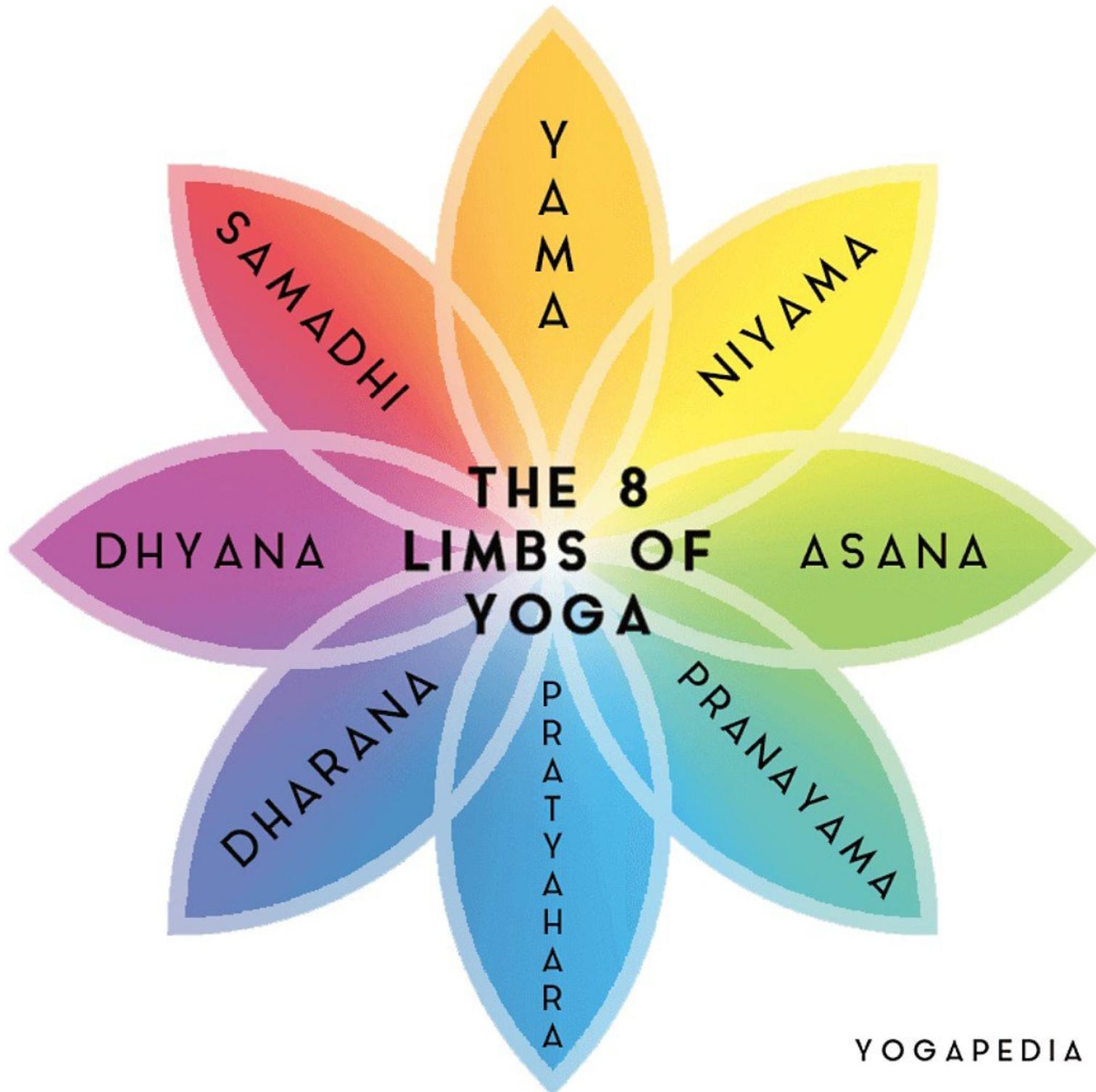
## **Yogapedia explains *Yoga***

Modern yoga is most commonly associated with the physical practice of asana, a series of postures often weaved together in styles such as Vinyasa Flow or Ashtanga. Asana practice is generally intended to build strength and stamina, to improve flexibility, coordination and balance, and to relax the body. However, this provides only one small aspect of the tradition of yoga as a whole.

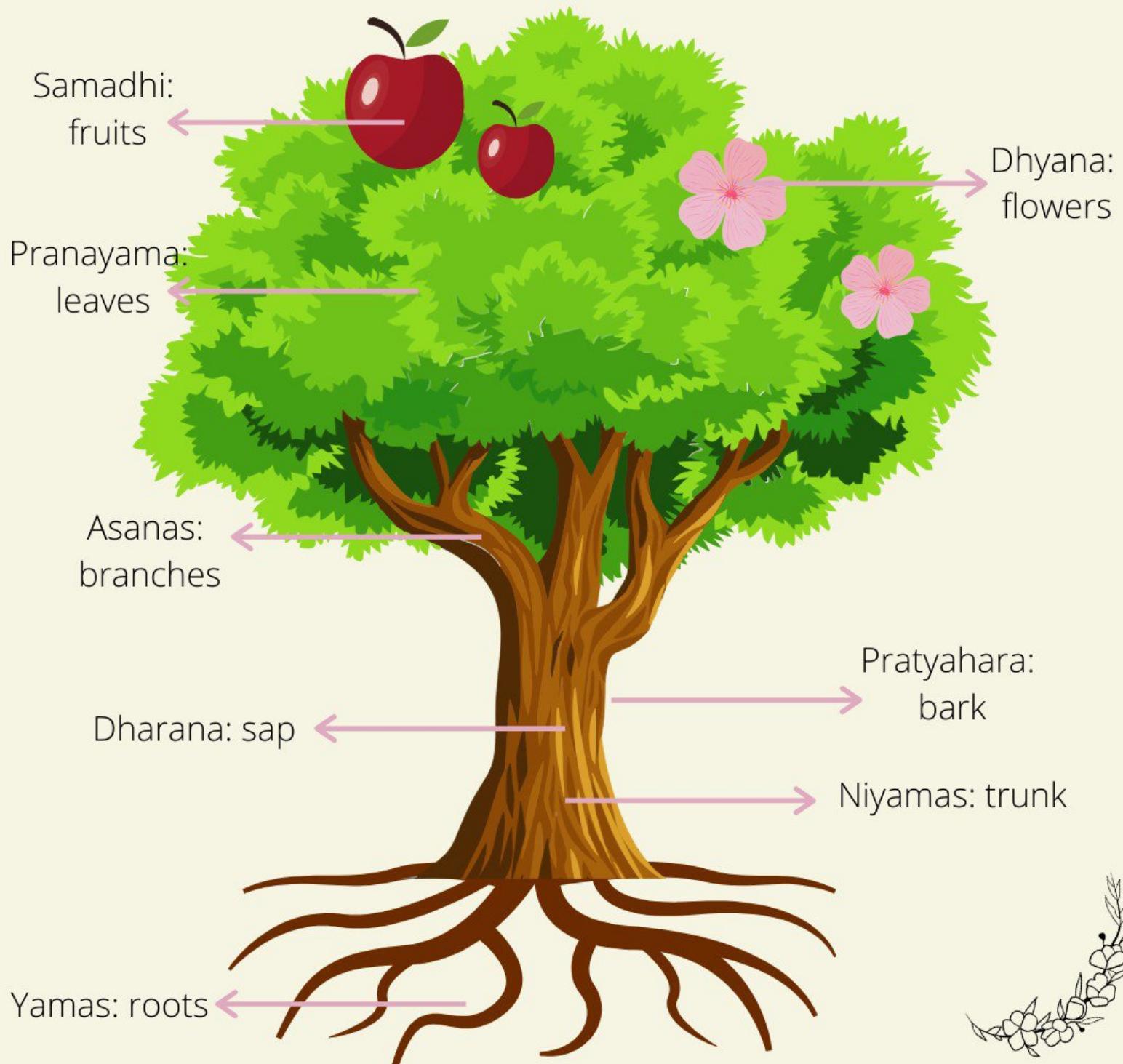
Patanjali's Yoga Sutras provide the traditional foundation of yoga, in which he outlines an eightfold path of the practice. Known as the 'Eight Limbs of Yoga,' this path offers a guide to individuals who are dedicated to creating a union between body, mind and spirit.

Each of the Eight Limbs offers a means of living with more integrity, self-discipline, respect for nature and connection with the spiritual aspects of life. These eight practices are intended to be carried out in a holistic and integrative manner:

1. **Yamas** - Five universal, ethical and moral observances to live by (nonviolence, truthfulness, non-stealing, continence and non-covetousness)
2. **Niyamas** - Five spiritual and self-discipline observances (cleanliness, contentment, spiritual austerities, study of scriptures and surrender to God)
3. **Asana** - physical posture, originally intended only for seated meditation, but more recently adapted to encompass all physical yoga practices
4. **Pranayama** - breathing exercises to control the flow of prana (vital life force)
5. **Pratyahara** - Withdrawal of the senses
6. **Dharana** - Single pointed concentration
7. **Dhyana** - Meditation
8. **Samadhi** - Liberation or blissful union with the Divine



## The Tree of Yoga



# Ashtanga

ashta=eight, anga=limb  
Patanjali's Eight Limbs Of Yoga

BKS Iyengar's representation of the 8 limbs of Yoga as described in his book 'Tree Of Yoga'.



Ramakrishna

Yoga manifests itself as four major paths, namely *Karma Yoga*, *Bhakti Yoga*, *Rāja Yoga* and *Jñāna Yoga*.

These four paths are like the branches of a tree or tributaries of a river. They all have the same source and resting place. In essence, they are all the same.

The only thing that differentiates them is that there is a certain aspect of the mind involved in a particular path or practice.

In Karma Yoga the active aspect of mind is involved; in Bhakti Yoga, the emotional aspect; in Rāja Yoga, the mystical aspect; in Jñāna Yoga, the intellectual aspect.

# KARMA YOGA

*Karma* ~ Service

It is the yoga of action, the path of selfless service.

The practice of Karma Yoga involves performing an action without any expectation of any reward in return, thus renouncing the fruits of the action.

A Karma yogi sublimates the ego, purifies the heart and realises oneness with all beings by acting selflessly.

Karma Yoga can be practiced anywhere, anytime where there is a desire to serve. It depends on the attitude, not the action.

## **BHAKTI YOGA**

*Bhakti* ~ Devotion

It is the devotional approach of yoga, the one of pure love.

This path involves surrendering oneself to God in order to realise the highest Truth. Aspirants channel their emotions into devotion, developing humility, self-surrender and the feeling of being an instrument in the hands of the Divine.

Bhakti Yoga can be practiced in many ways - praying, chanting, japa (repeating a mantra or name of the Divine), and by participating in ceremonies and rituals.

Aspirants choose a medium to express their devotion to develop a relationship with the Divine.

In the tradition of our Gurus, based on Hindu culture, Bhakti Yoga is practiced at our centres by way of kirtan (chanting the names of the Divine), ceremonies, prayers, rituals, celebrating festivals and service to the Gurus.

## RAJA YOGA

*Rāja* ~ Royal

This is the scientific, step-by-step approach of yoga, the one of mind control.

In the practice of Rāja Yoga, the mind is systematically analysed and various techniques are applied to bring it under control. This process turns the physical and mental energy into spiritual energy.

The practice of Rāja Yoga includes Hatha Yoga (yoga postures, cleansing techniques and breathing exercises) and meditation and other methods which help one to control body, mind and senses.

Rāja Yoga also includes [Ashtanga Yoga](#) (eight limbs), described by Patanjali Maharishi which leads to absolute mind control.

## JÑĀNA YOGA

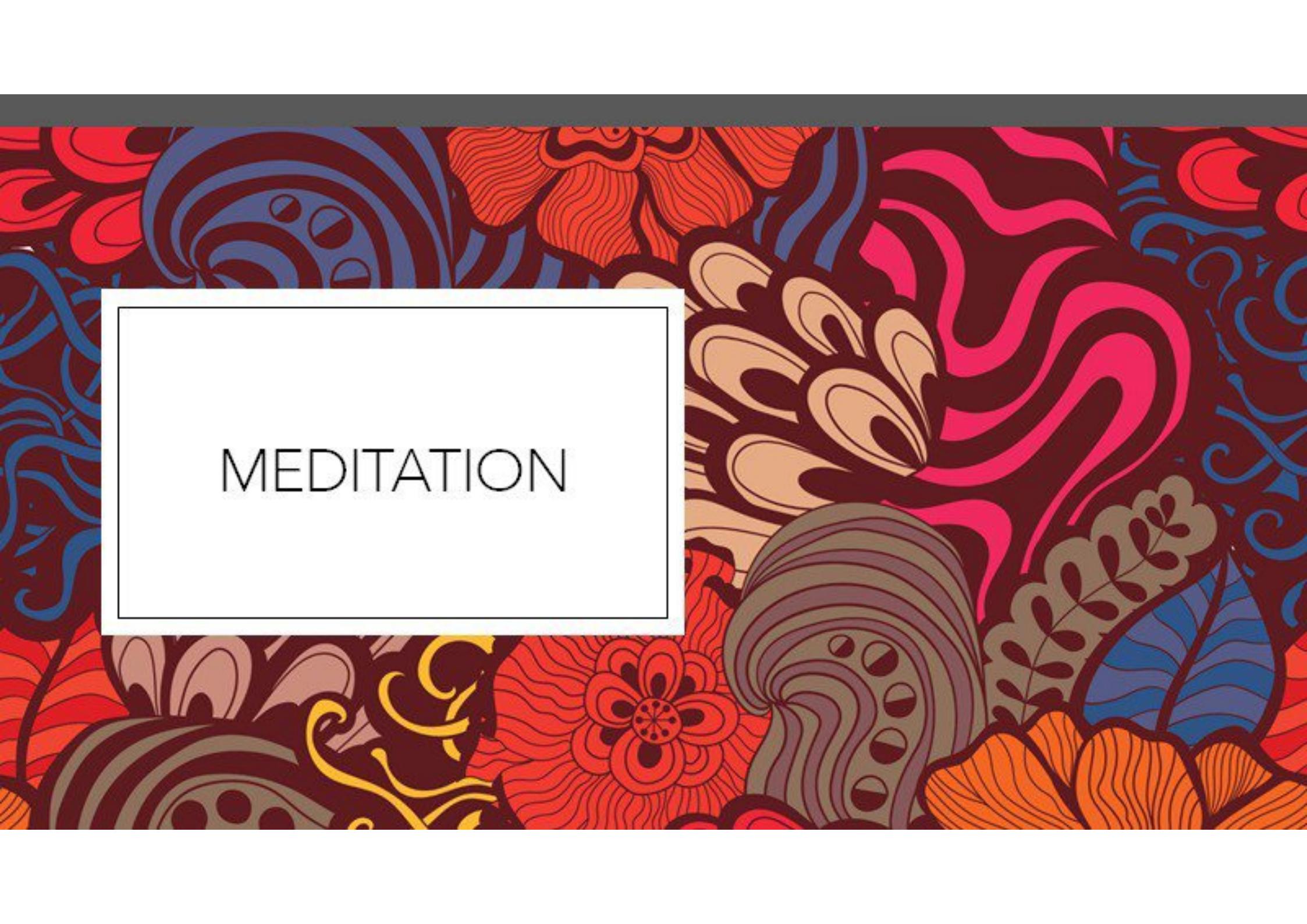
*Jñāna* ~ Knowledge

This is the philosophical approach to yoga, the yoga of knowledge.

Jñāna yoga is the most direct of the four paths, using intellectual inquiry for spiritual evolution.

It is practiced through:

- *Shravana* – listening to the teachings of the guru or study of the scriptures such as Vedas
- *Manana* – reflection on the teachings



MEDITATION

**Meditation** is a practice in which an individual uses a technique – such as **mindfulness**, or focusing the mind on a particular object, thought, or activity – to train **attention** and **awareness**, and achieve a mentally clear and emotionally calm and stable state.[\[1\]](#)[\[2\]](#)[\[3\]](#)[\[4\]](#)[\[web 1\]](#)[\[web 2\]](#)

Meditation is all about mental peace, when you start meditating you forget everything that is going around including your problems and focus only on the present, no exercises or physical movements are involved and you need to do is sit down over a period of time and focus on the flow line of the energies in the body.

Meditation is considered as a part of yoga, which is performed only after yoga sessions. After doing various asanas, the body is full of vibrations and it might make you tired and mediation helps to reduce those vibrations and get your body back to normal.

Meditation improves concentration and improves your breathing system which great for your body and overall health.

Meditation is all about mental training while meditation you need to focus and this acts as a great source of relaxation, connection and introspection. Overall, it is the best way of learning about yourself and to conquer your own mind.

# Understanding meditation

Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction.

Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

# *YOGA*



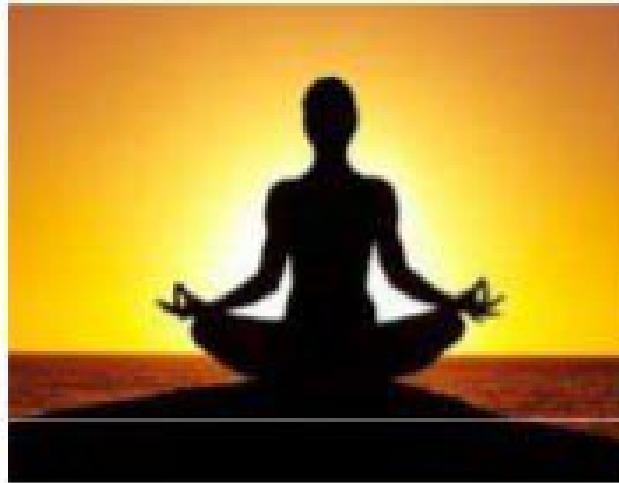
- **Yoga is said to be a way of life and it's practice gives all round benefits**
- **Yoga incorporates much more physical training**
- **Improves flexibility**
- **Performed with body movements**
- **Yoga is physically exhausting**
- **Yoga encourages all forms of stability**
- **Yoga leads to superior physical fitness**
- **Yoga has more physical benefits**

# *Meditation*



- **Meditation is a part of yoga which deals with mental relaxation and concentration**
- **Meditation practice on other hand involves mental training**
- **Better stress management**
- **Meditation is usually performed without moving**
- **Meditation, on other hand is more restful, usually with a single pose**
- **Meditation only covers mental stability**
- **Meditation leads to mental lucidity and superior self-understanding**
- **Meditation has more mental benefits**

# **Role of YOGA**



**for**

# **Stress management**



# **How does yoga help alleviate stress and anxiety?**

Yoga encourages mental and physical relaxation, which helps reduce stress and anxiety. The physical postures promote flexibility, relieve tension, and alleviate pain.

Yoga poses may help you release physical blockages like muscle knots, helping release emotions and tension. They also promote the release of mood-boosting **endorphins**, which are the feel-good hormones that can positively affect how you handle stress.

Focusing on the present moment during your yoga practice enhances your awareness, boosts your concentration, and centers your mind.

As you become aware of the transitory nature of your bodily sensations, thoughts, and feelings, you may find it easier to let go of attachments to positive, negative, and neutral experiences. You may also learn to cultivate feelings such as love, joy, and serenity.

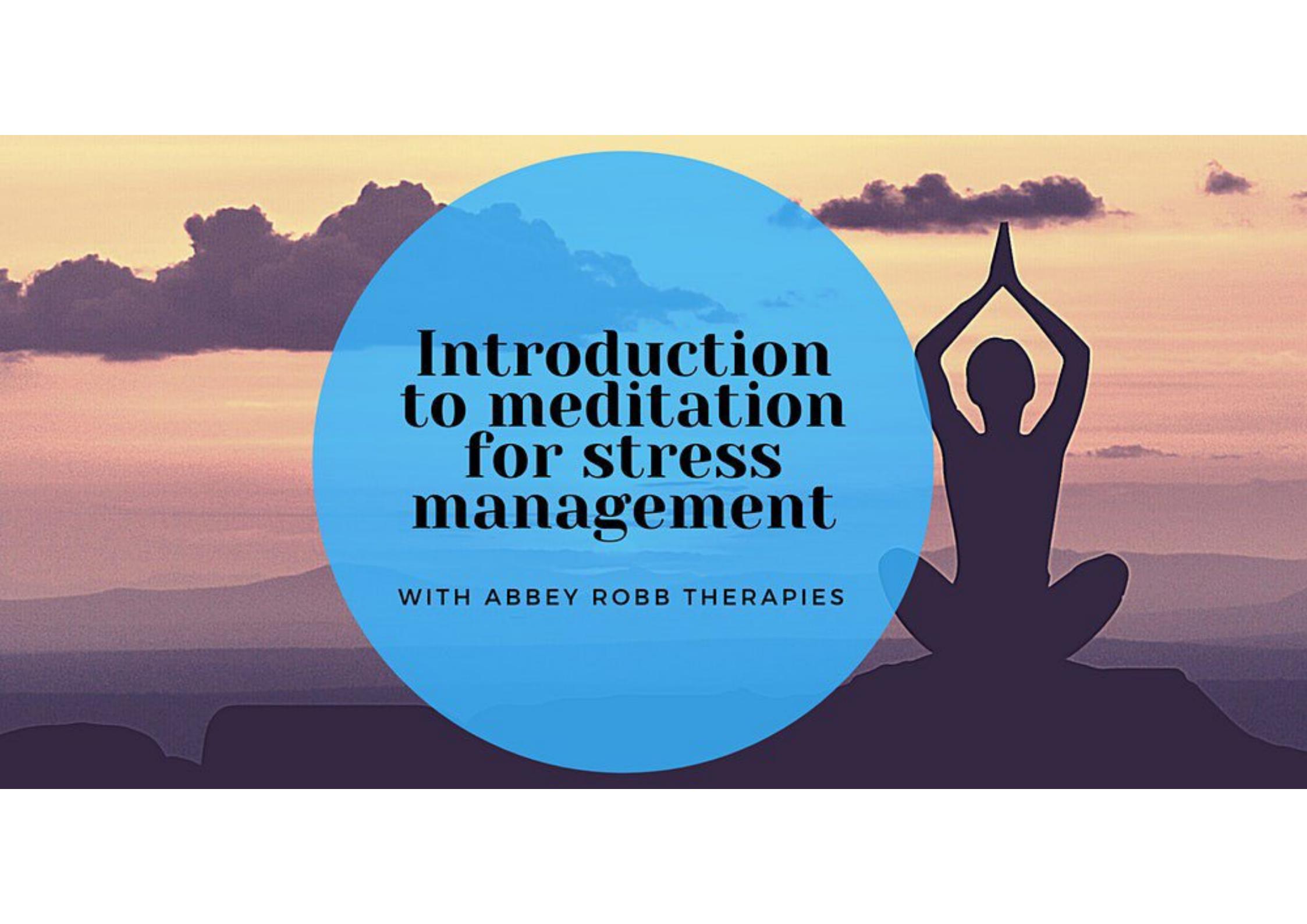
# How to use yoga breathing to alleviate stress

Breathing exercises, known as [pranayama](#) in Sanskrit, teach you to relax, regulate your breath, and breathe deeply. This helps reduce stress and calm your body and mind. Breathing techniques can also enhance your sleep quality and encourage mindfulness.

You can do breathing exercises during your yoga practice or when you want to focus on relaxation throughout the day. These techniques are also useful when you experience uncomfortable emotions or difficult situations.

A few popular types of pranayama include:

- alternate nostril breathing (nadi shodhana)
- ujjayi breathing
- breath of fire (kapalabhati)
- lion's breath (simhasana)
- sitali breath
- humming bee breath (bhramari)



# **Introduction to meditation for stress management**

WITH ABBEY ROBB THERAPIES



# Benefits of Yoga and Meditation

## Meditation for Better Mental Health

Meditation is a technique used to control emotions and it helps in improving your mental health and wellness and is well known as the best stress management process and is generally practised to mental stresses.

No matter what you might be facing in your daily life - lot pressure in your office, family issues, problem with concentration, suffering from health issues, with the help of meditation you can reduce the stress in your mind and it in-turn prevents people from cardiovascular diseases, panic attacks and high blood pressure.

## **Meditation and emotional well-being**

When you meditate, you may clear away the information overload that builds up every day and contributes to your stress.

The emotional benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance

## Meditation and illness

Meditation might also be useful if you have a medical condition, especially one that may be worsened by stress.

While a growing body of scientific research supports the health benefits of meditation, some researchers believe it's not yet possible to draw conclusions about the possible benefits of meditation.

With that in mind, some research suggests that meditation may help people manage symptoms of conditions such as:

- Anxiety
- Asthma
- Cancer
- Chronic pain
- Depression
- Heart disease
- High blood pressure
- Irritable bowel syndrome
- Sleep problems
- Tension headaches



# THANK YOU FOR LISTENING TO MY PRESENTATION

BY  
MADHURIMA  
RAWAT



HAVE  
A NICE  
DAY