

## KARMA IN DAY- TO- DAY LIFE AND DE- STRESSING THROUGH YOGA

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**Abstract :** This paper attempts to present an understanding of “karma” and its significance in a work environment. All living beings are responsible for their karma. Karma can be considered as action and reaction. Karma determine our progress in a work environment. The success or failure of our endeavours depends on us. Hard work and dedication cannot be substituted when it comes to skill development, efficiency and output.

Stress is inevitable in daily life. Introduction of yoga in the offices which will increase the job opportunities to yoga trainers as well as it will help to reduce the absenteeism of the employees due to ill health. Once the benefits of yoga are realised then the aspirant will know how to achieve the career goals without being stressed. The physical, mental and spiritual health as well as attitudinal change will take place after practising yoga. As per the objectives of this conference Yoga may be one of the solutions to the challenges / problems faced by the aspirant in the process of skill development.

**Keywords:** Karma , Yoga , Work Environment , Endeavours .

### 1 INTRODUCTION

This Paper attempts to present an understanding of “Karma” and its significance in a work environment. Also, it elaborates on the inevitable stress that is faced at work and how Yoga can probably tackle it in the best manner possible.

### ‘KARMA’, ITS UNDERSTANDING AND INFERENCE

The word ‘Karma’ originates from the root "KRU", meaning ‘to do’, ‘work’, etc. Karma thus means action or work, and not the other often repeated meaning of "fate". It is a term about the cycle of cause and effect. According to the theory of Karma, what happens to a person, happens because of the result of his / her actions.

All living beings are responsible for their karma - their actions and the effects of their actions. Karma can be considered as action and reaction - If we work well, we fetch goodness; if we work badly, we reap negative consequences. Our actions, both good and bad, come back to us in the future, helping us to learn from life’s lessons and become better people. Karma is the best teacher, forcing people to face the consequences of their actions and thus improve and refine their behaviour, or suffer if they do not.

This process of action and reaction happens at all levels—physical, mental and spiritual. One must pay attention to the thoughts.

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### A quote on Karma by A.P.J.Abdul Kalam is relevant and self-explanatory:

*“If you salute your work, you do not have to salute anybody.  
If you pollute your work you have to salute everybody.”*

### Chanakya says.,

*“A man is great by deeds, not by birth”, and  
“A man is born alone and dies alone and he experiences the good and bad consequences of his karma alone”*

The simple inference to be made from the above explanation of Karma is that our actions determine our progress in a work environment. The success or failure of our endeavours depends on us. Hard work and dedication cannot be substituted when it comes to skill development, efficiency and output.

### DE-STRESSING THROUGH YOGA

Our work conditions inevitably make severe demands on us - physical demands, environment conditions, demands on one's senses and mental demands.

#### PHYSICAL DEMANDS

Long continuous working hours, dead-lines to complete special requests or projects, long duration sitting and using office equipment, computers, etc. Necessarily make heavy physical demands.

#### ENVIRONMENTAL CONDITIONS

Office is a busy work environment. One is required to interact with / serve a number of people and projects at the same time with frequent interruptions to meet the needs and requests of staff. The environment may be noisy and requires excellent organisational and time and stress management skills to be up to date.

#### SENSORY DEMANDS

Sensory demands can include reading and use of the computer which may cause eye-strain and occasional headaches and the constant noise and activity.

#### MENTAL DEMANDS

This may include simultaneously managing a number of requests and tasks and dealing with emergencies and stressful situations.

#### STRESS

Stress is inevitable due to the above demands. While a little stress is OK - some stress is actually beneficial - too much stress can wear you down and make you sick, both mentally and physically. The first step to controlling stress is to know the symptoms of stress. But recognizing stress symptoms may be harder than we think. Most of us are so used to being stressed; we often don't know we are stressed until we are at the breaking point.

#### WHAT IS STRESS?

**Stress is the body's reaction to harmful situations** - whether they're real or perceived. This reaction, a chemical reaction occurs in the body that allows us to act in a way to prevent injury. This reaction is known as "fight-or-flight," or the stress response. During stress response, the heart begins to race, breathing quickens, muscles tighten, and blood pressure rises. Stress means different things to different people. What causes stress in one person may be of little concern to another. Some people are better able to handle stress than others. And, not all stress is bad. In small doses, stress can help you accomplish tasks and prevent you from getting hurt. Our bodies are designed to handle small doses of stress. But, we are not equipped to handle long-term, chronic stress without ill consequences.

#### WHAT ARE THE SYMPTOMS OF STRESS?

Stress can affect all aspects of life, including emotions, behaviour, thinking ability, and physical health. Stress symptoms can be physical, emotional, cognitive and behavioural.

### **WHAT ARE THE CONSEQUENCES OF LONG-TERM STRESS?**

A little stress every now and then is not something to be concerned about. Ongoing, chronic stress, however, can cause or exacerbate many serious health problems, including:

- ◆ Mental health problems, such as depression, anxiety and personality disorders
- ◆ Cardiovascular disease, including heart disease, high blood pressure, abnormal heartrhythms, heart attacks and stroke
- ◆ Obesity and other eating disorders
- ◆ Menstrual problems
- ◆ Sexual dysfunction, such as erectile dysfunction (impotence) and premature ejaculation in men and loss of sexual desire in both men and women
- ◆ Skin and hair problems, such as acne, psoriasis, eczema and permanent hair loss
- ◆ Gastrointestinal problems, such as gastro-oesophageal reflux disease (GORD), indigestion, gastritis, irritable bowel syndrome (IBS).

### **YOGA FOR DE-STRESSING**

Yoga provides relief on all fronts, at all levels and for all symptoms of Stress. It may be the one of its kind as regards preventive and curative therapy for stress. Some types of yoga are about relaxation. Most types focus on asanas. They also usually include attention to breathing. Most of the time the office goers are working throughout the day and only spending mental energy with less physical work. Due to this the muscles get stiff. Yoga is highly recommended for the corporate.

Yoga strengthens muscles, improves muscle tone and flexibility with obvious benefits. When done right, nearly all poses build core strength in the deep abdominal muscles. Probably the best benefit of Yoga may be to improve general posture of the body thereby reducing a number of spinal problems.

### **BREATHING BENEFITS**

Pranayama practices of Yoga improve the general health of all physiological systems. Breath has a direct co-relation with the mind. Hence, Pranayama practices directly benefit in stressful situations by keeping the mind relaxed and peaceful.

### **LESS STRESS, MORE CALM**

You may feel less stressed and more relaxed after doing yoga specially the relaxation asanas. Meditation techniques of Yoga help in keeping the mind calm and free of conflicts.

#### **The following is only a partial list of yoga's benefits:**

- ◆ reduces stress, cortisol levels, blood pressure, anxiety, muscle tension etc.
- ◆ sound sleep, improvement of many medical conditions
- ◆ spiritual growth, sense of well-being
- ◆ increased strength and flexibility slowing of aging process

Yoga's benefits are numerous. As yoga combines several techniques used for stress reduction, it can be said to provide the combined benefits of breathing exercises, stretching exercises, fitness programs, meditation practice, and guided imagery, in one technique. However, for those with great physical limitations, simple breathing exercises, meditation or guided imagery might be a preferable option and provide similar benefits. Yoga also requires more effort and commitment than taking pills or herbs for stress reduction.

Corporate fitness refers to 'health in the workplace' or 'workplace health'. The number of workers in all offices has increased, and there is more competition for promotions as well as to meet deadlines, leading to increased stress levels. Physically too, working long hours on the computer, lengthy use of the phone, frequent traveling, irregular eating hours and odd working hours have also introduced various health hazards.

Working long hours and incorrect sitting postures combined with faulty ergonomics of chairs, leads to pains in the neck, shoulder, back, hip and wrists, ultimately prove fatal as they can cause heart attacks, chest pains or strokes.

The emotional and physical problems lead to increasing medical leave, frequent job-changing, decreased efficiency and low morale. With an attitudinal change towards workers, companies have

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begun to realize that looking after health and wellness could actually have a direct benefit on office atmosphere and hence on productivity. With this in mind, many offices have introduced yoga on its premises, for their workers.

Office Yoga has been found to have many benefits. Not only is it a wonderful stress-buster, it also raises morale and leads to more positive thinking. The exercises of yoga also help to release muscle pain and tension caused by long hours of sitting, thereby improving general health.

Yoga with its scientific approach offers a complete mind-body health system, and along with increasing flexibility and strength, it also increases energy levels and reduces fatigue, all of which enriches the corporate environment, and increase productivity.

**Corporate yoga can be used effectively for all levels** – from base employees to senior management. Any **quiet spacious place** – the boardroom, lunchroom, gym, garden or spare room – is suitable. And the only equipments required are yoga mats and comfortable clothes.

**Corporate yoga has been found to be effective because of these benefits, leading to increased productivity:**

- ◆ Increases physical fitness and flexibility
- ◆ Reduces risks for developing other stress-related diseases
- ◆ De-stresses and relaxes mind and body
- ◆ Improves concentration, memory and focus
- ◆ Rekindles motivation in working hard and meeting targets
- ◆ Decreases depression and negative outlook
- ◆ Creates a positive attitude and increases team bonding
- ◆ Creates a sense of harmony in the workplace and job satisfaction

All this results in increased productivity and output

### **CONCLUSION:**

The strength of the economy lies in the hands of the young generation. This young generation has many challenges in front of it. The number of workers in all offices has increased, and there is more competition for promotions as well as to meet deadlines, leading to increased stress levels. Physically too, working long hours on the computer, lengthy use of the phone, frequent traveling, irregular eating hours and odd working hours have also introduced various health hazards. Stress harms human health, resulting in higher medical bills borne by employers. Stress interferes with sleep, yielding employees whose judgment may be impaired, making them prone to costly mistakes. Stress shuts down the sort of creative thinking that can generate profitable ideas. Stress is one of the important factors which is faced by everyone in life. Introduction of Yoga in the offices will help to reduce the absenteeism of the employees due to ill health. Yoga subject should be introduced under the vocational education in the school level itself so that the next generation would be more calm and relaxed. Once the benefits of yoga are realised then the aspirant will know how to achieve the career goals without being stressed. The physical, mental and spiritual health as well as attitudinal change will take place after practising yoga. As per the objectives of this conference Yoga may be one of the solutions to the challenges /problems faced by the aspirant in the process of skill development. Practicing yoga and meditation helps. Clarity comes which helps to realize you're in control of your reactions. Mindfulness is an antidote to stress.

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