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## Yoga and its Contribution to increase the industrial work productivity

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### Introduction

Today's corporate environment involves cut-throat competition and to cop-up with this, employees should be very alert, updated, strategic and innovative. It results in a unique set of physical challenges and mental stress. These are the sources of stress, it reflects muscle tension, neck and back problems, joint pain, carpal tunnel syndrome, hypertension, diabetes, elevated stress levels and trouble sleeping are just a few of the common ailments that can affect office employees. To cope with stress related psycho-somatic problems we have to follow stress management process through which we get some healthier ways to manage it, but they all require change. Change in lifestyle is the better way in management of stress. It will increase our endurance and YOGA plays a vital role to change our lifestyle.

Most people know yoga as a physical practice that increases strength, agility, and flexibility, but the postures done on a mat are just a fraction of what it has to offer. Yoga's foundational philosophy offers a treasure trove of other practices that can help you be more effective and productive at work.

Basically yoga has eight limbs which help us to improve our productivity. First two i.e. *Yama & Niyam* encourages to follow code of conduct; third and fourth limbs involve *ASANAS* and *PRANAYAM* and the last four limbs relate to *PRATYAHAR*, *DHARANA*, *DHYANA*, and *SAMADHI*.

In this paper we are going to concentrate on last four limbs and especially the *Yognidra* – part of *dhyana*. *Yognidra* or "yogic sleep" is a sleep-like state which yogis report to experience during their meditations. *Yognidra*, lucid sleeping; is among the deepest possible states of relaxation while still maintaining full consciousness. *Yognidra* refers to the *conscious awareness* of the deep sleep state. The concept of *yognidra* is very ancient in Indian traditions. In modern times, *yognidra* was experienced by Swami Satyanand Saraswati when he was living with his guru Swami Sivanand in Rishikesh.

When the effect of *yognidra* was scientifically experienced, the experiment shows remarkable results. The brain waves like alpha and theta are having distinct change in their flow. It reflects that the *yognidra* can control over the physical and psychosomatic diseases and improves working hours, productivity and efficiency.

#### Objectives

- 1.To increase the awareness about yoga and benefits of yoga
- 2.To explain about *yognidra* as meditation technique.
- 3.To manage the stress at work place.
- 4.To reduce the stress during working hours.
- 5.To increase mental health and make effective use of working hours.
- 6.To study the effect on productivity.

#### Hypothesis

- Yoga is useful for enhancing the productivity in industrial sector
  - Yoga is important to reduce the stress
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### Research methodology

The study involves primary data collected from around 100 Yoga Sadhakas at “Niramaya clinic” and from self motivated people, where on an average the sadhakas are practicing yoga from last five years. The sadhakas are engaged in different occupations like self employed to managers in industrial establishments.

This paper is based on secondary data. The data collected with the help of some books on yoga and some web sites related with yoga and yognidra. The experiences are taken from those sadhakas, who are practicing yoga and yognidra regularly. The personal firsthand experience of author in teaching Yoga for last six years has also helped in the study.

#### Scheme of paper

The paper includes information about stress, and yoga. We will get information about yognidra in context of reducing the stress at work place which improves our productivity as well as working hours. Brain researcher Troels Kjær, The Kennedy Institute, Copenhagen, Denmark had studied the effects of Yognidra on the brain of *Sadhakas*, using PET scan techniques. The same are presented here which reveal what sadhak experiences and how the brain waves fluctuate in the experience of Yognidra (1). Effects of yognidra express its' importance and finally we get conclusion about the paper.

#### Introduction

India is the country, which is always ready to face every challenge. After 1991, India opened his market to the world, which is a result of Globalization and of course modernization is thereto. The openness of India permitted the Indians for trading and competing with local competitors and foreign players, which increases the stress and requires stress management to maintain their effectiveness and productivity.

Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning (2). Stress is inbuilt in life. However the aim should be maintenance of the individual in a constant state of “eustress” and not the “distress.”

Stress management starts with identifying the sources of stress in the life. The true sources of stress are not always obvious, and it is all too easy to overlook our own stress-inducing thoughts, feelings, and behaviors. Sure, we may know that we are constantly worried about work deadlines. But maybe it is our procrastination, rather than the actual job demands, that leads to deadline stress (3).

In short, managing stress is all about taking charge of: thoughts, emotions, schedule, and the way to deal with problems. To take a charge of it, we need certain change in our lifestyle. We have to start accepting the situation as like, we should learn about some healthy ways as remedies on stress like ‘avoid the stressor, adapt the stressor, alter the stressor and accept the stressor’. To achieve this remedial stage YOGA is an effective tool.

#### What is YOGA

Commonly we all are familiar with yoga which presents some exercises, difficult postures and some breathing exercises. But in actual YOGA is more than that. Basically the word ‘yoga’ is generated from the Sanskrit root word ‘YUJ’ which means to add, to join, to unite, or to attach our physical body, mind and soul to each other.

Based on the yoga sutras written thousands of years ago by an Indian sage named Patanjali, this ancient wisdom has much to offer the modern workplace (4).

## Eight Limbs of Yoga



The limb shows progress of human being on physical and mental level. Each stage of limb itself is a unique part of doing yoga practice. First two stages are all about disciplines which have to be followed by everyone. Third and fourth stage deals with our physical body where as stages from fifth to eighth one help us to improve our mental health.

1.Yama: This is the first step or limb of yoga. It includes Ahimsa, Satya, Asteya, Bramhacharya and Aparigraha. All it means, the moral codes for a human being to live in the society.

2.Niyam: These are the personal conducts which helps the humans to live with humanity. It includes Saucha, Santosha, Swadhyaya, Tapa, and Ishwar Pranidhan.

3.Asana: The limb of yoga which much familiar by sadhakas. A particular posture of body comes under this stage. This will helpful to sadhakas, to improve their stretch ability and strengthen muscles.

4.Pranayam: Pranayam relates with our respiratory system. With the help of the stage we can improve our breathing capacity and stay away from respiratory problems.

5.Pratyahar: Form the stage yoga starts to affect on our mind. In the stage, sadhakas are ready to try for concentration by withdrawing the sensation.

6.Dharana: This will affect on the mind of sadhaka. Here he tries to concentrate on a symbol. This is a part of meditation.

7.Dhyana: A regular practice, called *DHYANA* in yoga, helps tame the restless mind that keeps you from being focused and fully present. Research has shown that meditation increases emotional intelligence, mental clarity, self-awareness, and creativity, qualities that will serve you well in the workplace.

8.Samadhi: This can be the last limb of yoga. Normally, as we are a part of this society, we have to follow all formalities to maintain our relations to grab the opportunity. Due to this, it will become little difficult to achieve stage of Samadhi. Samadhi is nothing but the union or unite with the ultimate power of nature by forgetting your presency.

What is Dhyana

Dhyana is one part of meditation in which sadhak has to concentrate on one object either external or internal. Most of the time the objects selected internally and concentrate on middle point of our eyebrows. It represents place of god. Sadhak can adapt to dhyana in different ways like concentrating on breath or sounds like Om chanting, Tratak, Antarmoun, Ajapajap, Yognidra etc.

### What is YOGNIDRA

Yognidra is a technique of relaxation which helps to integrate our body, mind, emotions and soul. Basically it is a practice to enter into the super-conscious stage of mind. This is the stage at which sadhak keep asides all his ache, sensation, tension, fatigue and get relaxed.

Yognidra is not just a sleep; it is a sound sleep which increases our working capacity and efficiency.

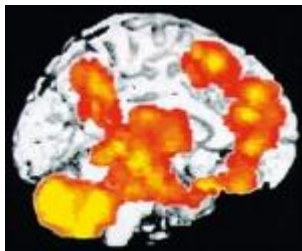
Yognidra was mentioned in Markandey Puran but Swami Satyanand Saraswati is the first one who introduces it to common sadhak. He explained yognidra as a state of mind between wakefulness and sleep that opened deep phases of the mind, suggesting a connection with the ancient tantric practice called nyasa, whereby Sanskrit mantras are mentally placed within specific body parts, while meditating on each part. Yognidra has its own *stages*: internalization, Sankalp, rotation of consciousness, breathe awareness, manifestation of opposites, creative visualization, Sankalp and externalization.

During the practice if we go through the EEG (electroencephalograph), we find that the Theta waves rise significantly and alpha waves reduces in sound amount of size. This has been proved by Researchers have for the first time succeeded in taking pictures of the brain during a yognidra.

Pictures were taken of a normal waking state with closed eyes, as well as of four different practices in Yoga Nidra. By comparing this data and eliminating the normal activity from the activity during Yoga Nidra, it is possible to see which areas of the brain were stimulated by the relaxation.

Now the researchers wanted to see the difference between the various sections of Yoga Nidra. While the first picture was being taken, the subject was experiencing his/her body, especially the various parts of the face. The next image was taken during the experience of happiness and contentment, the third during the experience of a summer day in the countryside and the fourth at the end of Yoga Nidra, during the experience of "who am I".

### 1. Rest

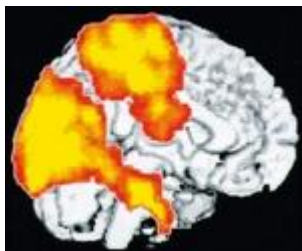


This picture is based on the data gathered prior to and following Yoga Nidra. It illustrates the state closest to normal waking consciousness, though without being a tired or stressed state. Those who use Yoga Nidra remark that not only do they get something out of the deep relaxation while doing it, but that it has a definite beneficial effect on the remaining part of their day.

In this picture it is the frontal part of the brain, responsible for the overall management, which is active. One of its capacities is to ensure that we can function in a complex society, as it processes the signals from the deeper emotional and instinctive regions of the brain.

The brain stem and the cerebellum are also active, indicating that one is 'ready for action'.

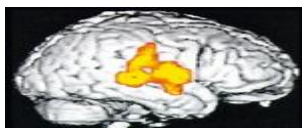
### 2. Meditation



This picture shows the general state during the entire Yoga Nidra. The visual centre at the back of the head and the somatosensory center at the top of the head (for the sense of touch and body position) are active and are in contact with the limbic system. This implies an increased ability to visualize and, more importantly, that there is better contact with emotions.

Some of the teachers also had distinct activity in the centre for long term memory, which is consistent with accounts from people who meditate, that very lucid memories can appear during or after a meditation.

We must, however, emphasis that the subjects' experience and regular use of Kriya Yoga possibly intensifies the effects of Yoga Nidra.



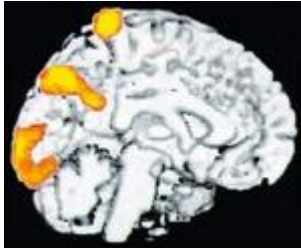
### 3. Abstract

This picture is created on the basis of measurements taken during the feeling of happiness and at the end of the relaxation during the

experience of identity, of being centered. During these 'abstract experiences' in Yoga Nidra, the centre for speech and language was especially active.

It must be said, however, that this and the next picture only show the areas where the most activity occurs, and not the general activity in the whole brain, as is shown in picture 2.

#### 4. Concrete



It was primarily the visual and tactile centers which were active as the subjects went through the body's different parts (especially the face) and also when they experienced a pleasant day in the country.

#### Effects of Yognidra

- 1.Sadhak enjoys sound but deep sleep during yognidra and gets relaxed on physical, mental and emotional level.
- 2.It reduces negative attitude; achieves control over tension, stress and increase working capacity and energy level.
- 3.It controls migraine, peptic ulcer, anxiety, and hypertension through stress management.
- 4.It reduces doses of medicine like hypnotics, anxiety and painkillers etc. and raises the mental strength.
- 5.It increases concentration and receptivity.
- 6.It is a strong and effective tool for prevention and treatment on psychosomatic problems.
- 7.It will be a treatment for de-addiction from bad habits and compulsive disorder.
- 8.It improves endurance and ability to learn languages.

#### Benefits of Yognidra

- It increases sound and deep sleep
- It is Stress, anxiety and pain killer.
- Increases creativity
- It helps for self actualization
- It improves immunity power
- It helps to emotional balance
- It increases happiness, internal bliss and communication skill
- It improves curative capacity.
- It helps to communicate with super-conscious state of mind.
- Cancer and yognidra: As a technique of meditation, yognidra can be adopted as a therapeutic model in the treatment of cancer. In cancer therapy yognidra works at four different levels: By releasing repressed matter, By pranic healing, By mental healing, By promoting willpower

#### Suggestions

To enjoy the effects of yoga and yognidra every person should practice the yoga regularly. But before that everyone should try to increase the awareness about yoga. For increasing the awareness we can do some changes in our life and lifestyle such as

- Make the yoga compulsory from schooling.
- Students should have yoga as a subject in the college. (at least optional).
- Corporate sector must invest at least one hour for yoga as a other activity and make it mandatory.
- Appreciate those who change their attitude positively towards yoga.
- Reward them who increase their productivity through the regular practice of yoga.

#### Views and Opinions from sadhakas

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Yoga and in particular Dhyana-Yognidra techniques be introduced in educational and different occupational establishments. This will minimize the stress levels, decrease absenteeism, increase work satisfaction and productivity.

After practicing yognidra regularly, without suffering any uncommon disease among these 8 years, I am working with full of energy and enthusiasm. Though the working hours are same as before, but without demanding any leisure time I stuck to my work with interest.

**G.M. (Production), Garware Polyester Ltd. Mr. Uday V. Joshi**

Regular practice of yoga and yognidra has increases my working capacity, no. of working hours and productivity. At a stretch, I can work with full concentration for 4 to 5 hours. There has been tremendous improvement in memory and ratio of recalling.

**Mr. Atul Mahajan M.D., M/s. Abbyut Engineering Pvt. Ltd.**

Whenever I practice yognidra it gives me Peaceful and with eustress lifestyle.

**Mr. Ramnivas H. Malpani C.A.**

I improved my efficiency with increasing the working hours from 8 hrs. to 14 hrs. and reduces the mistake in the work. Even I looses laziness and always prefer to complete my task.

**Mr. R. R. Khindre Assit. Engineer, MSEB A'bad.**

I improve my stamina, and achieve perfection in the work. I enjoy my day with freshness and joy.

**Ms. Urmila Deshpande Prop. Hobby Classes**

I am not a regular practitioner of yognidra but still always I feel some positive changes which I can carry with me through-out the day. The practice I can carry with calmly due to that I increases concentration and improve quality in my work.

**Ms. Deepanjali Chapalgaonkar Advocate**

Due to yognidra, tolerance and patience are increase by reducing the anxiety about end result of my task. Even I get the new and innovative angle for my same job.

**Ms. Anita Pathak Assit. To B.M. LIC of India, A'bad.**

I have changed my attitude towards life surprisingly. By reducing negativity, I improvise my life into enthusiasm and of course I am to be honest with my 'sankalp' the ultimate aim which recall repetitively during yognidra.

**Ms. Jayashri G. Bedre Home Maker**

### **Conclusion**

From the above discussion, it becomes clear that the technique of yognidra has promotive, preventive, curative and rehabilitative value. It prevents stress and stress-related disorders by inducing deep physical, emotional and mental relaxation, by training the mind to remain calm and quiet and by rooting out the repressed desires and thoughts from the deeper realms of the mind. As a primitive science, yognidra awakens the inherent creativity and promotes the learning and memory abilities of the practitioner. Yognidra can be used as a therapeutic technique for psychological disorders like anxiety, hostility, insomnia etc. and psychosomatic diseases like asthma, coronary heart disease, cancer, hypertension etc.

The opinion collected from sadhakas who are practicing it regularly, discloses the connectivity with the pictures of PET scan. The mentioned opinions are taken from a cluster, but near about 95% sadhakas are responded same as they feel very calm, have sound and deep sleep, increases working hours with full concentration and minimum mistakes and also increases memory and recalling power. Even they are far away from normal diseases.

In our present modern lifestyle, where psychosomatic, psychological and psycho social problems are on the rise, the technique of yognidra may serve as a real boon for mankind. Its' regular practice will decrease work absenteeism and increase working capacity, efficiency, alertness, and this will result in improving the productivity.

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