The eighteenth century has been called the age of thinking and reasoning, the nineteenth the age of dreaming and progress, the twentieth the age of anxiety and opportunity and now the twenty-first century the age of fusion of technology as well as more tension, anxiety, frustration and depression. Is it all or what more? In this context, now only the globalization is not the factor of controlling power of civilization.

Various changes took place in social, economical and political sphere even the day to day human life. For this reason, our home has extended to furthest corner of the world, world has entered our room. ("Bahir hoeche ghar/ghar hoeche bahir.") In the world of 700 Cr. men are living in wavy ocean of tension, anxiety, frustration and depression and it makes harder to earn livelihood. Bread and butter are not easy to us. It is fear to us that juvenile delinquencies in adolescent pupils are increasing (According to the WHO.) in the world as well as in our country and they are also now facing the complexity to their every sphere of life. Their adjustment capacities are hardened, there is no way to escape and they are puzzled as in the puzzle box. The pupil’s unrest has increased day to day and in parallel, it is creating difficult for social and political problems. What is the way out to us?

In Indian mythology, Yoga has mythological origin which influences the life and thoughts of ancient people. Now, in medical science Yoga has occupied an important role in the form of yoga-therapy. So, it is most relevant for us to study on Yoga in mental viewpoint. The researcher has made experiments on relationship of Yoga and mental health. Seven important mental health dimensions such as Self-Confidence, Anxiety, Emotion, Mental Conflict, Frustration, Depression and Tension are in his experimentation and it is observed that there is a relationship between Yoga and mental health.

So the researcher has observed a future light to overcome the evil of Tension, Anxiety, Frustration and Depression by practising The Yoga. Lastly the researcher has sounded again “Yoga is for all from five to ninety.”

(Lakshmi Kanta Das)
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