Chapter-VII

Suggestions
Yoga and meditation techniques are powerful and effective ways to enhance health and well-being. Yoga has a number of benefits that apply to almost every tissue in the body and mind. It offers a rich and complex field of study. Over the past forty years, several hundred research studies have demonstrated numerous significant findings including, changes in psychological, physiological and transpersonal reactions. Many of the recent studies showed that yoga helped to reduce stress symptoms and improve physical and emotional health.

Today, yoga is pretty much standard equipment in corporate fitness centres (Beryl Bender Birch 1995). Companies understand that they have to address employees’ health and well-being. Employees need time to relax and a lot of people are gravitating towards yoga as a way to manage stress.

Bill Boyle, Employee Health and Fitness Director, HBO, New York says “Everybody is under more stress now and has to perform better and work more hours per day. Yoga gives them a chance, to take it all in stride. Investment in yoga classes for employees is well-worth”.

In companies that introduced the meditation / yoga Programmes, managers and employees, who regularly practiced
meditation / yoga improved significantly, in overall physical health, mental well-being and vitality when compared to controlled subjects with similar jobs in the same companies. *(Psychosomatic Medicine 1984).*

But, the modern man could not be persuaded to accept the values of life, propagated by Ancient Rishis until and unless, they were proved to be scientifically viable for the welfare of the individual and the society.

Though, yoga / meditation is perceived as acceptable even mainstream of healthcare strategy and potentially one of the most effective forms of stress reduction techniques, it is paradoxically a poorly understood discipline. There is still not a great deal of scientific research into yoga.

Hence, from the findings of recent researches on yoga / meditation and the results of the present investigation, the following suggestions, emphasizing the necessity to continue to expand yoga intervention programmes and research on yoga, have been made.

1) Well equipped laboratories of Bio-Chemistry, Neurophysiology, Cardiology, Hametology, Psychometry needed to be established in Universities and research centres to study yoga even in a more scientific and systematic way.
2) Yoga research is needed to be taken up in a cross cultural issues to eliminate prejudices, generalizations and to maintain a systematic accurate use of yoga and meditation practice.

3) Yoga has to be used clinically as a therapeutic intervention for physical and psychological well-being.

4) The organizations and corporate sectors (public and private) have to make serious move to introduce free yoga programmes and classes for stress management and well being of the employees.

5) SAVPY can be used as a tool to manage stress and to enhance the skills involved in managerial practices.

6) Govt. should make yoga classes compulsory in educational institutions.

7) Financial assistance and facilities have to be made by Govt. to provide an opportunity to the researcher to make advance and more scientific studies on yoga and meditation.