



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 903-904

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www.theyogicjournal.com

Received: 01-11-2018

Accepted: 03-12-2018

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Yoga gives self-confidence: A case study of unemployment people in Kulti, Paschim Barddhaman, West Bengal

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Abstract

“Yoga” is a term referring to a very broad range of physical, mental, and in some cases spiritual practices originally developed in Ancient India. There are forms of yoga in India related to religious practices of Hinduism, Buddhism, and Jainism. Yoga was first introduced to the Western world in the late 19th century and became popular in the 1980s. It is important to note that most forms of yoga practiced in the West are usually thought of as simply a form of exercise, and do not have any real religious connotation. However, certain styles may involve meditation or concepts which border on spiritual. Yoga is also proven to help relieve from various health conditions such as back pain, sleep disorder, menstrual disorder, and post-menopause problems. Yoga keeps you healthy and prevents the possibility of many diseases. In Kulti Block, Asansol subdivision is an industrial belt where people suffer from many diseases. This area is rich in coal deposits promoting coal mining as a principal economic activity and there have grown a number of iron-steel and engineering industries and As the mines and industries are being closed of this belt, unemployment problem is increasing rapidly people suffer from stress, anxiety depression. This paper discusses how people of the study relieve from stress, depression for the help of yoga. Yoga keeps them fresh all day and gives confidence in all areas of life.

Keywords: Problems of the study area, yoga prevents diseases, grow confidence

Introduction

Without self-confidence, we lack the initiative to perform extraordinary things for ourselves. Without self-confidence, we let fear take over and conquer us. The acceptance of change is always the first step. By performing a set of breathing exercises, postures and meditation, one can maintain the balance of both their physical as well as mental health. However, the truth of the matter is that we cannot do everything, but this doesn't necessarily mean that we should feel bad about having limitations. Yoga can help us understand more our mind as well as our body. With yoga, we will become more aware of our limitations, as well as our potentials. If we know what the things that we could possibly do are, we are able to erase all the negative thoughts from our mind. Yoga can also help us balance our mind by helping you understand that there are things that one is capable of performing, and there are some things that cannot be done. The meditation exercises of yoga can help one grasp the concept that limitations are not downfalls, but simply shortcomings that have to be accepted. Once we balanced all these thoughts, our confidence in yourself as well as our self-awareness will intensify. The Kulti Block is rich in coal deposits promoting coal mining as a principal economic activity and there have grown a number of iron-steel and engineering industries (Gee, E.R. 1932) [2]. As the mines and industries are being closed of this belt, unemployment problem is increasing rapidly. Families suffering from economic crises, stress, depression, unhealthy and lack of confidence have to find alternative jobs for survival. One of the main causes of mental fatigue is stress. One shouldn't take mental fatigue lightly, because this condition can be the start of a lot of issues, like accumulation of negative thoughts that can ultimately lead to depression. Yoga can help us release these stressors by cleaning up all the clutter stored in your mind.

Objectives

The prime objectives of the present paper are:

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- To find out the mental and health problem of the study area;
- To find out the nature and magnitude of afflictions suffered by the unemployment people enforced by the closure of production units.

Methodology

The fieldwork stage includes intensive field works to generate data on various aspects of health problem of the people through empiric observations, oral interviews and surveys with structured questionnaire schedules.

Problem of the study area

Kulti Block, Asansol Subdivision is a study area. The study area shows a marked geographical specialty in physical as well as in cultural aspects. The area is rich in coal deposits promoting coal mining as a principal activity and there have grown a number of iron-steel and engineering industries wherein a large number of workers are engaged to earn their livelihoods. The term of employment people is defined as that class who are leading their life based on different sorts of working in society. Those who work to maintain their family are very particular to maintain their livelihood because they think to run their family life as well as to save a portion of income for future. Different sorts of people are at different types of works. Working class is defined and used in many different ways. When used non-academically, it typically refers to a section of society dependent on physical labor, especially when compensated with an hourly wage (Hasluck, C. 1987) [1]. There are ups and downs in local economy. Markets are not always static. Unemployment brings in hardships in family in general, but woman folk in family become the main victim of poverty. Families suffering from economic crises, health problem have to find alternative jobs for survival. Retrenched workers are actually helpless, as they have no permanent service. Stress is known to have physical effects on a human body and many unemployed individuals are known not to care for their health in this period which leads to a degrading level of health. Suffering mental problem 239 in 2005 which is increase in 2015 to 236. (Table: 1)

Table 1: Problem of the people

| Causes | 2005 | 2015 |
|--------------------------|------|------|
| People Loss their job | 239 | 286 |
| Suffer mental problem | 125 | 236 |
| Suffering health problem | 110 | 157 |

Field Survey 2005-2019

Yoga Strengthens Mind

One of the main causes of mental fatigue is stress. One shouldn't take mental fatigue lightly, because this condition can be the start of a lot of issues, like accumulation of negative thoughts that can ultimately lead to depression. On the basis of field survey people says, Yoga can help the people release these stressors by cleaning up all the clutter stored in their mind. Through a series of meditation and relaxing breathing exercises, one can increase the circulation of oxygen in the mind and body, thus increasing the flow of energy to overall body. Yoga can help you deal with the stress, even when we placed in an alarming situation. Once know that they can deal with all the stress, their self-confidence will also increase. They have no longer had to fear about not being capable of dealing with their problems, because they are aware that they've prepared for it. 102 Retrenched workers grow self-confidence in the study area (Table No: 2).

Table 2: Yoga helps

| | |
|-----------------------|-----|
| Stress less | 28 |
| Grow Self- confidence | 102 |
| Fearless | 53 |
| Energy overall body | 42 |

Field survey: 2019

Yoga Prevents Diseases in the Study Area

Unemployment brings in hardships in family in general, but woman folk in family become the main victim of poverty. Families suffering from economic crises, health problem have to find alternative jobs for survival. Retrenched workers are actually helpless, as they have no permanent service. They suffered from Hypertension, Indigestion, Migraine, Lower Back Pain, Liver Problems, and Depression. High blood pressure can be caused due to a number of reasons. It is a disease that can be cured only by regular practice of meditative yoga asanas like the pranayam. Indigestion is not just a disease but an epidemic among working people these days. However, you can cure indigestion with medicines by trying the child pose or wind relieving pose. Migraine headaches are often caused because there is not enough blood supply to the brain. Try the yoga poses like sirsasana or complete headstand to cure migraine headaches instead of popping pain killers. Lower back pain has become a chronic disease among working professionals and people even undergo surgery for it. Try yoga poses like tadasana or the tree pose. Arthritis is a disease that causes severe joint pain and unfortunately incurable. But yoga can help control the amount of pain caused due to arthritis. Try the surya namaskar as a versatile way to cure arthritis pain. Liver problems can range from minor ingestion to the severe fatty liver syndrome. To keep your liver healthy, try some very basic yoga poses that increase the blood circulation in the abdomen. The bridge pose and cat pose are good examples. Yoga is one of the most potent cures for depression. If you don't want to be dependent on anti-depressants and sleeping pills, try yoga asanas like uttanasana (Thakur. B. 2004) [3]. People of the study area are doing these Asana regularly and they become healthy after their jobless, Their self-confidence growing high day by day to do the yoga. The people of the study area do Yoga regularly.

Conclusion

Self-confidence is only an umbrella term for a lot of things. Emotional constraint, humor, empathy, resilience, string relationships, all go into creating the personality that exudes self-confidence. A self-confident person would know how to say things that are honest without hurting other's sentiments. A self-confident man also knows how to be heard with dignity, when there is a difference of opinion. All this takes practice, but the most important thing is the belief that you can be better. This is the cornerstone for any improvement in the world. Only Yoga can help the increase of self-confidence. In the study area by doing yoga the unemployment workers their confidence have been increased. By the strength of self-confidence they can do other activities also and they have engaged themselves other work.

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