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## **PSYCHOLOGICAL BENEFITS OF YOGA IN TROOPS**

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### **Principal worker**

Col PS Bhat

### **Unit**

AFMC Pune

### **Background**

The rapid changes in the architecture of the society with nuclear family, high aspirations, commercialization and competition have put the man under increasing stress. The troops in security forces are further exposed to stress and strain due to the tough nature of their duties. There is a need to incorporate simple, cost effective, and easily implementable measures in the Armed Forces to tackle this menace of stress. Yoga has been considered a suitable candidate for this job. Hence this study was undertaken to evaluate the psychological benefits of yoga in troops.

### **Methods**

Four hundred healthy young troops of a peace station were enrolled for the study after applying relevant inclusion and exclusion criteria. One group of 100 troops were given regular Yoga practice in the morning, another group of 100 troops were given regular Physical training (PT) in the morning, third group of 100 troops were given regular PT in the morning and Yoga in the evening, and the last group of 100 troops were neither given PT nor Yoga. All were assessed for their psychological state at base line, 4 weeks and at 12 weeks using specified scales. The findings were statistically analysed.

### **Results**

Yoga was found to have beneficial psychological effect comparable to physical training. However maximum benefit was obtained when Yoga was combined with PT.

### **Recommendations**

Yoga has got positive psychological benefits in troops when practiced regularly. The benefits are enhanced when Yoga is combined with PT.