


Chapter 18

Impact of Surya Namaskar Yog on QoL of Employees: An Empirical Study Following Industry 5.0 Standards

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ABSTRACT

In industry 5.0, which practices, skills, or traits of employees matter most for stress-free life? Does the observability of these features affect appropriately companies' progress? Poor quality of life (QoL) is caused by high cholesterol, hypo- and hyperthyroidism, hypertension, obesity, diabetes, and other conditions. The beginning of lifestyle illnesses is linked to a sedentary lifestyle and stress. The aim of this study was to analyse the impact of Surya Namaskar Yog on the QoL of industrial employees. Surya namaskar yog works as the smart therapeutic potential and acts as an alternate therapy. The research method used in this research is a quantitative-experimental method to determine whether survey or experiment results are significant, ANOVA test was performed. The measure for quality of life as prescribed by WHO in "WHOQoL-BREF" has been chosen as the QoL indicator in this study. This scale has been used in numerous other studies also, however none of researchers have applied it to the industry 5.0 for industrial workers.

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INTRODUCTION

Yoga is a great anti-stress remedy in the present times. One of the oldest known techniques for achieving a state of 'flow' is the various yoga disciplines developed in India about 1,500 years ago. Fads in exercise and modes of stress relief come and go, but yoga remains a rock of stability - more popular today than it has been in the 4,000 years of its existence (Sharma, S. K., et al., 2022) Here is an ancient system that seems to be just the right medicine for stressed-out modern people in the last decade of the twentieth century. If any of man's philosophies and practices have stood the test of time, it is yoga. Yoga is, without a doubt, the oldest form of personal development in existence. Writes Ronald Hutchinson, founder of the magazine, *Yoga, and Health: Yoga works* (Sagar, S., et al., 2022).. Nothing which did not work could survive for so long. Its continual evolution makes it unlike religions, which tend to become fossilized around the sayings of their founders. Millions around the globe are regular practitioners of yoga which, indeed, seems flexible enough to meet a variety of needs of a variety of people. It has found abode even in the present-day corporate boardrooms. There is probably no system of physical exercise that can tone muscles and enhance flexibility with less pain, strain, and danger of serious injury. There is probably no safer way to relax and calm the mind than yogic breathing and meditation (*So-ham Ramban Kriya*) . Yoga teacher (Sharma, A. P. S., 2007) writes for those who choose to go beyond the health benefits and calming effects of yoga, "Divested of superstitions and myths, yoga contains absolutely nothing that can be abhorrent to any faith or creed." Yoga, properly speaking, is a supplement to religion and has always been treated as such in India."

Since ancient times, Sadhus, Yogis have advocated for the practise of Surya Namaskar because it provides a holistic way of life that includes numerous health and mental benefits as well as a state of good lifestyle for physical health, social health, mental health, and spiritual life that is in harmony with nature. "*Surya*" means Sun, and "*Namaskar*" means to salute. It is a yogic exercise to bend down before the mighty Sun (Mullerpatan, R. P., et al., 2020). With this new dimension of thought, the ancient Indians lived up to spiritual traditions and attributed the secret of "*Jivem Shardha Shatam*". According to spiritual traditions, "*Jivem Shardha Shatam*" refers to living a hundred years of a vibrant, healthy, joyful, and creative existence (Sharma, A., 2020).

Definition of Yoga

Yoga, according to Maharishi Patanjali, is described as Yog: chitvriti nirodha (Yoga Sutra 1:2). It is a technique for calming the mind in order to return to the original condition. It is, also known as "*Yog Karmasu Kaushalam*" in Sanskrit, which means to acquire a special ability that teaches the mind to seek its finer condition. Yoga is a talent in use, a method or technique, and a quest for the pinnacle of perfection, according to Saraswati, Swami Satyananda. It is defined as the cheerful mental state that is marked by stability. Practise of Yog asana unifies the personality by fostering the body-mind synchronisation that is necessary for producing flawless work. In the holy ancient Book '*Gita*' yoga has been portrayed as the power of creation:

As a result, yoga is defined as:

- a powerful technique for elevating oneself through mind stillness and reaching a higher, subtler level.
- seen as a creative discipline in man and reality itself.

The following characteristics of the yoga way of life and society have been prescribed by Hatha Yoga Pradipika.

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