

235 **EFFECT OF PRANAYAMA ON MENTAL STRESS AND
JOB SATISFACTION OF TEACHERS OF BANARAS HINDU
UNIVERSITY**

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10.1136/bjism.2010.078725.235

Introduction Breath is life and life is breath. Breath is the key to the mystery of life. A human life is measured from the first to the last breath. Breathing is not only an instinctive relax to satisfy the need of body for oxygen but it has been considered that controlled breathing can be used as a technique for enhancing physical and mental power.

Background The purpose of the study was to find the effect of pranayama on mental stress and job satisfaction of teachers from Banaras Hindu University. Thirty teachers were selected for the study. In this study two separate questionnaires were used for assessing the mental stress and job satisfaction.

Method The t test was applied to find out the effect of effect of 12 week training of pranayama on mental stress and job satisfaction of teachers from Banaras Hindu University. For testing the difference between the mean gain of initial test and final test the level of significance was set at 0.05 level of confidence.

Result On the basis of findings, it can be concluded from the study that the pranayama practice among teachers was significantly improved from the 12 week training of pranayama on mental stress and job satisfaction of teachers from Banaras Hindu University.