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HUMAN RESOURCES DEVELOPMENT THROUGH YOGA

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ABSTRACT

The increasing use of technology day by day has resulted in the discovery of technology related health problems, which are becoming more common as science is fast advancing. Literature review has shown that very few studies have attempted and analysed the effect of regular practice of yoga on the development of human resources on technocrats. Hence the present study is planned to assess the effect of regular practice of yoga on some dimensions of human resources development on technocrats. The results of the present study indicates that regular practice of various techniques of yoga, kriya and meditation had a beneficial effect on the various components of human resources and personality development of technocrats at the behavioural, spiritual and intellectual levels. In spite of limitations of the study, it is concluded that all the changes developed as a result of the accumulation of the effects of yoga, kriya and meditation practice and the contribution of the positive self-image produced thereby. This study of human resources development through Yoga takes a positive dimensions and direction of increased openness towards wellness of technocrats. Visa-a-vis Organisation. The process leads to new awareness of self, exhibited by increased self-reliance, self-confidence and openness to interpersonal and intrapersonal relationship within the Organisation.

KEYWORDS: HRD, Yoga, Health.