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**To know the impact of Yoga Exercises on releasing
Neurological Stress**

Dr. Priyanka Pandey and Dr. Manila Jain

Abstract

Background & Method: This study was conducted in Department of Physiology, Index Medical College Hospital & Research Centre (Faculty of Medicine & Health Sciences) & Malwanchal University, Indore. Blood pressure variability parameters analyzing, Systolic blood pressure, Diastolic blood pressure, Mean arterial pressure.

Result: The chi-square statistic is 0.0217. The p-value is 0.0482824. The result is significant at $p < .05$. The chi-square statistic is 0.11. The p-value is 0.035627. The result is significant at $p < .05$. The chi-square statistic is 0.3429. The p-value is 0.043662. The result is significant at $p < .05$.

Conclusion: Our study demonstrated the effectiveness of individualized yoga for home practice, and that such interventions may be beneficial in mental health care in the broader community. Appropriate training of yoga teachers in the field of mental health is recommended. Reduction of depression and anxiety is also associated with a range of additional health benefits.

Like yoga, low-intensity exercise seems to have beneficial effects on the mind and body. The biological mechanisms underlying the effects of each need to be further teased out in research studies.

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