

Yoga for Business People: Do Not Get Distracted From your Goal

Suresh Nigam, chairman of MetJet, one of the leading trainers of computer hardware engineers in India, not only practices yoga but preaches it at his 35 centers.

So what is it and how does it work.

At the heart of it is something which translates as the stoppage of mind modification. For example when we hear music we get distracted. We must stay aware and conscious but not get distracted from our goal.

How then does yoga, an ancient, essentially private activity, help in the work environment.

Suresh believes that the collective is an entity just as much as an individual is. If individuals are happy, calm and alert then the collective consciousness is harmonious and dynamic and will produce better results. If people are tense and unhappy it will reflect in their productivity.

At MetJet all managers and employees are sent to the Yoga Institute at Santa Cruz (in Mumbai) which was founded in 1989. There people are shown a path, how to control your mind and not to run after sensual pleasures. You learn not to run away from your responsibilities.

The root cause of these afflictions is ignorance. That leads to a grandiose sense of self-importance and misunderstanding. We love and hate in extremes. By getting up and finding out what is happening, we reduce stress. Once you are aware of what is going on you have won half the battle.