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**Original article**

**Comparative analysis of stress among first M.B.B.S students of SBHGMC Dhule in consecutive three years and analyzing effect of yoga on stress**

**Dr.Amita Ranade, Dr.Shital Mankar**

Department of Physiology, Shri. Bhausaheb Hire Government Medical College,Dhule, Maharashtra

Corresponding author: Dr.Shital Mankar

**Abstract**

**Background:** To study and compare the prevalence of psychological stress in I MBBS students of SBHGMC Dhule in consecutive three years and to study effect of yoga on stress

**Materials and methods:**  I MBBS students of batch 2011-12(I) & 2013-14(II) and 2015-2016(III) in SBHGMC, Dhule were included in study . This study was conducted after obtaining ethical clearance and consent. The study group of 60 students (18 – 25 years) from each year was asked to complete a pre-designed & pre-tested questionnaire was distributed randomly selected in each batch. Batch 2015-2016 students underwent yoga training of 21days for one hour every day. A yoga module consisting of yoga asana, pranayama, meditation, and a value orientation program was administered.

**Results and Conclusion:** To meet the modern lifestyle full of challenges, stress and tensions an all round personality development has become mandatory for the student. The aspect of relaxation and detachment is lacking in our education process and yoga is this new dimension that needs to be added to the curriculum. It may be concluded from the finding of the study that with the intervention of yoga, academic performance improves by optimizing the stress levels. So it is suggested that yoga module should become a regular feature in the schools.

**Key words:** Stress, first M.B.B.S students, yoga