



## **Yoga enhanced CBT for stress reduction: A survey**

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**Abstract :** Various studies across the globe have emphasized that students undertaking professional courses, such as engineering are subjected to higher stress. Excessive stress could lead to psychological problems like depression and anxiety. The objective of the current study is to make a survey to assess stress among students and its association with various academic, social and health-related factors. Originates of stress especially for students have different sources such as mobile phones and social networks. Signs of stress are tension, anxiety, angry, frustrated or irritated by things over which he has no control. Stress also influences the desire and performance in studies, and one's general attitude toward life. The stress response can be measured and evaluated in terms of perceptual, behavioral, and physical responses. Cognitive behavioral therapy (CBT) is a widely used psychotherapeutic treatment that targets maladaptive thought patterns affecting behavioral change and emotional wellbeing. Yoga offers many positive effects on cognitive faculties, reduction of stress and emotional intensity. Therefore a shambavi Mahamudra yoga enhanced CBT technique is analyzed to reduce stress in students and improve their overall performance.

**Keywords :** Stress, Cognitive Analysis, CBT, , Shambavi Mahamudra.

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