

GLOBALIZATION AND DEPRESSION

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ABSTRACT

Globalisation is bringing the world closer and changing the nature of human interaction in many spheres, economic, political, social, cultural, environmental and technological. The process of globalisation has both negative and positive results and it is likely to create both losers and winners. The complex link between globalisation, health, social and mental well being are being explored. One of the negative consequences of globalisation, which will be dealt in this paper is **depression**. Depression is a highly prevalent disorder. WHO predicted that in the year 2020 depression will be world wide, the second most important cause of disability. The experience of depression is because of feelings of insecurity in a competitive society. “ Prevention is better than cure”, No, We believe prevention is the cure. So for intervention **YOGA** is suggested as effective therapy. Therapeutic Yoga aims at holistic treatment. Yogic practices reduce negative thinking and thereby negative emotions. By now it is well established that Yoga as a therapy has several benefits as it integrates physical, psychological, and spiritual aspects. Feedback from teachers who participated in Yoga Training Program under W.S.C. of Smt. CHM College shows improvement in concentration, removing body ache, headache, flexibility, relaxation and enthusiasm. Yoga does not merely teach a life style but is a concept and practice to be adapted right from very early age of the person, for self development, and spiritual discipline of the body and soul.

KEYWORDS: Globalisation, Yoga, Depression