

## વિષય : ગાઇડલાઇન્સ ફોર યોગા પ્રેક્ટીસનર્સ ફોર કોવિડ-૧૯ અંગે.

1 message

**Madhuri Shah (GoG-Agriculture Dept.)** <so-m3-agri@gujarat.gov.in>

Thu, Jul 9, 2020 at 2:19 AM

To: "J K Patel (GoG-Agricultural Dept.)" <ds-appeal-agri@gujarat.gov.in>, "Ravindra Dhyaneswar Khatale, IAS (GoG-Agri Dept.)" <as-agri-gnr@gujarat.gov.in>, "Rita C Jadeja (GoG-Agri Dept.)" <ds-bud-agri@gujarat.gov.in>, "sudhir upadhyay (GoG-Agriculture Dept.)" <ds-anihus-agri@gujarat.gov.in>, "Bhavita Rathod (GoG-Agri Dept.)" <us-serv-agri@gujarat.gov.in>, "L K Jogal (GoG-Agriculture Dept.)" <us-estt-agri@gujarat.gov.in>, "Narendra Vaghela (GoG-Agriculture Dept.)" <us-anihus-agri@gujarat.gov.in>, "R C Jadeja (GoG-Agriculture Dept.)" <us-bud-agri@gujarat.gov.in>, "R R PANDYA (GoG-Agriculture Dept.)" <usagri@gujarat.gov.in>, "rajurpandya@gmail.com" <rajurpandya@gmail.com>, "Smt. Smita S Adhvaryu (GoG-Agriculture Dept.)" <us-fisheries-agri@gujarat.gov.in>, "N M BHAVSAR (GoG-DSCW Dept.)" <US-AGREE@gujarat.gov.in>, "B M. Gamit (GOG-Agri Dept.)" <us-credit-coop@gujarat.gov.in>, Atma <sameti.gujarat@gmail.com>, "B J Paramar ( Gusheel )" <gswdcgandhinagar@yahoo.com>, "B M Modi (GOG-Agri Dept.)" <dir-agr@gujarat.gov.in>, bij nigam <md@gurabini.com>, bij pramaan <gsscatech5@gmail.com>, "CEO, SUPERVISION & AUDITE COMMITTEE" <exoff-agri-ahd@gujarat.gov.in>, Commi-Fisheries <commi-fisheries@gujarat.gov.in>, "D.P. Desai (GoG-Agriculture Dept.)" <rcs@gujarat.gov.in>, "DIR-AH-GUJ (GoG-Agriculture Dept.)" <dir-anml@gujarat.gov.in>, "director.apmc2018@gmail.com" <director.apmc2018@gmail.com>, "directorsugar@gmail.com" <directorsugar@gmail.com>, "Dr. H N Kher ( Registrar SDAU )" <registrar@sdau.edu.in>, "Dr. P P Patel ( agri council )" <saucouncil@gmail.com>, "Dr. P R Vaishnav ( Registrar AAU )" <registrar@aaui.in>, "Dr. P.M.Vaghasiya (GoG-Agriculture Dept.)" <dir-bag@gujarat.gov.in>, "Dr.R L Shilani (Registrar JAU )" <registrar@jau.in>, "drpr69@gmail.com" <drpr69@gmail.com>, "gauseva.gov@gmail.com" <gauseva.gov@gmail.com>, GOPCA GOPCA <dirgopca@gmail.com>, "gsamboard@yahoo.co.in" <gsamboard2014@yahoo.com>, "gsamboard2017@gmail.com" <gsamboard2017@gmail.com>, "gsctribunal@gmail.com" <gsctribunal@gmail.com>, "GSWC Ltd." <aogswc@yahoo.co.in>, "Guj. Central Fisheries Ltd" <gujaratfisheries@yahoo.com>, KAMDHENU UNIVERSITY <registrar.kamdhenuuniversity@gmail.com>, MD GAICL <md.gaicl@gmail.com>, "mp@gurabini.com" <mp@gurabini.com>, "registrar@gvc.org.in" <registrar@gvc.org.in>, "registrar@ku-guj.com" <registrar@ku-guj.com>, "registrar@nau@yahoo.co.in" <registrar@nau@yahoo.co.in>, "shishirsinh.j.solanki (GoG-Agri Dept.)" <dir-gssca@gujarat.gov.in>, "V.B. Mecwan (GoG-GSLD Dept.)" <md-gsld@gujarat.gov.in>, "vc.goau@gmail.com" <vc.goau@gmail.com>, "agribranchk5@gmail.com" <agribranchk5@gmail.com>, "G.S.Modi (GoG-Agriculture Dept.)" <so-k2-agri@gujarat.gov.in>, "Gargi B vahoniya (GoG-Agri Dept.)" <sok6-agri-gnr@gujarat.gov.in>, GB Shah <so-m1-agri@gujarat.gov.in>, "I B. bhavsar (GoG-Agriculture Dept.)" <so-k9-agri@gujarat.gov.in>, "J M Patel (GoG-Agriculture Dept.)" <so-m-agri@gujarat.gov.in>, "Jignesh Barot (GoG-Agri Dept.)" <sok7-agri-gnr@gujarat.gov.in>, "K M Jansari (GoG-Agriculture Dept.)" <so-k1-agri@gujarat.gov.in>, "k7branch@gmail.com" <k7branch@gmail.com>, "Kamini S Desai (GoG-Agri Dept.)" <so-z-fisheries@gujarat.gov.in>, "M B Kantharia (GoG-Agriculture Dept.)" <so-k8-agri@gujarat.gov.in>, "S.K Patel (GoG-Agriculture Dept.)" <so-a-agri@gujarat.gov.in>, "Ashish A Chaudhary (GoG-Agri Dept.)" <so-agrifwcoop-gnr@gujarat.gov.in>, "SO BUDGET (GoG-Agriculture Dept.)" <so-b1-agri@gujarat.gov.in>, "so-ch-coop@gujarat.gov.in" <so-ch-coop@gujarat.gov.in>, "Harshad m Parmar (GoG-Agri Dept.)" <soch-coop-gnr@gujarat.gov.in>, so-chh-coop <so-chh-coop@gujarat.gov.in>, "so-g-agri (GoG-Agriculture Dept.)" <so-g-agri@gujarat.gov.in>, "Jaya Macwan (GoG-Agriculture Dept.)" <soit-agri@gujarat.gov.in>, "sok4agri@gmail.com" <sok4agri@gmail.com>, "Bharat J Joshi (GoG-Agriculture Dept.)" <so-k5-agri@gujarat.gov.in>, P H GANDHI <so-k-coop@gujarat.gov.in>, Vijaysingh P Chavda <so-kh-coop@gujarat.gov.in>, "so-m2-agri (GoG-Agriculture Dept.)" <so-m2-agri@gujarat.gov.in>, "Ashish Chaudhary (GoG-Agriculture Dept.)" <so-p1-agri@gujarat.gov.in>, "V C. Chaudhary (GoG-Agriculture Dept.)" <so-p2-agri@gujarat.gov.in>, "gldb.gandhinagar@gmail.com" <gldb.gandhinagar@gmail.com>  
Cc: "Dilip Soni (GoG-Agriculture Dept.)" <ds-esta-agri@gujarat.gov.in>, "N K Makwana (GoG-Agriculture Dept)" <us-cord-agri@gujarat.gov.in>

Respected Sir,

Please find the attached file herewith.

ઇનવર્ડ નંબર.....૬૬૪.....  
તારીખ.....૦૮.૦૭.૨૦૨૦.....  
નિયામક વિદ્યાર્થી કલ્યાણ, નવસારી

**M. KIRANCHANDRA**

**Section Officer ( M-3)**

**Agriculture, Farmer Welfare & Co-Operation Department**

**Ph-232 50849**

9 JUL 2020

OSW office



ક્રમાંક: પરચ/૧૨૨૦/૩૭૫/મ-૩  
કૃષિ, ખેડૂત કલ્યાણ અને સહકાર વિભાગ,  
સચિવાલય, ગાંધીનગર.  
ફોન નં. ૦૭૯-૨૩૨૫૦૮૪૯  
Email : so-m3-agri@gujarat.gov.in  
તારીખ : ૦૮/૦૭/૨૦૨૦

પ્રતિ,

- નાયબ સચિવશ્રી(તમામ), કૃષિ, ખેડૂત કલ્યાણ અને સહકાર વિભાગ, સચિવાલય, ગાંધીનગર.
- ઉપસચિવશ્રી(તમામ), કૃષિ, ખેડૂત કલ્યાણ અને સહકાર વિભાગ, સચિવાલય, ગાંધીનગર.
- સેક્શન અધિકારીશ્રી(તમામ), કૃષિ, ખેડૂત કલ્યાણ અને સહકાર વિભાગ, સચિવાલય, ગાંધીનગર.
- ખેતી નિયામકશ્રી, કૃષિ ભવન, સેક્ટર-૧૦, ગાંધીનગર.
- બાગાયત નિયામકશ્રી, કૃષિ ભવન, સેક્ટર-૧૦, ગાંધીનગર.
- રજિસ્ટ્રારશ્રી, સહકારી મંડળીઓ, ડો. જીવરાજ મહેતા ભવન, ગાંધીનગર.
- પશુપાલન નિયામકશ્રી, કૃષિ ભવન, સેક્ટર-૧૦, ગાંધીનગર.
- મત્સ્યોદ્યોગ કમિશનરશ્રી, ડો. જીવરાજ મહેતા ભવન, ગાંધીનગર.
- ખાંડ નિયામકશ્રી, ડો. જીવરાજ મહેતા ભવન, ગાંધીનગર.
- નિયામકશ્રી, ખેત બજાર અને ગ્રામ્ય અર્થતંત્ર, ડો. જીવરાજ મહેતા ભવન, ગાંધીનગર.
- મેનેજિંગ ડિરેક્ટરશ્રી, ગુજરાત રાજ્ય જમીન વિકાસ નિગમ લી., બલરામ ભવન, સેક્ટર-૧૦, ગાંધીનગર.
- મેનેજિંગ ડિરેક્ટરશ્રી, ગુજરાત રાજ્ય બીજ નિગમ લી., સેક્ટર ૧૦-એ, ગાંધીનગર.
- મેનેજિંગ ડિરેક્ટરશ્રી, ગુજરાત રાજ્ય બીજ પ્રમાણન એજન્સી, શ્યામલ રો હાઉસ, સેટેલાઈટ, અમદાવાદ.
- મેનેજિંગ ડિરેક્ટરશ્રી, ગુજરાત રાજ્ય એગ્રો ઈન્ડસ્ટ્રીઝ કોર્પોરેશન, સેક્ટર ૧૦-એ, ગાંધીનગર.
- મેનેજિંગ ડિરેક્ટરશ્રી, ગુજરાત રાજ્ય વેર હાઉસિંગ કોર્પોરેશન, સેક્ટર ૧૦-એ, ગાંધીનગર.
- મેનેજિંગ ડિરેક્ટરશ્રી, ગુજરાત રાજ્ય ઘેટાં અને ઊન વિકાસ નિગમ લી., ઉદ્યોગ ભવન, ગાંધીનગર.
- મેનેજિંગ ડિરેક્ટરશ્રી, ગુજરાત રાજ્ય કૃષિ બજાર બોર્ડ, ડો. જીવરાજ મહેતા ભવન, ગાંધીનગર.
- કુલ સચિવશ્રી, આણંદ કૃષિ યુનિવર્સિટી, આણંદ.
- કુલ સચિવશ્રી, નવસારી, ઈરુ ચાર રસ્તા, દાંડી રોડ, નવસારી.
- કુલ સચિવશ્રી, જુનાગઢ કૃષિ યુનિવર્સિટી, જુનાગઢ.
- કુલ સચિવશ્રી, સરદારકૃષિનગર દાંતીવાડા કૃષિ યુનિવર્સિટી, બનાસકાંઠા.
- કુલ સચિવશ્રી, કામધેનુ યુનિવર્સિટી, કર્મયોગી ભવન, સેક્ટર ૧૦-એ, ગાંધીનગર.
- સભ્ય સચિવશ્રી, રાજ્ય કૃષિ યુનિવર્સિટી પરિષદ, કૃષિ ભવન, સેક્ટર-૧૦, ગાંધીનગર.
- સભ્ય સચિવ સહ સંયુક્ત પશુપાલન નિયામકશ્રી, ગૌસેવા અને ગૌચર વિકાસ બોર્ડ, ડો. જીવરાજ મહેતા ભવન, ગાંધીનગર.
- રજિસ્ટ્રારશ્રી, ગુજરાત રાજ્ય સહકારી ટ્રેડિંગ્યુનલ, બહુમાળી મકાન, લાલ દરવાજા, અમદાવાદ.
- મુખ્ય કાર્યપાલક અધિકારીશ્રી, નિરીક્ષણ અને અન્વેષણ સમિતિ, સહકાર ખાતું, કૃષિ ભવન, પાલડી અમદાવાદ.

વિષય : ગાર્દડલાઈન્સ ફોર યોગા પ્રેક્ટીસનર્સ ફોર કોવિડ-૧૯ અંગે.

શ્રીમાન,

ઉપરોક્ત વિષયના અનુસંધાનમાં જાણાવવાનું કે, તા.૦૪/૦૭/૨૦૨૦ના સામાન્ય વહીવટ વિભાગના પત્ર ક્રમાંક:પરચ-૧૦૨૦૨૦-૪૪-કલ્યાણ અને આયુષ મંત્રાલય, ભારત સરકાર દ્વારા ગાર્દડલાઈન્સ ફોર યોગા પ્રેક્ટીસનર્સ ફોર કોવિડ-૧૯ પુસ્તિકાની નકલ જાણ અને જરૂરી કાર્યવાહી કરવા આ સાથે સામેલ છે.

બિડાણ : ઉપર મુજબ

આપની વિશ્વાસુ,

(એમ. કિરણચંદ્ર)  
સેક્શન અધિકારી

કૃષિ, ખેડૂત કલ્યાણ અને સહકાર વિભાગ



કૃષિ, ખેડૂત કલ્યાણ અને  
સહકાર વિભાગ ક્રમાંક:.....  
ક્રમાંક:.....  
8 - JUL 2020  
253381  
શાખા:.....

પરચ-૧૦૨૦૨૦-૪૪-કલ્યાણ  
સામાન્ય વહીવટ વિભાગ,  
સચિવાલય, ગાંધીનગર,  
તા: ૦૪/૦૭/૨૦૨૦

✓ પ્રતિ.

નાયબ સચિવશ્રી (સંકલન),

કૃષિ અને સહકાર વિભાગ,

સચિવાલય, ગાંધીનગર.

વિષય: ગાંધડલાઇન્સ ફોર યોગા પ્રેક્ટીસનર્સ ફોર કોવિડ-૧૯ અંગે  
શ્રીમાન,

આયુષ મંત્રાલય, ભારત સરકાર દ્વારા ગાંધડલાઇન્સ ફોર યોગા પ્રેક્ટીસનર્સ ફોર કોવિડ-૧૯ પુસ્તિકા પ્રસિધ્ધ કરવામાં આવેલ છે. તાજેતરમાં ફેલાયેલ નોવેલ કોરોના વાઈરસ (Covid 19) સંબંધમાં રોગ પ્રતિકારક શક્તિ વધારવા માટે યોગ કદ રીતે ઉપયોગી છે તેમજ સ્વાસ્થ્ય સુધાર અને તંદુરસ્ત જીવનશૈલી જીવવા માટે યોગનો ઉપયોગ કદ રીતે કરી શકાય તેના વિશે ઉક્ત પુસ્તિકામાં માર્ગદર્શન આપવામાં આવેલ છે. આપના વિભાગમાં ફરજ બજાવતા દરેક અધિકારીઓ/કર્મચારીઓ સુધી ઉક્ત માર્ગદર્શિકાનો બહોળો પ્રચાર પ્રસાર થાય તે માટે સંબંધિત કાર્યવાહી કરવા વિનંતી છે.

% બિડાણ: ઉપર મુજબ

મ. ૩

આપનો વિશ્વાસુ,

મ. ૩

(બી.જે.બ્રહ્મભટ્ટ)

અધિક સચિવ (પ્રોટોકોલ),

સામાન્ય વહીવટ વિભાગ,

ગુજરાત સરકાર

Shri. Shri.  
C. P. Shah  
8.7.20

394/મક  
૮/૦૭/૨૦૨૦





Government of India  
MINISTRY OF  
**AYUSH**

भारत सरकार

# GUIDELINES

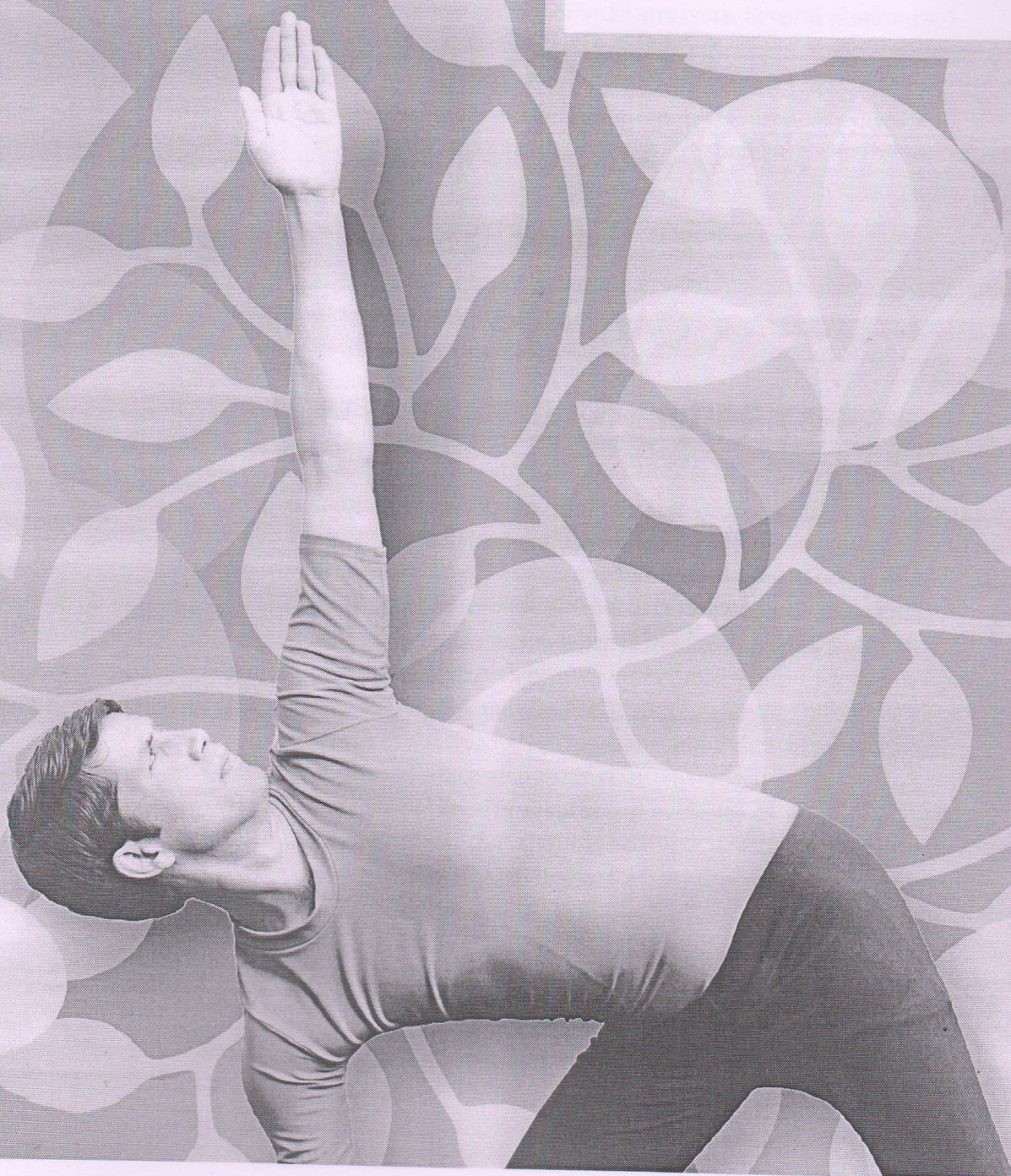
for

**YOGA**

**PRACTITIONERS**

for

**COVID 19**





# GUIDELINES

for

YOGA

PRACTITIONERS

for

COVID 19





# Preamble

Yoga is a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to a perfect harmony between mind and body, man and nature, individual consciousness and universal consciousness. Yoga helps to build up psycho-physiological health, emotional harmony; and manage daily stress and its consequences. Yoga is also useful in conditions where stress is believed to play a role(1). Various yogic practices such as Yogasanas, Pranayama, Dhyana (meditation), cleansing and relaxation practices etc. are known help modulate the physiological response to stressors. Several randomized controlled studies have shown the efficacy of Yogic practices in management of non-communicable diseases like hypertension(2) , Chronic Obstructive Pulmonary disease (COPD)(3) , bronchial asthma(4) , diabetes(5) , sleep disorders(6), depression(7) , obesity(8), etc. that can be comorbid conditions in patients with COVID 19. Yoga has also been shown to be useful in vulnerable population such as elderly, children. The function of the immune system is critical in the human response to infectious disease. A growing body of evidence identifies stress as a cofactor in infectious disease susceptibility and outcomes(9).

Studies on yoga in managing flu symptoms during an Influenza season have shown promising results. A recent randomized trial comparing meditation and exercise with wait-list control among adults aged 50 years and older found significant reductions in ARI illness during cold season with mindfulness meditation(10) . Yoga is also known to increase mucosal immunity by increasing Salivary Beta Defensin-2 levels in elderly population(11)

Considering that they are a vulnerable group to contract such infections, yoga may be useful as a preventive measure. Yoga practices such as Kriya, Yogasana and Pranayama have been shown to reduce airway reactivity in elderly subjects with asthma and COPD(12) . Thus, sufficient evidence exists to justify testing the hypothesis that training in Yoga /Meditation can reduce susceptibility to ARI illness. Neti kriya is useful in acute coryza and symptoms of cold (13) .

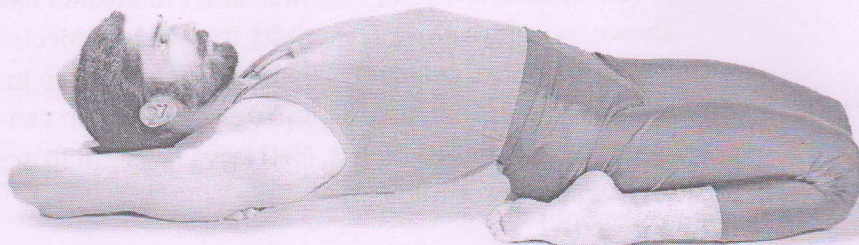


**Yoga may play significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. They are particularly useful in allaying their fears and anxiety.**

This document provides guidelines for yoga professionals (Certified Yoga teachers/ instructors and therapists etc. ) to teach a safe set of Yoga practices based on available scientific evidences, to novices in all walks of society as a service to humanity during this pandemic of COVID -19. This is complimentary to all measures that have been adopted. Yoga based life style modules which can be used for different sections of the society in the present scenario are presented with the following objectives.

1. To improve general immunity among the population.
2. Prehabilitation of vulnerable populations (children, elderly and those with comorbid conditions such as diabetes and hypertension) and to those patients in isolation/quarantine with or without mild symptoms.
3. To add-on Yoga based interventions and Meditation practices in covid-19 cases in isolation and hospitalization for psycho-social care

A Common Yoga Protocol (CYP) was developed by a team of leading Yoga Experts / Yoga Gurus that is being widely performed on International Day of Yoga (IDY) i.e. 21st June of every year. This protocol available on WHO m-app can be used by the general population to stay fit along with other hygiene and social distancing measures in this current scenario.





## **Yoga based lifestyle modules for health promotion in healthy population;**

### **Yoga Based life style module to improve immune resilience in healthy population of all age groups.**

#### **Common Yoga Protocol (14)**

Forty-Five-minute module: The Common Yoga Protocol of IDY that was developed by a team of leading Yoga experts/ Yoga Masters include safe practices to improve physical, mental, emotional and spiritual health of the population. Regular practice on empty stomach is recommended to improve immune resilience.

- Twenty and ten minute modules are recommended for children, adults, Youths and the elderly population to be repeated twice a day (morning and evening).
- Apart from CYP; Jalaneti, Sutraneti and Bhastrika Kriyas are recommended once or twice in a week and Yoga nidra for 20-30 minutes twice or thrice a week.

#### **Yogic Diet**

Follow the recommendations as per the medical advice on diet for your condition of diabetes, or heart disease etc. and add-on these concepts from yoga that promotes mental health. This includes wholesome nutritious freshly cooked traditional home cooked food with plenty of fresh vegetables and fruits (with restrictions as per your disease condition) with added traditional spices in moderate quantities, consumed at regular timings.

**Abstinence** from substance abuse including tobacco, alcohol and other addictive drugs

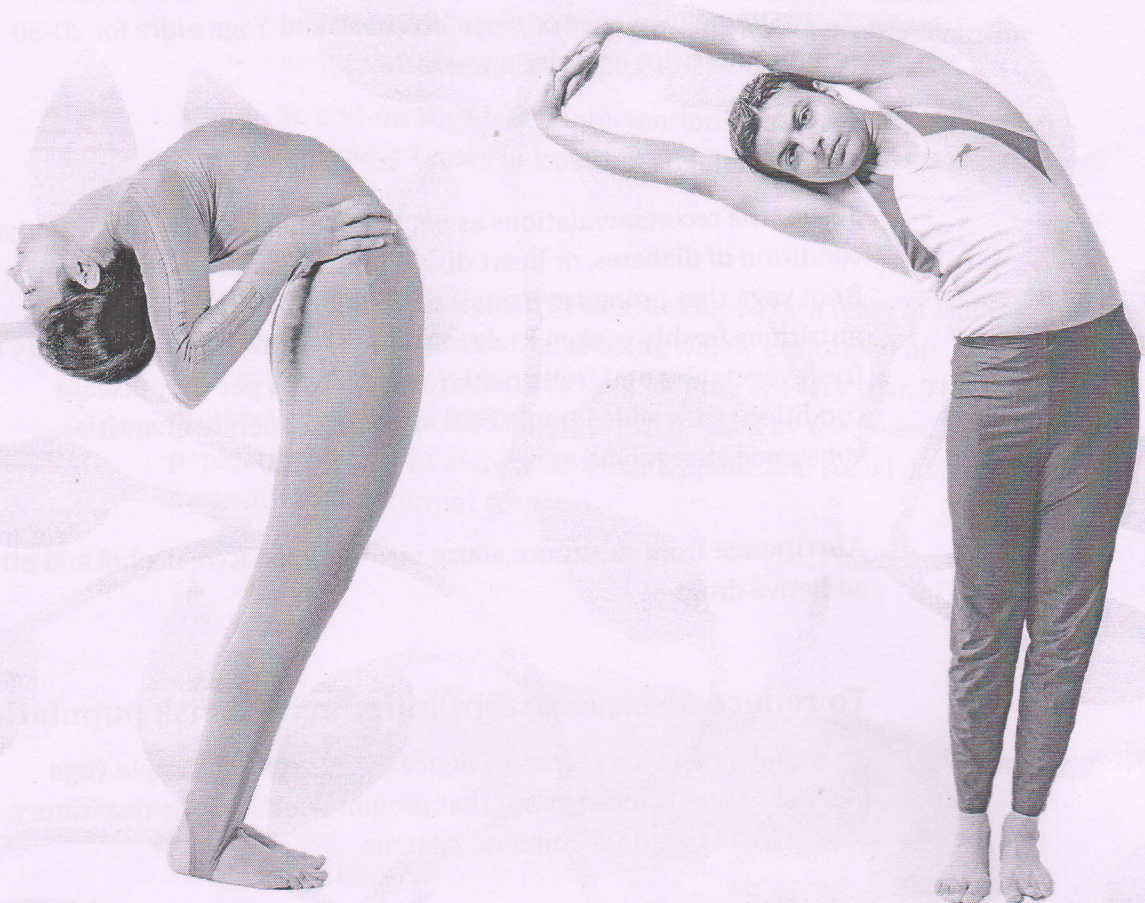
### **To reduce disease susceptibility in high risk population**

This guideline recommends evidence based safe and simple yoga practices as mentioned above that promote health of the respiratory, cardiovascular and the immune systems.



**To add-on Yoga based life style to hospitalized cases without acute respiratory distress.**

As these subjects are hospitalized and they remain in bed without respiratory distress, the meditative practices without breath awareness practiced repeatedly is recommended. Practice of deep relaxation of the body, slowing down of the breathing rate and calming down of the mind using any of the practices from any school of Yoga for twenty minutes repeated once every 3-4 hours during the day time using audio instructions is recommended. Some examples include: mindfulness meditation, transcendental meditation, yoga-nidra, progressive relaxation, quick relaxation, deep relaxation etc.





## Yoga Practices for prevention, rehabilitation and to increase immunity.

S.No	Yoga Practices	Do's	Dont's	Benefits
1.	ShodhanaKriya (Yogic cleansing practices) Jalaneti, Sutra Neti,	Use lukewarm water for cleansing. Jalneti must be followed by kapalabhati to remove all water from nasal passage. Neti, is advised to practice weekly once or twice.	Should avoid in case of epistaxis, middle ear infection, and recent ENT surgery.	Neti helps in cleansing sinuses, beneficial in allergic conditions and reduces upper airway reactivity)(13,15)
2.	Yogic SūkṣmaVyāyāmas / shithilikaranavyaya mas/ Pawanamuktasana series (Joint movements): Neck movements Shoulder rotation Trunk movement Knee movement Ankle rotation	Move the joints as far as possible. Do it slowly with breath awareness	Do not over strain. Avoid this practice in case of severe joint pain and illness.	Joint movements help to increase blood circulation and reduce stiffness which enhance joint flexibility. Helps to facilitate asana practices.
3.	Yogasana:  Standing, Sitting, Prone&Supine lying	Do it with breath awareness. Cardiac patients shall do with care as advised by Yoga experts. Asanas that involve chest expansion preferred  Simplified version/s shall be followed by beginners and elderly population	Please avoid this practice in case of cardiac disorders, abdominal hernia, inflammation, ulcers, recent abdominal surgery & vertigo. Hypertensive patients should bend with care. Do not try to bend beyond the limits and do not overdo the lateral stretch.	Ushtrasana, UtthanaMandukasana, Tadasana, Trikonasana, Vakrasana, Bhujangasana, Sarala Matsyasanaetc. practices improves chest expansion and cardio-pulmonary functions.(16).
4.	Kapalabhati	40-60 strokes per minute	Hypertensive, cardiac problems, patients with respiratory distress, slipped disc patients should not do it. Better to practice it early in the morning on an empty stomach	Improves pulmonary functions and reduces secretions. Very useful preparatory practice for pranayama practice Helps to cleanse frontal sinuses.



S.No	Yoga Practices	Do's	Dont's	Benefits
5.	Breathing & Pranayama: Sectional breathing Nadishodhana Ujjayi Bhramari	Breath should be slow, steady and controlled. It should not be forced or restricted in anyway. Initially start the practice with few repetitions and gradually increase the number of repetitions. If possible, maintain the ratio of 1:2 for inhalation and exhalation	In case of any cardiac disorders start with few repetitions and gradually increase the number of repetitions. Don't practice retention or hold at initial stage.	Nadishodhan pranayama reduces the sympathetic activity and stimulate vagal (para-sympathetic) activity and decreases stress and anxiety(17).  Ujjayi increase the oxygen saturation in body(18). Bhramari pranayama similar to humming may increase Nasal Nitric Oxide (NO), which may improve blood flow to the ciliary epithelium and has anti-inflammatory action , - (19,20).
6	Yoga Nidra (Pratyahara)	Follow mentally with awareness as per the instructions given during practices. Keep the eyes closed during the practice and avoid body movements.	Don't open the eyes until asked. Don't sleep Don't ask any questions during the practice even if any questions arise in the mind. Gradually increase the duration of the practice	Reduction in sympathetic arousal and reduced emotional distress and improves quality of sleep.(21,22) Rejuvenate the body and helps to keep the mind calm
7.	Meditative practices Breath awareness, Dharana & Dhyana)	For beginners, soothing music may be played in the background during meditation or to observe the breath. Practice it as long as you can.	Don't open your eyes Don't shake your body. Don't be judgemental with thoughts	Meditation helps to reduce anxiety and stress by reduce the cortisol level and enhance the alpha brain wave (23). Makes the body stable and calm the mind Balance the functions of neuroendocrine system thereby enhance the immune system (24).



## 10 MINUTES YOGA

COMMON YOGA PROTOCOL - 10 MINUTES			
	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	30 seconds
B	Loosening Practices (SukṣmaVyāyāma / CālanaKriyā)	Neck Bending	2 minutes
		Shoulder movement	
		Trunk Movement	
C	Yoga Practices		
	Āsanas performed in standing posture	Tadāsana (The Palm tree posture)	1 minute
		ArdhaChakrāsana (The Half wheel posture)	1 minute
	Āsana performed in sitting posture	Sasakāsana (The Hare posture)	1 minute
	Āsana performed while lying on the stomach	Bhujangāsana (The Cobra posture)	1 minute
	Āsana performed while lying on the back	PawanaMuktāsana (The Wind releasing posture)	1 minute
D	Pranayama	(AnulomaViloma / Nadiswhodhana Pranayama) The Alternate nostril breathing (2 rounds)	1 minutes
E	Dhyāna	The Meditation	1 minutes
	Closing	Sankalpa/ Shanti patha	30 seconds
	TOTAL DURATION		10 minutes



## 20 MINUTES YOGA

II COMMON YOGA PROTOCOL - 20 MINUTES			
	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	30 seconds
B	Loosening Practices (SukṣmaVyāyāma / CālanaKriyā)	Neck Bending	2.5 minutes
		Shoulder movement	
		Trunk Movement	
C	Yoga Practices		
	Āsanas performed in standing posture	Tadāsana (The Palm tree posture)	1 minute
		PadaHatasana(The Hands to the feet posture)/ArdhaChakrāsana (The Half wheel posture)	2 minutes
		Trikonāsana (The Triangle posture)	1 minute
		Bhadrāsana (The Firm/Auspicious posture)	1 minute
	Āsanas performed in sitting posture	ArdhaUshtrāsana (The Half camel posture )	1 minute
		Sasakāsana (The Hare posture )	1 minute
		Vakrāsana (The Seated twist posture)	1 minute
		Bhujangāsana (The Cobra posture)	1 minute
	Āsana performed while lying on the stomach		
	Āsana performed while lying on the back	PawanaMuktāsana (The Wind releasing posture)	1 minute
D	Kriya	Kaphalabhati (The Shining skull practice ) 1 rounds, 30 cycles each	1 minute
E	Pranayama	AnulomaViloma Pranayama (The Alternate nostril breathing) (5 rounds)	2 minutes
		Bhramari Pranayama(BhramariRechaka) (The Bee sound breathing) (3 rounds)	1.5 minutes
F	Dhyāna	The Meditation	2 minutes
	Closing	Sankalp/ Shanti patha	30 seconds
TOTAL DURATION			20 minutes



## 45 MINUTES YOGA

III COMMON YOGA PROTOCOL - 45 MINUTES			
	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	1
B	Loosening Practices (Sukṣma Vyāyāma / Cālana Kriyā)	Neck Bending	2
		Shoulder movement	2
		Trunk Movement	1
		Knee Movement	1
C	Yoga Practices		
	Āsanas performed in standing posture	Tadāsana (The Palm tree posture )	1
		Vrikshāsana (The Tree posture)	2
		Pada-hastāsana (The Hands to the feet posture)	1
		ArdhaChakrāsana (The Half wheel posture)	1
		Trikonāsana (The Triangle posture)	2
	Āsanas performed in sitting posture	Bhadrāsana (The Firm/auspicious posture)	1
		Vajrāsana The Thunderbolt/diamond posture)	1
		ArdhaUshtrāsana (The Half camel posture )	1
		Ushtrāsana (The Camel posture )	1
		Sasakāsana (The Hare posture)	1
		UtthanaMandukāsana (The Stretched up-frog posture )	1
		Vakrāsana (The Seated twist posture)	2
	Āsanas performed while lying on the stomach	Makarāsana (The Crocodile posture )	1
		Bhujangāsana (The Cobra posture)	1
		Shalabhāsana (The Locust posture)	1
	Āsanas performed while lying on the back	Setubandhāsana (The Bridge posture )	1
		Utthanapadāsana (The Raised leg posture)	0.5
		ArdhaHalāsana (The Half plough posture)	0.5
		PawanaMuktāsana (The Wind releasing posture )	2
		Shavāsana (The Corpse posture )	2
D	Kriya	Kaphalabhati (The Shining skull practice )	2
E	Pranayama	Anuloma Viloma Pranayama (The Alternate nostril breathing)	2
		Ujjayee Pranayama (The Hissing breathing) (5 rounds)	2
		(Bhramari Pranayama) (BhramariRechaka )The Bee sound breathing) (5 rounds)	2
F	Dhyāna	The Meditation	5
	Closing	Sankalpa shanti patha	1
	TOTAL DURATION		45

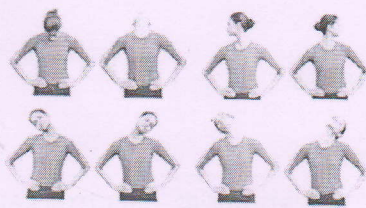
### Note :

1. *Yoganidra* for 20 minutes is advised for twice or thrice a week
2. *Jalaneti* and *Sutraneti* may be practiced once or twice a week.





Prayer



Neck Bending



Shoulder Stretching



Shoulder Rotation



Trunk Twisting



Knee Movement



Tadasana



Vrikshasana



Pada-Hastasana



Ardh-Chakrasana



Trikonasana



Dandasana



Bhadrasana



Vajrasana



Ardh-Ushtrasana



Ushtrasana



Shashankasana



Uttana-manduk-asana



Vakrasana



Makarasana



Bhujangasana



Shalabhasana



Setubandh-asana



Uttana-pada-asana



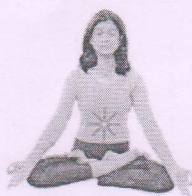
Ardh-hala-asana



Pavan-mukt-asana



Savasana



Kapalbhati



Nadishodhana



Sitali Pranayama



Bhramri Pranayama



Dhyan



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### **Disclaimer**


These guidelines are in addition to the standard treatment guidelines of Ministry of Health and Family Welfare, Govt of India and also vetted by the Interdisciplinary AYUSH Research and Development Task Force setup by Ministry of AYUSH, Govt of India





## **GUIDELINES for YOGA PRACTITIONERS for COVID 19**

Yoga may play significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. They are particularly useful in allaying their fears and anxiety.

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