



National Disaster Management Authority
Government of India



Economic Advisory Council to the Prime Minister
Government of India



Webinar on Psychosocial Care and Mental Health in Industry “Post Lockdown”

June 05, 2020



Presentation by :

**Dr Hemant Bhargav, MBBS, MD (Yoga & Rehab), PhD (Yoga), Assistant
Professor of Yoga
Department of Integrative Medicine, NIMHANS**

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Resilient India - Disaster Free India



This **10 minute yoga program** aims at:

- Improving mental well-being and sleep quality
- Reducing stress levels
- Enhancing lung functions
- Strengthening the immunity and
- Improving blood circulation to the muscles

This program needs to be done in **empty stomach condition** (4 hours after full meal and 2 hours after light breakfast)

Please perform the practices **within your comfortable limits** following necessary precautions mentioned during the session

Please **listen to your body and don't overexert**

The practices can also be performed on a **chair** if required

Perform the practices in a joyful state of mind

Disclaimer: This material is only to facilitate the understanding on each practice. This is not for individual practice. It has to be done only under supervision of a qualified Yoga Instructor.

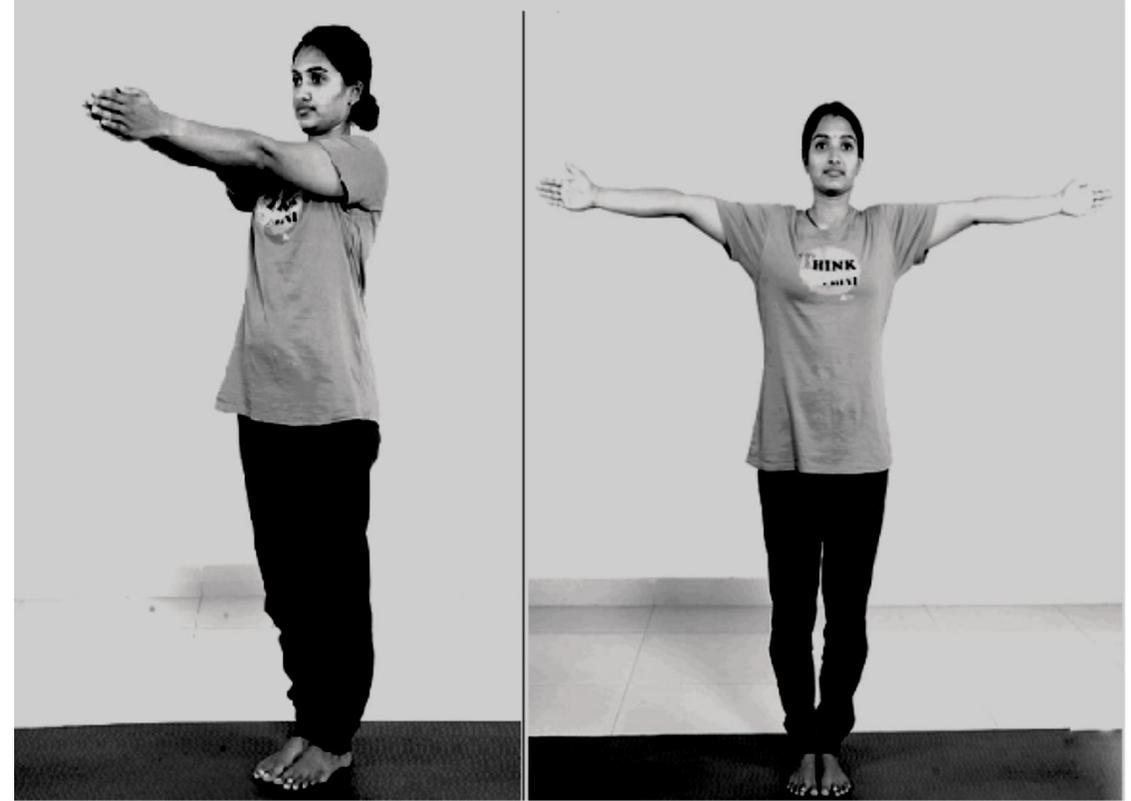
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Hands in & out Breathing

Position: Standing (Tadasana)

- Stretch your arms in front at the shoulder level and join the palms together.
- While inhaling, slowly spread the arms out to the sides
- Exhale, bring them back together
- Repeat this for 5 rounds



Hand-stretch Breathing

Position: Standing (Tadasana)

- Interlock your fingers, place them on your chest
- Inhale, stretch out your hands
- Exhale, bring them to the chest
- Practice this: Infront of your chest, forehead and over the head, each for 5 rounds

Those with **heart disease** should do all the three rounds at 90 degrees only. They should **avoid raising the hands above the head**.

Infront of the chest



Infront of the forehead



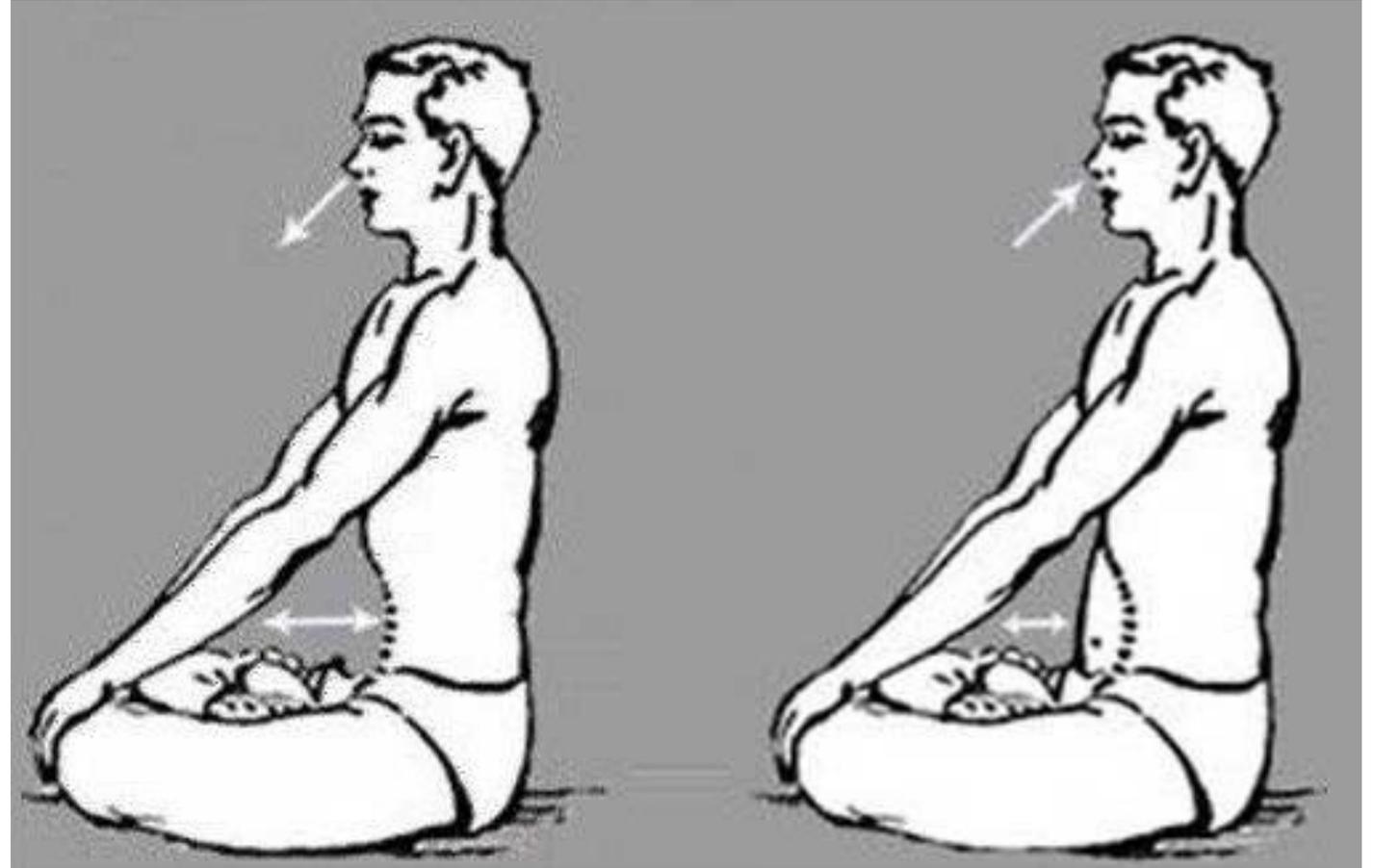
Over the head



Kapalabhati Pranayama

Position: Sitting

- Hands in *Chin* mudra, placed on the thighs
- Exhale forcefully while flapping the abdomen in
- Practice this 30 rounds/cycle for 2 cycles
- After the practice, close your eyes and observe your breath



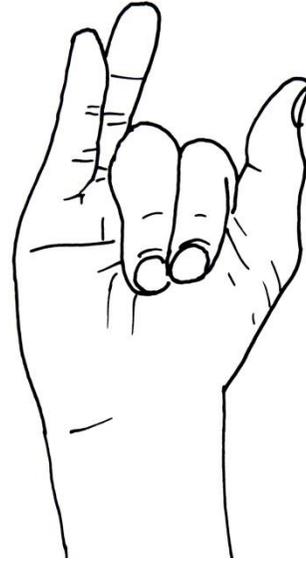
Precautions:

- People with **high BP** and **low back pain** should do it **slowly** and cautiously within comfortable limits
- People with **epilepsy, hernia, recent surgeries (within 6 months)** and **women during menstruation or 2nd or 3rd trimester of pregnancy** should completely **avoid** the practice

Nadishuddhi Pranayama

Position: Sitting

- Left hand in *Chin mudra*, placed on your thigh
- Right hand in *Nasika mudra*, i.e bend your index and middle fingers down
- Inhale from left nostril while closing your right nostril with thumb.
- Close your left nostril with ring and little fingers. Exhale from right nostril
- Inhale from the right nostril. Close the right nostril
- Exhale from the left nostril.
- This completes 1 round. Practice for 9 rounds
- After the practice, close your eyes and observe your breath



Nadānusandhāna (A-U-M Chanting)

Position: Sitting

- Hands in *Chin* mudra, placed on the thighs
- Inhale deeply, chant ‘*AAA*’ as you exhale, awareness on your **chest** region. Perform this for 9 rounds
- Inhale deeply, chant ‘*UUU*’ as you exhale, awareness on your **throat** region. Perform this for 9 rounds
- Inhale deeply, chant ‘*MMM*’ as you exhale, awareness on your **head** region. Perform this for 9 rounds
- Lastly, chant A-U-M in a single breath (ratio 1:1:1) for 9 rounds.
- Feel the vibrations from chest -> throat -> head, as you chant
- After the practice, close your eyes and observe your breath and your mind

Those with **headache/migraine** should **avoid chanting loud**, they should **perform gentle chants** and feel the soothing vibrations



ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिददुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Sarve Bhavantu Sukhinah
Sarve Santu Niraamayaah |
Sarve Bhadraanni Pashyantu
Maa Kashcid-Duhkha-Bhaag-Bhavet |
Om Shaantih Shaantih Shaantih ||

Om, May All be Happy,
May All be Free from Illness.
May All See what is Auspicious,
May no one Suffer.
Om Peace, Peace, Peace!!
(Mantrabhāṣya of Uvaṭa)



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CLOSING SLIDE : Thank You !!

Please feel free to send us your feedback

Contact:

yogaforstress.nimhans@gmail.com

Department of Integrative Medicine, NIMHANS, Bangalore- India

For future updates, please visit

www.nimhansyoga.in

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