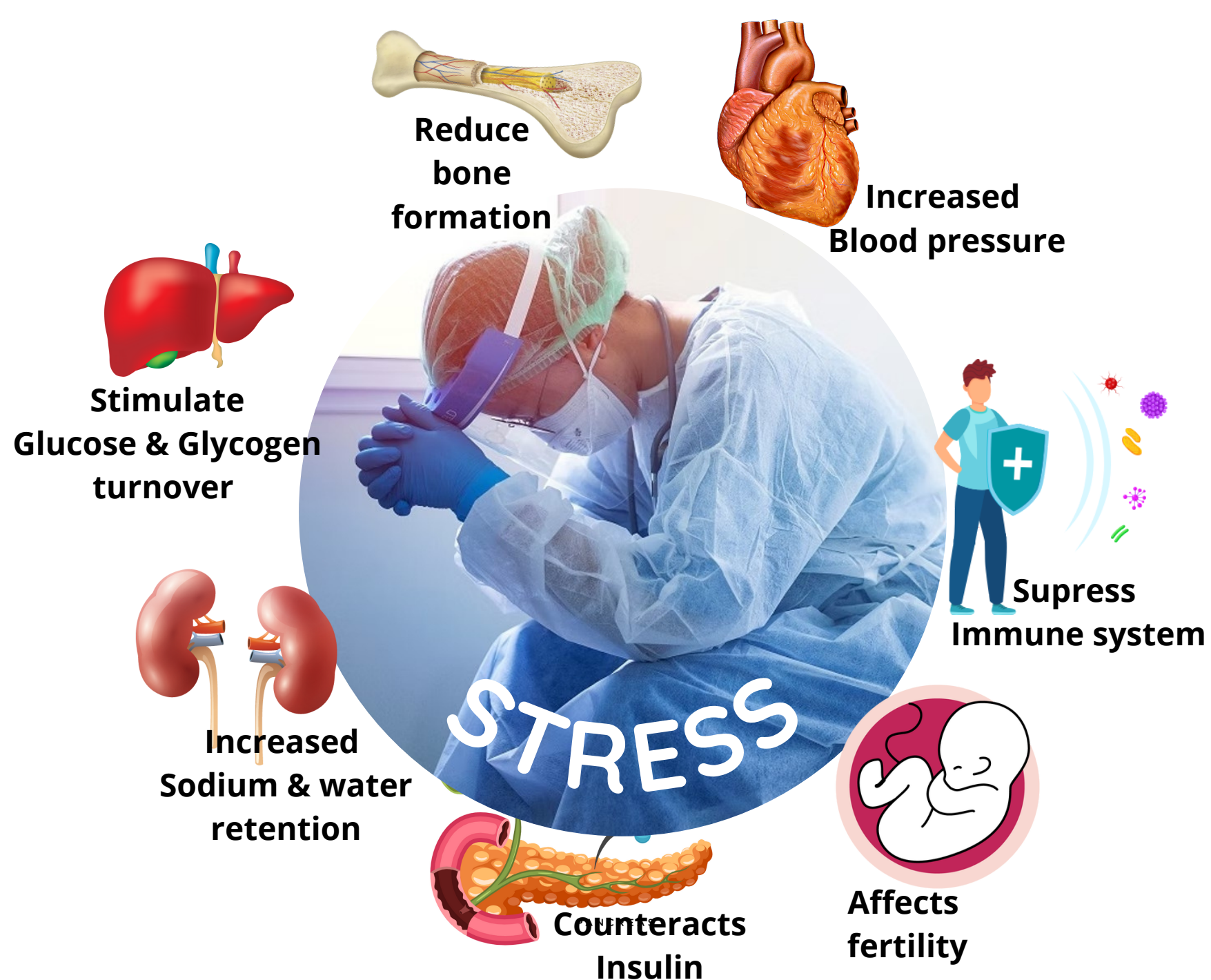


INTERNATIONAL DAY OF YOGA

21st June 2022

COUNTDOWN: **52** Days to go

Do you know?



CIMR in association with the Centre for Community Medicine conducted a study which has shown that supervised yoga practice can reduce the perceived stress and improve the professional quality of life of the **Nursing professionals**.



INTERNATIONAL DAY OF YOGA

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YOGA FOR STRESS AMONG NURSING PROFESSIONALS

The health care field faces a high burden of work related stress and burnout. Nursing staff are reported to have occupational stress levels as high as 87% and burnout rate of 30%.

Stress can cause higher risk of having depressive, anxiety disorder, endocrinal, cardiovascular, autonomic abnormalities. Dysfunction of immune system has been reported on exposure to chronic professional stress among nursing staff.

A study was carried out at CIMR in association with Centre for Community Medicine, which showed effectiveness of supervised yoga sessions in reducing stress and improving professional quality of life.

Yoga module formulated at CIMR

Sukshma Vyayama

Jogging
Twisting
Forward and backward bending

Breathing Exercises

Hands stretch breathing
Ankle stretch breathing
Straight leg raise breathing
Pawanamuktasana breathing

Suryanamaskara

Asana

Ardhakati chakrasana
Trikonasana
Veerbhadrasana
Vrikshasana
Vakrasana
Ustrasana
Paschimottanasana
Bhujangasana
Shalabhasana
Dhanurasana
Setubandhasana
Ardha halasana
Naukasana

Pranayama

Kapalabhati
Nadi shuddhi
Bhramari

Relaxation

Deep relaxation technique