

Yoga Protocol for Primary Prevention of COVID- 19

Objectives:

- To improve respiratory and cardiac efficiency
- To reduce stress and anxiety
- To enhance immunity

S. No.	Practices	Name of the Practice	Duration (Minutes)
1	Prayer		1
2	Loosening Practices	Neck Bending	2
		Shoulder's movement	2
		Trunk Movement	1
		Knee Movement	1
3	Standing Asana	Tadasana	1
		Pada-hastasana	1
		Ardha Chakraasana	1
		Trikonasana	2
	Sitting Asana	Ardha Ushtraasana	1
		Sasakasana	1
		Utthana Mandukasana	1
		Simhasana	1
		Marjariasana	1
		Vakrasana	2
		Prone Lying Asana	Makarasana
	Bhujangasana		1
	Supine Lying Asana	Setubandhasana	1
		Utthanapadasana	1
		Pawana Muktasana	1
		Markatasana	1
Shavasana		2	
4	Kriya	Vata Neti 2 rounds (30 secs each with 30 sec relax)	2
		Kaphalabhati (2 rounds, 30 strokes each)	2
5	Pranayama	(i) Nadi Shodhana (5 rounds)	2
		(ii) Surya Bhedhana Pranayama (5 rounds)	2
		(ii) Ujjayee Pranayama (5 rounds)	2
		(iii) Bhramari Pranayama (5 rounds)	2
6		Dhyana	5
7		Shanti Patha	1
Total Duration for Each			45

- Advised Jalaneti kriya weekly thrice.
- Advised steam inhalation every day or alternative day.
- Advised gargling with lukewarm saline water regularly.