

स्वास्थ्य एवं परिवार कल्याण मंत्रालय के तहत सांविधिक निकाय
Statutory Body under the Ministry of Health & Family Welfare

F No 1-6/PBD-Ayur/2022-INC

Dated:

13 JUN 2022

Notification – 10 of 2022
Module on Yoga for Nursing Students

Nursing is a demanding profession and nursing students may experience considerable amount of stress to meet the demands in academic and clinical fields. Yoga is an effective practice to reduce stress and improve physical and mental wellbeing. Indian Nursing Council has prepared a ten hour Yoga module for nursing students under the directions of MOHFW and Ministry of AYUSH. This yoga training module can be implemented in the nursing programmes like ANM, GNM, B.Sc(N) during the Co-Curricular activities provided in various academic years/semesters. The content/yoga practices to be performed are as under:

Content	Hours
<u>1. Yoga & General Guidelines for Yoga practices:</u>	1hr
<u>2. Yoga Practices :</u>	1hr
<u>3. Asanas:</u>	5hr

उपचर्या शिक्षा के एकसमान मानक प्राप्त करने के लिए प्रयासरत

Striving to Achieve Uniform Standards of Nursing Education

Website: www.indiannursingcouncil.org E-mail: secy.inc@gov.in

Phone: 011-66616800, 66616821, 66616822

GSTIN: 07AAAJI0165N1Z4

स्वास्थ्य एवं परिवार कल्याण मंत्रालय के तहत सांविधिक निकाय
Statutory Body under the Ministry of Health & Family Welfare

4. <u>Pranayama:</u>	Deep Breathing – 10 breaths Nadi Shodhan Pranayama – 20 Breaths Bhramari Pranayama – 10 rounds	1hr
5. <u>Meditation :</u>	Om chanting, Soham chanting Chakra Meditation	1hr
6. <u>Yoga Nidra</u>		1hr

Note: - Institution to hire part time / full time yoga teacher to teach the faculty & students.
The qualification requirement (QR) of the teacher is Graduation/ General Post Graduation with
Diploma in Yoga/ Graduation in Yoga from reputed University or Institute of repute.

This issues with the approval of the Competent Authority.

Yours faithfully,



(Lt Col (Dr) Sarvjeet Kaur)
Secretary