



MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ministry of AYUSH, Govt. of India

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NOTICE

Morarji Desai National Institute of Yoga (MDNIY) is going to initiate a **Pranayama session** for people exposed to COVID-19 patients from 20th August 2020 for 1 month. The pranayama session is the part of a research project entitled "**Efficacy of Pranayama on Positivity rate in People exposed to Covid-19 Patients and mental status**". Each pranayama session will last for 30 minutes (morning) and 15 minutes (evening) on daily basis through online/video conferencing. The Yoga instructor/therapist will monitor the sessions online. After one month the participants of pranayama session will be assessed through questionnaire and antibody test.

Contacts (Individuals) who have been exposed to COVID-19 cases and are in quarantine or family members/care givers of the COVID positive cases can register for the session.

The details of registration process, eligibility, and schedule etc. can be obtained from Dr. Khushbu Jain, Assistant Professor, contact number: 08595680654 and Dr. Jasmine Parihar, Assistant Professor, Contact number: 09868103117 and. Registration will start from 13/08/2020 and will be done at first come, first served basis.

Director