

# Need of Yoga for Medical Professionals

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# Medical Profession

- Noble but challenging
- Multitasking, huge number of patients, long hour sitting
- Mental draining
- Profession – family balance issues

# Common health issues among Doctors

- Stress
- Back pain
- Burnout
- Low back pain
- Fatigue
- Sleep issues
- Headache

# Yoga

- Effective in burnout
- Chronic back pain
- Stress and fatigues
- Yoga found effective in many professions
- Yoga at workplace

# Challenges in Yoga implementation

- Time constrain
- No dedicated space/time
- Low motivation
- Non availability of resources

# Opportunities

- Yoga in capsule form
- Within hospital hours
- During lunch break/tea break/refreshment
- Common yoga place at every department with a dedicated therapist
- Availability of a dedicated yoga trainer
- Certificate/incentives