

	SOP FOR OUTPATIENT CONSULTATION & YOGA SERVICES	Page 1 of 2
		Doc No: CCRYN/HQRS/OPD/SOP/R0

PURPOSE: To enable patient registration and Outpatient consultation and Yoga classes at CCRYN OPDs, CRIYNS, and Y&N Wellness center

SCOPE: All Patients attending CCRYN OPDs

RESPONSIBILITY: Consultant/ Senior Research Fellow

PROCEDURE FOR OUTPATIENT CONSULTATION:

1. Patients visiting Outpatient department as walkin or by telephonic appointment is to be seen by the Consultant/ SRF on first come basis for walkins or as per appointment time.
2. The Consultant/ SRF is supposed to take a detailed history, perform physical exam, take vitals and record Weight and Height.
3. Treatment plan with Yoga, lifestyle and diet is then prescribed for his/her medical condition on treatment card as below.
4. Patients are required to do only the practices given in the card
5. Patients have to show the card to the yoga therapists in OPD before attending the class.
6. Patients have to register themselves before attending the yoga class.
7. Yoga therapists should explain about these practices and give information on why other practices should not be done in their case.
8. Attendance is marked on the attendance register daily.

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Doc No:
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CENTRAL COUNCIL FOR RESEARCH IN
YOGA AND NATUROPATHY

Yoga Therapy Card



Anxiety /Depression

Name: _____
UHID No: _____
Age in Yrs _____ Gender M F O
Phone: _____
Date: _____ to _____
Problems: _____

Diagnosis: _____

Before: HT (cms): _____ Wt in Kgs _____ PR _____ min
BP _____ mmhg, BHT: _____ min

Sign-Doctor: _____ Therapist: _____
Name: _____ Name: _____

IX. Pranayama

- | | |
|-------------------------------------|---------------------|
| 1. Kapalbhathi | 40-60 strokes/2min. |
| 2. Vibhagiya pranayama | 1 min. |
| 3. Surya anulomvilom pranayama | 9 rounds/2min. |
| 4. Nadisuddhi pranayama | 5 rounds/2min. |
| 5. Sitali/sitkari/sadanta pranayama | 5 rounds/1min. |
| 6. Bhramari pranayama | 5 rounds/2min. |
| 7. _____ | |
| 8. _____ | |

X. Meditation

- | | |
|--------------------|--------|
| 1. Nadaanusandhana | 5 min. |
| 2. Om meditation | 5 min. |
| 3. _____ | |
| 4. _____ | |

Note: Highlighted yoga practices can be practiced at home.

VITALS

After: Wt in Kgs _____ PR _____ min BP _____ mmhg,
BHT: _____ min

• Additional Instructions :

- _____
- _____
- _____

Yoga for Anxiety /Depression

I. Loosening Exercises

- | | Rounds/Min. |
|---|-----------------|
| 1. Jogging | 3min. |
| 2. Spinaltwist | 10 rounds/1min. |
| 3. Spinal stretch | 10 rounds/1min. |
| 4. Knee stretch | 10 rounds/1min. |
| 5. Forward and backward bending | 10 rounds/1min. |
| 6. Alternate toe touching | 10 rounds/1min. |
| 7. Relax by walking | 2 min. |
| 8. Tiger stretch | 10 rounds/2min. |
| 9. Alternate Bhujangasana & Parvatasana | 2 min. |
| 10. Cycling (backward/forward) | 30 rounds/2min. |
| 11. Paschimotanasana stretch | 5 rounds/1min. |
| 12. Side leg raising (each side) | 10 rounds/1min. |
| 13. _____ | |
| 14. _____ | |

II. Surya Namaskara 3 rounds/5min.

III Quick Relaxation Technique 2 min.

IV. Standing Series

- | | |
|-------------------------|----------------|
| 1. Ardhakati chakrasana | 2 rounds/1min. |
| 2. Pada hastasana | 2 rounds/1min. |
| 3. Ardha chakrasana | 2 rounds/1min. |
| 4. _____ | |
| 5. _____ | |

VI. Supine Series

- | | Rounds/ Minutes |
|-----------------|------------------|
| 1. Matsyasana | 2 rounds/1min. |
| 2. Sarvangasana | 1 round/30 sec. |
| 3. Halasana | 2 rounds/1min. |
| 4. Chakrasana | 1 rounds/30 sec. |
| 5. _____ | |
| 6. _____ | |

VII. Prone Series

- | | |
|-----------------|-----------------|
| 1. Bhujangasana | 2 rounds/1min. |
| 2. Salabhasana | 2 rounds/1min. |
| 3. Dhanurasana | 1 round/30 sec. |
| 4. _____ | |
| 5. _____ | |

VIII. Sitting series

- | | |
|---------------------------------|-----------------|
| 1. Sasankasana | 2 rounds/2min. |
| 2. Vakrasana/Ardhmatsyendrasana | 1 round/1min. |
| 3. Ustrasana | 1 round/30 sec. |
| 4. _____ | |
| 5. _____ | |

VIII. Quick relaxation technique 3 min.

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