

Influence of yoga on the health of medical interns: A week-long training module

Sriram Menon, Atchaya G, Balaganesh M, Rithvik B, Srinivas P

Department of Yoga, Sri Ramachandra Institute of Higher Education and Research, Chennai, Tamil Nadu, India

Abstract

Yoga, rooted in ancient tradition, offers significant benefits for MBBS interns facing the rigorous demands of medical training. Regular practice aids in stress relief, reducing anxiety through controlled breathing, meditation, and physical postures. These techniques lower cortisol levels, enhancing mood stability. Yoga also provides a quick energy boost during short breaks, improving focus and productivity. Moreover, yoga enhances stamina and strength, allowing interns to endure long hours with reduced physical strain. The physical benefits include improved flexibility, muscle tone, and cardiovascular health. Mindfulness in yoga fosters better concentration and efficiency, aiding in time management. Additionally, yoga improves sleep quality, essential for recovery and sustained performance, and encourages a balanced lifestyle. Incorporating yoga into daily routines can significantly enhance the well-being and performance of MBBS interns, promoting a culture of holistic health practices in their professional and personal lives.

Keywords: Sleep quality, parasympathetic activation, work life balance and management, improved quality of life, improved stamina and strength

Introduction

Yoga, an ancient practice rooted in Indian philosophy, has garnered significant attention for its potential benefits on mental and physical health. Medical professionals, often subjected to high levels of stress and demanding work environments, can particularly benefit from yoga's holistic approach to well-being. This review paper examines the impact of a week-long yoga training module on the body and mind awareness and Happiness levels of medical interns.

Aim

The aim of this study is to evaluate the influence of yoga on the health of medical interns, specifically focusing on improvements in body and mind awareness and reductions in Happiness levels.

Objective

The objectives of the study are:

- To assess the change in body and mind awareness of interns before and after a week-long yoga training.
- To evaluate the reduction in Happiness levels among the interns following the yoga training.

Methods

The study involved six medical interns who participated in a week-long yoga training module. The training was conducted twice daily, in the morning and evening sessions, and included ten different modules. These modules covered 21 asanas (postures), 10 breathing exercises, relaxation techniques, and meditation practices. The participants' body and mind awareness and happiness levels were assessed before and after the training using a self-reported scale where 1 indicates low awareness/happiness and 5 indicates high awareness/happiness.

Study design: an interventional study was carried out with consecutive sampling using a self-administered questionnaire in paper-pencil format with help of Google form too.

Results

Yoga's comprehensive approach targets both physical and mental well-being, making it an ideal practice for reducing stress and enhancing self-awareness. The physical postures (asanas) help improve flexibility, strength, and circulation, while the breathing exercises (pranayama) and meditation foster mental clarity and relaxation. This study's results align with existing literature, which suggests that yoga can significantly benefit individuals in high-stress professions into happiness by promoting a balanced state of body and mind.

Table 1: Table For Body mind awareness and Happiness levels – Pre and Post scoring

Participants	Body mind awareness		Happiness levels	
	Pre	Post	Pre	Post
Intern 1	2	4	1	5
Intern 2	2	5	1	5
Intern 3	1	4	1	5
Intern 4	2	5	1	5
Intern 5	2	5	1	5
Intern 6	1	5	1	5

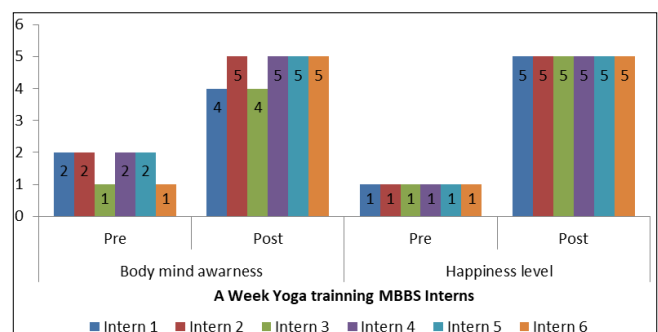


Fig 1: Chart for Body mind awareness and Happiness levels–Pre and Post scoring

The data from the study is summarized in the table below, with pre- and post-training scores for body and mind awareness and Happiness levels.

Discussion

Yoga's comprehensive approach targets both physical and mental well-being, making it an ideal practice for reducing stress and enhancing self-awareness. The physical postures (asanas) help improve flexibility, strength, and circulation, while the breathing exercises (pranayama) and meditation foster mental clarity and relaxation. This study's results align with existing literature, which suggests that yoga can significantly benefit individuals in high-stress professions by promoting a balanced state of body and mind.

The results indicate a substantial increase in body and mind awareness among all interns, with post-training scores ranging from 4 to 5. Similarly, Happiness levels, initially low for all participants (scoring 1), increased to the highest possible score of 5 post-training.

Conclusion

The week-long yoga training module significantly improved the body and mind awareness of medical interns, as evidenced by the marked increase in post-training scores. Additionally, the Happiness levels of the interns showed an unexpected increase. This anomaly could be attributed to heightened self-awareness and sensitivity to stressors post-training, suggesting a need for further investigation. Nevertheless, the positive impact on self-awareness highlights yoga's potential as a valuable tool in medical training programs to enhance the well-being of healthcare professionals.

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