



Integration of Yoga Services in Public Health Service Delivery System in UT Of Jammu And Kashmir

Mohan Singh¹ , Rakesh Kumar Raina², Arun Gupta³, Manjit Kotwal⁴, Ruhi Tabassum⁵, Wahid Ul Hassan⁶

1-Director, Directorate of Ayush, J&K/CEO J&K Medicinal Plants Board

2-Assistant Director, Directorate of Ayush, J&K

3,4,5- Medical Officer Ayush, Directorate of Ayush, J&K

6-Technical Officer Directorate of Ayush, J&K

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Corresponding author-

Mohan Singh, Director,
Directorate of Ayush J&K.

Email: gupta.arun9@gmail.com

ABSTRACT:

Global Public health organizations are promoting Yoga as a health promotion intervention in Schools, workplaces, civil society, non-governmental organizations and communities for prevention and management of diseases including Non-communicable, life style induced disorders, which require rational integration of Yoga services in Public Health Service Delivery system. Directorate of Ayush J&K is providing yoga services at community level through AHWCs. Work done reports of Yoga Instructors and District Ayush Offices were reviewed and analyzed. A google form based multiple choice questionnaire administered online to Yoga instructors to assess the practice trends, challenges in effective implementation of Yoga program of Ayush J&K. 71882 Yoga sessions have been organized out of which more than 69235 sessions were reportedly organized from year 2021-22 to 2022-23 highlighting the extension of Yoga based wellness services to more than 27 lakh people across the UT of J&K in the year 2021-22 and 2022-23. 74.3% of Yoga sessions have been conducted from the community platforms like AHWCs, Schools, workplaces etc. Yoga services can also be integrated with National Health Programs like NPCDCS, Mother and child health programs and National mental health program for wider and targeted reach for better public health outcomes.

Keywords: Yoga, Public health, Ayush

INTRODUCTION

Yoga and yogic interventions for health promotion and disease prevention are gaining popularity across the globe. Global Public health organizations like WHO are promoting Yoga as a health promotion intervention in Schools, workplaces, civil society, non-governmental

organizations and communities for prevention and management of diseases including Non-communicable, life style induced disorders. WHO recommends that Health care providers must promote Yoga for accelerated recovery from ill health and injuries.¹ NIMHANS model of integrative health care suggests that Yoga should be added



as formalized Clinical Discipline for better health care delivery to reduce the burden of non-communicable disorders such as hypertension, heart diseases, type 2 Diabetes Mellitus, Obesity, Cancer, and Mental Health disorders which are progressively increasing despite the newer pharmacologic entities being developed with continued research in Biomedical system of health care,² National Health Policy 2017 lays emphasis on Yoga as a health promotion intervention for school health programs, workplace wellness and community health promotion as it has a wider social acceptability.³ Likewise, National Education Policy 2020 also endorses that Yoga must be promoted in schools as Indian Knowledge Systems and as a part of health education for its greater benefits in self-care, prevention of diseases and health preservation.⁴ One of the key principles of recently rolled out guidelines of Comprehensive Primary health care also emphasize on integration of Yoga for health care needs of community. Integration of Yoga from the platform of Health and Wellness centers for ensuring wellness and yoga mainstreaming. Yoga is identified as one of the key elements in expanded range of services under the comprehensive primary health care package.⁵ In today's health scenario diseases such as Diabetes, Asthma, Obesity, Cardiovascular diseases, cancer, and many others, are becoming global epidemic which arise from the lifestyle and behavioral changes. Yoga is a non-pharmacological intervention which can address the root cause of these disorders.⁶ A quasi-experimental study proved Yoga in primary care is feasible, safe and effective strategy which exerts a positive effect on psychological quality of life, patient satisfaction and adherence.⁷ Yoga is also termed as a smart strategy for Integrative Medicine.⁸ In order to integrate Yoga into comprehensive primary health care, skilled and trained Yoga Instructors who are locally available are an asset. Operational guidelines for implementation of Comprehensive Primary health through Health and Wellness centers emphasize on Yoga space and skilling of Yoga instructors for effective implementation of Health Promotion. Under the aegis of Directorate of Ayush J&K, in order to skill and train Yoga Instructors (Male and Female) to be deployed at Ayush Health and Wellness Centers, 246 Yoga Instructors were shortlisted and were made to undergo a 3-months Certificate Course in Yoga for Wellness Instructors (CCYWI) with technical assistance from Morarji Desai National Institute of Yoga, New Delhi, through hybrid mode. More than 200 Yoga instructors were selected and placed for providing their part times services

at Ayush Health and Wellness Centers located across the UT of Jammu and Kashmir after qualifying the YCB certification exam. They are providing onsite yoga training to the patients, yoga enthusiasts from the community, students, teachers, anganwadi workers. Their services are also being utilized for organizing Yoga sessions for various organizations, workplaces, drug deaddiction centers and jails, etc.

Purpose of the study: This study is purported to assess the outcome of deployment of Yoga Instructors in terms of enhancing the reach of Yoga based health promotion and wellness services at community, school and workplace levels. The study shall also bring forth various factors which will affect the implementation of integrating Yoga for Comprehensive Primary Health Care services at Ayush Health and Wellness Centers in the UT of Jammu and Kashmir.

MATERIAL AND METHODS

Work done reports which were collected from the offices of District Ayush Officers/ District Nodal Officers Ayush from various districts of UT of J&K reviewed for the number of Yoga sessions and Number of Participants in different years (2019-20 to 2022-23). Data is tabulated on the basis of different platforms from where Yoga is promoted among community, workplaces, pilgrims, schools, Ayush gram etc. Data is processed and tabulated using MS EXCEL and various patterns accordingly were observed and recorded. Yoga sessions from different platforms were categorized into 5 categories: AHWC based Activities, School and Workplace based Yoga, Ayush Gram, Nasha Mukta, Sri Amar Nath Ji Yatra and Pilgrimage based Yoga Sessions. Yoga activities which are observed during the time of International Day of Yoga, Fairs, Exhibitions, Championships and other public event were grouped into 'Others' category. A cross sectional survey study was also conducted among the Yoga Instructors who have been engaged in Ayush health and wellness centers and are primary stakeholders in the implementation of Yoga for health and wellness. Self-reported MCQ based questionnaire in the form of a google form was put up to the Yoga Instructors through Yoga Master Trainers. The Questionnaire was piloted on 15 Yoga instructors and Master Trainers were also trained in conducting the MCQ based testing and pre-response briefing of Questionnaire to Yoga Instructors. The results so obtained were tabulated and analyzed using Microsoft Excel. Various operational guidelines and National Health Program Guideline, National Health Policy 2017 and

National Educational Policy, Scholarly articles published in indexed journals were also reviewed.

OBSERVATIONS AND RESULTS:

Table 1: Comparative Table of Yoga Sessions conducted by Directorate of Ayush J&K.

Table 2: Yoga sessions undertaken by Yoga Instructors at various sites under Nasha Mukh Bharat Abhiyan

Table 3: Yoga Sessions conducted in various Districts to celebrate 8th IDY and SANJY-2022

Observations of the Cross Sectional study of Yoga Instructors deployed at AHWCs based on self reporting questionnaire

Among 204 registered for the cross sectional study and only 202 respondents completed the survey, 01 submitted the survey form without filling the requisite information and 01 respondent did not furnish the relevant information and has been excluded from the final analysis.

District wise profiling of respondents:

Table4 : Characteristics of the sample population (Male and Female Yoga Instructors)

Table no 5 Associated Health disorders.

Response Summary

- 63% respondents reported that, people belonging to age group of 16-30 years participate more in the community based yoga sessions while 29% reported that participants from 30-45 years of age group attends the yoga sessions more frequently than any other age group. However, it is observed that in all 92% of the respondents contends that participants in the age group of 16-45 years age group are frequent participants of yoga sessions.
- 55% Yoga instructors reported that females participate in Yoga sessions frequently than males. However, 44.8% contends that males participates more in Yoga sessions than females.
- 87% Yoga Instructors responded that ASHAs provide help in planning and executing Yoga sessions in the community. However, 65% Yoga instructors contend that Anganwadi Workers and ANMs also involve themselves in the community based Yoga activities.
- 78% Yoga Instructors agreed to utilize community based social platforms like VHNDs, VHNSCs, Gram sabhas, Mahila Arogya Samitis to promote Yoga in the community. However almost 18% Yoga Instructors are not aware about the use of these platforms.
- 97.5% Yoga instructors agreed that they provide lecture based instructions to the participants. Only 27.1% contends to use of printed IEC material while 46% agreed to use video or multimedia based yoga demonstrations.

- 74% Yoga Instructors responded that they have been part of Nasha Mukh Bharat Abhiyan, only 12% have participated in Yoga championships, 24% participated in Sri Amarnath ji Yatra 2022 yoga sessions, 92% stated that they have participated in IDY and related events.
- All the Yoga Instructors i.e. 100% reported disease specific yoga sessions in their AHWCs.

DISCUSSION:

Before the year 2020-21, most of the Yoga activities were majorly community based Yoga camps and largely were part of the celebration of International Yoga Day as mandated by Ministry of Ayush, Govt of India. Integration of Yoga services in the ambit of Ayush Health and Wellness Center as one of the deliverable and engagement of Yoga Instructors at AHWCs has led to steep increase in the community engagement into Yoga and Yogic activities as evident from the data, Till date more than more than 71882 Yoga sessions have been organized out of which more than 69235 sessions were reportedly organized from year 2021-22 to 2022-23 which highlight that Yoga Instructors have significantly enhanced the community engagement in Yoga based wellness program due to their local and ready availability and free of cost Yoga services at their door steps, reaching more than 27 lakh people across the UT of J&K. Due to Covid-19 related restrictions 2020-21 remained uneventful with regard to Yoga sessions in the community. However, Directorate of Ayush J&K conducted virtual yoga sessions through pre-recorded videos and live yoga sessions in collaboration with District Administrations of various districts. Post Covid-19 pandemic, With the persistent efforts of Directorate of Ayush J&K and utilization of various community platforms for promotion and propagation of Yoga particularly as a health promotion intervention, live community based yogic activities witnessed a steep increase. First hand experience of general public about the health preservation benefits of Yoga during Covid-19 restrictions, promotion of Yoga as a health measure by public health agencies world wide, motivated public to adopt yoga as a life style intervention which led to great interest in Yoga. Personalized, localized word of mouth promotion by Yoga Instructors coupled with easy availability of Yoga instructors at AHWCs level led to increased community engagement. Intersectoral convergence with Governmental and Non- Governmental organizations and mainstreaming of Yoga and Yogic interventions through platforms of Nasha Mukh Bhart

Abhiyan was optimally utilized by the Directorate of Ayush. Yoga Instructors were trained to manage and instruct drug addicts, drug de-addicts and their family members for coping with their de addiction treatment in various de-addiction centers and district jails etc. In order to give first hand wellness experience to the pilgrims and religious tourists of Sri Amar Nath Ji Yatra 2022 while their transit to the high altitude of Sri Amarnath Shrine, for better acclimatization Yoga camps equipped with skilled Yoga Instructors which were very beneficial for the pilgrims.

The cross sectional study of Yoga Instructors bring forth many challenges to reorient the existing Yoga program of Directorate of Ayush J&K. As the burden of NCDs is more in the age group of 45-60 years of age which is also the most productive period of one's life. Yoga program specific to health care needs and suited to the life conditions of the cohort of this age group may be conceived to attract people of this age segment for adopting Yoga as a life style intervention for prevention, management and recovery from Non-communicable diseases. Disease specific programs at work places may be promoted as one of the functional solutions for this segment of population with MoUs of Yoga sessions in Industrial and corporate sectors. In order to attract, elderly specially designed Yoga programs, workshops with senior citizen forums, Gram Sabha must be planned. Ayush grams remained an underutilized platform for promotion of Yoga which must be utilized to enhance the quality of life of local community through Yogic interventions and also to make Ayush grams a wellness destination for local, National and International tourists through Yoga retreats and resorts in Ayush grams. Yoga Instructors must be made aware and equipped with community mobilization skills to use the community platforms like VHNDs, VHNSCs, Gram Sabhas etc. for better community participation in Yoga interventions and to adopt Whole of Government approach. This must be added in the curriculum of Yoga Instructors and capacity building of already existing pools of Yoga instructors. In addition to the personal Yoga Skills, a yoga instructor must be provided with IEC material on the benefits of Yoga, Yogic interventions like Asanas, Pranayamas, Shat kriyas, Meditation, Ashtang Yoga on various life style and behavioral disorders for ready reference of the Yoga Instructors and for public distribution to motivate general public to adopt Yoga as a healthy life style intervention. Multimedia and audiovisual methods of Yoga demonstration specifically for different

age groups must also be provided to the Yoga Instructors preferably in local language and dialects so that community participation may be enhanced. Yoga Instructors on the analogy of ASHAs in NHM, must be utilized not only for Yoga interventions but also as a health communicator and life style coach in other areas of wellness like healthy diet, counseling etc. to motivate general public for embracing traditional medicines including Yoga. Continued capacity building and Yoga education must be made an integral part of Yoga program, Yoga protocols for novel health challenges must be designed, documented and transfer of training to Yoga instructors be arranged under the supportive supervision and hand holding of Master Yoga Trainers of the Directorate of Ayush, UT of J&K. Under National Programme for prevention and control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS), Yoga and Yogic interventions have already been implemented in the integrated health care facilities i.e District Hospitals and Community Health Centers. The operational guidelines also delineates the role and responsibilities of Yoga instructors for the effective implementation of Yoga interventions at community level. There are many studies published which vouch for effectiveness of Yoga and yogic interventions in the prevention, management of these disorders. These studies may also be used to scientifically implement the protocol based Yoga interventions in the planning and execution of disease specific Yoga sessions at health and wellness centers in the community and collect the evidence of clinical safety and effectiveness of Yogic interventions. This must also be used for designing of IEC material and Audio-visual material for the capacity building of Yoga Instructors. These guidelines should also be seen as vision document for integration of yoga in public health care delivery system.^{9,10} National Mental Health Program also emphasize on the integration of Tele Manas facility with the Ayush health services.¹¹ Yoga and Yogic interventions must be integrated through telemedicine network and capacity building measures must be initiated to up-skill the existing work force of Ayush Medical Officers/CHOs and Yoga instructors for rational integration with Mental Health care delivery system. Yogic Interventions must also be used at AHWCs for optimizing the pregnancy related health outcomes and as preventive strategy for better maternal health outcomes in terms of reducing anxiety, depression, perceived stress of labor and delivery, thereby affecting the mode of birth and duration of labor. As evident from the systematic analysis and meta-analysis.¹² At

community level, Yoga can be integrated as a preventive intervention for better labor experience. Yoga instructors must be trained and reoriented for providing pregnancy relate yoga interventions for better maternal health care.

CONCLUSION

It is evident from the above data that, 72000 yoga sessions wherein more than 25 lakh people across the UT of J&K participated were organized through the vast network of Yoga Instructors along with Ayush Health and Wellness teams. It has been realized that Yoga in the present health scenario is one of the major health care needs of the community, but in remote areas there is paucity of trained Yoga instructors whereas in urban areas one has to incur out of pocket expenditure to avail the services of trained Yoga instructors/ Yoga trainer. Inclusion of Yoga and wellness in the ambit of Ayushman Bharat Health and Wellness Centers (including AHWCs) is a step forward towards the equitable health care for all by deploying Yoga instructor at AHWCs and HWCs of allopathic system. Inclusion of Yoga instructors as a provider of Yoga services in the Ayush team of AHWCs has shown a positive impact on the promotion of Yoga and its acceptance in the community in the UT of J&K especially in Kashmir Division, where socio- cultural and religious barriers are high to percolate the Yoga promotion amongst the community of Kashmir Division. This study demonstrates that with increased demand of Yoga and Yoga based wellness, Yogic services are required to be integrated at all levels of public health delivery system including AYUSH system of public health. The role of Yoga instructor as a health communicator, community mobilizer must be optimally utilized for better public health delivery and public health outcomes with special reference to Non- communicable diseases and existing National Health Programs.

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ORCID

Mohan Singh , <https://orcid.org/0000-0003-0062-6823>

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Graph 1 Year wise Yoga Sessions and Yoga Participants

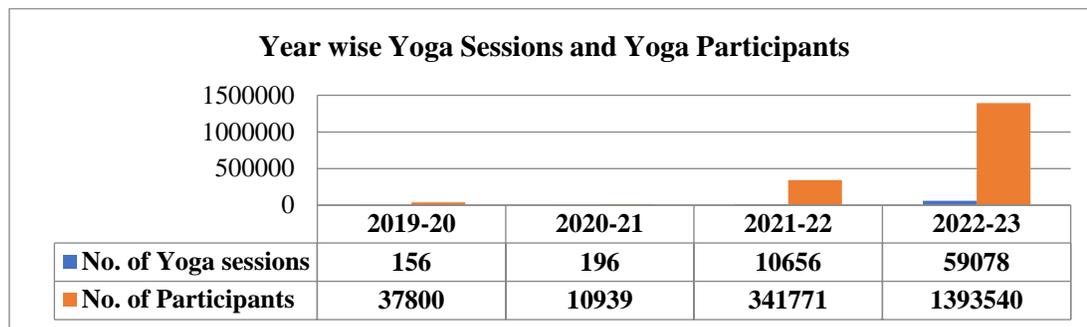


Table 1: Comparative Table of Yoga Sessions conducted by Directorate of Ayush J&K.

Year	2021-22		2022-23	
	% Yoga sessions	% participants	% sessions	% participants
AHWC Based Yoga Sessions	81.7	69.9	74.3	43.8
Nasha Mukht Bharat	0	0	0.47	0.32
SANJY 2022	0	0	1.2	7.5
Ayush Gram	1.4	1.7	1.5	2.2
School and Work Place Based	13.6	20.3	19.1	41.3
Others	3.3	8.2	3.5	4.78

Table 2: Yoga sessions undertaken by Yoga Instructors at various sites under Nasha Mukht Bharat Abhiyan

S.no	Location of NMB Yoga session	No. of Yoga sessions	No. of Participants
1	Govt. Psychiatric Hospital	26	591
2	Jammu Policeline	17	298
3	Srinagar IMHANS	51	244
4	Baramulla	13	29
5	Bandipore	7	19
6	Poonch	3	8
7	Udhampur	5	90
8	Kishtwar	11	35
9	Pulwama	36	110
10	Anantnag	1	1
11	Kot Bhalwal Jail	3	229
12	Srinagar Jail	44	644
13	Udhampur Jail	8	580
14	Poonch Jail	3	669
15	Reasi Jail	6	415
16	Kupwara Jail	16	424
17	Kulgam	25	116
	Total	275	4502

Table 3: Yoga Sessions conducted in various Districts to celebrate 8th IDY and SANJY-2022

S.no	District	Yoga at Iconic sites and Yoga Mahotsava Activities at various places	No. of Participants	Sri Amarnath Ji Yatra 2022 Yoga sessions	Total No. of Beneficiaries
1	Jammu	12	2640	228	27428
2	Samba	19	3719	210	7264
3	Kathua	13	3144	168	10030
4	Udhampur	54	6088	163	6397
5	Reasi	9	1095	0	0
6	Ramban	21	6778	19	3486
7	Doda	22	4596	0	0
8	Kishtwar	17	6079	0	0
9	Rajouri	28	527	0	0
10	Poonch	42	4658	122	1464
11	Srinagar	9	2979	92	3941
12	Budgam	22	32187	0	0
13	Ganderbal	14	4578	331	8964
14	Anantnag	9	3531	304	8350
15	Baramulla	9	5356	0	
16	Kupwara	9	1679	0	0
17	Kulgam	11	4500	0	0
18	Shopian	8	1900	0	0
19	Pulwama	17	3037	0	0
20	Bandipora	34	3814	12	650
21	GAH, Jammu	33	1665	0	0
	Total	412	104550	1649	77974

Table 3 District wise profiling of respondents:

Name of District	No. of Respondent Yoga Instructors
Anantnag	10
Bandipore	2
Baramulla	36
Budgam	28
Doda	4
Ganderbal	6
Jammu	21
Kathua	08
Kishtwar	01
Kulgam	11
Kupwara	16
Poonch	06
Pulwama	06
Samba	02
Srinagar	26
Udhampur	18
Blank	2
Irrelevant	1

Table 4 : Characteristics of the sample population (Male and Female Yoga Instructors)

1	Male	107	52.5%
2.	Female	97	47.5%
3.	Mean Age	30.4±6.2	(In Years)
4.	Age (Min)	20	(In Years)
5.	Age (Max)	47	(In Years)
6.	Average No. of Yoga Sessions taken by each Yoga Instructor	356	Session
7.	Yoga sessions (Min)	14	Session
8.	Yoga sessions (Max)	960	Sessions
9	Average no. of Yoga sessions conducted at AHWC	20/ month	Sessions
10.	Average No. of Yoga sessions conducted at School & Anganwadi	7/ month	Sessions
11.	Average No. of Disease specific Yoga sessions conducted	20/month	Sessions
12.	Average no. of participants in each session	32	

Table 5 No. of Respondents and associated health issues

Name of the Disorder	No. of Respondents	%age
Diabetes	191	94.1%
Obesity and Gastro intestinal related health Issues	192	94.6%
Respiratory Disorders and COPD	166	81.8%
Bone and Joint Disorders	152	74.9%
Gynecological Disorders and Pregnancy	121	59.6%
Stress related, Psychological Issues	161	79.3%
Cancers	17	8.4%
Children Disorders	68	33.5%
TB/AIDS/COVID-19	50	24.6%
Post Covid Illnesses	98	48.3%
Geriatric Disorders	78	38.4%
Eye Ear Nose Throat related Issues	111	54.7%