



**SPORTS, YOUTH & CULTURAL  
ACTIVITIES DEPARTMENT**  
Government of Gujarat



**Stay Home, Stay Safe**  
**If we are Safe, Nation is Safe**

# **Guideline to Stay Physically fit & Mentally Healthy against COVID-19**



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Vice Chancellor  
Swarnim Gujarat Sports University



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[SwarnimGujaratSportsUniversity](#)



રમતગમત, યુવા અને સાંસ્કૃતિક  
પ્રવૃત્તિઓ વિભાગ  
ગુજરાત સરકાર

*“STAY HOME WITH  
YOUR FAMILY  
STAY SAFE -  
STAY HEALTHY -  
STAY FIT”*

*" Protect Yourself & Family  
Reduce the Risk to Others "*



**Shri Ishwarsinh Patel**

Hon'ble Minister (State)

Sports, Youth & Cultural Activities  
Department, Govt. of Gujarat

**#stayhome #staysafe**



*" Stay Home,  
Stay Safe,  
Stay Fit "*

**Dr.Arjunsinh Rana**

Vice Chancellor

Swarnim Gujarat Sports University



*" Stay Home,  
and  
Do Yoga "*



**Yog Sevak Sheeshpal**

Chairman, Gujarat State Yog Board

**#stayhome #staysafe**



# **SPORTS, YOUTH & CULTURAL ACTIVITIES DEPARTMENT**

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# **Yoga and Pranayama for Physical & Mental Fitness**

## Instructions for Yoga and Pranayama

- Yogic practices should be performed slowly, in a relaxed manner, with physical capacity of each and every individuals.
- One should not hold body tightly or jerk the body at any point of time while practicing Asanas.
- One should perform the Yogics practices according to one's own physical capacity or else it may cause harm instead of benefits.
- In initial stage one may practice yogasana or pranayama only with short span of time or with lower sets of yogasana.
- In case of heart disease, arthritis, diabetes, pregnant women or anyone with any other physical or medical problem must consult an expert or doctor before practicing Yoga and Pranayama.

### Sadilaja/Loosening Practices

- The Sadilaja or loosening practices help in increasing micro-circulation and advisable to perform before practicing Yogasana. These practices can be done while standing and stitting.

Neck  
Movement



Trunk  
Movement



Knee  
Movement



## • Standing Posture

### Tādāsana



### Vṛikṣāsana



### Pāda-Hastāsana



### Ardha Çakrāsana



### Trikoṇāsana



## • Siting Posture

### Bhadrāsana



### Ardha Uṣṭrāsana



### Sasānkāsana



### Vakrāsana



## • Prone Posture

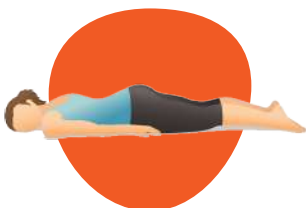
### Salabhāsana



### Bhujangāsana



### Makarāsana



## • Supine Posture

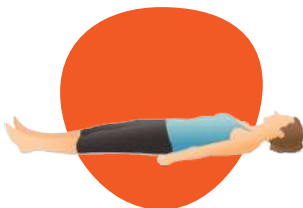
### Pavanamuktāsana



### Setubandhāsana



### Savāsana



## Nadisodhana / Anuloma Viloma



5 repetitions

## Kapālabhāti



10 to 20 repetitions  
- 3 Times

## Bhrāmarī



5 repetitions

## Bhāstrikā





1. Pranamasana



2. Anuvrutasana /  
Ardhachandrasana



11. Anuvrutasana /  
Ardhachandrasana



10. Padhastasana



3. Padhastasana

## Surya Namaskar



9. Aekpad Prasanasana  
/ Namasyasana



4. Aekpad Prasanasana  
/ Namasyasana



8. Untajasana



5. Untajasana



7. Bhujangasana



6. Pipilikasana



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## Exercises for Physical and Mental Fitness



- All the exercises shown here may be done at home, without the need of any sort of special equipment.
- One must do exercises as per his or her own capability.
- In the beginning one must do exercises with less number of repetitions and sets.
- In case of heart disease, arthritis, diabetes, pregnant women or anyone with any other physical or medical problem must consult an expert or doctor before exercising.

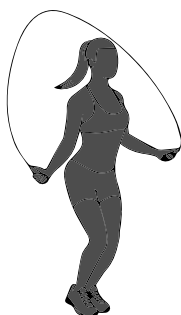
## Warmup Exercises



- Warmup exercises are recommended to be performed prior to any sort of physical exercises.



**Cat – Cow Combo**  
(10 – 15 repetitions before exercising)



**Rope Skipping**  
(3 sets of 50 jumps)

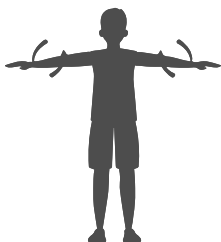


**Spot Running**  
(3 sets of 50 repetitions)

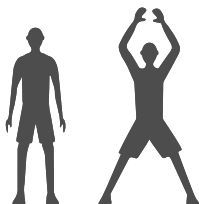
# Warmup Exercises



**Spot Jumping**  
(3 sets of 50 repetitions)



**Arm Rotation**  
(3 sets of 10 to 15 rotation)

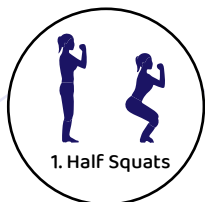


**Jumping Jack**  
(3 sets of 10 to 15 repetitions)



**Cross Body Toe Touch**  
(3 sets of 10 to 15 repetitions)

# Circuit Training



1. Half Squats

(3 sets of 10 to 15 repetitions)



2. Triceps Press

(3 sets of 10 to 15 repetitions)



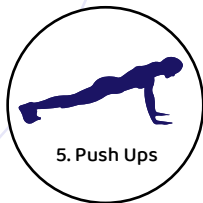
3. Forward Lunges

(3 sets of 10 to 15 repetitions)



4. Hip Bridge

(3 sets of 30 to 60 seconds)



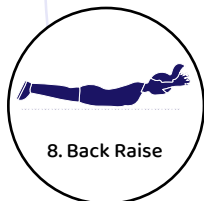
5. Push Ups

(3 sets of 10 to 15 repetitions)



6. Heel Raises

(2 to 3 sets of 10 to 30 repetitions)



8. Back Raise

(2 to 3 sets of 10 to 15 repetitions)



7. Front Planks

(3 sets of 30 seconds to 2 minutes)



9. Mountain Climber

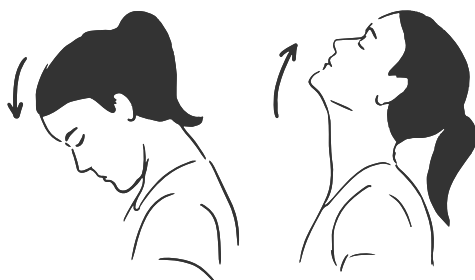
(2 to 3 sets of 10 to 30 repetitions)



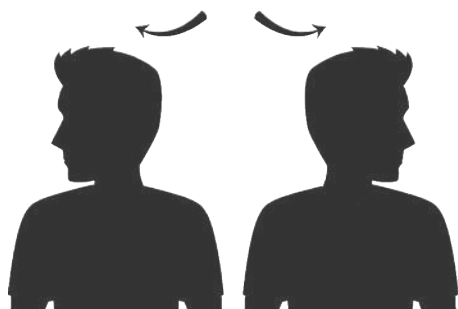
10. Sideward Lunges

(3 to 5 sets of 10 to 15 repetitions)

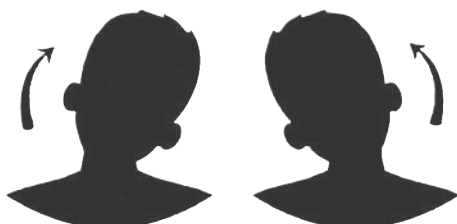




**Neck Flexion and Extension**  
(8 to 10 repetitions)



**Neck Face to Face**  
(8 to 10 repetitions)



**Neck Lateral Flexion**  
(8 to 10 repetitions)



**Sit and Reach**  
(2 to 3 sets of 10 seconds)



**Quadriceps Stretch**  
(maximum 2 to 3 sets of 10 seconds)



**Hamstring Stretch**  
(maximum 2 to 3 sets of 10 seconds)



**Groin Stretch**  
(10 to 15 repetitions)



**Lumber Stretch**  
(maximum 2 to 3 sets of 10 seconds)



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# COVID-19 Crisis Immunity Boosting Measures for Self-Care

## General Measures



**Drink  
warm water  
throughout  
the day.**



**Daily Practice  
of Yogasana,  
Pranayama  
and Meditation  
for at least  
30 Minutes**



**Use Spices like  
Turmeric,  
Cumin,  
Coriander  
and Garlic in  
Cooking.**

## Simple Ayurvedic Procedures



**Turmeric (Haldi)**



**Cinnamon (Dalchini)**



**Black Pepper (Kali Mirch)**



**Clove (Lavang)**



**Raisin (Munakka)**



**Mint leaves (Pudina)**



**Dry Ginger (Shunthi)**



**Tulsi (Basil)**

## Suggestions for Diet and Daily Routine

### Diet :

- Eat homemade food.
- Do not consume stale foods, fermented items, items made of maida flour, curd, and dairy products, junk food, cold drinks, and fridge water.
- Do not consume cross contamination food. Also do not eat anything stored in the fridge for too long.
- Consume vegetables such as bitter gourd (karela), pointed ground (parval), raw radishes (mooli), bottle gourd (dudhi), pumpkin, drumsticks, ginger, turmeric, garlic, and mint.

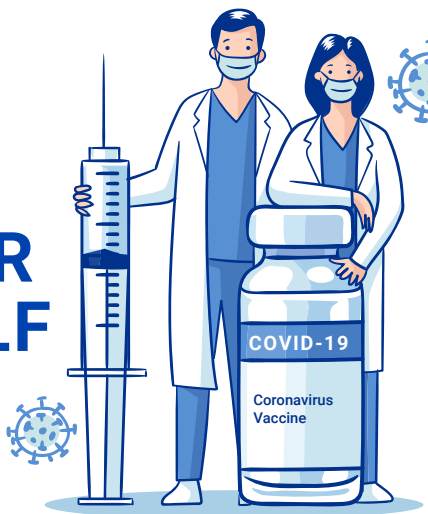


### Daily Routine :

- Maintain cleanliness in and around the home for all individual and the family.
- Avoid unnecessary visits to crowded places. Wear a disposable mask.
- Clean your hand properly. Avoid unnecessary touching to eye, nose, and mouth.
- Stay away from patients having a cold and cough.
- Chant Vishnushastra Mantra or other mantras.
- Do light pranayama and exercise.
- Have a meal once a day, and a light meal before sunset.
- Do not take any other foods immediately after a meal.



# HOW TO REGISTER YOURSELF ON Co-WIN



[www.cowin.gov.in](http://www.cowin.gov.in)

Open web browser and type  
**[www.cowin.gov.in](http://www.cowin.gov.in)**



Click on **Register Yourself**

Add **OTP** after add mobile no.



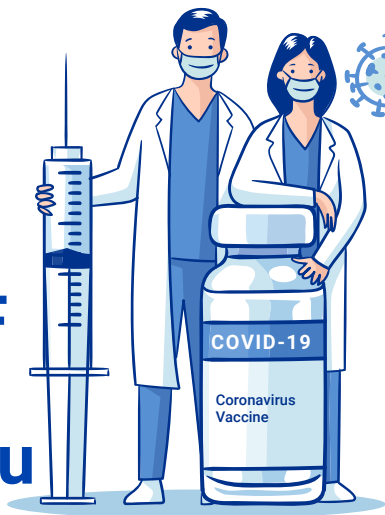
Fill all information of registration page  
& **click on Schedule Appointment**

Add your PIN Code and select  
**Nearest vaccination centre & Date**



Get your **vaccination** on a select day

# HOW TO REGISTER YOURSELF ON Aarogya Setu



Download **Aarogya Setu** App

Click on **Co-WIN** option



Click on **vaccination**(login/Register)

Add **OTP** after add mobile no.



Add your Name, ID proof,  
Cast, Date of Birth

Add your PIN Code and select  
**Nearest vaccination centre & Date**



Get your **vaccination** on a select day




#Largestvaccinedrive

# Questions and Answers

Correct information on India's vaccine drive

**Q&A**

**ARE THERE ANY SIDE-EFFECTS OF COVID-19 VACCINE?**



AS IS TRUE FOR OTHER VACCINES, THE COMMON SIDE EFFECTS IN SOME INDIVIDUALS COULD BE MILD FEVER, PAIN, ETC. AT THE SITE OF INJECTION

**Q&A**

**IS ONLY ONE DOSE OF VACCINE REQUIRED?**



NO, THIS IS INCORRECT. TWO DOSES OF VACCINE, 28 DAYS APART, NEED TO BE TAKEN BY AN INDIVIDUAL TO COMPLETE THE VACCINATION SCHEDULE

**Q&A**

**IS IT MANDATORY FOR ALL TO TAKE THE VACCINE?**



NO, GETTING VACCINATED IS VOLUNTARY. HOWEVER, IT IS ADVISABLE TO COMPLETE THE SCHEDULE OF VACCINE TO LIMIT THE SPREAD OF THE VIRUS

**Q&A**

**ARE INDIAN VACCINES NOT EFFECTIVE IN COMPARISON TO OTHER COUNTRIES?**



INDIAN VACCINE HAD UNDERGONE MULTIPLE TESTS AND TRIALS. IT IS ACCURATE AND EFFECTIVE TO FIGHT COVID-19

**#Largestvaccinedrive**

**Q&A**

**CAN I GET VACCINATED WITHOUT A PHOTO ID?**



PHOTO ID IS A MUST FOR BOTH REGISTRATION & VERIFICATION AT SESSION SITE TO ENSURE THAT THE INTENDED PERSON IS VACCINATED

**Q&A**

**DOES ONE NEED TO WEAR A MASK OR TAKE PRECAUTIONS AFTER GETTING VACCINATED?**



EVEN WHEN VACCINATED, ONE MUST FOLLOW COVID APPROPRIATE BEHAVIOURS LIKE WEARING A MASK AND MAINTAINING PHYSICAL DISTANCE

**Q&A**

**CAN A PERSON GET VACCINATED WITHOUT REGISTRATION?**



REGISTRATION IS MANDATORY. ONLY AFTER REGISTRATION, THE INFORMATION ON THE SESSION SITE & TIME WILL BE SHARED



Help us to  
help you

# COVID-19

## Proning for Self care

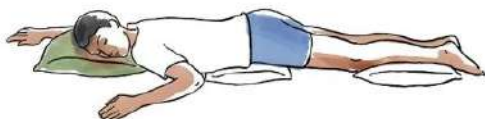
■ Proning is a medically accepted position to improves breathing comfort and oxygenation.

### For Self-Proning:

- You will need 4-5 Pillows.
- Regular alterations in lying position
- Best is to not spend more than 30 minutes in each position

#### 1 LYING ON YOUR BELLY

⌚ 30 minutes



#### 2 LYING ON YOUR RIGHT SIDE

⌚ 30 minutes



#### 3 SITTING UP

⌚ 30 minutes



#### 4 LYING ON YOUR LEFT SIDE

⌚ 30 minutes



#### 5 THEN BACK TO POSITION 1

⌚ 30 minutes



## **Caution:**

- Avoid proning for an hour after meals
- Maintain proning for only as much times as easily tolerable
- One may prone for up to 16 hours a day, in multiple cycles, as felt comfortable
- Pillows may be adjusted slightly to alter pressure areas and for comfort
- Keep a track of any pressure sores or injuries, especially , around bony prominences

## **Avoid Proning in conditions like:**

- Pregnancy
- Deep venous thrombosis (Treated in less than 48 hours)
- Major cardiac conditions
- Unstable spine, femur, or pelvic fractures

## **Non-self pronating patients (in emergency):**

- Five-step method to place a patient in the prone position using a regular bed, flat sheet, and family members
- Using a flat sheet, pull the patient to one side of the bed.
- Place the flat sheet around the arm that will pull through(the side you are turning toward).
- A second flat sheet is placed on the bed and tucked under the patient. This sheet will pull through as you are turning the patient.
- Using the sheet, turn the patient over and position the patient prone. The arm and sheet will pull across the bed.
- Pull and center the patient. Discard the sheet that was used to place the patient in the supine position. Straighten lines and tubes.

# A set of 15 promises, we need to follow, as part of COVID Appropriate Behaviours



1.  
**Greet without physical contact**



2.  
**Maintain physical distance**



3.  
**Wear reusable face cover or mask**



4.  
**Avoid touching eyes, nose and mouth**



5.  
**Maintain respiratory hygiene**



6.  
**Wash hands frequently and thoroughly**



7.  
**Do not chew tobacco, khaini etc. or spit in the public places**



8.  
**Regularly clean and disinfect frequently touched surfaces**



9.  
**Avoid unnecessary travel**



10.  
**Do not discriminate against anyone**



11.  
**Discourage crowd - Encourage Safety**



12.  
**Do not circulate social media posts which carry unverified or negative information**



13.  
**Seek information on COVID-19 from credible sources**



14.  
**Call National Toll-free helpline 1075 or State helpline numbers for any queries**



15.  
**Seek psychosocial support for any stress or anxiety**

SWARNIM  
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UNIVERSITY



**FIT  
INDIA**



**#stayhome  
#staysafe**



**Do Yoga  
Beat Corona**





सत्यमेव जयते

**Sports, Youth & Cultural Activities Department**  
Government of Gujarat

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**Swarnim Gujarat Sports University**

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**Gujarat State Yog Board**



**Stay Home**  
**Stay FIT**

