



# ASSOCIATION OF MEDICAL CONSULTANTS MUMBAI

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Date: 22<sup>nd</sup> November, 2021

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Dear Doctor,

We are pleased to inform you that AMC is collaborating with Iyengar Yogashraya on a study on **the effect of the practice of Iyengar Yoga on the emotional health of the medical fraternity** which is supported by the Department of Science and Technology, Government of India. We seek your participation in the study.

The study involves the following aspects.

1. Your formal agreement to participate in this study.
2. Your completion of a baseline form providing personal information - takes about 5 minutes to complete.
3. Your completion of a **consolidated form** which consists of validated questionnaires - assessing your general health, perceived stress, sleep patterns, quality of life, burnouts. - it takes about 10 to 15 minutes to complete this form.
4. Our exclusion criteria to participate in the yoga study are
  - a. Age more than 70 years
  - b. Cardiac conditions
  - c. Uncontrolled hypertension
  - d. Diabetes - on insulin therapy
  - e. History of stroke
  - f. Any autoimmune disorder
  - g. Suffering from cancer
  - h. Severe physical disability
  - i. Those who are regular practitioners of yoga [for over 1 month]
5. Those who do not fall under the exclusion criteria will then be assigned to a yoga or control group for a period of 3 to 6 months. The yoga group will be taught Iyengar Yoga classes online daily for the first week and then 2x a week for the next 3 months. the duration of each class being 45 min to 1 hour. Even if you are assigned to a control group, you will be provided free yoga classes for a period of 3 months after the completion of the study.

We have organised **zoom meetings** on two different days and times **for any queries** wherein the investigators will explain the study and also address any queries/ doubts that you may have pertaining to this study.

Saturday November 27, 2021 at 7 pm

Sunday, November 28, 2021 at 10 am

**The zoom link for the same is**

<https://us06web.zoom.us/j/83878616639?pwd=Ry9veldJYWd0eGIROGhSZ0hOMCtZdz09>

Meeting ID: 838 7861 6639 Passcode: 072766

If the study protocol is clear to you, you can directly enroll for this study by filling the forms below.

Baseline form: <https://tinyurl.com/IYdoctors>

Emotional Health status forms: <https://tinyurl.com/IY-research>

Please note that all the personal information will remain confidential.

Regards,

**Prof. Dr. Sushmita Bhatnagar**  
President

**Dr. Pradeep Baliga**  
Hon. Secretary