

## Title: Efficacy of suryanamaskar practice on insomnia severity during covid-19 induced lockdown (with and without video-based supervision) using tele-therapy

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Covid-19 induced lockdown had restricted outdoor workouts. Indoor workouts were largely unsupervised. Video assisted supervision of exercise and yoga sessions was also used in various reported studies. Whether video supervision is any better than without video supervision for Suryanamaskar, (SN) practice was the research question explored by us in this study. N=60 individuals (30 in each group), were analysed using insomnia severity index (ISI), for the effect of SN with or without video-based supervision. SN was taught to both the groups by a physiotherapist trained in yoga using video-based call, however video-based supervision was the independent variable. Practice of SN was recommended in a natural atmosphere with direct exposure to sun light and fresh air. The improvement is seen for ISI in both phases with or without the video calling in pre and post analysis ( $p < 0.05$ ), but no additional effect of video-based supervision on the ISI ( $p > 0.05$ ) improvement is seen.

### Biography

Prof (Dr) Mayank Shukla, has a PhD in Sports Medicine and Physiotherapy, and MPT in Cardiopulmonary PT, he has been trained at the best hospitals including the AIIMS, New Delhi. He has 18 years+ of teaching and clinical experience, along with international teaching experience at LTU-Sweden. He has 18 publications, & 3 published patents. One of his papers is part of WHO Covid-19 database. Sharda University is a private university located in Knowledge Park III, Greater Noida, Uttar Pradesh, India