

Effect of Meditation, Yoga and skill training in mental rehabilitation, well-being and improving the performance of soldiers isolated with covid infection.

Flt Lt V.S.Srikanth¹, Group Capt Anurakshat Gupta²

1) Medical Specialist Command Hospital Air force Bangalore

2) Senior Advisor and Professor of General Surgery Command Hospital Air force Bangalore

I) Summary:

During the peak of covid pandemic, the fear of contracting covid infection by itself increased mental and psychological stress among people. Once an individual tested positive and was isolated, it further worsened the stress factor, leading to fear, anxiety, depression and poor mental wellbeing. In our study we focused on mental rehabilitation, well being and improving the overall performance of the soldier during the isolation period. We trained all the patients in Meditation, yoga and effectively utilized the time for training all the personals in basic life support (BLS). These mental rehab daily exercise kept personal motivated, focused

II) Methods & Result

Study type – Prospective observation study, Study duration– July-August 2020, Sample size–150 cases. Inclusion criteria – All asymptomatic and mild covid positive patients admitted to CCC Jalahalli. Exclusion criteria– Cases that progressed to moderate/Severe category.

- **Assessment of mental and general well being** – Hospital anxiety and depression scale (HADS), SF36 scoring system, applied during quarantine time and at discharge
- **Training on mental and general well-being** – Training sessions by instructor, followed by instructor guided group practice for yoga and meditation daily morning and evening
- **Training Mode for basic life support**– Audio visual aid, skit and mock drills in the afternoons.
- **Evaluation of training effectiveness**– Objective Testing Mode with Multiple Choice questions applied pre & post training session.

Result:

HAD Anxiety score: Pre Admission - Borderline Anxiety:72%,Normal: 26%, and SevereAnxiety:2%. At Discharge - Borderline:18%,normal:82%, severe: Nill

HAD Depression score: Pre admission Normal: 64%, Borderline:36%, and Severe:0%

At Discharge: Normal92 %and boarder line depression8%.

SF36 pre admission-Mental wellbeing score (42) General Well-being score (56)

SF36 At discharge-Mental wellbeing score (65), GeneralWell-being score (69).

Pre training assessment in BLSindicated-Good awareness level in first aid and management of electric shock, fall and chocking. Moderate level and less awareness in BLS in drowning and heat injury. **Post trainingassessment in BLS**showed significant improvement in knowledge level in topics like heat injuries, BLS and drowning with 100%, 95% and 116% respectively when compared with pre-test scoring on the topics.

III) Conclusions:

We conclude that Meditation, Yoga and skill training helped the personals to overcome the stressful phase and had a significant positive impact on mental rehabilitation and emotional well-being of the participants. Basic life support training engaged them in knowledge enhancement and kept motivated in learning a new life saving skill everyday.