


16	Yoga for Health Promotion <ul style="list-style-type: none">• Space for Yoga Instructor, Supporting staff and Equipment• Availability of Equipment as specified in Appendix 10 of MES - 2024	NA
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Navi Mumbai - 410 210.

DEPARTMENT OF YOGA FOR HEALTH PROMOTION

Space for Yoga instructor, supporting staff and equipment-40 sq. mtr.

Details of items of Equipment etc available as per NCH(MES) Regulations

Equipment required in Department of Yoga for Health Promotion

1.	Equipment required in Department of Yoga for Health Promotion	Required	Available
S. No	Items	Required	Available
1.1.	Weighing machine	1	✓
1.2.	Height chart	1	✓
1.3.	Blood pressure instrument	1	✓
1.4.	Stethoscope	1	✓
1.5.	Torch	1	✓
1.6.	Hammer	1	✓
1.7.	Patient record register	1	✓
1.8.	Case taking Performa	as required	
	Diet chart pad	as required	
1.10.	Yoga mat	35	✓
1.11.	Yoga stretching belt	10	✓
1.12.	Yoga exercise ball	05	
1.13.	Belly twister	02	
1.14.	Fitness cycle	01	
1.15.	Palm ball	05	

Staff Qualification as per Schedule III

2.	Designation	Required	Available
	Yoga Instructor	02 (1Male & 1 Female)	✓




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