

SKYFIT – HUMAN ENGINEERING & TRANSFORMATION TO UNLEASH THE FULL POTENTIAL OF SELF

**LIFE MANAGEMENT FOR ATCOs, PILOTS, CABIN CREWS,
AIR PASSENGERS THROUGH BREATHING TECHNIQUES**



**Modern Scientific Techniques infused
with Ancient Yogic Breathing Practices**

Holistic approach towards Quality Health & Well-being

Breathing exercise for Self-Healing : Forgotten science of talking to body and mind

A Long and Subtle Breath establishes a calm mind; A Calm mind is the foundation for everything great. But have you ever thought how to master the art of breathing for being the king of mind?

The unprecedented aviation growth, in the past few years, has posed various challenges for the aviation industry globally. One of the biggest challenge is the occupational stress for the personal working in the high demand environment.

The long term exposure to high stress is affecting the health of the personal severely, leading to conditions like hypertension, diabetes, Low energy level, Headaches, Upset stomach, aches, pains, tense muscles, Chest pain, rapid heartbeat, Insomnia, Frequent colds and infections etc.

Many studies have been conducted in the past regarding stress development process and interventions like Interventions on the external socio-economic environment, on technology & work organization, working place and task structure, improving individual responses & behaviour and by health protection and promotion etc.

Stress in the aviation industry is a common phenomenon composed of three sources, which are physiological stressors, psychological stressors, and environmental stressors.

Changes in work shifts and trans-meridian flight result in asynchrony between aviation personal's circadian rhythms. This lack of synchrony results in shift-lag syndrome (due to changes in work schedule) and jet-lag syndrome (due to trans-meridian flights) severely affects the body clock.

An airline pilot can be an extremely stressful job, due to the workload, responsibilities and safety of the thousands of passengers they transport around the world. Being a pilot is considered a unique job that requires managing high workloads and good psychological and physical health. Pilots are considered to be highly affected by stress levels.

The crewmembers even under ordinary conditions, face environmental stressors such as noise, vibration, decreased barometric pressure, and accelerative forces. Fatigue and altered sleep-wake cycles also may be factors, especially for crewmembers on flights that span several times zones.

Air Traffic Control is a highly demanding job with high stress levels due to the complexity involved balancing the controlling numerous aircraft in an efficiently, expeditiously and safe manner whilst also catering for contingencies such as weather development and aircraft emergencies etc. Due to this complexity, controllers require high cognitive capacities which include spatial scanning, movement detection, image and pattern recognition, prioritizing, visual and verbal filtering, coding and decoding, inductive and deductive reasoning, short- and long-term memory, and mathematical and probabilistic reasoning.

BREATHE for Better Health

The Yogis of the ancient traditions have closely studied the association of breath and the mind. All of the body systems are either INVOLUNTARY or VOLUNTARY ones. Breathing is the only system that can be made voluntary at any time. And this is the key to controlling the nervous system on which our breathing exercises are based.



When you own your breath nobody can steal your peace

Elixir for Healthy Life in Aviation: SkyFit

Airports Authority of India has worked closely with the experts of the Yogic Tradition and medical experts, to develop simple breathing exercises that can help in managing all kinds of stress. The session SKYFIT organised by AAI along with yoga and breath works experts, can help the personnel involved in aviation industry at various levels, in learning these simple yet effective breathing techniques, to manage stress in a remarkably efficient manner.

Yoga brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle-related disorders.

It embodies unity of body, breath and mind; thought and action; balancing restraint and fulfilment; harmony between man and nature and a holistic approach to health & well-being. 'Right Breathing' is the most effective and by far, the most enjoyable tools to unwind and relax internally and externally.

Benefits of SkyFit:

- Control Breath to control mind
- Enhance Cognitive thinking, emotions, analytical and learning powers,
- Increased awareness, sensitivity and controlled responses
- Channelize thought processes of the mind
- Influence our Nervous System, the treasure house of all human potential and possibility
- Reduces and manage stress
- Takes care of psychosomatic and lifestyle diseases like hypertension, diabetes, pulmonary disorders and mental illnesses.
- Benefits irrespective of age, gender or physical fitness level.
- Improve the way we breathe



Empower and Enlighten Yourself

You can't go back and change the beginning,
but you can start where you are and change
for the better

Live Life to the fullest



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