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**ADVANCED CENTRE FOR YOGA THERAPY,
EDUCATION & RESEARCH (ACYTER)**

(A collaborative venture between JIPMER, Puducherry & MDNIY, New Delhi)

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**REPORT ON NATIONAL WORKSHOP-CUM-
SEMINAR ON ROLE OF YOGA IN PREVENTION
AND MANAGEMENT OF DIABETES MELLITUS**



The Advanced Centre for Yoga Therapy, Education and Research (ACYTER) and the Department of Physiology, JIPMER organized a two day National Workshop-cum-Seminar on “Role of Yoga in Prevention and Management of Diabetes Mellitus” on 1 & 2 March 2011 at JIPMER.

The workshop was organized in collaboration with Morarji Desai National Institute of Yoga (MDNIY), New Delhi, an autonomous organization under the Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India. More than 200 medical, paramedical and yoga professionals and yoga enthusiasts from all over the country participated along with 100 medical students of JIPMER and 30 faculty, residents and staff members of the Department of Physiology and ACYTER, JIPMER.

The workshop was inaugurated by Dr KSVK Subba Rao, Director JIPMER and Dr BK Sahay, eminent diabetologist was the guest of honour. Senior faculty members from various departments of JIPMER as well as eminent yoga and medical experts from all over the country participated.

The workshop deliberated on the role of yoga in the prevention and management of diabetes with keynote lecture, invited talks, lecture-demonstrations, panel discussions and practice sessions that were given by a team of 30 resource persons from JIPMER, DIPAS, NIMHANS, Viniyoga Healing Foundation, Chennai; The Yoga Institute, Mumbai; Iyengar Yogashraya, Pune; Antar Praksh Yoga Centre, Haridwar; KMC Mangalore, Vinayaka Mission's Medical College, Salem; Vivekananda Institute of Yoga Therapy, Karur; PGIBMS, Taramani, Chennai; and the International Centre for Yoga Education and Research, Pondicherry.

Faculty from JIPMER included Dr AK Das, Medical Superintendent, Dr Madanmohan, Professor and Head, Department of Physiology and Programme Director ACYTER (Organizing Chairman of the workshop) and Dr GK Pal, Professor, Department of Physiology (organizing secretary of the workshop). Dr Zeena Sanjay, Shri E Jayasettiaseelon, Shri G Dayanidy and Selvi L Vithiyalakshmi from ACYTER and Smt Lalitha Shanmugam, Smt Devasena Bhavanani and Smt Meena Ramanathan of Yoganjali Natyalayam assisted in the conduct of the practice sessions under guidance of Dr Madanmohan and Dr Ananda Balayogi Bhavanani, (Coordinator of the workshop).



On the evening of the first day, the delegates were treated to a spectacular cultural programme that was a fusion of yogasana tableaux, Bharatanatyam compositions and instrumental music that was presented by Yoganjali Natyalayam under the dynamic direction of Kalaimamani Yogacharini Meenakshi Devi Bhavanani, Director of the institute. Dr Ananda Balayogi actively coordinated the performance along with Smt Devasena Bhavanani.

Dr IV Basavaraddi, Director MDNIY was guest of honour for the valedictory function and expressed his appreciation of work at ACYTER, JIPMER. In his special address he extolled the medical community to research yoga in depth with proper adherence to the correct textual basis and proper practice of yoga techniques so that the results were of international quality and acceptable to the modern scientific community. At the conclusion, Yogacharya Dr Ananda Balayogi Bhavanani, Programme Coordinator ACYTER proposed the vote of thanks.

DECLARATION OF THE WORKSHOP

National workshop-cum-seminar on “Role of Yoga in Prevention & Management of Diabetes Mellitus”, attended by more than 200 delegates, medical professionals and students, yoga experts and discernible persons from the local town of Pondicherry, has been a grand success.





The physiological, pathological, psychological and metaphysical perspectives of prevention and management of diabetes have been deliberated at length and futuristic ideas and plans have also been put forth. We, the organizers, patrons, delegates and all the participants, urge the State Government, Central Government, MCI & Department of AYUSH to evolve a concrete policy for promotion of yoga as an adjunct to modern medicine so that a mass movement for yoga awareness with a sound scientific footing can be initiated.

The workshop proposes the following recommendations with regard to the prevention and management of diabetes mellitus through yoga:

1. The inculcation of yoga has to be not only at the medical level but at the school level if we want to prevent diabetes. We need to concentrate our energies on working at the school level itself and catch them young.
2. Screening for pre-diabetes needs to be intensified and yoga introduced to the pre-diabetics to prevent them from going into full blown diabetes.
3. We need to bring out effective and consensus-based diet guidelines keeping yogic principles in mind.
4. A universal standardized yoga package needs to be evolved for diabetes so that the diabetic patients all over the world can be benefited in a rational manner.
5. A universal standardized research protocol to scientifically evaluate the effect of yoga on diabetes



needs to be evolved with inputs from physicians, researchers and statisticians.

6. Scientific evaluation and standardization of various recommended individual techniques of yoga should be done and documented with publications so that the benefits of the individual practices as well as their combination can be understood in a scientific and rational manner.





CME PROGRAMME AT SRI SATYA SAI MEDICAL COLLEGE AND RESEARCH INSTITUTE, KANCHEEPURAM

Staff of ACYTER presented talks and lecture demonstrations during the CME on “Physiological Effects of Yoga” on January 17th 2011, organized by the Department of Physiology, Sri Satya Sai Medical College and Research Institute, near Chennai.

Dr Madanmohan, Programme Director presented an overview of “Yoga and Physiology” while Dr Ananda Balayogi, Programme Coordinator gave a talk on “Therapeutic Potential of Yoga”. Dr Zeena Sanjay, SRF gave a talk on “Yoga research” that also highlighted the activities of ACYTER. Sri G Dayanidy gave a spectacular demonstration of various yogasanas with commentary by Dr Ananda.

The CME was attended by more than a hundred members of the management, faculty, staff and students who gave positive feedback and expressed appreciation for the entire programme.



ACYTER PARTICIPATION IN YOGA AWARENESS PROGRAMMES



Dr Madanmohan, Programme Director and Dr Ananda Balayogi, Programme Coordinator were invited to give talks and workshops on January 20 and 21, during the Golden Jubilee National Seminar-cum-Workshop on “Role of Yoga in Respiratory Tract Disorders” organized by the Advanced Centre for Yoga Education and Research, Gujarat Ayurved University, Jamnagar, Gujarat, in collaboration with Morarji Desai National Institute of Yoga (MDNIY), New Delhi.

Dr Ananda Balayogi, Programme Coordinator was invited to give a talk on “Physiological perspective on recent trends in yoga therapy” during the “Yoga Update” at Kaivalyadhama, Mumbai on January 29-30, 2011.



Dr Madanmohan, Programme Director, Dr Ananda Balayogi Bhavanani, Programme Co-ordinator and Dr Zeena Sanjay, SRF attended the Yoga Week which held from February 12-18 at MDNIY, New Delhi. Dr. Ananda Balayogi Bhavanani presented a talk on yoga for general well being at the yoga week. Dr Madanmohan chaired a session and gave a talk in the valedictory session.

RECENT ACTIVITIES AT ACYTER

As part of the pre-hypertension research project, yoga therapy sessions are being conducted for staff members of Kendriya Vidyalaya from the second week of January. Screening of the participants for pre-hypertension was done by Mr Ram Kumar, PhD scholar, Dept of Physiology while Shri G Dayanidy is conducting the sessions on Tuesday, Thursday and Saturday from 3 – 4 PM at the school premises. Yoga therapy sessions are being conducted for pregnant

ladies as part of a pre-eclampsia prevention study since the end of March. Screening of the patients is being done by Dr Manikandan, Asst Professor in OBG, JIPMER and Selvi L Vithiyalakshmi is conducting the sessions on Tuesdays and Thursdays from 3- 4 PM at the ACYTER yoga hall.

YOGA THERAPY OPD AT SUPERSPECIALITY BLOCK

Yoga therapy OPD is functioning in Super Specialty Block of JIPMER. Yoga therapy and lifestyle consultation is given by Dr Ananda Balayogi Bhavanani and Dr Zeena Sanjay from 10 AM to 1 PM on Monday, Wednesday and Friday and 10 AM to 4 PM on Tuesday and Thursday. 436 patients (new 358 and old 78) of various disorders attended the OPD between January and March 2011.

YOGA THERAPY SESSIONS

The yoga therapy sessions are being conducted at ACYTER yoga hall on Mondays, Wednesdays and Fridays from 10 – 11 AM for patients of diabetes, 11 AM – 12 noon for patients of cardiovascular diseases and 12 noon – 1 PM for patients of other disorders. The yoga instructors, Shri G Dayanidy and Selvi L Vithiyalakshmi are conducting the sessions both individually and in groups as per directions of the therapists. Patients have reported satisfaction with the therapy sessions and are attending regularly. 747 patients of diabetes, 424 of hypertension and 770 of other conditions attended these sessions in January - March 2011.

YOGA CLASSES FOR NORMAL SUBJECTS

Yoga classes are being conducted on Mondays, Wednesdays and Fridays at 6.30 AM and 4.30 PM. 415 participants attended the classes in the last quarter. Suryanamaskar, basic asanas, pranayamas and relaxation techniques are being taught in the classes.

YOGA CLASSES FOR SENIOR CITIZENS

Classes for senior citizens are being conducted every Thursday between 11 AM and 12 noon. 95 participants attended classes with Mrs. Meena Ramanathan, Coordinator, Yoga Centre, Mahatma Gandhi Medical College and Research Institute.

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