

योग चिकित्सा शिक्षा एवं अनुसंधान उन्नत केन्द्र

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

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



Bulletin of ACYTER – January 2011

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Published by the
Advanced Centre for Yoga
Therapy, Education &
Research (ACYTER),
JIPMER, Puducherry, India
605 006

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

Announcement

The Advanced Centre for Yoga Therapy, Education & Research (ACYTER) and Department of Physiology JIPMER are jointly organizing a National Workshop-cum-Seminar on “Role of Yoga in Prevention and Management of Diabetes Mellitus” in collaboration with Morarji Desai National Institute of Yoga, (MDNIY) New Delhi.

The workshop will be conducted on March 1 & 2, 2011 at JIPMER. More than 200 medical and paramedical professionals and yoga therapists are expected to participate.

The Workshop-cum-Seminar will deliberate on the role of yoga in the prevention and management of diabetes mellitus. Lectures, lecture-demonstrations, panel discussion and practice sessions will be conducted by eminent medical and yoga experts.

Registration fee is Rs. 800 for delegates and Rs. 300 for student delegates and includes registration, kit, lunch and refreshments. Certificate of participation will be issued to all delegates. Assistance will be provided to arrange accommodation if required but hotel/guest house charges are to be borne by delegates.

The Advanced Centre for Yoga Therapy, Education and Research (ACYTER), a collaborative venture between JIPMER, Puducherry and Morarji Desai National Institute of Yoga (MDNIY), New Delhi was established by a MOU between JIPMER and MDNIY in June 2008. The centre is focusing on the role of yoga in the prevention and management of cardiovascular disorders and diabetes mellitus. More than 6000 patients have benefited from the yoga therapy consultations and practical sessions till date. The centre also aims to popularize the science of yoga among medical professionals and general public and has conducted workshops and awareness programmes to this effect.

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FOUNDATION COURSE IN YOGA FOR MEDICAL AND PARAMEDICAL PROFESSIONALS AND STUDENTS OF JIPMER

One month Foundation Course in yoga for Medical and Paramedical Professionals and Students was conducted at JIPMER from 18 October to 20 November 2010. 63 medical doctors, paramedical professionals, students and staff members of JIPMER participated in the training programme. The theory lectures were conducted in Bernard Theatre and practice sessions in the auditorium of the Nursing College under the direction of Dr. Madanmohan, Professor and Head, Department of Physiology, JIPMER and Programme Director ACYTER.



Modern man is the victim of all-pervading stress. Yoga is the best means for managing this stress of our daily life. Medical and paramedical professionals have to face great stress in their professional career and the regular practice of yoga will improve their psychosomatic health and enable them to face the situation.

The holistic science of yoga has a great future as it has the potential to prevent as well as manage a number of stress-induced chronic diseases that defy allopathic medicine. A holistic physician who is a practitioner of yoga will be able to render better medicare to the masses and will be a boon to the society.

ACYTER and Department of Physiology, JIPMER had also previously organized a two day National Workshop on “Introducing Yoga in the medical curriculum” in March 2009 at JIPMER. The workshop was organized in collaboration with Morarji Desai National Institute of Yoga (MDNIY), New Delhi under auspices of Department of AYUSH, Govt of India. The national workshop deliberated on the need, feasibility and modality of introducing yoga science in the medical curriculum for medical students in particular and medical professionals in general. 20 resource persons from eminent Yoga Centers and 150 participants from all over the country participated in the workshop that included theory, practice sessions and therapeutic aspects of yoga and evaluation methods for such a course.

The workshop had recommended the introduction of yoga to medical students in particular and medical professionals in general through a “Foundation Course in Yoga Science”. It was also recommended that a 48 hour foundation course be conducted after class hours for interested professionals through the yoga units of the institutions as per the syllabus that has been prepared by the MDNIY in consultation with eminent yoga and medical experts.



To achieve this aim, the Advanced Centre for Yoga Therapy, Education, and Research (ACYTER) under the direction of Dr. Madanmohan conducted a month long foundation course in yoga for medical and paramedical professionals and students at JIPMER. It is noteworthy that ACYTER has previously conducted two such foundation courses for nearly 130 medical and paramedical professionals and students.

The objectives of this 48 hour (one month) introductory course were:

1. To promote awareness among medical students about the effectiveness of yoga as an inexpensive means for achieving holistic health.
2. To impart knowledge, skill & attitude about the theoretical and practical aspects of yogic science.
3. To motivate medical professionals and students to take up further studies, therapy and research in yoga.



The 48 hour course was conducted over a period of one month and included lectures, lecture-demonstrations and practice sessions. Lecture topics included: What is yoga?, Healthy lifestyle: a yogic perspective, Effect of yoga training on physiological functions, Dhyana and its psycho-physiological correlates, Pranayam and its physiological benefits, Stress and its management: a yogic perspective, Spiritual health and healing: a yogic perspective, Diet for health and healing: a yogic perspective, Therapeutic potential of yoga, Benefits of yoga

practices and traditional basis of yoga. Group discussion and assignments were given on yoga therapy modules on stress, yogic diet, anxiety, hypertension, diabetes mellitus, bronchial asthma, obesity, arthritis, GI disorders, cardiovascular diseases and menstrual disorders. Practical sessions were guided by Shri G Dayanidy and Selvi L Vithiyalakshmi with assistance from Selvi Shyamaladevi and Mrs. Karpagam Ramanan. Pre-test and post-test were given to all participants at the beginning and end of the course and there was a 60 percent improvement in scores.

Valedictory function was held 19 November with Dr. KVSK Subba Rao, Director, JIPMER as chief guest and Dr. S Revathi, Principal Nursing College and Coordinator GFATM as special guest. Dr. Ananda Balayogi Bhavanani welcomed all to the concluding session and Dr. Madanmohan gave an overview of the aims and objectives of the course that were successfully met during the month-long training programme. In his valedictory address Director, JIPMER appreciated the efforts of Dr. Madanmohan to spread the message of yoga effectively and assured his cooperation for the activities of ACYTER. Positive feedback was given by all the participants with special inputs from Dr. Nalini, former Professor of Pediatrics at JIPMER who is a regular visitor to the ACYTER. Certificates were distributed to all participants who had completed the course and vote of thanks proposed by Shri E Jayasettiaseelon.



ACYTER PARTICIPATION IN YOGA AWARENESS PROGRAMMES

Dr Ananda Balayogi, Programme Coordinator ACYTER was invited to present a lecture on "Yoga for women" in the 8th National Conference hosted by Puducherry Chapter of Society of Midwives on 13th November 2010. He was invited to present another lecture on "Principles & Practice of Yoga Therapy for Geriatric Psychiatric Disorders" in the one day workshop on "Yoga Therapy for Psychiatric Disorders" held at the Advanced Centre for Yoga, NIMHANS, Bangalore on 5 December 2010. The event was organized jointly by the Advanced Centre and Morarji Desai National Institute of Yoga, New Delhi. The workshop aimed at improving the awareness and imparting brief training for yoga therapists and mental health professionals in therapeutic application of yoga for psychiatric disorders. It had lectures and demonstrations by experts from both Psychiatry and Yoga Therapy.

A delegation of yoga teachers from Italy visited ACYTER on 11th December and expressed their admiration for the programme and its activities. They were especially appreciative that Indian Government was bringing yoga into the mainstream health care system through advanced centers at JIPMER, NIMHANS, DIPAS, Gujarat Ayurveda University & at Government medical college, Jammu.

Staff of ACYTER also participated in the 18th International Yoga Festival Conducted by the Government of Pondicherry from 4-7 January 2011. Invited talks were given by Dr Ananda Balayogi, Programme Coordinator ACYTER and free consultation on yoga and healthy living was provided to 102 delegates and members of the public in the ACYTER stall. Sri G Dayanidy, Yoga Instructor ACYTER won first place in the 25-35 age category and was selected to participate in the Final Championship Round.

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, Programme co-ordinator and Dr Zeena Sanjay, SRF from 10 AM to 1 PM on Monday, Wednesday and Friday and 10 AM to 4 PM on Tuesday and Thursday. 234 patients (new 169 and old 65) of various disorders attended the OPD between October and December 2010.

YOGA THERAPY SESSIONS AT ACYTER

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 given in the OPD. Patients have reported satisfaction with the therapy sessions and are attending regularly. 593 patients of diabetes, 320 of hypertension and 591 of other conditions attended these sessions in October - December 2010.

REGULAR ACTIVITIES OF ACYTER

Regular yoga classes are being conducted on Mondays, Wednesdays and Fridays in both mornings and evenings. 164 participants attended the classes in the last quarter. Suryanamaskar, basic asanas, pranayamas and relaxation techniques are being taught in the general classes. Senior Citizen's Clinic is being conducted every Thursday and 112 participants attended classes with Mrs. Meena Ramanathan, Coordinator Yoga Centre, Mahatma Gandhi Medical College and Research Institute.