A National Workshop-cum-Seminar on “Role of Yoga in Prevention and Management of Hypertension” was held at JIPMER on March 18-19, 2010. The workshop was organized by the Advanced Centre for Yoga Therapy, Education & Research (ACYTER) and Department of Physiology, JIPMER in collaboration with Morarji Desai National Institute of Yoga (MDNIY) an Autonomous organisation under Dept of AYUSH, Ministry of Health, Govt of India, New Delhi.

The Workshop-cum-Seminar was inaugurated by Dr KSVK Subba Rao, Director JIPMER in the presence of Dr AK Das, Medical Superintendnet, JIPMER. Senior faculty members from various departments of JIPMER as well as eminent yoga and medical experts from all over the country participated in the inaugural function.

The academic proceedings were conducted at the Bernard Theatre while the practice sessions were held at the JIPMER Community Hall. 133 medical and paramedical professionals and Yoga therapists from all over the country participated in the deliberations along with 40 faculty, residents and staff members of the department of physiology and ACYTER.

Lectures, lecture-demonstrations, panel discussions and practice sessions were conducted by 27 eminent medical and yoga experts from all over the country representing JIPMER; DIPAS, New Delhi; Krishnamacharya Yoga Mandiram, Chennai; Iyengar Yogashraya, Mumbai; Kaivalyadhama, Lonavla; Viniyoga Healing Foundation of India, Chennai and the International Centre for Yoga Education and Research (ICYER), Pondicherry.
The key note talk on “Lifestyle modifications in diabetes mellitus” was given by Dr. AK Das, Medical Superintendent, JIPMER while the keynote by Yogacharini Meenakshi Devi Bhavanani, ICYER dealt with the importance of developing a yogic attitude in preventing and managing hypertension.

The following invited talks were given by eminent faculty during the workshop:

1. Stress and the relaxation response. Lt. Col. Dr. G Himashree, DIPAS, New Delhi
2. Pathophysiology of hypertension: a yogic perspective. Dr. Madanmohan, Professor and Head, Department of Physiology, and Programme Director ACYTER, JIPMER.
3. Yogic management of hypertension. Dr. Ananda Balayogi Bhavanani, Programme Coordinator, ACYTER, JIPMER and Chairman, ICYER, Pondicherry.
4. Meditation and its therapeutic potential. Dr. MR Kotwal, Medical Consultant, Govt. of Sikkim.
5. Psychological assessment in hypertension: yogic perspectives. Dr. Latha Satish, Psychologist and Managing Trustee, Krishnamacharya Yoga Mandiram, Chennai
6. Hypertension-Management and monitoring for complications: A physician’s perspective. Dr. Aparna Agrawal, Professor of Medicine, JIPMER

A excellent lecture-demonstration of yogasanas for hypertension was conducted by Dr. Rajvi Mehta, Editor Yoga Rahasya from the Iyengar Yogashraya, Mumbai. Dr. RS Bhogal, Principal GS College of Yoga and Cultural synthesis, Kaivalyadhama, Lonavla gave an enlightening and invigorating lecture-cum-practical session on Holistic Meditation.

Forenoon and afternoon practice sessions were conducted for the participants on both days at the JIPMER Community Hall. The Pranayama sessions were conducted by Dr. Madanmohan who was assisted by Shri R Murugesan, Dr Nalini Devi, Dr. Zeena Sanjay, Shri E Jayasettiaseelon and Smt. Lalitha Shanmugam. The Asana sessions were conducted by Dr Ananda Balayogi Bhavanani who was assisted by Smt. Devasena Bhavanani, Smt. Meena Ramanathan and Shri G Dayanidy.

On the first day a panel discussion on the “Role of Yoga in prevention of hypertension” was chaired by Dr. AK Das in his inimitable manner while Dr GK Pal was the moderator. The panelists were Dr. RS Bhogal, Dr. G Himashree, Dr. N Chandrasekaran, Dr Nalini Devi and Dr. Ananda Balayogi Bhavanani.

On the second day a panel discussion was held on the “Role of yoga in management of hypertension”. The discussion was chaired in an amiable manner by Dr. TK Datta and moderated by Dr. Vivek Sharma. The panelists were Dr. G Himashree, Dr. Geetha Shankar, Dr. Nalini Devi and Dr. Ananda Balayogi Bhavanani.
The delegates were treated to a spectacular cultural programme on the evening of the first day with a fusion of Yoga, Bharatanatyam and Music that was presented by Yoganjali Natyalayam, premier institute of Pondicherry. The cultural programme was directed by Yogacharini Meenakshi Devi Bhavanani, Director of the institute.

The workshop ended with the valedictory function that witnessed excellent feedback and appreciation from all faculty and participants. The efforts of Dr Madanmoahn, the organising chairman were appreciated deeply and all complimented MDNIY and JIPMER for their efforts towards integrating Yoga and modern medicine. The workshop declaration was adopted un-animously and the programme concluded with a vote of thanks by Dr G K Pal, the Organising Secretary of the workshop.

DECLARATION OF THE WORKSHOP

National Workshop-cum-Seminar on “Role of Yoga in Prevention & Management of Hypertension”, attended by 133 delegates, medical professionals, yoga experts and discernible persons from the local town of Pondicherry has been a grand success. The medical, psychological and metaphysical perspectives of prevention and management of hypertension were deliberated at length and futuristic ideas and plans have been put forth. We, the organizers, delegates and all the participants urge the State Government, Central Government, Medical Council of India & 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.

We jointly propose the following:

1. There is an alarming rise in the incidence of hypertension, even among the younger age groups. There is an urgent need to evolve a strategy to reduce the incidence, morbidity and mortality of the disease. Also, the comorbidity of hypertension namely obesity, impaired glucose tolerance and dyslipidemia need to be contained. All this can be achieved by including the holistic science of yoga practice as an adjunct to conventional treatment modalities. Yoga practice should be included in the school curriculum for reducing the incidence of childhood obesity, diabetes mellitus and hypertension.

2. For effective implementation of the above action plan, and to make yoga therapy readily available to the public, there is a need to have sufficient number of qualified yoga therapists and instructors. This capacity building should be done by designated institutes.

3. There is a need for designing specific yoga modules for prevention and management of hypertension and other lifestyle disorders.
ACYTER organized a seminar-cum-workshop on “Yoga and Complementary Therapies for AIDS/HIV” on 30 January 2010. More than 100 delegates participated in the sessions held from 9 am to 5 pm at the JIPMER Nursing College.

The seminar-cum-workshop aimed to introduce medical and paramedical professionals and yoga therapists to the potentialities of yoga and other complementary and alternative therapies in the prevention and management of HIV/AIDS.

Dr KSVK Subba Rao, Director JIPMER inaugurated the workshop in the presence of Dr Subbarayalu Naidu, Project Director, Pondicherry AIDS Control Society. Yogacharini Meenakshi Devi Bhavanani, Director ICYER and Dr N Ardhanari, Eminent Social Activist offered felicitations.

The workshop was conducted by 12 resource persons from various medical and Yoga organisations of Pondicherry under the direction of Dr Madanmohan, Professor and Head, Department of Physiology and Programme Director ACYTER.

Dr Subbarayalu Naidu gave a talk on “HIV infection & AIDS” and Dr Madanmohan spoke on “Role of Yoga in HIV/AIDS”.

Practical sessions were conducted by Dr Ananda Balayogi Bhavanani and Shri E Jayasettiaseelon assisted by Smt. Meena Ramanathan, Shri G Dayanidy and Selvi L Vithiyalakshmi.

A panel discussion on “Yoga and CAM therapies for AIDS” was chaired by Dr Madanmohan and moderated by Dr Ananda Balayogi Bhavanani. Panelists included Dr Prakash Rao (homeopathy), Yogacharini Dr Nalini Devi (modern medicine and Yoga), Dr Rajalakshmi (siddha), Smt. Meena Ramanathan (yoga) and Dr Zeena Sanjay (naturopathy).

**ROLE OF YOGA AND COMPLEMENTARY THERAPIES FOR AIDS/HIV: AN OVERVIEW**

No other word engenders as much fear, revulsion, despair and helplessness as AIDS. It is in fact rewriting medical history as humankind’s deadliest scourge. With 40 million deaths forecast in this millennium, statistics tell their own sordid tale. The first cases of AIDS were reported in the United States in 1981 and within two decades, about 50 million have been infected globally with 22 million deaths. Worryingly, many people think there is a 'cure' for AIDS, which makes them feel safer and perhaps take risks that they otherwise
wouldn’t. However, there is still no cure for AIDS. The only way to stay safe is to be aware of how HIV is transmitted and how to prevent HIV infection. Antiretroviral treatment can prolong the time between HIV infection and the onset of AIDS. Modern combination therapy is highly effective and someone with HIV who is taking treatment could live for the rest of their life without developing AIDS.

Alternative medicine has been variously called natural, complementary, ‘holistic’ and by other terms, which refer to elements of a particular modality or tradition. The traditional ethno-medicinal systems are by nature holistic, meaning that they aim to treat the whole individual, rather than a specific disease / symptom. Each individual possesses an innate healing capacity (the "immune system" in the broadest sense), and the goal is to reinforce this capacity and restore strength and balance to the weakened systems using a variety of natural modalities like body work, detoxification, foods, herbs and other botanicals, tailored to the individual’s specific constitution and condition.

The use of alternative therapies for AIDS grew out of this same eclectic mix. The key to effective treatment is early detection and intervention. Treatment aims to strengthen the immune system, help patients reduce stress and maintain good nutritional practices and appropriate exercise regimens.

Alternative therapies place significant emphasis on these lifestyle issues. Taking an active role is an important adjunct to treatment. Consideration of alternative therapies in conjunction with conventional medicine may offer additional opportunities for persons living with HIV/AIDS to be proactively involved in their treatment.

The emerging field of psychoneuroimmunology examines the interaction between physiological functioning and memory, behaviour and thoughts. Psychoneuroimmunology stresses the connection between mind and body. Therefore, working on the body will affect the mind as well. By obtaining insight into one's hardiness level, community, and belief or value system, the possibility for experiencing better health is offered.

New research reveals that stress enables HIV to spread more quickly in infected persons and prevents antiretroviral drugs from restoring immune system function. The higher a person’s stress levels, the less they responded to the antiretroviral drugs.

Yoga is quickly gaining ground as an important complementary therapy in the treatment of HIV and AIDS.
because of its adaptability and its physiological and psychological benefits. Meditation can calm the mind and promote healing. The patients gain a sense of well-being and control over their bodies that carries over into their daily lives. Yoga postures promote strength, flexibility, endurance and improve circulation. Recent studies in the USA have shown that mindfulness meditation, defined as practicing an open and receptive awareness of the present moment, avoiding thinking of the past or worrying about the future can have a direct impact on slowing HIV disease progression by modulating the cell mediated immunity.

NATIONAL YOGA WEEK 2010 AT MDNIY, NEW DELHI

Dr Madanmohan, Programme director and Dr Ananda Balayogi Bhavanani, programme co-ordinator were invited speakers for the National Yoga Week 2010 organized by MDNIY at New Delhi from February 12 to 18. Dr Madanmohan gave an invited talk and chaired a session on “Yoga for Cardiovascular Health” and Dr Ananda conducted a workshop on “Yoga for Technostress” in collaboration with staff of MDNIY. Shri E Jayasettiaselcon, Shri G Dayanidy and Shri B Gopal, PAO, JIPMER participated in the conference, seminar and workshop organized during the week long programme.

During the Yoga Week, all advanced centers had put up poster presentations on their activities. ACYTER put up a poster presentation highlighting activities that have been organized and conducted at JIPMER in the past year as well as the research contributions through various studies done in the past three decades by Dr Madanmohan, Professor and Head, Department of Physiology and Programme Director, ACYTER.
TALK ON MOTHER-CHILD HEALTH

Dr Ananda Balayogi Bhavanani, programme co-ordinator presented an invited talk on “Yoga: A boon for Maternal and Child Health” at Mother Teresa Institute of Health Science as part of the State Level Campaign for mother and child health organized by the Directorate of Indian Systems of Medicine and Homeopathy, Government of Pondicherry on 23 February 2010. All the participants and eminent experts of modern medicine and alternative medicine who were present on the occasion appreciated the presentation that highlighted the importance of yoga in both antenatal and postnatal care.

YOGA CLASSES FOR NURSING STUDENTS

A lecture on yoga, meditation and spiritual healing was conducted for final year students of BSc Nursing on 1 February while lectures and yoga practice sessions highlighting benefits of yoga for antenatal and postnatal health were conducted on 23 and 24 February at the JIPMER Nursing College. The classes were conducted by Selvi Vithiyalakshmi, yoga instructor while Dr Ananda Balayogi Bhavanani, programme co-ordinator gave a theory session highlighting important yoga practices for both antenatal and postnatal care. Shri E Jayasettiaseelon, SRF gave a theory session on yoga, meditation and spiritual healing. More than 50 nursing students enthusiastically participated in the classes and expressed the physical and mental benefits they felt after the yoga practice sessions. The authorities of the nursing college have been giving excellent support for all activities related to yoga and staff members of ACYTER have been conducting lectures and awareness programmes for the nursing staff from all over Tamil Nadu who are attending the Nursing Workshops on AIDS/HIV.
YOGA FOR DOCTORS AT KAIVALYADHAMA AND WARDHA

Dr Ananda Balayogi Bhavanani, programme co-ordinator presented invited talks on “Bridging yoga and modern medicine” and “Yoga research-where are we?” during the Seminar on Yoga for Doctors organized and conducted at Kaivalyadham, Lonavla, Maharashtra on 26 and 27 February 2010. Dr Ananda was also invited to conduct an intensive workshop on Yoga for Doctors on 30 March, 2010 at Jawaharlal Nehru Medical College, Datta Meghe Institute of Medical Sciences, Wardha, Maharashtra. More than 60 participants from the constituent medical, dental, Ayurveda, physiotherapy and nursing colleges enthusiastically participated in the workshop. The workshop was part of the one month long (48 hr) yoga training for medical professionals organized by the Department of Physiology, JNMC in collaboration with MDNIY, New Delhi.

YOGA THERAPY OPD AT SUPER SPECIALITY BLOCK

ACYTER’s Yoga therapy OPD is functioning on a regular basis in Super Specialty Block. During January to March, 1011 patients (new 189 and old 822 cases) of various conditions attended consultation in the OPD with Dr Ananda Balayogi Bhavanani and Dr Zeena Sanjay. Patients who attended consultation were prescribed individualized and generalized yoga therapy for diabetes mellitus, hypertension, musculoskeletal disorders, respiratory disorders, stress and psychological disorders, endocrine disorders, coronary artery disease, GIT, neurology, and other complaints. Patients have reported benefits and expressed their thanks to ACYTER, JIPMER and MDNIY for this facility.

YOGA THERAPY SESSIONS

Yoga therapy sessions are being conducted 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. 271 patients of diabetes, 135 of hypertension and 362 of other conditions attended the sessions between January and March 2010.

REGULAR ACTIVITES OF ACYTER

Regular yoga classes are being conducted on Mondays, Wednesdays and Fridays in both mornings and evenings. 171 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 90 participants attended classes with Mrs. Meena Ramanathan, coordinator yoga courses, PUCC.

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