ACYTER organized a workshop on Chakra Meditation for Healing on 1st January 2010 by Sri Bala Ratnam, founder of Vibrational Breath Therapy from Melbourne, Australia. The workshop conducted at Bernard Theatre, JIPMER was chaired by Dr. Madanmohan, Programme Director ACYTER. More than fifty members of the staff, students, residents and invited guests from Pondicherry and Chennai participated actively. Sri Bala explained in detail the stages of consciousness and the pancha kosha and guided the participants through the self healing techniques visualizing the chakras with the chanting of akara, ukara, makara and omkara nada. He conveyed many of his personal experiences through his intensive yoga sadhana and also in dealing with patients of various ailments. Sri Bala is a dedicated disciple of Swami Gitananda Giri and has codified the Vibrational Breath Therapy based on Rishiculture teachings of his Guru. Sri Bala at 87 years of age is a living example of the beneficial effects of yoga and is a role model for all sincere yoga sadhakas.
CHAKRA MEDITATION FOR HEALING
Yoga Bishmacharya Sri Bala Ratnam
Founder, Vibrational Breath Therapy, Melbourne, Australia. www.vbt.com.au

 Cosmic/Divine Consciousness and Cosmic Energy / Prana are the basis of all causation and creation. We are in essence self consciousness, a part and parcel of Divine / Cosmic Consciousness, which the Christians call Christ Consciousness, Buddhists call Buddha Consciousness, Hindus call Krishna Consciousness, and Moslems call Allah Consciousness.

In our worldly existence we live in three states of consciousness – wakeful, dream, and deep sleep associated with the three planes of existence: physical, astral and causal, all manifestations of cosmic energy or prana. These three planes of existence are in fact the physical, astral, and causal energy bodies, created and sustained by the cosmic vibratory energy of Pranava AUM. To regenerate, rejuvenate and rehabilitate, the physical, astral and causal energy bodies have to be energized, magnetized and integrated; and their wakeful, dream and deep sleep states of consciousness transcended. To do so, the student/patient has to be assisted to rise above both body and conscious mind, negate ego-consciousness and move into turiya, the fourth state, a state beyond conceptualization. This state of causal silence is the abode of peace, happiness, tranquility, creativity, intuition, health, knowledge and freedom – the source of everything, where renewal, repair and healing take place.

These energy bodies need daily sustenance by the cosmic vibratory energy of AUM to experience a state of well being. Breathing over 70% of the lung capacity in mahat yoga pranayama (the complete yogic breath) absorbs prana from the cosmos, which energizes and magnetizes these energy bodies, while the chanting of AUM provides the vibratory resonant frequency component needed to create a state of well being.

The flow of prana is inhibited by traumas and tensions of this and previous births stored at the manipura, vishuddha and ajna chakras (navel, throat and brow centres) associated with the physical, astral and causal planes of existence respectively. These are neutralized by the divinely inspired Chakra Meditation practice, which activates these centres and enhances their psychic qualities to transform the personality and character of the student / patient to combat the illness / disharmony in the body-mind complex. Practising these techniques initiates a process of healing at the physical, astral and causal planes of existence.

Then, the psychic passage (shushumna nadi) is cleansed to allow a free flow of prana through it. Using the chant AUM, all the three planes of existence are integrated to create a state of well being. The awareness is then taken to the seat of the problem. This could be in the physical body or in the mind. If there is a particular physical condition, by using highly focused concentration, the cosmic vibratory energy of AUM is allowed to vibrate and resonate at the seat of the problem to initiate the process of healing. The session concludes with a meditation at anahata chakra, the heart centre, the seat of the soul with a focused personal affirmation (sankalpa).
17th INTERNATIONAL YOGA FESTIVAL AT PUDUCHERRY

The 17th International Yoga Festival was conducted at Puducherry by the Department of Tourism from 4-7 January 2010. More than a thousand participants took part in the festival. ACYTER staff actively participated in the festival and provided free consultation on yoga and healthy lifestyle for the participants and the general public. Dr. Madanmohan, Programme Director chaired the session on “Role of Yoga in Health Care – Hypertension” and described important yoga practices for patients of hypertension. Shri G Dayanidy, Yoga Instructor, ACYTER won first place in the 20-25 male category yogasana competition and participated in the champion of champions final event. Dr Ananda Balayogi Bhavanani, Programme Co-ordinator ACYTER coordinated theoretical aspects in the competition and moderated the workshops on different traditions. He chaired a session on yoga for respiratory disorders and gave a presentation on the Gitananda tradition.

YOGA THERAPY OPD AT SUPER SPECIALTY BLOCK

ACYTER’s Yoga therapy OPD is functioning on a regular basis in Super Specialty Block. During October to December, 1173 patients (new 420 and old 753 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. 389 patients of diabetes, 225 of hypertension and 405 of other conditions attended the sessions between Oct-Dec 2009.

PILOT STUDIES AT ACYTER

Staff members of ACYTER have conducted short term pilot studies on different applications of yoga in the past quarter. The studies that have been conducted are:
1. Acute effects of yoga nidra on normal subjects - Shri. S. Jayaseelan, SRF
2. Acute effects of chandranadi pranayama in hypertension - Dr. Zeena Sanjay, SRF
3. Acute effects of shavasana and pranava pranayama in hypertension - Selvi L Vithiyalakshmi, Yoga instructor
4. Immediate effect of yoga practices on blood pressure– Shri. G Dayanidy, Yoga instructor
**YOGA AWARENESS AT JIPMER NURSING COLLEGE**

Dr Madanmohan, Programme Director, Dr Ananda Balayogi Bhavanani, Programme Co-ordinator, Shri. S. Jayasettiaseelon, SRF & Dr Zeena Sanjay, SRF presented seven talks at the JIPMER Nursing College for participants of the Nursing Workshops on AIDS/HIV conducted in Oct-Dec 2009. More than 150 participants were sensitized to the benefits of Yoga and other alternative and complementary therapies though the talks as well as demonstrations by Shri G Dayanidy and Selvi L Vithyalakshmi, yoga instructors.

**REGULAR ACTIVITES OF ACYTER**

Academic programmes by staff of ACYTER as well as invited faculty are conducted at ACYTER Hall every Saturday. Staff and students of JIPMER as well as Yoga enthusiasts from Puducherry have been attending the talks. Group discussions on various topics pertaining to yoga therapy and yoga research were also conducted with active participation of the residents of the department of physiology.

A delegation of yoga teachers and students from Berlin, Germany under the leadership of Yogacharya Ananda Leone visited ACYTER in November and expressed admiration for the programme and its activities. They were especially appreciative that the Indian Government has brought Yoga into the mainstream health care system though advanced centers in JIPMER, NIMHANS, DIPAS and Gujarat Ayurveda University.

Regular yoga classes are being conducted on Mondays, Wednesdays and Fridays in both mornings and evenings. 45 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 40 participants attended classes with Mrs. Meena Ramanathan, coordinator yoga courses, PUCC.

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