CHRONOLOGICAL REPORT ON ACTIVITIES FROM
JUNE 2008 TO SEPTEMBER 2011

JUNE 7, 2008
MOU signed between JIPMER and MDNIY, New Delhi. First meeting of the monitoring committee attended by:

Dr. KSVK Subba Rao, Director, JIPMER – Chairperson
Dr. Ishwar V Basavaraddi, Director, MDNIY - Vice-Chairperson
Dr. AK Das, Medical Superintendent, JIPMER - Member
Dr. S Badrinath Project Coordinator, JIPMER - Member
Dr. KS Reddy Dean, JIPMER - Member
Dr. J Balachander, Professor & Head, Department of Cardiology, JIPMER- Member
Dr. Madanmohan Trakroo, Professor & Head, Department of Physiology & Programme
Director ACYTER - Member-Secretary

SEPTEMBER & OCTOBER 2008
60 hour Foundation Course in yoga conducted by Dr Madanmohan, Programme Director ACYTER at JIPMER for 100 students of first year MBBS. Report has been published in Yoga Vinjana, journal of MDNIY (Vol II: 1&2, 2008. Pg. 71- 78)

NOVEMBER 2008
November 6: ACYTER meeting was held at Director’s Chamber. The following members were present:

Dr. KSVK Subba Rao, Director, JIPMER – Chairperson
Dr. Ishwar V Basavaraddi, Director, MDNIY - Vice-Chairperson
Dr. KS Reddy Dean, JIPMER - Member
Dr. Madanmohan Trakroo, Professor & Head, Department of Physiology & Programme
Director ACYTER - Member-Secretary

JANUARY 2009
January 1: Mr. S Mourthy appointed as DEO-Cum-clerk on basis of earlier selection as communicated vide No. JIPMER/C.Lib/DEO/2008, dt. 3. 12. 08.

FEBRUARY 2009
February 16 to 22: ACYTER organized a Mass yoga awareness programme in 48 schools of Puducherry with cooperation of the Education Department, Government of Puducherry
February 27: Interview held for the posts of programme coordinator, senior research fellow, yoga instructor and general duty attendant.

MARCH 2009
March 4: Dr Ananda Balayogi Bhavanani appointed as Programme Co-ordinator.
March 12: Mr. E Jayasettiaseloon appointed as Senior Research Fellow.
March 18: Inauguration of ACYTER by Dr KSVK Subba Rao, Director JIPMER. Dr Ishwar V Basavaraddi, Director, MDNIY, New Delhi and Dr AK Das, Medical Superintendent, JIPMER were guests of honour.
March 18 to 20: ACYTER and Department of Physiology, JIPMER organized a two day National Workshop on “Introducing Yoga in the medical curriculum” at JIPMER. Booklet has been released on “Introducing Yoga to Medical students: The JIPMER experience”

JUNE 2009

June 1: Dr Zeena Sanjay (Senior Research Fellow), Sri G Dayanidy (Yoga Instructor), Selvi L Vithiyalakshmi (Yoga Instructor) and Sri P Munisamy (General Duty Attendant) join duty.
June 1 to 15: Orientation programme was conducted for ACYTER staff by Dr. Madanmohan, Programme Director. Workshop on HRV methods was conducted by Dr ES Prakash from Asian institute of medicine science and technology.
June 15: Yoga therapy OPD started functioning in Super Specialty Block. Yoga therapy sessions for diabetes, cardiovascular diseases and other disorders were started at ACYTER yoga hall. Regular yoga classes were started for normal subjects. Special yoga classes for senior citizens were started. Mrs. Meena Ramanathan is assisting as guest faculty for these sessions.
June 20: Weekly academic programmes inaugurated with talk by Sri E Jayassettaeelon, on “Yogic Diet” at ACYTER Yoga Hall.
June 27: Dr Vivek Sharma, Assistant Professor, Department of Physiology gave a talk on “Yoga - It's applications in health and disease”. This was followed by a lecture cum demonstration on “Important asanas for health” by Dr Ananda Balayogi Bhavanani, and Sri G Dayanidy.

JULY 2009

July 18: Academic programme and talk on ” Naturopathy & its applications ” by Dr. Zeena Sanjay at ACYTER yoga Hall.
July 25: Academic programme and talk on “Yoga for diabetes” by Selvi L Vithiyalakshmi and “Yoga for hypertension” by Shri G Dayanidy at ACYTER yoga Hall.

AUGUST 2009

August 1: Academic programme and talk on “Music therapy” by Music researchers from Belgium was held in collaboration with SADAY special school.
August 7: Dr Madanmohan, Programme Director gave a talk on “Yoga and complementary medicine” at the JIPMER Nursing College for participants of the Nursing workshop on HIV/AIDS.
August 8: Academic programme and talk on “Introduction to siddha medicine” by Dr. Rajalakshmi at ACYTER Yoga Hall.
August 12: Talk on “Yoga for positive health” at Mahatma Gandhi Post Graduate Institute for Dental Sciences by Dr Ananda Balayogi, programme Co-ordinator.
August 15: Academic programme and talk on “Benefits of herbal medicines” by Shri Paramakethou at ACYTER Yoga Hall.
August 17 to 30: Pilot study conducted on “Immediate effect of yoga practices on blood pressure”.
August 21 & 28: Dr Ananda Balayogi Bhavanani gave a talk on “Yoga and complementary medicine” at JIPMER Nursing College for nursing workshop on HIV/AIDS.
SEPTEMBER 2009
September 4 & 18: Shri E. Jayasettiaseelon, SRF gave a talk on “Yoga and complementary medicine” at JIPMER nursing college for nursing workshop on HIV/AIDS.
September 5: Academic programme and talk on “Pranayama & its therapeutic benefits” by Shri S. Jayasettiaseelon at ACYTER yoga hall.
September 9: Delegation of yoga teachers from Australia and New Zealand visited ACYTER.
September 11: Dr Zeena Sanjay, SRF gave a talk on “Yoga and complementary medicine” at JIPMER nursing college for nursing workshop on HIV/AIDS.
September 12: Academic programme and talk on “Yoga for positive health” by Dr Zeena Sanjay at ACYTER yoga hall.
September 19: Academic programme and talk on “Yoga for special children” by Mrs. Meena Ramanathan at ACYTER yoga hall.
September 26: Academic programme and talk on “Methods of yogic diagnosis” by Dr Ananda Balayogi at ACYTER yoga hall.

OCTOBER 2009
October 9: ACYTER conducted yoga and healthy lifestyle consultations for delegates attending the Regional Official Language Conference for South and South Western Zone, at JIPMER Auditorium.
October 10: Academic programme and talk on “Yoga for sleeping disorders” by Shri G Dayanidy at ACYTER yoga hall.
October 13 to 30: Pilot study conducted on “Acute effects of yoga nidra”.
October 17: Academic programme and talk on “Shatkriyas” by Selvi L Vithiyalakshmi at ACYTER yoga hall.
October 23 & 30: Shri E Jayasettiaseelon, gave a talk on “Yoga and complementary medicine” at JIPMER Nursing college for nursing workshop on HIV/AIDS.
October 29: Delegation of yoga teachers from Germany visited ACYTER.

NOVEMBER 2009
November 7: Academic programme and talk on “Review of Pilot study” by Dr Zeena Sanjay at ACYTER yoga hall.
November 10 to 20: Pilot study conducted on “Immediate effect of chandra nadi pranayama in hypertensive patients”.
November 13: Dr Zeena Sanjay gave a talk on “Yoga and complementary medicine” at JIPMER Nursing College for participants of Nursing Workshop on HIV/AIDS.
November 14: Academic programme and talk on “Review of Pilot study” by Shri S. Jayasettiaseelon at ACYTER yoga hall.
November 20 & 27: Shri E Jayasettiaseelon gave talk a on “Yoga and complementary medicine” at JIPMER Nursing College for Nursing Workshop on HIV/AIDS.
November 21: Academic programme and talk on “Review of Pilot study” by Shri G Dayanidy at ACYTER yoga hall.
November 28: Academic programme and talk on “Review of Pilot study” by Selvi L Vithiyalakshmi at ACYTER yoga hall.
DECEMBER 2009
December 11 & 18: Shri E Jayasettiaseelon gave a talk on “Yoga and complementary medicine” at JIPMER Nursing College for Nursing Workshop on HIV/AIDS.
December 1 to 31: Compilation and publication of Tamil translations of MDNIY IEC materials on asana, pranayama, yoga for diabetes, yoga for hypertension and yoga for cardiovascular diseases for free distribution. 1500 copies of each booklet were distributed

JANUARY 2010
January 1: Workshop on “Chakra healing” by Sri Bala Ratnam of founder Vibrational Breath Therapy, Melbourne, Australia.
January 4 to 7: ACYTER participated in 17th International Yoga Festival conducted by Department of Tourism, Govt of Puducherry.
January 12 & 13: ACYTER participated in “Workshop on yoga for stress management and personality development” organized by Anandita Trust, New Delhi in Hotel Surguru at Pondicherry.
January 22: Shri E Jayasettiaseelon gave a talk on “Yoga and complementary medicine” at the JIPMER Nursing college for the nursing workshop on HIV/AIDS.

FEBRUARY 2010
February 5 & 26: Shri E Jayasettiaseelon gave a talk on “Yoga and complementary medicine” at the JIPMER Nursing college for the nursing workshop on HIV/AIDS.
February 12: Dr Zeena Sanjay gave a talk on “Yoga and Complementary medicine” at the JIPMER Nursing college for the nursing workshop on HIV/AIDS.
February 12 to 18: ACYTER participated in National yoga Week 2010 organized by MDNIY at New Delhi. Programme Director, Programme Co-ordinator, Shri E Jayasettiaseelon, SRF and Shri G Dayanidy, Yoga instructor attended. Poster presentation was given on ACYTER activities.
February 23: Dr Ananda Balayogi gave a talk on “Yoga 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.
February 23 & 24: Special yoga classes for antenatal and postnatal health were conducted for 50 students of final year BSc Nursing at the JIPMER Nursing College.

MARCH 2010
March 5, 12 & 26: Shri E Jayasettiaseelon gave a talk on “Yoga and complementary medicine” at the JIPMER Nursing College for Nursing Workshops on HIV/AIDS.
March 18 to 20: National Workshop on “Role of yoga in prevention and management of hypertension” organized at JIPMER. Proceedings of the workshop on “Introducing yoga in the medical curriculum” was released by Dr. KSVK Subba Rao, Director, JIPMER
APRIL 2010
April 8: Compilations on “yoga and diabetes” and “yoga and hypertension” published and circulated amongst JIPMER doctors.
April 12 to 24: Pilot study conducted on “Immediate effect of deep breathing in hypertensive patients”.

MAY 2010
May 1 to 30: Pilot studies conducted on “Immediate effect of kayakriya in normal subjects” and “Immediate effect of shavasana with savitri pranayama in hypertensive patients”.
May 1 to 30: Standardization of HRV analysis in collaboration with faculty of the department of physiology, JIPMER
May 15 to 30: Preparation of study materials and planning for conducting “Foundation course in yoga I” for medical professionals

JUNE 2010
June 2 to 30: 48 hour Foundation course in yoga conducted at ACYTER hall for 15 medical and paramedical staff of JIPMER.
June 8: Paper on “Immediate effect of deep breathing in hypertensive patients” was submitted for publication in International Journal of yoga therapy.
June 11 onwards: Pilot study in progress on “Immediate effect of SNP on hypertensive patients”.

JULY 2010
July 2: Shri E Jayasettiaseelon gave a talk on “Yoga and complementary medicine” at the JIPMER Nursing college for participants of the nursing workshop on HIV/AIDS.
July 9: Dr Ananda Balayogi Bhavanani gave a talk on “Yoga and Complementary medicine” at the JIPMER Nursing College for the nursing workshop on HIV/AIDS.
July 10 onwards: Pilot studies in progress on “Immediate effect of pranava pranayama in hypertensive patients” and “Immediate effect of deep breathing in shavasana in normal subjects”.
July 17: Valedictory function of foundation course I was held at ACYTER and certificates issued to the participants.
July 18: Dr Ananda Balayogi Bhavanani, Programme Co – ordinator ACYTER presented a talk on “ Rheumtological and Immunological aspects of aging and importance of an integrated approach of yoga in senior citizens” during “SYNERGIES IN HEALING” organized by Krishnamacharya Yoga Mandiram at GRT convention Centre, Chennai.
July 22: Meeting of the monitoring committee held in office of the Director, JIPMER. Meeting was chaired by Dr. KSVK. Subba Rao, Director, JIPMER and attended by:
   Dr. KSVK. Subba Rao, Director, JIPMER – Chairperson
   Dr. AK Das, Medical Superintendent, JIPMER - Member
   Dr. J Balachander, Professor & Head, Department of Cardiology, JIPMER- Member
   Dr. Satish R R Gaikwad, Research Officer (Scientific) & Incharge of Scientific Research Wing, MDNIY – Member
   Dr. Ananda Balayogi Bhavanani, Programme Co-ordinator ACYTER, JIPMER – Member
Dr. Madanmohan Trakroo, Professor & Head, Department of Physiology & Programme Director, ACYTER - Member-Secretary

**July 23:** Shri E Jayasettiaseelon gave a talk on “Yoga and complementary medicine” at the JIPMER Nursing college for the GFatM Nursing workshop on AIDS/HIV.

**July 30:** A lecture-cum-practice session on yoga, meditation and spiritual healing was conducted by Shri E Jayasettiaseelon, SRF for 90 students of Bsc nursing (final year).

**AUGUST AND SEPTEMBER 2010**

**August:** compiled 5 case studies
- Effect of yoga on subclinical hypothyroidism
- Effect of yoga in newly diagnosed hypertension
- Effect of yoga in a patient of long standing diabetes and hypertension
- Case report on COAD in an adult
- Case report on bronchial asthma in a 4 year old child

From August Research works in progress for DM & HT
- HT: autonomic function tests have been completed in 50 patients and 23 have been randomized to the yoga therapy sessions. 15 patients have been attending regularly and 8 have attended more than 10 sessions.
- DM: Pre-values of 25 patients in control group and 15 patients in yoga group have been taken. Of the 15 patients recruited into yoga group, 10 are regularly attending classes.

**OCTOBER AND NOVEMBER 2010**

**October 15:** Seventh edition of bulletin published

**October 18 – November 20:** 48 hour Foundation course in yoga II conducted at ACYTER hall for 63 medical doctors, paramedical professionals, students and staff members of JIPMER.

**November 13:** Dr Ananda Balayogi Bhavanani, Programme Coordinator ACYTER was invited to present a lecture on “yoga for women” in the 8th national conference hosted by Puducherry chapter of society on midwives.

**November 19:** Valedictory function of foundation course II was held at ACYTER and certificates issued to the participants.

**November 27 – 28:** ACYTER team participated as jury members in the 25th Pondicherry state Yogasana competition & also gave free consultation.

**DECEMBER 2010**

**December 5:** Dr Ananda Balayogi Bhavanani, Programme Coordinator ACYTER was invited to present a lecture on “Principles and 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.

**December 11:** A delegation of yoga teachers from Italy visited ACYTER and expressed their admiration for the programme and its activities.

**JANUARY 2011**

**January 4-7:** 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.

**January 15:** Eighth edition of bulletin published

**January 17:** Staff of ACYTER presented talks and lecture demonstrations during the CME on Physiological Effects of yoga, organized by 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, while Sri G Dayanidy gave a spectacular demonstration of various yoga asanas 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.

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

**January 24:** 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. All staff members have shown great interest in attending the sessions regularly.

**FEBRUARY 2011**

**February 12-18:** Dr Madanmohan, Programme Director and Dr Ananda Balayogi, Programme Coordinator and Dr Zeena Sanjay attended the yoga week conducted at MDNIY New Delhi. Dr Ananda Balayogi was invited to give invited talk on “Yoga for general well being” at yoga week. Dr Madanmohan chaired the academic sessions and gave a talk at the valedictory function of yoga week.

**February 20:** Tamil translation of MDNIY’s booklet on diabetes and on hypertension was prepared for release during the national workshop. Tamil translation of IEC materials on diet was also prepared.

**MARCH 2011**

**March 1-2:** ACYTER conducted National workshop – cum seminar on Role of yoga in prevention & management of diabetes mellitus, organized at JIPMER. Released proceedings of previous workshop – “National workshop cum seminar on role of yoga in prevention and management of hypertension”. Also released Tamil books on “yogic management for diabetes Mellitus”, “yogic management in cardio vascular disorders” and also released a booklet on “normal healthy diet”.

**March 10:** Programme director conducted a workshop on yoga at Kasturba Medical College at Manipal.

**March 22:** Started yoga therapy sessions for pregnant ladies as part of a pre–eclampsia prevention study. Screening of the patients is being done by Dr Manikandan, Asst Professor in
OBG, JIPMER and Selvi L Vithiyalakshmi is conducting the yoga sessions on Tuesdays and Thursdays from 3-4 PM at the ACYTER yoga hall.

APRIL 2011
April 1-30: From March to June 2011, a survey was conducted on 100 patients who were regularly attending yoga therapy sessions at ACYTER and had completed a minimum of one month of the regular programme. Various details were obtained such as age, gender and demographic characteristic in addition to their main health complaints, attendance at the yoga sessions, home practice as well as their physical and mental condition and changes in dosage of medication. A post intervention, retrospective wellness questionnaire compiled by ACYTER was used to evaluate the comparative feelings of the patients after the therapy programme. Five different responses ranging from ‘worse than before’ to ‘complete relief / total satisfaction’ were utilized to evaluate various physical and psychological aspects of the patient’s condition. The questionnaire was finalized in consultation with a 12 member team consisting of 3 eminent medical practitioners, 2 psychologists, 2 yoga experts, 2 eminent yoga therapy consultants, 2 educationalists and one legal anthropologist.

MAY 2011
May 1-31: Survey of patient’s feedback continued
May 20: Pranayam classes for post graduate students and Research scholars of Physiology department conducted at ACYTER Yoga hall from 12.00 pm to 1.00 pm. 20 participants attended the classes regularly for a month. The classes concluded on 20 June 2011. Various pranayam techniques were taught by Dr. Madanmohan, Programme director and assisted by Yoga instructors Mr. Dayanidy and Miss. Vithiyalakshmi. Relaxation techniques were instructed by Mr. Jayasettiaseloon, SRF. Various pranayamas, bandhas, and relaxation techniques were taught in the class.

JUNE 2011
June 1-20: Survey of patient’s feedback continued
June 20: Survey of patient’s feedback and retrospective wellness questionnaire was completed and analysis started.

JULY 2011
July 6: The ACYTER Yoga Research Lab was inaugurated by Dr. KSVK Subba Rao, Director, JIPMER at 9.30am in the Super Specialty Block. Dr. AK Das, Medical Superintendent and Dr. Balachander, Professor and Head, Dept. of Cardiology were special invitees. Dr. Madanmohan, Professor & Head, Dept. of Physiology and Program Director of ACYTER welcomed the gathering and explained the work being done at ACYTER since the past 2 years. The inaugural was attended by faculty, residents, research scholars and staff of the Department of physiology along with staff of ACYTER.
AUGUST 2011

August 6: Free Hypertension screening & Yoga consultation Programme conducted in Lawspet, Pondicherry. Residents and PhD scholars of the department of physiology and staff members of ACYTER, JIPMER conducted the programme in coordination with the local MLA Sri Vaithiyanathan and his colleagues.

August 7: Programme Co-ordinator ACYTER Dr Ananda Balayogi Bhavanani was an invited Guest Speaker at the CME on Obesity organized by the Woman Doctors Association (TN) at Sri Lakshminarayanan Institute of Medical Studies, Pondicherry and presented an interactive talk on “Dealing with obesity the Yoga way”. The lecture cum demonstration session was highlighted by Mr. G Dayanidy, Yoga Instructor ACYTER who gave an excellent demonstration to complement the talk.

August 18: Yoga sessions started for “Effects of slow and fast pranayams on pulmonary function, handgrip strength and endurance in young healthy volunteers – A randomized controlled trial”.

August 20: Yoga instructors started taking yoga sessions for physiotherapy students at Mother Theresa Institute of Health Sciences, Pondicherry.

SEPTEMBER 2011

September 7: Yoga sessions started for “Effect of yoga training on autonomic functions and reaction time in young healthy females during different phases of menstrual cycle”.

### OPD Attendance and Practice Sessions for Patients and Normal Subjects

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**2010**

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<td>• Other disorders</td>
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RESEARCH WORKS

PHD THESES:
   In Progress:
   1. Effect of yoga therapy on cardiac autonomic functions and oxidative stress in prehypertensive subjects: a randomized controlled study.
   2. Effect of yoga therapy on cardiac function, response to exercise, oxidative stress and quality of life in heart failure patients: a randomized controlled trial.

MD DISSERTATIONS:
   Completed:
   2. Effect of yoga therapy on cardiac autonomic function in patients of essential hypertension – A randomized controlled study. Work and data analysis completed and dissertation submitted
   In Progress:
   1. Effects of slow and fast pranayams on pulmonary function, handgrip strength and endurance in young healthy volunteers – A randomized controlled trial.
   2. Effect of yoga training on autonomic functions and reaction time in young healthy females during different phases of menstrual cycle.
   3. Effect of pranayam on maximal exercise performance, pulmonary function, recovery heart rate and blood pressure in healthy adults.

MSC DISSERTATIONS:
   Completed:
   1. Effect of yoga training on heart rate, blood pressure and lipid profile of patients with essential hypertension. Work and data analysis completed, dissertation submitted and paper is being prepared
   2. Effect of yoga training on reaction time, blood glucose and lipid profile of female diabetes mellitus patients. Work and data analysis completed, dissertation submitted and paper is being prepared

PILOT STUDIES:
   Completed:
   1. Immediate effect of sukha pranayama on heart rate and blood pressure of patients with hypertension. Work and data analysis completed and paper being published in IAYT Journal 2011.
3. Immediate effect of shavasana and savitri pranayama on heart rate and blood pressure of hypertensive patients. **Work and data analysis completed and study published in ACYTER bulletin, workshop proceedings and compilations.**
4. Immediate effect of chandra nadi pranayama on heart rate and blood pressure of hypertensive patients. **Work and data analysis completed and study published in ACYTER bulletin, workshop proceedings and compilations.**
5. Immediate cardiovascular effects of shavasana and pranava pranayama on heart rate and blood pressure of hypertensive patients. **Work and data analysis completed and study published in ACYTER bulletin, workshop proceedings and compilations.**
6. Immediate effects of yoga nidra on heart rate and blood pressure. **Work and data analysis completed.**
7. Immediate effect of yoga practices on blood pressure. **Work and data analysis completed.**
8. Immediate cardiovascular effects of pranava pranayama in hypertensive patients. **Work and data analysis completed and paper submitted to IJPP for publication.**

**In Progress:**
1. A pilot study on immediate effect of chandranadi and suryanadi pranayam on heart rate variability in healthy volunteers.
2. A pilot study on acute effect of anulom vilom pranayam on heart rate variability in healthy volunteers.
3. A pilot study on effect of respiratory rate on heart rate variability in healthy volunteers.
4. Immediate effect of 5 minutes chandranadi pranayam on heart rate variability in hypertensive patients.
5. Immediate effect of 5 minutes chandranadi pranayam on heart rate variability in Diabetes mellitus patients.
6. Acute effect of 5 minutes chandranadi pranayam on heart rate variability in patients with diabetes mellitus and hypertension.
7. Immediate effect of suryanadi pranayam on heart rate and blood pressure of hypertensive patients.
8. Effect of yoganidra on short term HRV in heart failure patients.

**CASE STUDIES:**
**Completed:**
- Effect of yoga on subclinical hypothyroidism. **Work and data analysis completed and study published in Yoga Mimamsa 2011. XLIII; 2: 102-107.**
- Effect of yoga in newly diagnosed hypertension. **Work and data analysis completed and study published in ACYTER bulletin.**
- Effect of yoga in a patient of long standing diabetes and hypertension. **Work and data analysis completed and study published in ACYTER bulletin.**
- Case report on COAD in an adult. **Work and data analysis completed and study published in ACYTER bulletin.**
- Case report on bronchial asthma in a 4 year old child. **Work and data analysis completed and study published in ACYTER bulletin.**
In Progress:
- Case report on Obesity (2 cases going on)
- Case report on DM with ketoacidosis (one case going on)

OTHER RESEARCH PROJECTS:
Completed:
Patient Feedback Survey and Retrospective Wellness Questionnaire was completed for 100 patients in June 2011 and published in ACYTER bulletin of July 2011.

In progress:
1. Effect of mid trimester yoga on the incidence of preeclampsia in high risk women.
2. Effect of slow and fast pranayams on cognitive and autonomic parameters in young healthy subjects.

PUBLICATIONS:
- Immediate cardiovascular effects of pranava pranayama in hypertensive patients (In Press).
- Effects of a comprehensive six week yoga therapy programme on reaction time and biochemical parameters in female diabetic patients (In Process of publication).
- Effects of a comprehensive eight week yoga therapy programme on cardiovascular health in patients of essential hypertension (In Process of publication).