CENTRE FOR YOGA THERAPY, EDUCATION AND RESEARCH (CYTER)

Modern medical advancements provide the rationale for the integration of various traditional healing techniques like Yoga to promote healing, health, and longevity. Thanks to the foresight of Chairman and management of SBVU and MGMCRI, CYTER was started on 1 November 2010 and was functioning adjacent to Blood bank in Hospital Block. Currently functioning in 1st floor, I block, adjacent to the main Hospital block, MGMCRI since December 2013.

Joseph and Lilian le Page, the founders of Integrative Yoga Therapy, USA were recently in India on a mission to make a film on Yoga therapy (https://vimeo.com/99381745) and travelled across the country recording therapeutic activities of premier Yoga centers. After their visit to our Centre for Yoga Therapy, Education and Research (CYTER) they commented,

“There are many centers where you can get a Yoga degree, attend a Yoga therapy session or find Yoga research being undertaken. However, to have all three happening in one place is surely innovative. This center is indeed a role-model that combines the best of the East with that of the West.”

That is what we have here at CYTER. An integrated setup educating future Yoga therapists while simultaneously helping patients recover from illnesses and at the same time developing a scientific understanding about the ‘Hows & Whys’ of Yoga through research.

FACULTY MEMBERS OF CYTER:

Director: Prof. MADANMOHAN MBBS, MD, MSc, DSc (Yoga), FIAY
Deputy Director: Yogacharya Dr. ANANDA BALAYOGI BHAVANANI
MBBS, ADY, DPC, DSM, PGDFH, PGDY, MD (AM), FIAY
Coordinator-cum-Yoga Therapist: Yoga Chemmal Smt. MEENA RAMANATHAN BSc, MA, CYT, DYNS, PGDY, MSc, PhD (Yoga)
Yoga Instructors: M SANGEETHA, MSc, BEd, DYEd, PGDY and P DANUSHAPNADEESH, BSc, MCA, DYEd

YOGA THERAPY:
Whereas Yoga is usually found in the Physical Education and Sports Department of most universities, we at CYTER have it in a medical institution thus enhancing the learning curve of our trainees as also enabling us to offer holistic therapeutic benefits for all patients in our hospital.

Yoga consultations are part and parcel of all the Master Health Checkups offered by our Hospital Services thus integrating the modern and the ancient even at the entry level itself. Such quality of life enhancing benefits for more than 5200 patients at MGMCRI&RI are another truly innovative aspect of the work here at CYTER. Individualised and group Yoga therapy sessions are being conducted for various medical conditions such as diabetes, hypertension, musculoskeletal and psychiatric disorders with excellent feedback from participants. Yoga therapy and lifestyle consultations are offered daily as part of all packages of Master Health Check-up in the Corporate Services Wing of the hospital.

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www.sbvu.ac.in/cyter.html
YOGA EDUCATION:

Our PG Diploma in Yoga Therapy (PGDYT) is one of the innovative courses in the world as it is offered through a medical institution and brings together the ancient wisdom of Yoga with the evidence based approach of modern medicine.

Holistic health, integrative treatment and mind-body medicine are now buzz words. Integrating Yoga with modern medicine will enable us to produce holistic physicians for health delivery of tomorrow as integrative medicine becomes popular. This two semester (480 hr) part time course aims to produce qualified Yoga therapists competent to impart a scientifically sound Yoga therapy programme for patients of different conditions. We have six students enrolled in the first batch and classes are going on regularly with the first semester examinations schedule for August 2014. On a recent lecture tour down under by our Deputy Director, more than a dozen medical, paramedical and Yoga professionals evidenced keen interest in attending such a course from the next academic year, making it truly international in participation.

MBBS students have been exposed to Yoga through special sessions and the CYTER model be adopted by all innovative medical colleges when the new MCI regulations on inclusion of Yoga in MBBS curriculum are implemented. Yoga training has been given for nursing students of Kasturba Gandhi Nursing College on a regular basis since 2011. Regular talks are given as part of arthritis, obesity, back pain, diabetes...
awareness programmes organized by various departments and capsule talks and lecture-demonstrations have been delivered in Scientific Academic Forum (SAF).

A successful Workshop-cum-Seminar was organized on “Yoga for lifestyle disorders” and this was attended by more than 250 medical, paramedical, Yoga professionals and students from all over the country with 25 international delegates in November 2013. Regular awareness programmes are conducted in the community at various schools, colleges, medical and social associations and senior citizen welfare associations locally. CYTER also conducted a very well received Yoga Therapy workshop during the 20th International Yoga Festival organized by the Government of Pondicherry in January 2014. Dr Ananda Balayogi Bhavanani (Deputy Director-CYTER) was invited to present workshops, seminars and talks at various venues in Australia and New Zealand from 24th March to 14th April 2014.
YOGA RESEARCH:

CYTER has given training to nursing students, faculty members, senior citizens, special children and transgender participants and published 28 papers and 9 abstracts on the short and long term, health enhancing benefits of such training and therapeutic programmes. Current research studies are focusing on obesity, computer vision syndrome and depression in the transgender community.

Ongoing research projects:

1. Effect of 12-weeks of yoga training on cardiorespiratory, neurological and psychological parameters in a geriatric population.
2. Effect of yoga training on cardiorespiratory health in obese subjects.
3. Intra ocular pressure variations in forward bending yoga postures.
4. Effects of tratak and bhramari pranayama (yogic eye care module) on ocular muscle balance and accommodation in computer vision syndrome.
5. A study to assess the effectiveness of pranayama on level of depression among the transgender.
IMPORTANCE OF CYTER:

The Govt of India, Ministry of Health & FW is currently promoting indigenous systems of health in a strong manner through AYUSH. The limitations of modern medicine in managing stress induced psychosomatic, chronic illnesses are the strength of Yoga and hence a holistic integration of both systems enables best quality of patient care. CYTER can be projected a nodal centre to train medical educators and administrators for setting up such integrative health centers in our country as we have the necessary infrastructure and man power. We can proudly state that it is only in the supportive and innovative milieu of Sri Balaji Vidyapeeth that the holistic art and science of Yoga, our cultural heritage, has been able to reach both the classes and the masses of our society optimally, effectively and holistically.