



Center for Yogic Sciences

Aarupadai Veedu Medical College & Hospital
Vinayaka Mission's Research Foundation
(Deemed to be University)

(Declared Under Section 3 of the UGC Act 1956 - Accredited by NAAC)

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Activities of Center for Yogic Sciences

Center for Yogic Sciences started to function fully from 15 February 2018.



Yoga therapy classes started for patients of chronic alcoholic syndrome in Raksha Deaddiction and Rehabilitation Ward.



Mr. Silvio Riggio, an engineer from Italy studied management of respiratory disorders through yoga at Center for Yogic Sciences. His feedback: "I enjoyed the classes of Dr. R Balaji. You are a lovely person guided by your heart. This makes being with you easy. You are a good teacher who takes care of his student". Discussion and practice sessions were enjoyable.

Being part of the new yoga department was nice! It was important to learn how you put yoga therapy into action. Thanks a lot.

CME on “Introducing Yoga in Medical and Allied Health sciences” on 20 April 2018

Center for Yogic Sciences and department of Physiology organized CME on “Introducing Yoga in Medical and Allied Health Sciences” on 20 April 2018. This CME was planned and conducted in a span of less than 15 days. I thank our Chairman, Management, CEO, Dean and MS for their support. 80 medical students, 30 physiotherapy students, 47 nursing students from AVMC & H and 30 yoga students from CYTER, TNPESU, Annamalai University and Valzhga Valamudan participated in the CME. More than 50 faculties from medical and allied health sciences participated in the CME which had 2 credit points from TNMC.



Inaugural function



IInd year students from Bachelor of Audiology and Speech Language Pathology (BASLP) gave impressive demonstration during the CME.



Invited Speakers & organizing team

Invited guest speakers:

- Dr. PN Ravindra, Prof & Head, Department of Physiology, Gadag Institute of Medical Sciences, Gadag. Who spoke on “Neurophysiological correlates of yogic practices”.
- Dr. Madanmohan, Emeritus professor of Physiology & Director, Center for Yogic Sciences spoke on “Yoga works but HOW?”
- Mr. Janakiraman, senior Yoga therapist, KYM spoke on “Yoga therapy in Krishnamacharya Yoga Mandhiram tradition: an introduction”
- Dr. Mohanakrishnan Physical Therapist, JIPMER spoke on “Application of yoga in physical therapy practice”.
- Dr Meena Ramanathan, Associate Professor & Deputy- Director CYTER, SBV, spoke on “Yoga in nursing and allied health science curriculum”.

Panel Discussion on “Strategies for introducing yoga in medical and allied health sciences” was chaired by Prof. Madanmohan and moderated by Dr. R Balaji. Panelists were Prof Venugopal, Prof Murali Sankar, Prof Amirtha Varshini and Dr. Mathan Raj.