

About JIPMER, Physiology Department and ACYTER

JIPMER started in 1823 as “École de Médecine de Pondichéry”, and became Dhanvantari Medical College in 1956, which was upgraded into Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER) in 1964. In 2008, the institute became the *Institution of National Importance (INI)* by Act of Parliament under the Ministry of Health and Family Welfare, Govt. of India.

The department of Physiology of JIPMER is unique and one of its kind in the country having world class patient-investigation facilities, advanced research laboratories and vibrant academics. Advanced Center for Yoga Therapy Education & Research (ACYTER), started in 2008 as a joint venture between JIPMER and Morarji Desai National Institute of Yoga (MDNIY), New Delhi. ACYTER has trained more than 40,000 volunteers in yoga techniques, served more than 10,000 patients in yoga therapy, conducted a series of national conferences, workshops, CMEs, and symposia and prepared yoga modules for treatment of diabetes, hypertension, heart failure, asthma, arthritis, depression & anxiety disorders, gestational hypertension, gestational diabetes and cancer rehabilitation.

Why this International Webinar in IYD-2023...

International Yoga Day (IYD) has been celebrated annually in JIPMER since its inception in 2015 and has been attended and graced by Central Ministers of the Government of India. This year, a webinar on mind-body intervention (MBI) in health promotion and resilience is organized, as it is known that the world has been confronted with the stress of a viral pandemic for a couple of years, and it is the need of the hour to stay healthy and well. Evidence claims the effectiveness of mind-body intervention in maintaining health, fitness, and the ability to endure strain. Yoga is an ancient mind-body practice that brings physical, mental, and emotional harmony. This year's IYD theme is "Yoga for Vasudhaiva Kutumbakam" Hence, our program aims to present the science of MBI and encourage people from all walks of life to integrate it into their daily lives to improve their well-being. The sessions will be presented by eminent faculty with vast expertise in the domain of mind-body training in health promotion and disease prevention.



Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER), Puducherry – 6

(Institute of National Importance, Ministry of Health & Family Welfare Government of India)



Celebration of 9th International Yoga Day

1st to 21st June, 2023

International Webinar

**“Mind Body Intervention on Health Promotion and Disease Prevention”
&
Interactive Mind-body Intervention Workshop
Practice "Quick Unstress"**

on 21st June, 2023



(As part of celebration of International Yoga Day, Ministry of Health and Family Welfare, Government of India)

Organized by

**Advanced Center for Yoga Therapy Education & Research (ACYTER)
Department of Physiology, JIPMER**

Date: 21st June 2023 (Wednesday)

Time: 7.00 AM to 1.00 PM



(Scan the QR code for webinar registration)

Registration Link for Webinar & Workshop:

<https://forms.gle/3VydXRDK89Sa3mZr8>

FREE Registration!!!

✓ E - Certificate will be provided only for the registered participants

Organizing Committee

Chief Patron : Dr. Rakesh Aggarwal, Director, JIPMER

Patrons : Dr. Vikram Kate, Dean (Academic)

Dr. L. N. Dorairajan, Medical Superintendent

Dr. D. M. Thappa, Dean (Research)

Dr. Ravi Kumar Chittoria, Registrar (Academic) & Head of IT Wing

Organizing Chairman: Dr. Pravati Pal, Professor (Level-15), Dept. of Physiology

Organizing Co-Chairmen: Dr. G. S. Gaur, Professor of Physiology

Organizing Secretary: Dr. S. Velkumary, Professor & HOD, Physiology

Joint Secretary: Dr. Y. Dhanalakshmi, Additional Professor of Physiology

Organizing Committee Members:

1. Dr. Basanta Manjari Naik, Additional Professor of Physiology
2. Dr. N. Prabhu, Additional Professor of Physiology
3. Dr. S. Karthik, Additional Professor of Physiology
4. Dr. Saranya K., Associate Professor of Physiology
5. Dr. Rajalakshmi R., Associate Professor of Physiology
6. Dr. U. Karthika Priyadharshini, Assistant Professor of Physiology

Office Secretariat: (Brochure, Registration, Certificates)

Faculty Member:

1. Dr. S. Velkumary, Convenor

Staff & Residents:

1. Mrs. Bharathi Balakumar, Technical Supervisor
2. Dr. P. Soundararajan, Senior Resident
3. Dr. Abirami M, Senior Resident
4. Dr. N. Kavitha, Senior Resident
5. Dr. Praveen Prakash, III- year JR

Common Yoga Protocol Committee:

Faculty Member:

1. Dr. S. Velkumary, Convenor
2. Dr. U. Karthika Priyadharshini, Co-Convenor

Yoga Instructor:

1. Mr. M. Swaroup Ramanan

Staff, Residents & Students:

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2. Dr. Abirami M, Senior Resident
3. Dr. Thajudheen A, Senior Resident
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5. Mr. Sameer, III- year MSc
6. Ms. Shuba J, III- year MSc
7. Ms. Elakiya M, II-year MSc
8. Mrs. P. Prabhavathi, UDS

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Faculty Member:

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3. Ms. Mitali, III- year MSc
4. Mr. Sameer, III- year MSc
5. Ms. Shivangi Singh, III- year MSc
6. Ms. Usha Dhanaradja, II-year MSc
7. Ms. Gopika Suresh, I-year MSc

Yoga Webinar Committee:

Faculty Member:

1. Dr. Y. Dhanalakshmi, Convenor
2. Dr. Saranya K, Co-Convenor

Staff, Residents & Students:

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2. Dr. P. Soundararajan, Senior Resident
3. Dr. Kavitha N, Senior Resident
4. Dr. Amrita M, Senior Resident
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7. Ms. Ashmita Chakraborty, I-year MSc

Yoga Workshop Committee:

Faculty Members:

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2. Dr. R. Rajalakshmi, Co-Convenor

Yoga Instructor:

1. Mr. M. Swaroup Ramanan

Residents & Students:

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2. Dr. R. Hariprasad, Senior Resident
3. Mr. Sameer, III- year MSc
4. Ms. Shubh Laxmi, III- year MSc
5. Ms. Elakiya M, II-year MSc
6. Ms. Shemushi Das, II-year MSc
7. Ms. Gopika Suresh, I-year MSc
8. Mrs. P. Prabhavathi, UDS

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1. Dr. N. Prabhu, Convenor

Staff Member:

1. Mr. Annamalai, Store Keeper

Resident:

1. Dr. S. Prasanna, III-year JR

Supporting team:

1. Mr. Bakthavachalam, Technical Officer
2. Mr. Shagul Hameed, Technical Officer
3. Mr. V. Ilango,
4. Mr. Krishna Unni, B. C
5. Mrs. Sumathi (DRL)
6. Mrs. Karthiga (UDS)

PROGRAMME SCHEDULE

1. Common Yoga Protocol (CYP) Training Camp from 01.06.2023 to 20.06.2023

- Venue: Yoga Hall, ACYTER, 1st floor JAC, Dept. of Physiology, JIPMER
- Time: 9.30 am to 10.15 am
- Participants: Students, staff & family members and the public

2. CYP Practice on 21.06.2023

- Venue: Community Hall, JIPMER, Puducherry
- Time: 7.00 am to 7.45 am
- Participants: Students, staff & family members and the public

3. International Yoga Day – Inauguration on 21.06.2023

- Venue: Community Hall, JIPMER, Puducherry
- Time: 8.15 am to 8.45 am
- Chief Guest: The Director, JIPMER

4. International Yoga Webinar on 21.06.2023

- Topic: “Mind Body Intervention on Health Promotion and Disease Prevention”
- Venue: Online Transmission from JIPMER studio
- Time: 9 am to 11.30 am
- Participants: Registered participants

5. Yoga Workshop on 21.06.2023



- Topic: “Quick Unstress”
- Venue: Hybrid, Mini Auditorium, 4th floor JAC, JIPMER
- Time: 12.00 to 1.00 pm
- Participants: Registered participants

INTERNATIONAL WEBINAR ON YOGA

21st June (Wednesday), 9 AM to 11.30 AM

“Mind Body Intervention on Health Promotion and Disease Prevention”

Sl. No.	TOPIC	RESOURCE PERSON		DURATION
1	Neuroscience of Mind-Body Interventions	Dr. Anil K R Nair Director, Boston Neuroscience Center, Boston, USA.		30 min
2	Fifteen minutes a day Goes a Long Way to Build Resilience	Dr. Balachundhar Subramaniam Ellison "Jeep" Pierce, Professor of Anesthesia, Harvard Medical School, Director, Sadhguru Center for a Conscious Planet, Beth Israel Deaconess, Medical Centre Boston, USA.		30 min

3	The Happiness Project: Resilience, Joy & Sleep - Insights on Improving QOL among Youth	Ms. Nuthan Manohar Adjunct faculty at IIM-Kozhikode (Personal Mastery)		30 min
4	Stress: A major factor in cardiovascular death, can we control stress to live longer?	Dr. Santhosh Satheesh Professor & Head, Dept. of Cardiology, JIPMER, Puducherry		30 min
5	Salutogenesis and Health: The central role of brain and mind	Dr. Sivaprakash B Professor & Head, Dept. of Psychiatry, MGMCRI, Sri Balaji Vidyapeeth, Puducherry.		30 min

Interactive Mind-body Intervention Workshop

Practice "Quick Unstress"

Time: 12:00 pm - 1:00 pm

@ Mini Auditorium, JIPMER Academic Center, JIPMER



Resource Faculty:

Ms. Nuthan Manohar, Adjunct faculty at IIM-Kozhikode

(This workshop is in Hybrid mode- all registered participants, may come to JAC Mini Auditorium to attend the workshop in person)

[For further details, please contact](#)

Dr. S. Velkumary,

Organizing Secretary

Professor & Head of Physiology

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