



Center for Yogic Sciences

Aarupadai Veedu Medical College & Hospital

Pondy-Cuddalore Main Road, Kirumampakkam, Puducherry 607 403.

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Vision

To introduce yoga in medical and allied health sciences curricula as branch of physiology and contemporary medicine.

Mission

1. To start yoga therapy for hospital patients.
2. Offer certificate courses for staff and students.
3. To introduce yoga for students of:
 - i) MBBS
 - ii) Physiotherapy
 - iii) BSc Nursing
 - iv) BASLP

Staff of Center for Yogic Sciences

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|------------------------|---|
| 1. Director | Dr. Madanmohan. MD, DSc, FIAY |
| 2. Assistant Professor | Dr. R Balaji. MBBS, MD (AM), MPhil (YT) |
| 3. Yoga Therapist | S. Artchoudane. MPhil (YT) |
| 4. Yoga Teacher | A. Mariangela. MSc (Y) |

Activities of Center for Yogic Sciences

Awards

Dr Madanmohan, Director was awarded **Acharya Ratna Shiromani** during Golden and Silver Jubilee celebration of International Center for Yoga Education and Research and Yoganjali Natyalayam on 5th August 2018.

Dr R Balaji received **Gold Medal** for securing university 1st in MPhil Yoga Therapy from Sri Balaji Vidyapeeth University on 13th August 2018.

Dr R Balaji received **Best Yoga Teacher** award from Tamilnadu Sports Yogasana Association on 23rd June 2018.

Dr R Balaji was awarded **Best Yoga Master** by Tirupur District Yogasana Association on 29th July 2018.

Resource Person in the Yoga Certification Examination Preparatory Workshop 2019, held on 10 March 2019 at Yoganjali Natyalayam, City Center of Ananda Ashram, Pondicherry.

Publication

Effect of adjuvant yoga therapy on pulmonary function and quality of life among patients with chronic obstructive pulmonary disease: a randomized control trial. Artchoudane S, Pajanivel R, Bhavanani AB, Meena R, Madanmohan T. SBV Journal of Basic Cli and Appl Hlth Sci; 2: 117-122, 2018.

Effectiveness of adjuvant yoga therapy in Diabetic lung: a randomized control trial. Balaji R, Ananda BB. Accepted research article for publication in International Journal of Yoga (IJOY).

Adjuvant yoga therapy may be renal protective in patients of diabetes: a randomized control trial. Balaji R, Meena R. Submitted paper in Journal of Diagnostic & Clinical Research.

Yoga as a therapeutic tool in Autism: a detailed review. Artchoudane S, Ananda BB, Meena R, Mariangela A. Yoga Mimamsa. (accepted)

PhD dissertations

1. Role of yoga as an adjuvant therapy in management of metabolic syndrome: a randomized control trial. Balaji R.

2. Effect of yoga therapy on musculoskeletal, neurological function and reduction of Autism in children with autism spectrum disorder: a comparative prospective study. Artchoudane S.

Conferences

Organized CME on Introducing Yoga in Medical and Allied Health Sciences at AVMC on 20. 04. 2018.

Dr Madanmohan was faculty for ISARCON 2018 at JIPMER under the auspices of Indian Society for Atherosclerosis Research. He chaired 2 scientific sessions and was panelist in panel discussion.

Dr R Balaji presented a research paper entitled effectiveness of adjuvant yoga therapy in diabetic lung - a randomized control trial, National Conference on Integrative Diabetology during Samanvaya, Sri Devaraj Urs Medical College, Kolar, Karnataka.

Dr R Balaji was a invited guest faculty for Individualized Clinical Yoga Therapy Training and Research Foundation (ICYTTRF), Yercaud from 29th June to 1st July 2018.

Extention activites

Dr Madanmohan is Honorary Advisor for Center for Yoga Therapy Education and Research (CYTER), Sri Balaji Vidyapeeth University.

Dr R Balaji is examiner for Level I and II examinations conducted by Yoga Certification Board (YCB), Indian Yogasana Association, under ministry of AYUSH.

Dr R Balaji is a Organizing Committee member of Pondicherry Yogasana Association.

Dr R Balaji is a medical consultant for Mother Care Foundation.

Student's activities

60 students from our college participated in International Day of Yoga organized by Pondicherry Tourism Department on 21st June 2018.

100 students of physiotherapy and BASLP participated in Puducherry Regional Level Yogasana Competition at Sri Balaji Vidyapeeth as part of International Day of Yoga function on 25th June 2018.

- In the female category 1st, 2nd, 3rd prizes were won by our students.
- In the male category 2nd prize won by our student.

One physiotherapy student participated in Yogasana competition during Spandan, JIPMER on 30th August 2018.

Consultancy

Mr. Silvio Riggio, an engineer from Italy studied management of respiratory disorders through yoga at Center for Yogic Sciences during April 2018.



Yoga therapy consultation was given to visitors during International Yoga Festival 2019 at Crafts Bazar, Puducherry by Center for Yogic Sciences, AVMC & Hospital, Puducherry.



Dr. R Balaji and S. Artchoudane were Jury members in Yoga talent show during International Yoga Festival 2019 organized by Department of Tourism, Government of Pondicherry, Puducherry.



Dr. R Balaji was honored for his presentation on adjuvant yoga therapy may be renal protective in patients of diabetes - a randomized control trial during International Yoga Festival 2019 organized by Department of Tourism, Government of Pondicherry at Alliance Francaise, Puducherry



S. Artchoudane was honored for his presentation on yoga module for respiratory disorders during International Yoga Festival 2019 organized by Department of Tourism, Government of Pondicherry at Alliance Francaise, Puducherry.



Dr. Madanmohan Director, Center for Yogic Sciences, AVMC & H participated as Chairperson of Scientific presentation during International Yoga Festival 2019 organized by Department of Tourism, Government of Pondicherry at Alliance Francaise, Puducherry.