



## **SRI BALAJI VIDYAPEETH (SBV)**

(Deemed to be University)

u/s 3 of UGC Act 1956

Puducherry-607402

### **Institutional Distinctiveness**

One of the mission statements of Sri Balaji Vidyapeeth is as follows: “To focus on the interface between modern medicine and complementary and alternative medicine to create evidence for their synergistic use”. In accordance, Centre for Yoga therapy (CYTER) had been started in 2010, as part of the unique initiatives to provide holistic care to the patients, thus making SBV a lead university in incorporating the complementary medicine systems in an allopathic system. Led by the most eminent experts, CYTER is functioning effectively in the spheres of education and research as well, apart from patient care. CYTER conducts a scientifically sound Yoga Therapy programme through its OPD in Shri M.V.K. Iyer Block (I Block) from 9 am to 1 pm every day. Consultations are offered by Dr. Ananda Balayogi Bhavanani and Dr Meena Ramanathan, the Director and Deputy Director of CYTER who creates individualized therapeutic Yoga protocols for patients referred from different departments of the hospital. Qualified Yoga instructors impart such individualized protocols in appropriate individual/ small group settings from 9 am to 4.30 pm daily. These 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 basic, superior, complete cardiac and deluxe health check packages of Master Health Checkup in the Corporate Services Wing of the hospital. Since 2010, more than 50,000 patients have benefitted. This also includes the third gender population. Apart from this, with focus of health and wellness, CYTER conducts regular programs for the UG and PG students, some of which are embedded in their curriculum. These sessions are held from 6 to 7am and 4.30 to 5.30pm on all working days. The focus of these classes are to empower the students and faculty with sense of wellness and also to improve their memory, focus and performance in daily professional life. CYTER also has various educational programs. It provides Choice based credit courses as per the UGC norms. Four PG certificate courses in Yoga therapy are offered. PG diploma in Yoga therapy and MPhil in yoga therapy are also successfully conducted since inception. Inter disciplinary PhD programs have enrolled even international students to the stream. Numerous international and national collaborations have been done and numerous consultancies have been offered by CYTER to other institutions in setting up similar systems. Realising the importance of generating evidence based support for the combination of conventional and the complementary therapy, CYTER has undertaken multiple collaborative research projects. Around 20



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publications have emerged out of interdisciplinary research with the medical, dental and nursing disciplines.