



SRI BALAJI VIDYAPEETH (SBV)

(Deemed to be University)
U/S 3 of UGC Act 1956
Puducherry-607402

This document contains the details of the
Certificate Course in Yoga for Health and Wellness,
conducted by Centre for Yoga Therapy Education and Research,
Sri Balaji Vidyapeeth, Deemed to be University.

REGISTRAR
SRI BALAJI VIDYAPEETH
(Deemed University u/s 3 of UGC ACT, 1956)
Accredited by NAAC with 'A' Grade
Pillaiyarkuppam, Pondicherry-607 402.

(This document is attested from pages 1-11)



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Criteria 1

Metrix 1.3 : Curriculum Enrichment

1.3.2

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Details of Certificate Course in Yoga for Health and Wellness

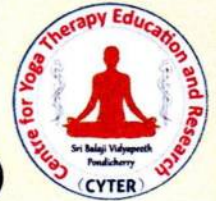
Link to documents (Click on the links to navigate to the page)

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- [2. Course Content](#)
- [3. Event Report](#)
- [4. Sample Certificate](#)
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SRI BALAJI VIDYAPEETH (SBV)
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**CENTRE FOR YOGA THERAPY,
EDUCATION AND RESEARCH (CYTER)**

I Block, First floor, MGCRI, SBV Campus, Pillayarkuppam, Puducherry - 607 402.
Phone: 0413-2615449 - 58 (Ext: 317). E-mail: yoga@mgmcri.ac.in
Website: www.sbv.ac.in/cyter

INTER-DISCIPLINARY CERTIFICATE COURSE IN YOGA FOR HEALTH AND WELLNESS

(One UGC Credit Hour Course)

**This is part of the massive Hospital-Based Certificate Courses
and Short Term Inter-Disciplinary Courses being
conducted at Sri Balaji Vidyapeeth.**

held on 19th & 20th October 2019

**at Patanjali Yogashala, CYTER of SBV, SBV Campus,
Pondicherry, India.**

**The course will empower and motivate participant to
achieve wellness. It will also give them requisite skills in
various Yoga techniques that can be practiced for
their own benefit or shared with others. It will
develop their all round personality.**

Eligibility

**UG, PG students and faculty members of SBV and yoga enthusiasts,
yoga teachers and instructors belonging to medicine, dentistry,
nursing and Allied Health Sciences disciplines
who aspire to attain health and wellbeing.**

Registration Details

**SBV Students and Faculty - Free
Outside Participants - INR 1000/- (One Thousand Rupees Only)
+ Registration fee (Payment should be made only in the form of
DD in favor of "Sri Balaji Vidyapeeth" Payable at Puducherry)**

For more details contact us at yoga@mgmcri.ac.in

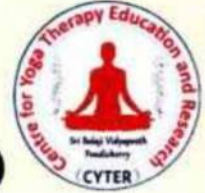
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*This document is
attested from pages 1-7*



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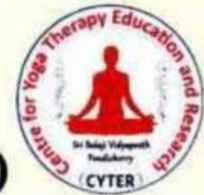
1 Block, First floor, MGMCRI, SBV Campus, Pillayarkuppam, Puducherry - 607 402.
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INTERDISCIPLINARY CERTIFICATE COURSE IN YOGA FOR HEALTH AND WELLNESS

Course content



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The interdisciplinary certificate course in yoga for health and wellness which was conducted by the CYTER is a holistic approach towards the life and work balance in our busy schedule. It introduces us to the yogic practices for a peaceful and stress free way to approach day –to-day problems in our life.

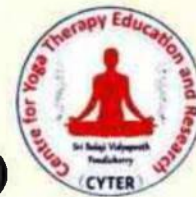
- Integration of Yoga into Health Professions Education- Dr Ananda Balayogi Bhavanani, Director, CYTER of SBV
- Introduction to Yoga philosophy, psychology and lifestyle – Dr Madanmohan, Director, Centre for Yogic Sciences, AVMC
- Loosening Practices and Yogāsanas Dr Meena Ramanathan Deputy Director, CYTER of SBV (Demonstration by Sri Danushapnadeesh; assisted by Smt..Latha-Yoga Instructors , CYTER)
- Introduction to yogic concept of health and disease - Dr Meena Ramanathan Deputy Director, CYTER of SBV
- Pranayama and its significance in Yogic curriculum- Dr Balaji, Research Scholar, PhD Yoga Therapy, CYTER
- Pranayama practices- Sri Sushanth Singh, Research Scholar, PhD Yoga Therapy, CYTER
- Brief history and development of Yoga - Dr Rajalakshmi, Siddha Consultant , PHC Reddiyar palayam, Govt of Puducherry and Research Scholar, PhD Yoga Therapy at CYTER of SBV
- General Guidelines for Yoga Practice – Sri Dayanidy G, Lecturer, Yoga, CYTER of SBV



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- Introduction to various aspects of Yoga: Kriyas, Bandhas, Mudras and yogic relaxation- Ms Garima Setia, Research Scholar, PhD Yoga Therapy at CYTER
- Yogāsanas and Pranayama practices- Ms Priya Philip , Student Counsellor, MGMCRI & Research Scholar, PhD Yoga Therapy at CYTER, and demonstration by Chandrakant Prakash, Student PGDYT, CYTER
- Traditional Schools of Yoga - Sri Artchoudane S, Research Scholar, PhD Yoga Therapy at CYTER
- Enhancing Wellness through Ayurveda and Yoga - Dr Arpan Bhatt, HoD, Swasthavruta, Gujrat Ayurved University, Jamnagar, Gujarat
- Question and Answer session and MCQ Test

ASSESSMENTS:

Formative Assessment: (50 marks)

Participants will be evaluated by the faculty of the certificate course during the sessions

Summative Assessment: (50 marks)

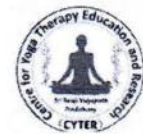
MCQ test will be conducted to all participants.

Sum Total: 100 marks

Marks will be converted into grades as per university norms.



Report on Certificate in Yoga for health and wellness



The interdisciplinary certificate course in “Yoga for health and wellness” was held on 19th and 20th October, 2019 at PatanjaliYogashala, CYTER SBV. It was attended by 31 participants (23 internal and 8 external) in full enthusiasm and vigour.

The course was started with the session on “Integration of Yoga into Health Professions Education” by Dr AnandaBalayogiBhavanani, Director, CYTER, SBV. He beautifully explained why and how Yoga is the need of the hour in today’s medical scenario and the need of inculcating it into educational curriculum of medical and health professional students. Also highlighted how CYTER is imparting Yoga sessions to the students, nurses and doctors in SBV.

Prof Madanmohan, Director, Centre for Yogic Sciences, AVMC (National External Resource Person) took the next session on “Introduction to Yoga philosophy, psychology and lifestyle”. During his session, he gave diverse insights into how health definition varies from modern medical and Yoga and Ayurveda’s perspective. He also motivated the participants to follow a lifestyle that has impact on health and being, for that is going to give enthusiasm for work and life.

Next followed a practical session on “Loosening Practices and Yogāsanas” led by Dr.MeenaRamanathan, Deputy Director, CYTER and demonstrated and assisted by Yoga instructors Smt. Latha and Danushapnadeesh. Participants enthusiastically participated in the practices taught and enjoyed the session. The theoretical aspects behind the practices were explained by Dr Ananda, along with the benefits and contraindications.

Post lunch session was on “Introduction to yogic concept of health and disease” by Deputy Director, CYTER, Dr.MeenaRamanathan. She elucidated the importance of holistic development of an individual and how Yoga can help achieve the same through the concept of Panchakosha (A yogic model of human body). She also highlighted few Yoga researches carried out by CYTER, SBV on Yoga and its health benefits.

Dr.Balaji (Research Scholar, PhD Yoga Therapy at CYTER) took a session on “Pranayama and its significance in Yogic curriculum” beautifully explained the concept of Pranayama, different types of Pranayama and their health benefits. He presented a wide range of research papers on the positive effect of Pranyama on a wide variety of disorders ranging from respiratory, cardiovascular, diabetes and psychological disorders.

The first day ended with a beautiful and relaxing practical session by Sri Sushant Singh (Research Scholar, PhD Yoga Therapy at CYTER) on Pranayama practices. He taught few Pranyama techniques elaborately to the participants followed by Yogic relaxation.

Second day program started with a session on “Brief history and development of Yoga” by Dr Rajalakshmi (Siddha Consultant , PHC Reddiarpalayam, Govt of Puducherry and Research Scholar, PhD Yoga Therapy at CYTER). She gave a beautiful presentation on history and development of Yoga from ancient to modern times, explaining its development since Indus Valley civilisation, through Vedic, Upanishadic, Post Vedic, Epic, Patanjali’s and modern era.

It was followed by a session on “General Guidelines for Yoga Practice” by Dayanidy G, Lecturer, CYTER. He explained all the necessary precautions and rules to be followed for Yogic practices before, during and after the session. This factor is mostly neglected and the

practices are simply given to the participants without explaining or following the precautions and regulations and it was taught very well in this session.

Next session was on "Introduction to various aspects of Yoga: Kriyas, Bandhas, Mudras and Yogic Relaxation" taken by GarimaSetia, PhD Scholar, CYTER and demonstrated by Sushant Singh, PhD Scholar, CYTER. She explained various traditional Yogic internal cleansing practices and its role and usage in present day scenario to clear the body of various accumulated toxins and how it is essential to get rid of them. It then proceeded onto Yogic practices of Mudras, Bandhas and relaxation and their role in health, disease and higher spiritual practices.

The next session was a revision session on "Yogāsanasand Pranayama practices" handled by Ms Priya Felix Philip (Student Counsellor, MGMCRI and PhD Scholar, CYTER) and excellent demonstration given by ChandrakantPrakash, PGDYT student at CYTER and was the revision and continuation of Yogic practices from previous day. It ended with Yogic relaxation to all the participants.

Post lunch session was taken by Sri Artchoudane S(Research Scholar doing PhD Yoga Therapy at CYTER)on the topic "Traditional Schools of Yoga". It was an elaborate presentation on four different paths of Yoga viz, Karma Yoga, Bhakti Yoga, Jnana Yoga and Raja Yoga and quite knowledgeable and very much appreciated by all.

The last but not the least session of the day was taken by Dr.Arpan Bhatt, HoD, Swasthavruta, Gujrat Ayurved University, Jamnagar, Gujarat (National External Resource Person) on "Enhancing Wellness through Ayurveda and Yoga". He described the characteristics of a healthy person in detail as per Ayurvedic texts, elaborated on the principles of Yogic practices and diet and lifestyle to be followed from the ancient Hatha Yogic texts. Finally he explained the types and characteristics of person and the path of Yoga suitable to each kind.

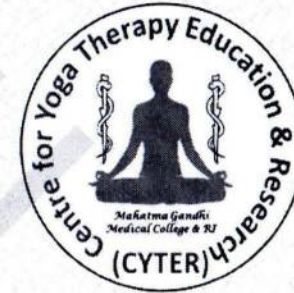
The two day intensive course ended with MCQ test consisting of 50 questions, followed by feedback from the participants which they found to be enlightening and very useful. The course started and finished with full attendance from all 31 participants.

The soft copies of all the materials of the course and other related links have been shared with all the participants. Assessments have been done and Certificates handeover to them. All of them completed the course exceedingly well and earned the one-credit for the successful completion of the course.

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Dr. Meena Ramanathan
Deputy Director CYTER
(Centre for Yoga Therapy, Education and Research)
Sri Balaji Vidyapeeth, Pondicherry.



Certificate of Completion

This is to Certify that Mr/Ms..... with UIN of

..... has successfully completed a

CERTIFICATE COURSE IN YOGA FOR HEALTH AND WELLNESS

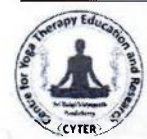
conducted by CENTER FOR YOGA THERAPY & RESEARCH at Sri Balaji Vidyapeeth,

Deemed-to-be university on.....

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Course Coordinator

Principal

Vice-Chancellor



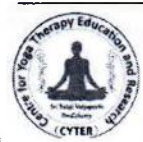
INTERDISCIPLINARY CERTIFICATE COURSE in YOGA FOR HEALTH AND WELLNESS

Venue: Patanjali Yogashala.(CYTER Yoga Hall), I Block- First Floor, SBV Campus

Dates: 19.10.2019 and 20.10.2019

S.No	Name (Internal)	Dept.	19.10.19	20.10.19
1	Niveetha S	Physiology	SN	SN
2	Nalini Y C	Physiology	NS	NS
3	V.R.Rajan	Library	VR	VR
4	Chandra Kant Prakash	CYTER	CKP	CKP
5	Srinivashan S. Vasanthan	CYTER Physiology	SV	SV
6	Prabhavati J	Pathology	PR	PR
7	Dharmishtha N	Pathology	DN	DN
8	Rani P	Anesthesia	RP	RP
9	Lalitha Rani S	Anesthesia	LR	LR
10	Mangala Gowri V V	Biochemistry	MG	MG
11	Priyanka Singh	CMTER	PS	PS
12	Jenita Caren Rajakumari J	CMTER	JCR	JCR
13	Saurav Manna	CMTER	SM	SM
14	Tamizhkalaiarasi K	AHS	TK	TK
15	Uma A.N	AHS	UA	UA
16	Pradeep J	AHS	PR	PR
17	Lavanya R SOURAV DAS	AHS	SD	SD
18	Lavanya P	AHS	LP	LP
19	Siva priya S	AHS	SP	SP
20	Sowmya D	AHS	SD	SD
21	Naveen R	KGNC	NR	NR
22	Dharani Kumar R	KGNC	DK	DK
23	Ravirajan V	KGNC	RV	RV

REGISTERED
SRI BALAJI VEDA VIGNANAM
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 Pudukkottai, Pondicherry - 607 402.



INTERDISCIPLINARY CERTIFICATE COURSE in YOGA FOR HEALTH AND WELLNESS

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Dates: 19.10.2019 and 20.10.2019

S.No	Name (External)	Designation	19.10.19	20.10.19
24	Sudha C	Neg. Officer, IGGGHA PGI	<i>[Signature]</i>	<i>[Signature]</i>
25	Sai Santosh	G. Sa. Santosh	<i>[Signature]</i>	<i>[Signature]</i>
26	Muralidharan	YOGA THERAPIST	<i>[Signature]</i>	<i>[Signature]</i>
27	Yogalakshmi, P	Asst. Prof. SRMIST	<i>[Signature]</i>	<i>[Signature]</i>
28	Jayalakshmi-V. TIROUMADU	Yoga Teacher	<i>[Signature]</i>	<i>[Signature]</i>
29	Vanaja P. V	Asst. Prof. Sky yoga	<i>[Signature]</i>	<i>[Signature]</i>
30	Ashish	MSc Yoga student	<i>[Signature]</i>	<i>[Signature]</i>
31	Bhuvaneshwari	MSc Yoga student	<i>[Signature]</i>	<i>[Signature]</i>
32	S. VASANTHAN	Asst. Prof of Physiology	<i>[Signature]</i>	<i>[Signature]</i>

→ **Auro Ashish** - Businessman -

[Handwritten signatures]

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Dr. Meena Ramanathan
Deputy Director CYTER
(Centre for Yoga Therapy, Education and Research)
Sri Balaji Vidyapeeth, Pondicherry.



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