About JIPMER, Physiology Department and ACYTER

JIPMER, started in 1823 as "École de Médicine de Pondichérry," became Dhanvantari Medical College in 1956 and was upgraded to the Jawaharlal Institute of Postgraduate Medical Education and Research in 1964. In 2008, it was designated an Institution of National Importance (INI) by an Act of Parliament under the Ministry of Health and Family Welfare, Government of India.

The Department of Physiology at JIPMER is renowned for its world-class patient-investigation facilities, advanced research labs, and vibrant academic environment. The Advanced Center for Yoga Therapy Education & Research (ACYTER), established in 2008 as a joint venture with the Morarji Desai National Institute of Yoga, has trained over 40,000 volunteers and treated more than 10,000 patients. ACYTER has conducted numerous national conferences, workshops, and symposia, and developed yoga modules for various health conditions including diabetes, hypertension, heart failure, asthma, arthritis, depression, anxiety disorders and cancer rehabilitation.

Why this National Webinar in IYD-2025…

Since 2015, JIPMER has celebrated International Yoga Day (IYD) annually, attracting participation from India's Central Ministers. This year's theme, *"Yoga for One Earth, One Health",* highlights the deep connection between personal well-being and the health of our planet. A National webinar titled *"Harnessing the Healing Power of Yoga: From Mind-Body Balance to Clinical Applications"* aims to explore the profound therapeutic potential of yoga in promoting holistic health and well-being. Focusing on integrating traditional yogic wisdom with contemporary scientific insights, the webinar will highlight how yoga is a powerful tool in enhancing mental resilience, emotional balance, and cognitive function. Eminent faculty will delve into the neurobiological mechanisms behind yoga's mind-centric benefits. The seminar aspires to foster a deeper understanding of yoga as a science-backed, multidimensional approach to healing and mind-body harmony.

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

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

सत्यमेव जयते

Celebration of 10th Anniversary International Yoga Day

27th May to 21st June, 2025

National Webinar

on

"Harnessing the Healing Power of Yoga: From Mind-Body Balance to Clinical Applications"

on **21st June, 2025**

&

Stress Management Workshop

on

"Mindfulness & Melody: The Art of Stress Relief"

on **20th June, 2025**

Yoga for Harmony & Peace

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

Organized by

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

Date: 21st June 2025 (Saturday)
Time: 09:30 AM to 1.00 PM

Registration Link for National Webinar:
https://forms.gle/eT4dHyaM1wt6wfHo7

(Scan the QR code for webinar registration)

FREE Registration!!!

✓ E-certificate will be provided only to the registered participants

ORGANIZING COMMITTEE

Chief Patron:

Dr. Vir Singh Negi, Director, JIPMER

Patrons:

Dr. L. N. Dorairajan, Medical Superintendent, JIPMER

Dr. Vikram Kate, Dean (Academic), JIPMER

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

Organizing Committee:

Convenor:

Dr. G. K. Pal, Professor (Senior Scale), Dept. of Physiology

Co-Convenors:

Dr. G. S. Gaur, Professor (Senior Scale), Dept. of Physiology

Dr. Pravati Pal, Professor (Senior Scale), Dept. of Physiology

Dr. S. Velkumary, Professor, Dept. of Physiology

Organizing Chairman:

Dr. Basanta Manjari Naik, Additional Professor & Head, Dept. of Physiology.

Organizing Secretary:

Dr. Y. Dhanalakshmi, Professor, Dept. of Physiology

Joint Organizing Secretary:

Dr. R. Rajalakshmi, Associate Professor, Dept. of Physiology

Yoga Instructors:

Mrs. L. Vidhyalakshmi

Mr. M. Swaroup Ramanan @ Prem Kumar

PROGRAMME SCHEDULE

1. **Free Yoga Training Camp from 27.05.2025 to 20.06.2025**
   - ***Venue:*** Yoga Hall, ACYTER, 1st floor JIPMER Academic Center, Dept. of Physiology, JIPMER
   - ***Time:*** 09:30 am to 10:30 am (for all);
     04:00 pm to 05:00 pm (exclusively for JIPMER Staff & Students)
   - ***Participants***: Students, staff & family members and the public

2. **Stress Management Workshop on 20.06.2025**
   - ***Topic:*** **"Mindfulness & Melody: The Art of Stress Relief"**
   - ***Venue:*** Community Hall, JIPMER, Puducherry
   - ***Time:*** 02:15 pm to 04:35 pm
   - ***Participants:*** Registered participants

3. **Common Yoga Protocol Practice on 21.06.2025**
   - ***Venue:*** Community Hall, JIPMER, Puducherry
   - ***Time:*** 07:00 am to 08:00 am
   - ***Participants:*** Students, staff & family members and the public

4. **International Yoga Day – Inauguration on 21.06.2025**
   - ***Venue:*** Community Hall, JIPMER, Puducherry
   - ***Time:*** 08:00 am to 08:30 am

5. **National Webinar on 21.06.2025**
   - ***Topic:*** **"Harnessing the Healing Power of Yoga: From Mind-Body Balance to Clinical Applications"**
   - ***Venue:*** Online transmission from JIPMER Studio, JIPMER, Puducherry
   - ***Time:*** 09:30 am to 01:00 pm
   - ***Participants:*** Registered participants

NATIONAL WEBINAR

on

"Harnessing the Healing Power of Yoga: From Mind-Body Balance to Clinical Applications"

21st June (Saturday), 09:30 AM to 01:00 PM

S. No	TIME	TOPIC	RESOURCE PERSON	
1	09:30 - 09:35	**Welcome Address**	**Dr. Basanta Manjari Naik,** MD, Additional Professor & Head, Dept. of Physiology, JIPMER, Puducherry.	
2	09:35 - 10:05	**The Art of Yoga is the Science of Breathing**	**Dr. G. K. Pal,** MD, Ph.D., D. Sc., Professor (Senior Scale), Dept. of Physiology, JIPMER Puducherry.	
3	10:05 - 10:35	**Yoga Practice Improves physiological and Biochemical Status at High Altitude: A Novel Experience from our Study**	**Lt. Col. Dr. Latika Mohan,** MD, Professor & Head, Dept. of Physiology, AIIMS, Rishikesh.	
4	10:35 - 11:05	**Guided Meditation: Basis and Practice**	**Dr. Bhalendu Vaishnav,** MD, Professor & Head, Dept. of Medicine, Pramukhswami Medical College, Bhaikaka University, Karamsad, Gujarat.	
5	11:05 - 11:35	**Neurobiological Mechanisms of Yoga in Improving Neuropsychiatric Disorders**	**Dr. Kaviraja Udupa,** MD, Ph. D., Professor, Dept. of Neurophysiology, NIMHANS, Bengaluru.	

NATIONAL WEBINAR

on

"Harnessing the Healing Power of Yoga: From Mind-Body Balance to Clinical Applications"

21st June (Saturday), 09:30 AM to 01:00 PM

S. No	TIME	TOPIC	RESOURCE PERSON	
7	11:35 -11:55	**Updates on Yoga Therapy in Lifestyle disorders**	**Dr. Girwar Singh Gaur,** MD, Professor (Senior Scale), Dept. of Physiology, JIPMER Puducherry.	
8	11:55 - 12:15	**Role of Yoga in Anxiety Disorders**	**Dr. Pravati Pal,** MD, Professor (Senior Scale), Dept. of Physiology, JIPMER Puducherry.	
9	12:15 - 12:35	**The Healing Science of Yoga: Insights into its Multisystem Benefits**	**Dr. R. Rajalakshmi,** MD, Associate Professor, Dept. of Physiology, JIPMER Puducherry.	
10	12:35 - 12:55	**Question & Answer Session**	**All Resource Persons**	
11	12:55 -13:00	**Vote of Thanks**	**Dr. Y. Dhanalakshmi,** MD Professor, Dept. of Physiology, JIPMER, Puducherry.	

Stress Management Workshop
on
"Mindfulness & Melody: The Art of Stress Relief"
20th June (Friday), 02:15 PM to 04:35 PM

S. No	TIME	TOPIC	RESOURCE PERSON	
1	02:15 -02:20 pm	**Welcome Address**	**Dr. Basanta Manjari Naik,** MD, Additional Professor & Head, Dept. of Physiology, JIPMER, Puducherry.	
2	02:20 - 02:40 pm	**Pranayama: A Breath-Based Approach to Relaxation**	**Dr. S. Velkumary,** MD, Professor, Dept. of Physiology, JIPMER, Puducherry.	
3	02:40 -03:00 pm	**Meditation: An Introduction**	**Dr. Balaji Bhardwaj,** MD, Additional Professor, Dept. of Psychiatry, JIPMER, Puducherry.	
4	03:00 - 03:20 pm	**Know Your Rhythm - Blending Yoga of Music and Mantra with Yoga Therapy**	**Mr. Arnab Bishnu Chowdhury,** Senior Researcher, Sri Aurobindo Ashram Trust, Puducherry.	
5	03:20-03:40 pm	**Yoga Nidra**	**Dr. Y. Dhanalakshmi,** MD Professor, Dept. of Physiology, JIPMER, Puducherry.	
6	03:45 - 04:30 pm	**Practice Session**		
7	04:30-04:35 pm	**Vote of Thanks**	**Dr. R. Rajalakshmi,** MD, Associate Professor, Dept. of Physiology, JIPMER Puducherry.	
6	04:35 pm	**Refreshment**		

Stress Management Workshop
on
"Know Your Rhythm - Blending Yoga of Music and Mantra with Yoga Therapy"

Date & Time: 20.06.2025 (Friday); 03:45pm - 04:30 pm

@ Community Hall, JIPMER

Resource Faculty:

Mr. Arnab Bishnu Chowdhury,
Senior Researcher, Sri Aurobindo Ashram Trust, Puducherry.
Founder - "Know your Rhythm" Training Program, composer and music therapist.

Mr. Bryce Grinlington,
Senior Australian Music Teacher (Indian Classical Flute)
at Sri Aurobindo International Centre of Education.

Yoga Instructors:

Mrs. L. Vidhyalakshmi

Mr. M. Swaroup Ramanan @ Prem Kumar

Registration Link for Stress Management Workshop:
https://forms.gle/q6bxM16R97ccbLbN7

For further details, please contact

Dr. Basanta Manjari Naik
Organizing Chairman,
Additional Professor & Head,
Department of Physiology
JIPMER, Puducherry.
Phone: 0413 - 2298595