

Yogabhyasa

“Yogabhyasa – a step towards salutogenesis” is the second consecutive year that CYTER has been able to complete the program. Yogabhyasa program was initiated with the valuable suggestion from Hon VC Prof. SC Parija since 20th September 2018. He brought this into existence with a framed structure for the Medical students. The program consists of introduction to Yoga and Yoga Therapy techniques that needs the students to participate in all the sessions. The program is a structured and organized with specific objectives so that the students and the facilitators may be able to understand the effect of the Yoga.

CYTER team led by Dr Ananda Balayogi Bhavanani, Director and Dr Meena Ramanathan, Deputy Director gives an introduction to Yoga and Yoga Therapy for all students of Health Professions Education (HPE) during their orientation programs conducted by the respective faculty of our esteemed university. Introduction about AYUSH and Common Yoga Protocol techniques were taught to the students as well as Yoga awareness program was conducted for medical students at Sri Balaji Vidyapeeth from 10th August 2019 onwards.

It was decided that the 250 first MBBS students would be divided into 5 batches of 50 students each. Each batch of 50 students participated in **one** yoga session every week, conducted by the yoga instructors of CYTER between 4.30 and 5.30 every evening at the College block. This training program was held throughout the academic year. Student Evaluation will be done before and after the program to see the changes in understanding the practical & theoretical aspects on Yoga & Yoga therapy.

Overall feedback obtained from them and analyzed showed 83% of people liked the content of the course. 77% of people like to have future programme like this.

36 % of people wants to improve the number of session. Overall feedback was excellent and they feel energetic and stress free after the sessions.



