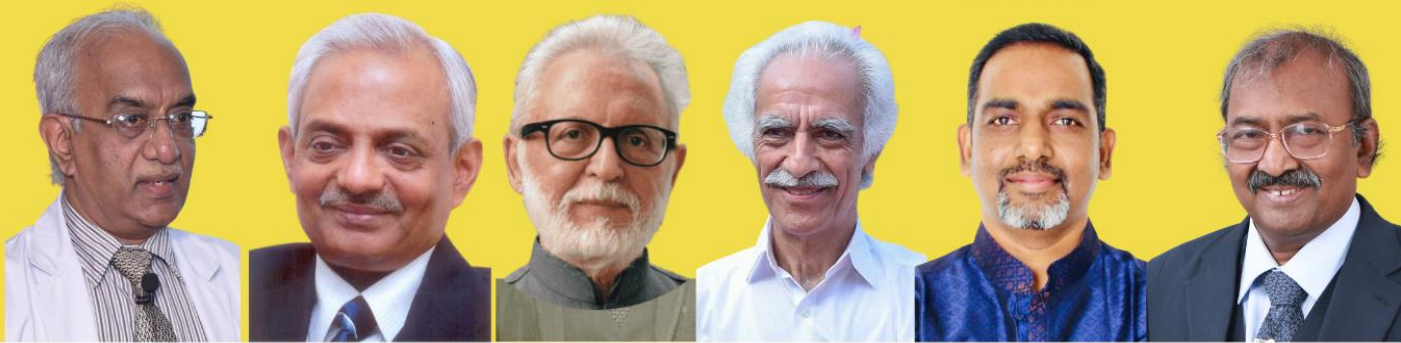




SBV IDY 2021

Enhancing Salutogenesis through Yoga Therapy

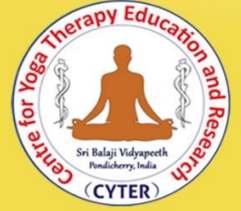
An online YOGINAR featuring amazing speakers from all over the world!



June 14-21, 2021

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SRI BALAJI VIDYAPEETH
(Deemed University Accredited with "A" Grade by NAAC)

**CENTRE FOR YOGA THERAPY, EDUCATION
AND RESEARCH (CYTER)**

1st Floor, I Block, SBV Campus, Pillaiyarkuppam, Pondicherry - 607 402.

Cordially invites you to the inaugural function of

**International Yoginar on
Enhancing Salutogenesis through Yoga therapy**

as Part of

International Day of Yoga celebrations 2021

on Monday, 14 June 2021 at 10.30 AM

with blessings of

Shri MK Rajagopalan
Chancellor, Sri Balaji Vidyapeeth

Prof. Subhash Chandra Parija
Vice Chancellor, Sri Balaji Vidyapeeth
will deliver Yoga Day address

Dr. Ishwar V Basavaraddi
Director of Morarji Desai National Institute of Yoga,
CEO Yoga Certification Board and
Advisor (Yoga & Naturopathy), Ministry of AYUSH
*has kindly consented to be the Chief Guest
and deliver Inaugural Address*

Prof. AR Srinivasan
Registrar, Sri Balaji Vidyapeeth
will felicitate the occasion

Dr Ananda Balayogi Bhavanani
Organizing Chairman

Sri Dayanidy G
Organizing Secretary

SBV IDY 2021 - Programme Schedule

Date & Time	Topic	Presented by
June 14, 2021 @ 10.30 AM - 11.00 AM	Yoga Day Address of International Day of Yoga 2021	Prof. Subhash Chandra Parija , Vice Chancellor, Sri Balaji Vidyapeeth (Deemed to be University)
June 14, 2021 @ 11.00 AM - 12.00 Noon	Inaugural Address of International Day of Yoga 2021	Dr. Ishwar V Basavaraddi , Director Morarji Desai National Institute of Yoga New Delhi.
June 15, 2021 @ 10.30 AM - 11.30 AM	Yoga for Holistic Health : Scientific Perspectives	Dr. W. Selvamurthy President - ASTIF, Director General - ADSI, Chancellor- Amity University Chhattisgarh and Chair Professor for Life Sciences (Former Distinguished Scientist and Chief Controller R&D(LS), DRDO)
June 15, 2021 @ 11.30 AM - 12.30 Noon	Creating a Healing Environment for Yoga therapy through Salutogenesis	Dr K.R. Sethuraman Dean & Senior Professor of Medicine & Medical Education, AIMST University, 08100 Malaysia. Honorary Endowed Professor, CHPE, SBV
June 16, 2021 @ 10.30 AM - 11.30 AM	Klesha, Kosha, and the Benefits of Chanting the Pranava AUM	Yogacharini Sangeeta Laura Biagi Gitananda Yoga Mentor & Teacher, ICYER / Ananda Ashram (India), Founder & CEO, Soul Sound Academy (Italy)
June 16, 2021 @ 11.30 AM - 12.30 Noon	Yoga, the best lifestyle ever designed	Dr. Madanmohan Director, Centre for Yogic Sciences, AVMC, Pondicherry.
June 17, 2021 @ 10.30 AM - 11.30 AM	Yoga Works All the Way	Dr. Ramesh Bijlani Sri Aurobindo Ashram, Delhi Branch
June 17 2021 @ 11.30 AM - 12.30 Noon	Managing Emotional Health Through Navarasa of Natya Yoga	Yogacharini Devasena Bhavanani Senior faculty, ICYER of Ananda Ashram, India.
June 18, 2021 @ 10.30 AM - 11.30 AM	Evidence-based yoga in psychiatry	Dr. Rama Reddy Karri Former Professor of Psychiatry, Director Manasa Hospital, India.
June 18, 2021 @ 11.30 AM - 12.30 Noon	Enhancing wellness through CYTER outreach activities	Dr. Meena Ramanathan Deputy Director, CYTER of SBV, India.
June 19, 2021 @ 10.30 AM - 11.30 AM	Atman Pranidhana, Methods and Progressive Milestones	Bharata Bill Francis Barry Founder, Mantravijaya, USA
June 19, 2021 @ 11.30 AM - 12.30 Noon	CYTER: A role model for the holistic integration of yoga therapy and modern medicine	Dr. Ananda Balayogi Bhavanani Director CYTER of SBV, India.
June 20, 2021 @ 10.30 AM - 11.30 AM	Recent trends in Yoga research	Dr. Manjunath Pro-Vice Chancellor, SVYASA, Bangalore, India.
June 20, 2021 @ 11.30 AM - 12.30 Noon	Yoga and Stress Relief	Shailaja Menon Founder "Mat & Beyond Yoga Studio" Puchong, Malaysia
June 21, 2021 @ 7.00 AM - 8.00 AM	Celebration of International Day of Yoga 2021	CYTER Team



SBV IDY 2021 Organized by CYTER of SBV, Pondicherry



Yoga Day Address of International Day of Yoga 2021

June 14, 2021
10.30 AM - 11.00 AM



Prof. Subhash Chandra Parija
Vice Chancellor, Sri Balaji Vidyapeeth
(Deemed to be University)



Inaugural Address of International Day of Yoga 2021

June 14, 2021
11.00 AM - 12.00 Noon



Dr. Ishwar V Basavaraddi
Director
Morarji Desai National Institute of Yoga
New Delhi.



Yoga for Holistic Health : Scientific Perspectives

June 15, 2021
10.30 AM – 11.30 AM



Dr. W. Selvamurthy
President - ASTIF, Director General - ADSI,
Chancellor- Amity University Chhattisgarh and Chair
Professor for Life Sciences
(Former Distinguished Scientist and Chief Controller R&D(LS), DRDO)

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SBV IDY 2021 Organized by CYTER of SBV, Pondicherry



Dr K.R. Sethuraman

Dean & Senior Professor of Medicine & Medical Education, AIMST University, 08100 Malaysia.
Honorary Endowed Professor, CHPE, SBV



Creating a Healing Environment for Yoga therapy through Salutogenesis

June 15, 2021
11.30 AM - 12.30 Noon



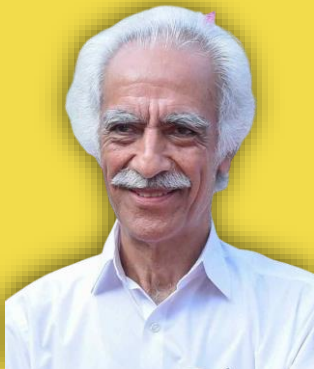
Yogacharini Sangeeta Laura Biagi

Gitananda Yoga Mentor & Teacher, ICYER / Ananda Ashram (India), Founder & CEO, Soul Sound Academy (Italy)



Klesha, Kosha, and the Benefits of Chanting the Pranava AUM

June 16, 2021
10.30 AM - 11.30 AM



Dr. Madanmohan

Director,
Centre for Yogic Sciences, AVMC,
Pondicherry.



Yoga, the best lifestyle ever designed

June 16, 2021
11.30 AM - 12.30 Noon

For Facebook live: www.facebook.com/yogicselfcare



SBV IDY 2021 Organized by CYTER of SBV, Pondicherry



Yoga Works All the Way

June 17, 2021
10.30 AM - 11.30 AM



Managing Emotional Health
Through Navarasa of Natya Yoga

June 17, 2021
11.30 AM - 12.30 Noon



Evidence-based yoga in
psychiatry

June 18, 2021
10.30 AM - 11.30 AM



Dr. Ramesh Bijlani
Sri Aurobindo Ashram,
Delhi Branch



Yogacharini Devasena Bhavanani
Senior faculty,
ICYER of Ananda Ashram, Pondicherry



Dr. Rama Reddy Karri
Former Professor of Psychiatry,
Director Manasa Hospital

Sign up at: <https://forms.gle/P4iEGJAZCoRUDvWdA>

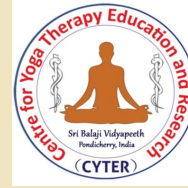


SBV IDY 2021 Organized by CYTER of SBV, Pondicherry



Dr. Meena Ramanathan

Deputy Director,
CYTER of SBV



Enhancing wellness through CYTER outreach activities

June 18, 2021
11.30 AM - 12.30 Noon



Bharata Bill Francis Barry

Founder, Mantravijaya, USA

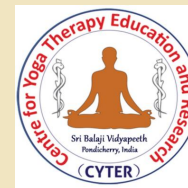
Atman Pranidhana, Methods and Progressive Milestones

June 19, 2021
10.30 AM - 11.30 AM



Dr. Ananda Balayogi Bhavanani

Director
CYTER of SBV, Pondicherry.



CYTER: A role model for the holistic integration of yoga therapy and modern medicine

June 19, 2021
11.30 AM - 12.30 Noon

For Facebook live: www.facebook.com/yogicselfcare

About CYTER:

Modern medical advancements provide rationale for integration of various traditional healing techniques to promote healing, health and longevity. Thanks to the foresight of management and administrators of Sri Balaji Vidyapeeth, CYTER was started on 1st Nov 2010 at MGMCRI.



Yoga consultations are part and parcel of all Master Health check-ups offered by our Hospital services thus integrating the modern and the ancient even at the entry level itself with quality of life enhancing benefits for nearly 67,000 participants.

At CYTER we have an integrated set up where we are educating future Yoga therapists while simultaneously helping patients recover from illnesses and at the same time developing an understanding through scientific research. To further this vision and mission, MOUs have been signed with Kaivalyadhama Yoga Institute, Amity University and Dev Sanskriti Vishwavidyalaya.



CYTER is the only University based Yoga Therapy School in India to receive Member School status of the International Association of Yoga Therapists (USA), and its director is serving on National Board for Yoga in Ministry of AYUSH & Consultant WHO.

The Govt. of India is currently promoting indigenous systems of health through AYUSH as the limitations of modern medicine in managing stress induced psychosomatic, chronic illnesses are the strength of Yoga. Hence a holistic integration of both systems enables best quality of patient care at CYTER, SBV.



CYTER offers various Yoga Therapy programmes ranging from PG certificates to the PhD level. Extensive opportunities are provided for clinical experience for all trainees. CYTER is constantly adding to the research based, empirical evidence in Yoga Therapy with 22 completed and 10 ongoing research projects. 129 papers, 7 chapters in books, 12 copyrights, 15 compilations and 48 abstracts have been published in national and international journals highlighting immediate, short term as well as long term, health enhancing benefits of Yoga training and Yoga Therapy programs.

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 YouTube

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SBV IDY 2021

Enhancing Salutogenesis
through Yoga Therapy

Online practical sessions
offered by CYTER Team
via Facebook live



June 12-21, 2021

Every day Morning 7 to 7.30 AM (IST)

Join us at
www.facebook.com/yogicselfcare

