

## About JIPMER, Physiology Department and ACYTER

JIPMER started in 1823 as “École de Médecine de Pondichéry”, and became Dhanvantari Medical College in 1956, which was upgraded into Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER) in 1964. In 2008, the institute became the *Institution of National Importance by Act of Parliament* under the Ministry of Health and Family Welfare, Govt. of India.

The department of Physiology of JIPMER is unique and one of its kind in the country having world class patient-investigation facilities, advanced research laboratories and vibrant academics. Advanced Center for Yoga Therapy Education & Research (ACYTER), started in 2008 as a joint venture between JIPMER and Morarji Desai National Institute of Yoga (MDNIY), New Delhi. ACYTER has trained more than 40,000 volunteers in yoga techniques, served more than 10,000 patients in yoga therapy, conducted a series of national conferences, workshops, CMEs, and symposia and prepared yoga modules for treatment of diabetes, hypertension, heart failure, asthma, arthritis, depression, gestational hypertension, and cancer rehabilitation.

### Why this Webinar...

Since, 2015, International Yoga Day (IYD) is conducted every year by ACYTER, JIPMER, which has been attended and graced by Central Ministers of Government of India. This year, the second wave of COVID-19 pandemic has affected India very badly. The healthcare workers have been exemplary in taking care of the patients to the best of their abilities. However, they are under continuous stress during this COVID-19 pandemic due to heavy responsibly, heightened demand, relentless duties and inherent healthcare issues of the disease. It is found that healthcare workers (including physiologists and specialists of other pre and para clinical departments) are losing their physical and mental health due to stressful situation during this pandemic. Yoga is known to promote psychophysical health. Surely, yoga will reduce the stress of the health workers and improve their physical and mental health. The focus of this Webinar is mainly on how yoga minimizes the stress in health care warriors and facilitates their performance. The sessions will be presented and demonstrated live by the experienced faculty members who have the expertise in their respective fields related to Yoga.



**Jawaharlal Institute of Postgraduate Medical  
Education & Research (JIPMER), Puducherry – 6**  
(Institute of National Importance, Ministry of Health & Family Welfare  
Government of India)



**7<sup>th</sup> International Yoga Day, 21<sup>st</sup> June, 2021**



(As part of celebration of International Yoga Day, in collaboration with  
**Central Council for Research in Yoga and Naturopathy (CCRYN)**,  
New Delhi, Ministry of AYUSH, Government of India)

**National Webinar**

on

**Management of Stress of Healthcare Workers during  
COVID-19 Pandemic: Role of Yoga**

**Organized by**

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

**Date: 21<sup>st</sup> June 2021 (Monday)**

**Time: 9.30 AM to 1.00 PM**

**Registration Link: <http://bit.ly/yogadayjipmer>**

- ✓ **FREE** Registration!!!
- ✓ E - Certificate will be provided only for the participants in Webinar

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## PROGRAMME SCHEDULE

S.No	TOPIC	RESOURCE PERSON	DURATION
1	Inauguration		10 min
2	<b>Introduction to the Topic</b>	<b>Dr. Pravati Pal</b> , Professor & Head, Department of Physiology, JIPMER 	5 min
3	<b>Epidemiology of Stress of Healthcare Workers during COVID-19 Pandemic</b>	<b>Dr. Sonali Sarkar</b> , Professor & Head, Department of Preventive Medicine, JIPMER 	15 min
4	<b>Stress of Healthcare Workers: The Psychophysical domain</b>	<b>Dr. Vikas Menon</b> , Additional Professor, Department of Psychiatry, JIPMER 	15 min
5	<b>Neurophysiology of Stress</b>	<b>Dr. Kaviraja Udupa</b> , Additional Professor, Department of Neurophysiology, NIMHANS, Bangalore 	15 min
6	<b>Stress Management : An art of Mind-Body Medicine</b>	<b>Dr. Raj Kumar Yadav</b> , Professor, Department of Physiology, AIIMS, New Delhi 	20 min
7	<b>Stress Management is an Art of Sleep: Role of Yoga-nidra (with demonstration of Yoga-nidra)</b>	<b>Dr. Bhalendu Vaishnav</b> , Professor & Head of Medicine, Pramukhswami Medical College, Gujarat; 	25 min

		Chairperson , Sri Aurobindo Chair of Integral Studies, Sardar Patel University, Gujarat	
8	<b>Stress Management: Role of meditation and relaxation techniques with video demonstration</b>	<b>Dr. Balaji Bharadwaj</b> , Additional Professor, Department of Psychiatry, JIPMER 	25 min
9	<b>Improving physical endurance to cope with stress: Role of Suryanamaskar</b>	<b>Dr. Mrunal Phatak</b> , Dean, Professor & Head, Department of Physiology, AIIMS, Nagpur 	20 min
10	<b>Stress Management by Mahayogam</b>	<b>Dr. C. Thirupathi</b> , Director, Professor & Head, Department of Physiology, Madras Medical College, Chennai 	20 min
11	<b>Stress Management with Pranayamas: The science of breathing practices (with demonstration of Pranayamas)</b>	<b>Dr. G. K. Pal</b> , Professor (Senior Scale) of Physiology, JIPMER & Faculty-in- Charge, ACYTER, JIPMER 	25 min
12	<b>Question-Answer Session</b>		
13	<b>Concluding remarks and vote of thanks</b>	<b>Dr. S. Velkumary</b> , Professor of Physiology, Programme Coordinator, ACYTER, JIPMER 	5 min

**For further details, please contact:**

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