

## FROM THE EDITOR'S DESK OF CYTER

### ADVANCES IN YOGA HEALTH SCIENCES

It is a matter of great satisfaction, a pride that Sri Balaji Vidyapeeth has embarked on a number of innovative courses in allied health sciences under the visionary patronage of our honorable Chairman, Shri M K Rajagoplan and inspiring encouragement of Chancellor, Prof. P Rajaram, Centre for Yoga Therapy Education and Research (CYTER) is a unique centre manned by qualified and dedicated staff and has undergone rapid expansion with the professional guidance of our VC, Prof. KR Sethuraman and Dean Research and Allied Health Sciences, Professor N Ananthakrishnan. Sri Balaji Vidyapeeth is the first university to introduce yoga in medical and nursing curricula.

Modern man is victim of everyday stress. Best lifestyle ever designated, holistic science yoga is the means to prevent as well as manage stress and stress disorders that are bane of modern society. Yogic attitude, yogic lifestyle and yogic practices strengthen our body and mind and develop positive health, enabling one to withstand stress by normalizing perception of stress, optimising reaction to it and effectively releasing pent-up stress through various yogic practices.

Scientific studies have shown that yoga has beneficial effects on our physiological functions and yoga has sound scientific basis. CYTER is actively involved in research and teaching in yoga in addition to providing yoga therapy to hospital patients.

CYTER conducts yoga therapy courses which are innovative since they are being offered by a modern medical university. Three batches of students have already completed Postgraduate Diploma in Yoga Therapy. We have also started certificate and M Phil courses based on credit based choice system (CBCS). We also conduct CMEs/ workshops on a regular basis. CYTER is the first university based yoga therapy center in India to become member of International Association of Yoga Therapists (USA).

With the support and guidance of our superiors, we will do our best to raise CYTER to higher levels of academic excellence and one such example is the five articles published in this journal, 'Annals of SBV' with the theme - 'Yoga and Music for Salutogenesis'

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