



**National Institute of Mental Health & Neuro Sciences
(Institute of National Importance), Bengaluru-560029**

NIMHANS INTEGRATED CENTRE FOR YOGA

Invites Applications for **1-month Certificate Course** in

‘Yoga for Mental Health (for AYUSH Professionals)’

About the Course

NIMHANS is a premier health institute of India and it has been working towards clinical application of yoga in psychiatry for more than a decade now. With more than 50 peer reviewed publications in the field of Yoga and mental health, NICY has scientifically validated yoga modules for various neuro-psychiatric disorders which includes depression, schizophrenia, obsessive compulsive disorder, mild-cognitive impairment, parkinson’s disease, somatoform pain disorder and substance use disorder. These modules are being taught to patients at NICY with 6-8 separate batches of yoga sessions for respective disorders being conducted by more than 15 trained yoga therapists everyday.

This program is aimed to provide practical and theoretical exposure to build capacity in imparting specific yoga programs for prevention and management of common neuro-psychiatric disorders. Through this programme, the students will also receive knowledge about basics of psychiatry, case-based learning, direct supervision and mentoring from faculty of various departments.

Eligibility:

The course is open to those who have obtained:

- Msc(Yoga)/PGDYT/BNYS/BSc Yoga with 2 years experience in Yoga therapy/MD(Yoga)/PhD (Yoga) from a University recognized by UGC and approved by NIMHANS, securing not less than 55% marks in the aggregate of the Master’s Degree as a whole.
- Or completed at least 200 hours of practical Yoga training from a recognised Institute (for Foreign candidates only).
- BAMS/BHMS/BUMS with certification in basics of yoga
- Nursing professionals (MSc Nursing or equivalent)/Psychology professionals (MSc psychology or equivalent) with certification in basics of yoga from a University recognized by UGC and approved by NIMHANS, securing not less than 55% marks in the aggregate of the master’s degree as a whole.



- Direct candidates, those deputed from other organizations and sponsored candidates from State/Central government /Armed forces/Other NGO's can be admitted to the course.
- Age limit: 45 years

Details of Course:

- Duration: One month full-time, on-campus @ NIMHANS.
- Course dates: 1st Jan, 2020 to 30th Jan, 2020.
- Number of Seats: Maximum 10 per intake in every batch.
- Fee Payable: Rs.3000/- payable on selection (non-refundable, for 1 month; does not include food and accommodation).

Procedure for Application: Selection will be done based on the eligibility. The interested candidates should send their application via email or hard copy on a plain paper along with the following documents:

- i. One page write up on why they want to pursue the certificate course in yoga and mental health
- ii. Bio data with a recent passport size photograph, full postal address, email id/ phone number.
- iii. Education, Research and work experience related documents, if any

Send Hard copies/Soft copy of the application along with supporting documents titled 'Certificate Course on Yoga for Mental Health (for AYUSH Professionals)' to...

The Professor and Head, Department of Psychiatry, NIMHANS Integrated Centre for Yoga,
NIMHANS, Bangalore-560029. Ph: 080 26995730

Email: yoga.nimhans@gmail.com

(Copy of original certificates justifying eligibility including age proof is mandatory without which the application will not be accepted)

Accommodation: The candidates need to make their own accommodation arrangements. Limited hostel accommodation may be offered only on prior request and is subject to availability (this will be charged separately) - contact NIMHANS academic section as soon as you receive selection letter.

**Course Coordinators:**

1. Dr Rashmi A, Assistant Professor of Psychiatry, NICY.
2. Dr Aarti Jagannathan, Associate Professor of Psychiatric Social Work, NIMHANS.
3. Dr Jitender Jhakar, Senior Resident of Psychiatry, NICY.
4. Dr Hemant Bhargav, Assistant Professor of Yoga, Dept of Integrative Medicine
5. Dr Kishore K, Assistant Professor of Ayurveda, Dept of Integrative Medicine
6. Dr Bharath Holla, Assistant Professor of Psychiatry, Dept of Integrative Medicine
7. Dr Shivarama Varambally, Professor of Psychiatry and HoD Dept of Integrative Medicine

For clarifications contact: Ph: 080-26995730, 26995931; email: yoga.nimhans@gmail.com.

Important Dates:

Course dates	Last date to receive applications	Intimation of selected candidates
January 1 st to 30 th 2020	16 th December, 2019	23 th December, 2019
Date:27/11/2019	Place: NIMHANS, Bengaluru	