



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

Department of Integrative Medicine

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

“Basics of Yoga Therapy for Mental Health Professionals”

About the Course

Psychiatric disorders such as depression and anxiety are leading sources of disability worldwide and current treatment methods such as conventional antidepressants medications are not beneficial for all individuals. Patients with psychosis also have significant residual symptoms while on adequate dose of antipsychotics. Mind Body medical interventions i.e. interventions that focus on the interaction among the brain, body, mind and behaviour are commonly used to cope with a wide range of psychiatric disorders, and Yoga is one of the most commonly used interventions. Yoga has shown modest benefits in several of these disorders and could be considered ancillary treatment option for common mental disorder. Psychiatry as a profession is committed to enabling and empowering individuals to achieve optimum level of functioning at the individual, family and community level. To do justice to this commitment, there is a constant need to develop and update the body of knowledge as well as practice skills.

Yoga is popular mind-body science and its application as therapy has gained interest recently, more so in enhancement of mental health. Traditionally, yoga aimed at sound mental health and surge of research in the last two decades has scientifically validated this. Yoga is now an established traditional modality of treatment as an adjuvant for major psychiatric disorders such as depression, schizophrenia, anxiety and other stress related disorders. Considering the rising prevalence of mental health disorders in the speeded up modern lifestyle, there is a strong need for prevention in mental health. With its non-pharmacological holistic approach and patient empowering techniques, yoga is an attractive option for prevention and management of mental health across the globe. But data shows that there is scarcity of trained manpower in this area and important to conduct capacity building and awareness programs so that mental health professionals can enable clients to effectively recover and reintegrate back into their community.

NIMHANS is a premier health institute of India and it has been working towards clinical application of yoga for more than a decade now. With more than 60 peer reviewed publications in the field of Yoga and mental health, NICY has scientifically validated yoga modules for various neuro-psychiatric disorders which include 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 10 trained yoga therapists every day.



Participants in the certificate course shall be taught theoretical knowledge about the philosophy and practical aspects of yoga as applicable to neuropsychiatric disorders as well as necessary precautions while dealing with such patients by the faculty of NIMHANS.

This program will not enable the student to become a trained yoga therapist for treating mental and neurological disorders as this would require a more in-depth training. This is a basic level program aimed at providing practical and theoretical exposure to basics of yoga therapy and tradition-based lifestyle advices and their application in mental health. This will enable mental health professionals to select patients for whom yoga therapy can be applied and develop skills of integrating simple yoga based lifestyle tips into their clinical practice.

Eligibility: Those who have completed or are currently pursuing the following professional degrees in the area of mental health:

- a) MBBS/BAMS/BHMS/BNYS/BUMS graduates who are currently working or have worked in the area of mental health clinical services.
- b) Ph.D. in Psychiatry/ Clinical Psychology/ Psychiatric Social work/Social Work/Psychiatric Nursing
- c) MPhil/MSc in Clinical Psychology/ Psychiatric Social work/Social Work/Psychiatric Nursing from recognized university
- d) 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.

Note: Preference will be given to candidates who are directly involved in delivering clinical mental health services to psychiatric patients

Details of the Course:

- Duration: Four weeks (3 weeks online training – 2 hours per day followed by 1 week on-campus training and evaluation by the Department of Integrative Medicine, NIMHANS.
- Course Start date: 1st February 2023 (online training: Monday to Friday: 3:30 pm to 5:30 pm)
- Number of Seats: Maximum 50 per intake in every batch.
- Fee Payable (non-refundable, does not include food and accommodation):
 - 1) For MBBS/BAMS/BHMS/BNYS/BUMS graduates or MD/DPM degree holders:
Rs 10,000 for those working in private institutions/ Rs 5000 for Government employees
 - 2) For non-medical PG professionals: Rs.3,000 for those working in private institutions/
Rs 1500 for those working in Government Institutions
 - 3) For nursing professionals: Private college: Rs.2,000 for those working in private institutions/
Rs 1000 for those working in Government Institutions
 - 4) Training fee for foreign students: a) High income country: \$ 500; b) Middle income: \$ 250
 - c) low income and SAARC countries: \$ 50



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
- ii. Bio data with a recent passport size photograph, full postal address, email id/ phone number.
- iii. Education, Research and work experience related documents/certificates as per eligibility criteria.

Note: Please note that incomplete applications will not be considered and no intimation will be given regarding the same. Selection of candidates for the course will be sole discretion of the course committee.

Send Hard copy OR Soft copy of the application along with supporting documents titled 'Certificate Course on Basics of Yoga Therapy for Mental Health Professionals' to...

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

Email: yogaforstress.nimhans@gmail.com

Accommodation: The candidates need to make their own accommodation arrangements for 1 week of offline training.

Course Coordinators:

1. Dr Hemant Bhargav, Assistant Professor of Yoga, Department of Integrative Medicine
2. Dr Nishitha Jasti, Scientist-B (Yoga), Department of Integrative Medicine
3. Dr Bharath Holla, Assistant Professor of Yoga, Department of Integrative Medicine
4. Dr Kishore Kumar R, Professor of Ayurveda, Department of Integrative Medicine
5. Dr Aarti Jagannathan, Associate professor of Psychiatric social work, Department of Psychiatric Social Work
6. Mr Mallina Karthik, PhD Scholar, Department of Integrative Medicine, NIMHANS
7. Dr Shivarama Varambally, Professor of psychiatry and Head, Department of Integrative Medicine

Email: yogaforstress.nimhans@gmail.com For clarifications contact: Ph: 080-26995730

Important Dates:

Course Start date	Last date to receive applications	Intimation of selected candidates
1st Feb 2023	8th Jan 2023	14th Jan 2023