



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

NIMHANS INTEGRATED CENTRE FOR YOGA

Invites Applications for **1 months Certificate Course** in
‘Yoga for Mental Health (for Yoga Professionals)’

About the Course

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. Thus, NIMHANS Integrated Centre for Yoga (NICY) has taken the initiative for this 1 month certification course in ‘Yoga for Mental Health’ for those who already have basic knowledge of yoga.

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 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.

The person participating in the certificate course shall receive hands on training of the above mentioned yoga modules. Along with it, theoretical basic knowledge about psychiatric disorders and necessary precautions while dealing with such patients will also be taught by faculty of NIMHANS. This program is aimed to provide practical and theoretical exposure to build capacity in imparting specific yoga programs for prevention and management of



common psychiatric disorders. Through this programme, the students will receive case based learning, direct supervision and mentoring from faculty of various departments.

Eligibility:

- The course is open to those who have obtained Master's Degree/Post graduate diploma/MD/MPhil/MA/PhD in Yoga (full time), 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).
- 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.

Details of Course:

- Duration: One month full-time, on-campus @ NIMHANS.
- Course dates: 1st of January, 2019.
- 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
- 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 Yoga 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



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 upon selection.

Course Coordinator:

1. Dr Rashmi A, Assistant Professor of Psychiatry, NICY.
2. Dr Aarti Jagannathan, Associate Professor of Psychiatric Social Work, NIMHANS.
3. Dr Hemant Bhargav, Senior Scientific Officer, NICY.
4. Dr Jitender Jakhar, Senior Resident of Psychiatry, NICY.

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,2019 Batch	12 th December, 2018	15 th December 2018