



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

NIMHANS INTEGRATED CENTRE FOR YOGA

Invites Applications for Two weeks Certificate Course

“Yoga 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 50 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 18 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 faculty of NIMHANS. This program is aimed to provide practical and theoretical exposure to build capacity in selecting appropriate patients with such disorders who may benefit from Yoga therapy. Through this programme, the students will receive case based learning, direct supervision and mentoring from faculty of various departments.

Eligibility:

- a) The course is open to those who have obtained MD/DPM degree in Psychiatry or doctors with MBBS working in Psychiatric services.
- b) Ph.D. in Psychiatry/ Clinical Psychology/ Psychiatric Social work
- c) MPhil in Clinical Psychology/ Psychiatric Social work from recognized university
- d) Post graduate or Bachelor of Naturopathy and Yogic Sciences (B.N.Y.S.)
- e) Post graduate or Bachelor of Ayurvedic Medicine and Surgery (BAMS)
- f) 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: Two weeks full-time, on-campus @ NIMHANS.
- Course dates: 18th March-30th March ,2019
- Number of Seats: Maximum 10 per intake in every batch.
- Fee Payable:

Rs.5000 payable on selection for MBBS graduates or Post MBBS degree holders (non-refundable, for two weeks, does not include food and accommodation).

Rs.1500 Payable on selection for others.



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 Professionals' to...

Officer in charge, NIMHANS Integrated Centre for Yoga, Department of Psychiatry

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). Please contact NIMHANS academic section upon selection for the information about same.

Course Coordinator:

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

For clarifications contact:

Ph: 080-26995730, 26995931; 9480829845

email: yoga.nimhans@gmail.com.

Important Dates:

Course dates	Last date to receive applications	Intimation of selected candidates
18 th -30 th March 2019	28 th Feb , 2019	10 th March-2019

