
Yoga in Mental Health Certified Comprehensive Online Educational Course

Part 1 - One day Online Orientation Programme (Free)

9th October 2021 or 6th November 2021

(Participation is mandatory before applying for Certificate Course)

Part 2 - Certificate Course

27th November 2021 to 18th December 2021 (Four weekly sessions)

Organised By

World Psychiatric Association

In Collaboration with

Indian Psychiatric Society and

NIMHANS, India (WPA Collaborating Centre)

Course Administrators

Patron: Prof Afzal Javed

Directors: Dr Gautam Saha and Prof P. Murthy

Moderator: Dr Rajashree Ray

Course Description

Yoga is an ancient practice that involves posture, breathing techniques and meditation to promote mental and physical well-being. The overall philosophy of yoga is about connecting the mind, body, and spirit. A regular yoga practice can promote endurance, strength, calmness, flexibility, and overall well-being.

The One day Orientation Programme (Free) is to introduce the participants to the fundamentals of Yoga Practice, so that they are better informed about the Certificate Course before registration.

The Certificate Course 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 to mental health professionals in the world.

WPA would like to enhance capacity building of trained mental health professionals in yoga across the world, who would practise

incorporating these skills in evidence based service delivery.

Learning Objectives:

- Participants in the certificate course shall be taught theoretical knowledge about the philosophy and practical aspects of Yoga as applicable to neuropsychiatric disorders
- Understand necessary precautions while dealing with such patients.
- Enable psychiatrists to select patients for whom yoga therapy can be applied
- Develop skills of integrating simple Yoga based lifestyle tips into their clinical practice.

Individual Modules will include Presentations on the Module Topics, Practical Yogasana, pranayama and Om Chanting, Pre and Post Course Evaluations and discussion for participants.

Course Programme: Dates, Topics, and Faculty

One day Online Orientation Programme (Register for any one day)

Saturday, 9 October 2021 or Saturday, 6 November 2021

14:00 - 15:30 Central European Time;
17:30 - 19:00 Indian Standard Time

14:00 - 15:30 Central European Time;
18:30 - 20:00 Indian Standard Time

Orientation Programme in Yoga in Mental Health

**Prof Afzal Javed, Dr Gautam Saha, Prof Pratima Murthy, Prof B N Gangadhar,
Prof Shivarama Varambally, Dr Hemant Bhargav, Dr Rajashree Ray**

Four Day Certified Online Course

27th November 2021 to 18th December 2021 (Four weekly sessions)

Faculty

Dr B N Gangadhar, Dr Shivarama Varambally, Dr Hemant Bhargav, Dr Rajashree Ray

Day 1

Saturday, 27 November 2021

14:00 - 16:30 Central European Time
18:30 - 21:00 Indian Standard Time

**Yoga in Mental Health Disorders -
An Overview**

Day 2

Saturday, 4 December 2021

14:00 - 16:30 Central European Time
18:30 - 21:00 Indian Standard Time

Yoga for Depression

Day 3

Saturday, 11 December 2021

14:00 - 16:30 Central European Time
18:30 - 21:00 Indian Standard Time

Yoga for Psychosis

Day 4

Saturday, 18 December 2021

14:00 - 16:30 Central European Time
18:30 - 21:00 Indian Standard Time

**Yoga in Anxiety, OCD and
Insomnia**

How To Apply For Participation

This Course is open to fully qualified Mental health professionals including Psychiatrists, Psychologists, Psychiatric Nurses, Counsellors, Social Workers, Occupational Therapists and other health professionals who provide services to individuals with mental, behavioural or neurodevelopmental disorders.

To apply for participation in the One day Orientation Programme please click on APPLICATION link with your Professional Registration Number (which is required to practice in your country) or your place of work.

You can register for either of the dates on **9th October 2021** or **6th November 2021**.

Applications for the One day Orientation Programme should be received no later than **3rd October 2021** (for the 9th Oct 2021 event) and **31st October 2021** (for the 6th November 2021 event).

After acceptance into the One day Course, you can apply for the Four Day Certificate Course from (detailes of the programme to be provided) from **10th October 2021 to 14th November 2021** in order to reserve your space. Registrations to be confirmed on first come first serve basis.

Notification of the acceptance of each application will be provided within 3 days of receipt.

To register for the Four Day Certified Course, please complete the application form with a 150 word Curriculum Vitae and the Registration Number which you receive for the One Day Orientation Programme.

The registration fee for the Course (including participation in all four sessions) is as follows, with a sliding scale based on the World Bank classification of country income.

(<https://datahelpdesk.worldbank.org/knowledgebase/articles/906519-world-bank-country-and-lendinggroups>):

\$150 US dollars high-income countries

\$100 US dollars upper middle-income countries

\$75 US dollars lower middle-income countries (including India)

\$50 US dollars low-income countries

The Course is expected to be fully subscribed, so early application is advised.

For additional information, please contact **Dr Rajashree Ray, Course Moderator at wpayogacourse@gmail.com**

We look forward to welcoming you.

APPLICATION

Course Administrators and Faculty



Prof. Afzal Javed (Patron),
M.B.B.S; M.C.P. S.; D.Psych.
(Lond.); Board Cert.Psych. (U.K);
M.Phil. (Edin.); F.R.C.Psych. (UK)
F.R.C.P (Ireland) is the current
President of the World Psychiatric
Association (WPA) . He is a
Consultant Psychiatrist and
Professor, at the Institute of Applied

Health Research, University of Birmingham, UK & Clinical Associate Teacher at Warwick Medical School, University of Warwick UK. He has served on the boards of several prolific organizations including the Royal College of Psychiatrists UK, World Association for Psychosocial Rehabilitation (WAPR) and the WPA. Being a member of several National and International associations, he has organized multiple conferences in the field of Psychiatry. He has received various National Awards on Mental Health and has been featured in several media outlets for his work. His area of specialization is in Social and Transcultural Psychiatry, Psychosocial Rehabilitation and Schizophrenia. He has published eight books and over 150 scientific papers and monographs on psychiatry.



Prof. Pratima Murthy (Course Director),
MD, FRCP (Glasgow), She has 30
years of extensive experience and
exceptional accomplishments in the
field of mental health. A
well-recognized leader in addiction
psychiatry, she has been instrumental
in the successful development of
state-of-the-art Centre for Addiction

Medicine at NIMHANS and has more than 300 research publications. She has served as a consultant to prominent international agencies such as the United Nations Office on Drugs and Crime (UNODC), the International Labour Organisation (ILO) and the World Health Organisation (WHO) and National Human Rights Commission. In recognition of her research and academic excellence, she has received numerous awards and honours including the prestigious Dr. Raja Ramanna State Award by the Government of Karnataka and Lifetime Achievement Award from Rotary and WHO Regional Director's Special Recognition Award on 'World No Tobacco Day 2021.



Dr. Gautam Saha (Course Director),
MD, Psychiatry is the current
President of Indian Psychiatric
Society and Director of Clinic Brain
Neuropsychiatric Institute and
Research Center, Kolkata. He is a
Member of the World Psychiatric
Association Standing Committee -
Scientific Section. He is the Vice

President of SAARC Federation of Psychiatrists and the Vice President cum President Elect of Indian Association for Geriatric Mental Health (IAGMH). He has many Publications and National and International presentations. He is actively involved in many voluntary social projects and philanthropic work in India.



Prof. B N Gangadhar (Faculty),
MD (Psychiatry), DSc (Yoga) is
currently the President of Medical
Assessment and Rating Board,
National Medical Commission,
Government of India. Prof
Gangadhar has been awarded the
Padma Shri in 2020. He was
formerly the Senior Professor of

Psychiatry and Director of National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India. Dr. Gangadhar developed novel strategies to treat severe psychiatric disorders including management of depression and schizophrenia using the noninvasive brain manipulative procedures including electroconvulsive therapy (ECT) and repetitive transcranial magnetic stimulation (rTMS). He has pioneered in integrating yoga as therapy for treating mental and neurological disorders. He has established an advanced centre for research in Yoga.

Course Administrators and Faculty



Prof. Shivarama Varambally (Faculty), MD (Psychiatry), MAMS, DSc (Yoga) is a Professor of Psychiatry and Head, Department of Integrative Medicine, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, Karnataka, India. He has 20 years of experience in Psychiatry including 2 years of work in Australia. He has

made original research contributions in the Neurobiology of Schizophrenia and Applications of Yoga in Mental Health which have been internationally recognized.



Dr Hemant Bhargav (Faculty), MD (Yoga and Rehabilitation), PhD (Yoga) is a conventional medicine doctor with MD and PhD in Yoga therapy. He is currently working as Assistant Professor of Yoga, Department of Integrative Medicine, National Institute of Mental Health and

Neurosciences (NIMHANS), Bengaluru, India. He has 10 years of experience as Clinical Yoga Expert, particularly in the field of mental health and neurosciences. He has published more than 30 research publications in these area.



Dr. Rajashree Ray (Moderator), MD, FRCPsych (UK), CCT (General Adult) CCT (Addiction Psychiatry, UK), PGDMLE (NLSIU, Bangalore), PGMHSC (De Montfort Univ, UK) is an Associate Professor in Psychiatry and Consultant Psychiatrist and Psychotherapist attached to

Ramkrishna Mission Sevaprasthan. Kolkata and Vedanta Centre for Healing Minds, Salt Lake. She is the Chairperson of the Spirituality and Mental Health Task Force of Indian Psychiatric Society and served as the Co-Chairperson, Yoga and Meditation Task Force, Indian Psychiatric Society (2018 – 2020). She has worked previously as a Clinical Director and Consultant Psychiatrist at Birmingham and Solihull Mental Health NHS Foundation Trust, UK and was awarded with numerous Board Awards for Service Innovation and Delivery. She was appointed as the Specialist Registrar Representative at the Board of MRCPsych Examinations Paper setting of the Royal College of Psychiatrists, UK and was a Senior Examiner and Lecturer and Hon Research Fellow at the University of Birmingham, UK.