



SCHOOL OF YOGIC SCIENCES

Introducing new course

**MINDFULNESS-BASED
RESILIENCE TRAINING
(MBRT)**



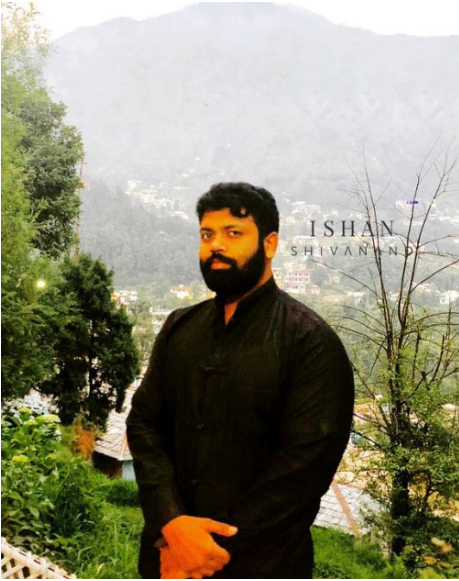
Conducted by

Prof. ISHAN SHIVANAND

Program Director & Mental Health Researcher



Introduction of Program Director Prof. Ishan Shivanand



Prof. Ishan Shivanand is an expert on non-pharmaceutical yoga based interventions for mental wellness. As the Founder of Yoga of Immortals (YOI), Prof. Ishan brings the timeless ancient Yogic wisdom and healing sciences of India to millions across the world, providing much-needed non-invasive, non-pharmacological treatments that enable complete physical, mental, and emotional well-being. Having been adopted by and integrated into numerous corporate and healthcare wellness initiatives, Prof. Ishan's innovative and powerful 'Wellness Programs' have not only helped address rising cases of professional burnout, but they have also helped healthcare organizations support the mental well-being of the many frontline healthcare workers (HCWs) coping with severe psychological problems resulting from and throughout the COVID-19 pandemic.

COURSE LEARNING OUTCOMES (CLOs) MBRT

Upon the completion of this course, the students will be able to:

Stress & Mental Health: Understand the basic concepts about the creation of Stress and the resulting Mental Health issues and ways to manage them.

Learn Breathing: Normal breathing, learning breathing techniques, looking inward, Deep Breathing, experience the effect of conscious breathing.

Conscious Breathing: Setting rhythm in breathing, Elementary Rigorous Breathing techniques, Internal Breath Retention, External Breath Retention, Combinations of breathing exercises, Practice of breathing exercises

Thought Awareness: Our thoughts and our control on them, Dealing with our own thoughts, Positive thinking, Mind Control and simple means to practice it. Use of Visualization techniques to achieve mind control.

Our Body: Our awareness about our body, making our body healthier, Kriyas and Asanas (very elementary) to have body fitness.

Concentration & Meditation: Ways to improve concentration, impact of concentration on stress, Meditation and simple techniques to experience the power of meditation.

Submission is the key to everything: Forgiveness, Unconditional love, Love, Compassion & Gratitude.

Take Away: Daily routine management, Goal Manifestation.



Mindfulness-Based Resilience training (MBRT) is a structured program that combines mindfulness meditation and breathing techniques to help individuals manage stress, improve their overall well-being, and enhance their quality of life. Prof. Ishan Shivanand developed MBRT program has been widely accepted and has demonstrated various benefits. Here are some of the key benefits associated with participating in a Mindfulness-Based Resilience training.

Key Benefits

Stress Reduction: MBRT is specifically designed to help individuals cope with stress. Participants learn mindfulness meditation techniques that can help them develop a non-judgmental awareness of their thoughts and feelings, leading to a reduction in stress levels.

Improved Mental Health: Regular practice of mindfulness has been linked to improvements in mental health. MBRT can be effective in reducing symptoms of anxiety and depression, promoting emotional well-being, and enhancing overall mental resilience.

Enhanced Emotional Regulation: Mindfulness practice encourages individuals to observe their emotions without immediate reaction. This increased awareness can lead to improved emotional regulation, helping individuals respond to challenging situations with greater composure.

Increased Self-Awareness: MBRT emphasizes self-awareness and self-reflection. Through mindfulness practices, individuals become more attuned to their thoughts, emotions, and bodily sensations, fostering a deeper understanding of themselves.

Better Focus and Concentration: Mindfulness meditation involves training the mind to focus on the present moment. As a result, participants often experience improvements in attention, concentration, and cognitive performance.

Improved Sleep: Mindfulness has been associated with better sleep quality. MBRT techniques can help individuals relax and manage racing thoughts, contributing to improved sleep patterns and overall sleep quality.

Enhanced Physical Well-being: The mind-body connection is a fundamental aspect of MBRT. Regular practice has been linked to various physical benefits, such as lowered blood pressure, reduced inflammation, and improved immune function.

Improved Relationships: Mindfulness can positively impact interpersonal relationships by fostering better communication, empathy, and compassion. Individuals who practice mindfulness may be better equipped to handle conflicts and engage in more meaningful connections with others.

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Program Outline:

- Week 1 : Introduction
- Week 2 : Breath Awareness
- Week 3 : Conscious Breathing
- Week 4 : Thought Awareness
- Week 5 : Body Awareness
- Week 6 : Positive Affirmations
- Week 7 : Concentration & Meditation
- Week 8 : Body Fitness & Stress Reduction
- Week 9 : Ways of mind control Part-1
- Week 10 : Ways of mind control Part-2
- Week 11 : Emotions and Mindfulness
- Week 12 : Gratitude and Mindfulness
- Week 13 : Stress & its Management
- Week 14 : Daily Routine Management
- Week 15 : Conclusion

Academic and Other Benefits:

- 3 credit hours for professional development
- One semester (15 weeks)
- Join the Program from anywhere in the world

It's important to note that individual experiences with MBRT may vary, and the benefits can depend on factors such as the frequency and consistency of practice. Additionally, MBRT is often used as a complementary approach to traditional medical and psychological treatments for various conditions. If considering participation in an MBRT program, it's advisable to consult with a healthcare professional to ensure it aligns with individual needs and circumstances.

Other Yoga Courses Offered:

- Yoga Based Resilience Training (YBRT)
- Foundations in Yoga

Scan to know more:



University of Silicon Andhra (UofSA) is a nonprofit university registered in the State of California. Its main campus is located at 1521 California Circle, Milpitas, California 95035. It offers Master of Arts, Diploma, and Certificate programs. UofSA is accredited by WASC Senior College and University Commission.

For Details, Please Contact :
1-844-872-8680
admissions@uofsa.edu
www.uofsa.edu/mbrt