



**YogaKshema and Nisargopachar Kendra jointly organizes
A 15-day residential retreat on**



“Reprogram your Neurochemistry to overcome Depression”

Background

Since last 15 years, [YogaKshema](http://www.yoga-kshema.org), a not-for-profit voluntary organization has been conducting educational programs to enhance the “Quality of life” of people based on the recent advances in the field of neuroscience and positive psychology. YogaKshema’s activities are centered around providing holistic and complementary health support which comprises physical, emotional, educational and spiritual dimensions of our lives. YogaKshema’s approach has always been non-pharmacological and not as a substitution to any formal medical care. Besides the regular workshops on mind training, stress management, powers of conscious mind, neuroplasticity et.al., the flagship programs of YogaKshema are the workshops on depression and forgiveness. For more details, kindly refer to the web site www.yoga-kshema.org

[Nisargopachar Kendra](http://www.nisargopachar.org) (Nature cure centre) based at Vinoba ashram, Gotri, Vadodara is run by a registered charitable trust, Vadodara Jilla Sarvodaya Mandal with the mission to provide nature cure and alternative therapies with scientific and holistic approach to develop awareness towards healthy lifestyle in the society and also treat patients with various chronic diseases using the principles of naturopathy. The centre believes that physical, psychological, emotional and spiritual aspects are needed for positive health and disease treatment. Nisargopachar Kendra also believes that imparting education and right knowledge is very crucial to enable people to lead a holistic life. For more details, kindly refer to the web site www.nisargopachar.org

Since last 5 years, YogaKshema (YK) and Nisargopachar Kendra (NK) have been working together to conduct educational workshops and talks at various places in Gujarat. Since last 10 years, YK has been conducting several workshops and Support Group meetings to enable people to overcome depression. This workshop to overcome depression is based on the principles of **“Self-directed neuroplasticity”** and thus enables people to re-program their neurochemistry. These workshops have been attended by diverse segments of people – Doctors, Therapists, Counsellors, Care givers, patients right from home makers to senior corporate executives and NGO staff. The feedback received from these workshops has enabled us to launch this 15-day residential treatment program.

According to WHO, globally, more than 264 million people (~3.4% of people) of all ages suffer from depression. Since the covid-19 pandemic, initial reports have also suggested that depression trend has been on a steep rise both in general public and health care workers. It has also been reported that ~ 76-85% of people in low and middle-income countries receive no treatment for their mental disorder.

Given the need of the era, YK & NK have now formally conceived a unique project specifically for the treatment of depression and thus enabling people with depression to not only get treated for depression, but also become emotionally resilient to live a life full of **“Zest”** with **“meaning and purpose”** in their lives.

Program Details:

- ❖ **15-day Residential Program** (Presence for the full duration of the program is must)
- ❖ **Dates:** 10th - 24th March 2022
- ❖ **Venue:** Nisargopachar Kendra, Gotri, Vadodara.
- ❖ **Mode of communication:** English. Presentation and reading material will be in English. However, participants can interact and seek clarifications in Hindi or Gujarati.
- ❖ **Limited Seats**

Program Outline:

The Program is primarily based on the recent advances in the field of neuroscience and positive psychology and will be based on core principles of **“self-directed neuroplasticity”**. Based on evidence-based research, it has been proven that the brain has the ability to re-program its neurochemistry to overcome depression and lead a life full of Zest, meaning and purpose.

The program is designed with an integrated approach from both modern and alternative therapies with the foundational base of neuroscience. A comprehensive “Outside-in” and “Inside-out” approach to change our neurochemistry to change the wiring of our brain will be used to enable long lasting changes and thus to enhance the quality of life of participants.

This retreat will comprise of -

- 1) Classroom sessions: Presentations, Group Discussions, Dialogue,
- 2) Group activities & Individual exercise
- 3) Yoga therapy
- 4) Mindfulness meditations
- 5) Natural treatments like Massage, Steam bath, Shirodhara, Nasya, etc
- 6) Neuroplasticity based Counselling
- 7) Cognitive activities like – Journaling, dialogue etc
- 8) Recreational and Art activities
- 9) Support group meetings
- 10) Motivational talks, videos, case studies etc

After the 15-day residential program, the participants will be supported through online support group meetings and also need based individualised support / counselling. Support group meetings after the residential program are envisaged to have the following frequency:

- 1) Once a week support group meeting for first month
- 2) Once a fortnight support group meeting for second month
- 3) Once a month support group meeting for next four months.

Cost of the program:

- Shared Non AC accommodation – Rs 22000
- Shared AC accommodation – Rs 30000

Above cost includes cost of accommodation, food and various therapies and activities as per the program.

Discounts can be made available for selected people coming from economically weaker sections.

The program is being conducted by the two not-for-profit organisations, YogaKshema and Nisargopachar Kendra who have been working towards enhancing the quality of life of people. Cost of the program has been estimated based on the basic expenses, not considering the services provided by many of volunteers and also discounts that will be given to financially needy persons. Those who wish to contribute more are most welcome to donate for the program. Donations to the organization are exempt from income-tax under section 80(G).

Registration Process:

Interested participants can do the initial registration at

<<https://tinyurl.com/Overcome-Depression>>

Based on the initial registration form, shortlisted participants will be sent a more detailed registration form. Candidates will be selected based on the information provided in the second level form. Selected candidates will be offered admission in the program and will be confirmed upon receipt of the Contribution Amount. There will be no refund of the amount paid once the admission is confirmed.

Given the limited seats, only selected participants can be confirmed for the program.

All information sent by participants will be strictly confidential and will be available only for relevant health professionals.

Last date for initial registration: 30th January 2022

Faculty:

A team of professionals including a Neuroscientist, Psychiatrist, Doctors and Yoga teachers will be a part of the program. Below are the profiles of some of the faculty members.

Chief faculty:

Dr. Usha Vasthare, Ph.D

Dr. Usha Vasthare is a distinguished neuroscientist, author and social worker.

She has been a faculty of Temple University School of Medicine, Philadelphia, PA, USA for a period of 17 years. Post her career at the Temple University, she also essayed the role of Clinical Research Project Coordinator at the Center for Parkinson's disease and Movement Disorders, Pennsylvania Hospital, Philadelphia, PA, USA. She has published over 70 research papers & abstracts in reputed journals and contributed to 5 books used for continuing medical education course. She was academic Research Advisor for MDs, Post Doctoral Fellows, PhDs & Masters students, and has been trained in hospice care for terminally ill. She has been a resident of USA for about 3 decades.



She is a co-founder of non-profit and voluntary service organization called [YogaKshema](#). YogaKshema workshops are based on the most recent advances in Neuro-scientific research and are geared to the participants in improving their Quality of Life. YogaKshema's objective is to introduce positive psychology, practical and scientific methods to lead a holistic living. This includes workshops on Stress Management, Mindfulness, Forgiveness, Depression, Mind training, Palliative Care, and Healthy Living Style. **YogaKshema aims to bring the confluence of Science and Spirituality in their talks & workshops.** YogaKshema's target audience come from all walks of life right from students to senior citizens, home makers to corporate executives, parents to old age home residents et.al. Over the last 15 years, more than 30,000 people have attended in about 1000 such events and have testified to the benefits derived from them. YogaKshema has also actively worked with several NGOs, ashrams, schools, colleges, old age homes etc. To name a few, YogaKshema has worked with Deena Bandhu Children's home - Chamarajanagar, and continues to work with Swami Vivekananda Memorial Hospital – Saragur, Nisargopachar Kendra – Vadodara, various Ramakrishna ashrams in India and abroad, Ramakrishna Vidyarthi mandiram, NIVASA in Bangalore and various institutions ranging from social to educational.

YogaKshema also conducts support group meetings (Scientific Sansang's) for diverse sections of society ranging from home-makers, professionals to survivors of chronic illnesses and their caregivers. So far YogaKshema has conducted more than 600 such meetings. YogaKshema programs have been telecast in leading television networks (Suvarna, Udaya, Chandana, Zee Kannada and others) as well as in Radio and newspapers such as Vijaya Karnataka & Udayavani in Karnataka. She has enabled several people to overcome depression and other mental illnesses like OCD, Chronic anxiety et.al. Her perspectives in these workshops are based on the very latest facts and discoveries that are being uncovered in the field of Neuroscience along with her deep studies and insights from ancient wisdom.

Other faculty members:

Dr. Bharat Shah

M.B.B.S., P. G. Dip in Pediatrics, ADNY, PGDCH (Clin Hypnosis)

Dr Bharat Shah completed his postgraduate studies in Pediatrics from Baroda Medical college. Then he worked as a pediatrician at KGP children hospital, Vadodara and subsequently at SEWA Rural, Jhagadia for about 5 years. Apart from routine hospital work, he was also involved in developing and executing community based health program that successfully reduced Infant Mortality Rate (IMR) in project area villages around Jhagadia.



Although his basic area of work was pediatrics and community health, he gradually found alternate systems of health care increasingly interesting. Consequentially, he completed his Advanced Diploma in Naturopathy and Yoga (ADNY) from Punjab University, Chandigarh and obtained training as a yoga teacher. His interest in the field of mind and emotion also inspired him to complete a postgraduate diploma course in Clinical Hypnosis from CHARUSAT University, Changa, Gujarat. His deep interest in health awareness and education led him to publish educative booklets on various diseases and healthy lifestyle. He has also translated a book on medicinal plants that was originally published by World health Organization titled as “The Use of Traditional Medicine in Primary Health Care”.

At present, he is working as Director, Nisargopachar Kendra at Vinoba Ashram, Gotri, Vadodara. He is also a member of advisory committee of Janakidevi Bajaj Nature Cure Centre managed by Gujarat Vidhyapith, Ahmedabad. He has served as a member of managing committee of Shri Morarjee Desai College of Naturopathy and Yogic Sciences, Karelibaug, Vadodara and also as a member of the governing council of “Foundation for Revitalization of Local Health Traditions (FRLHT), a Bengaluru based organization that has been recognized as “A National Centre of Excellence in Medicinal Plants” by the Government of India. He has been nominated as member of Governing Body of National Institute of Naturopathy, Pune as well as a member of Naturopathy Certification Board and the Steering Committee of NCB by Ministry of AYUSH, Govt of India.

Dr. Jalnidhi Nanavati

Dr. Jalnidhi completed her graduation (MBBS) and post-graduation in MD Psychiatry from Baroda Medical College, with excellent academic records. She has special interest in child & adolescent mental health and has received further training at department of child and adolescent psychiatry, NIMHANS, Bengaluru and at Sir Ganga Ram Hospital in New Delhi. Apart from her professional work, she is particularly interested in community educational & awareness programs in the area of mental health and has conducted various hands-on training and awareness programs with personal peer bodies, schools, NGOs, Prison inmates, hospitals, corporate houses and other stakeholders of mental health.



Vasant Jajoo

Vasant has done his Masters in Microwave Engineering from I.I.T. – Kharagpur. He has worked in cellular & satellite communication domain for 17 years for several MNCs both in India and abroad. About fourteen years back, he decided to quit his corporate career/lifestyle to explore “meta” questions behind “life” and “sustainable” living. Since then, he has been volunteering his time for various NGOs. He has attended several workshops and conferences on Yoga, alternative therapies, forgiveness, mind training, Vipassana meditation camps, sustainable living, Science & Spirituality confluence et.al. During this process and based on his own experiences, his conviction grew much stronger about the therapeutic aspects of Yoga, Mindfulness and various alternative treatments. He has been a long term mindfulness practitioner and is also keenly interested in Yoga and Ayurveda. Both he and his wife share their experiences and learnings by conducting Yoga therapy classes for diverse sets of audience – from children to senior citizens. He is also Director for Wellness at [YogaKshema](#).



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