

YOGA AND PSYCHOTHERAPY ASSOCIATION OF INDIA (YPAI)



Yoga & Psychotherapy Workshop

Need and scope of Yoga Psychotherapy Workshop :

In the present context of declining moral values, threat to universal peace and brotherhood, growing unrest, stress and tension in life, society is in need to find a common platform to work together for the welfare of the society and Humanity.

“YOGA” signifies functional integration at the highest level of spirituo-psychosomatic development, ensuring not only the health of the body but also experiencing the sense of well being of the senses, the mind and the soul simultaneously. It has, therefore, laid down certain ways and means in the form of various physical and mental procedures to counteract the malicious environmental influences within and without the organism. The holistic approach of yoga or all such yogic practices including Yamas-the rules of social hygiene, Niyamas-rules of personal hygiene, Suddhi Kriyas-purificatory procedures, Asanas-postural patterns, Pranayamas-breathing exercises and meditation etc. are prescribed with the purpose of conditioning and /or reconditioning the body-mind machinery so as to extend its range of adaptability and this to achieve a harmonious development of the human personality.

Asian Federation for Psychotherapy :

Planning to form the Asian Federation began in 1996 when the representatives from India, Japan and China during the 1st World Congress of Psychotherapy discussed on this issue with Prof. Pritz-the President of WCP. During the 2nd World Congress of Psychotherapy in Vienna in 1999, Prof. Mingyi Quian (China), Prof. Yuji Sasaki (Japan) and Prof Ganesh Shankar (India) were included in the WCP Board and elected as the Vice President of WCP –Asian Chapter. During 2001 in Kunming (China), under the chair of Prof. Pritz-WCP –President, the Asian Federation of Psychotherapy (AFP) was formed and was affiliated with the WCP. Prof. Ganesh Shankar (India) was elected the first President of AFP and India was given the opportunity to organize the 1st International Conference of AFP. Under the leadership of Prof. Shankar 1st AFP International conference (Nov.12-15, 2003) was organized with the delegates of 17 countries and with more than 300 hundred participants all over the globe. It was the beginning of AFP and committees were formed to form the code of conduct of the AFP and were further discussed during the 2nd congress of AFP in Tehran (2004) and during 3rd Congress of AFP in Tokyo where we had very good response from Asian countries. It is expected that the code of conduct of AFP will be finalized in Yekaterinburg in Russia during 4th AFP congress in May 2007.

Yoga and Psychotherapy Association of India (YPAI):

Under the guidelines of world Council for Psychotherapy (WCP) and Asian Federation for Psychotherapy (AFP), the Yoga and Psychotherapy Association of India (YPAI) was formed for the expansion of activities of Psychotherapy and Yoga not only in India but all over the world since 2001. YPAI is organizing various courses in Yoga and Psychotherapy, conferences and Seminars, special lectures and workshop involving the eminent experts in Yoga and Psychotherapy. It is organizing National Conferences every Year since 2003 and International Conferences on alternate Years since 2003. The 4th International Conference will be organized in Hissar-the northern part of India during February 2009. All are welcome on this occasion. The detail information of the conference and YPAI can be requested from the Head office at Sagar (India)

Objective of the course and workshop:

The main objective of the workshop are to give training in yogic and psychotherapeutic techniques has been formulated which includes Suryanamaskara, Asanas (Postures), Pranayama (Breathing exercises), Shuddhikriyas (Purificatory Processes), Relaxation and Meditation techniques and psychotherapy counseling . Special instructions are also given for treatment f some disorders, Yogic diet and general hints regarding physiological and psychological effects of Yogic practices. The Yoga Psychotherapy workshop are conducted by experienced and qualified Yoga Psychotherapists to suit the needs of everyone; young or old, irrespective of cast, creed or color. Personal problems, if any, are also attended to. The medium of instructions is English/Hindi. During the past few years such workshop have been conducted at various places in India and abroad and found immensely useful.

A workshop/short term course will be of minimum ten days of five hours daily in the morning or in the evening; Timings will depend on the convenience of the interested persons/Institution. At the end of the workshop, authentic literature, charts on Yoga and Psychotherapy Association of India. Certificate of YPAI after the completion of the course are also given to the participants.

Requirements, Time Schedule and Expenses

Duration: 5 Days

Requirements:

- Sufficient room and mates for Practical and Theory Class for the participants.
- LCD Projector for power Presentation by CD.

Time Schedule

Morning Session (Minimum 15-20 Participants):

Daily Three hours-Practical cum Theory class from 8.00A.M. to 11.00A.M.

And/ or

Evening Session(Minimum 15-20 Participants):

- Daily three hours-Practical cum Theory Classes from 6.00 P.M. to 09.00P.M.

Participants:

There can be one or two groups-one in the morning and/or one in the evening.

Registration Fee:

Registration Fee for each participant – 100 Euros or equivalent

Expenses of YPAI and Local Arrangements:

Out of the Registration Fee, a minimum amount of 2000 Euros will be paid to YPAI to meet the air travel expenses/ honorarium for the two experts and rest of the amount will be spent on local other arrangements for organizing the course and accommodation/food for the experts by the organizers.

Certificate:

Attendance certificate will be given to all the participants after the completion of the ten days short term Yoga Psychotherapy Course by the Yoga and Psychotherapy Association of India.

Syllabus of the Course contents:

Theory

1. Misconceptions , Meaning and Importance of Yoga Psychotherapy
2. Different types and schools of Yoga
3. Yoga and Holistic Health
4. Yoga as a Therapy and Psychotherapy
5. Integrated Yoga and Psychotherapy
6. Yoga and Spirituality

Practical

1. Asanas (Physical Postures)
2. Pranayamas (Breathing Exercises)
3. Shuddhi Kriyas (Purificatory Processes)
4. Meditation


Interested persons/Institutions in arranging such workshops, may write or contact at the address mentioned below. Hope that the traditional science of yoga and psychotherapy will reach out to every door throughout the world to promote Health, Happiness and Peace for the cause of Humanity

Sincerely Yours

GANESH SHANKAR

For Yoga and Psychotherapy Association of India

Curriculum –Vita of Ganesh Shankar

Name in Full	:	Dr.Ganesh Shankar	
Date of Birth	:	11th Feb.1958	
Present Status/Position	:	<ul style="list-style-type: none">➤ Professor & Head of the department of Yogic Science.Dr.Harisingh Gour Central University, Govt. of India, Sagar-470003 (India)➤ President: Yoga and Psychotherapy Association of India (YPAI)➤ Vice President : World Council for Psychotherapy (WCP)➤ President: Asian Federation for Psychotherapy (AFP)	
Specialisations Sports Med.	:	Human Health, Yoga Therapy, Yoga Psychotherapy and	
Educational/Professional Qualifications	:	M.A.(Philosophy), M.A.(Phy.Edu.), M.Phil Ph.D., D.Litt.Yoga), P.G.Dip. in Yoga, Diploma in Yoga from Kaivalyadhama (Lonavla), Certificate in asana and Pranayama from DLS, Rishikesh,Vyayama Visharada, NIS Diploma in Gym.	
Teaching Experience	:	More than 25 years to the graduate and post graduate classes in the university .	
Practical Experience years since 1971.	:	Practical experience in Yoga for more than 30	
Administrative Experience	:	<ul style="list-style-type: none">➤ More than 20 years as head of the department of Human Consciousness and Yogic Science Dr.H.S.Gour University, Sagar University,Sagar(M.P.)➤ Director in the Indian system of medicine, Ministry of Health, Govt. of India, New Delhi for more than one year	
Research Experience	:		

More than 20 years. Engaged in research in the field of Yoga, psychotherapy, Health and Phy.Edu. and allied subjects since 1979.

Research guiding Experience

:

More than 20 years. Guiding research in Yoga and applied sciences since 1991. 10 research scholars awarded degree in Ph.D. under my guidance and one is registered.

Publications

:

- Books Published - 12 Books (Edited)
- Research Papers - More than 40

Organised Seminars/Symposia/Conferences/ Camps/Workshops

:

- More than 30 of Regional/National / International Level

Foreign Visits

:

- Visited USSR, Finland, Austria (Thrice), U.K, China, Ukraine, Portugal, Italy , Russia, Japan, Iran, etc. for the academic work in Yoga and Psychotherapy sponsored by Govt. of India CSIR, UGC and host organisations.

Conferences/Congresses/Seminars attended and acted as keynote /guest speaker/chairperson/ co-chairperson

:

More than 60.

Membership and positions held in the various academic/professional: bodies /societies/ in Govt./ non government and in various universities

More than 30.

Other Commendable achievements

:

- Started M.A. and M.Sc. in Yoga in the university.
- Awarded Yoga Bhushan during the world Yoga Sammelan in New Delhi during Dec.1986.
- Participated and achieved many positions in the College, University, State and National competitions in various co-curricular activities/ Yoga and games and sports.
- Acted as referee/subject expert in the selection committees.
- Evaluated books on Yoga for National Awards.
- Inspected various Institutes of Yoga as directed by CCRYN.
- Talks on Yoga at All India Radio, Sagar.



(Dr.Ganesh Shankar)

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