

## COURSE CURRICULUM

### Relevance and Methods of Yoga Application for Emotional Wellness in Current Pandemic – 8 hr CME

**November 21 (Sat) 2020**

**Conducted as live Zoom Video Conference Program**

Life in Yoga Institute, Inc is accredited by the ACCME to provide continuing medical education for physicians.  
This activity has been approved for AMA PRA Category 1 Credit™.

**ATTENDANCE IS FREE – FEE for CME CERTIFICATE**

#### **A. COURSE SUMMARY**

**1. COURSE DESCRIPTION:** Emotional wellness is a current issue because of the COVID-19 pandemic. It affects different groups differently, but the common element is the inability to go about as with normal life. Reactions border on fear, frustration and even anger, and political posturing contributes to further inflammation. This results in higher level of anxiety disorder, depressive disorders, mood swings and insomnia. Yoga is well-researched for its impact on mental health ranging from high school children to seniors, and it could be a useful approach for application for the emotional health of the population.

This course presents the combined wisdom of psychiatrists, yoga therapists and family practice physicians from their years of experience, and includes the following presentations and discussions:

- The Role of the Mind in Health Management
- Spectrum of Emotional Health during COVID-19
- Yoga Approaches to Psychosomatic Balance
- Clinical Implementation
- Question-Answers

In addition, to enhance the learning of yoga application, CME registrants are recommended to attend free practice sessions available in daily video-conference before the CME event (See Zoom link on page 4). This serves multiple purposes: (a) learn the yoga techniques; (b) observe impact on a cross-section of people similar to patient population who attend the session numbering between 150 and 200 daily; (c) these free practice sessions are available for your patients as well. Attendance of up to 5 hours can qualify for credits.

The course includes:

- Case Discussions;
- Introduction to simple chair-based practices that are called Gentle Yoga developed by Life in Yoga Institute that can be applied in regular clinical practice.

#### **2. CME COURSE OBJECTIVE**

After completing this activity, physicians should be able to:

- Describe the role of stress in emotional disorders during COVID-19 pandemic.
- Recognize the personal and societal impact of emotional disorders
- Identify non-pharmacological approaches including yoga, for the management of anxiety, depression and insomnia
- Develop competency in simple techniques of yoga that can be applied for patients’ wellness of mind and body
- Identify effective integrative approaches to clinical management

Gaps observed in medical community that this course addresses

Mainstream medical community lacks adequate and effective tools for emotional health management. There is a lack of understanding of non-pharmacological approaches including yoga.

This has manifested severely during this COVID pandemic, when resources are diverted, in multiple ways:

- Excessive prescription of medications that leads to addictions
- Emergency room inadequacy to deal with psychiatric patients during COVID crisis

3. COURSE CONTENT – Practice, Lectures & Discussions Cover:

<p><b>PRACTICE COVERS:</b></p> <ul style="list-style-type: none"> <li>➤ Gentle Spinal Alignment CNS impact</li> <li>➤ Breathing Techniques focused on: Vagal Stimulation; CNS/Vitality Stimulation</li> <li>➤ Mantras – Vibrations Chakra focused</li> </ul>	<p><b>LECTURE-DISCUSSIONS COVER:</b></p> <ul style="list-style-type: none"> <li>➤ Role of Mind in Health Management</li> <li>➤ Emotional Health During COVID-19</li> <li>➤ Stress Reduction with impact on Emotional Health with Yoga tools</li> <li>➤ Clinical Management</li> <li>➤ Case Studies</li> <li>➤ Question-Answers</li> </ul>
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COURSE DIRECTOR: Dr. Bipin Solanki, MD, FRCS

4. FACULTY – Jeffrey Rediger, MD, MDiv, Medical Director of McLean SE Adult Psychiatry and Community Affairs at McLean Hospital, Instructor at Harvard Medical School  
 Smita H. Patel, M.D., DLFAPA, Asst Clinical Professor, George Washington University  
 C. Rajan Narayanan PhD, C-IAYT, Executive Director, Life in Yoga Institute  
 Marsha Billes, DO, ABOIM, CYT-200, C-IAYT, Chair of Board, Life in Yoga Institute.

5. COURSE ATTENDANCE LOGISTICS

VENUE: Zoom Video-Conference – Link to be provided for registrants.

6. PARTICIPATION COST - Participation is free. CME certification for course is \$150. Early registration fee before November 15 - \$125.

## **B. DISCLOSURE**

All the faculty/speakers, and the planning committee members have declared:

- That they have no financial relationships with any commercial interests in the past 12 months;
- They will not accept financial remuneration directly from any commercial supporter for this program;
- They will uphold academic standards to insure balance, independence, objectivity and scientific rigor in their roles in this program.

## **C. COURSE DETAILS**

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# 1. COURSE AGENDA AND SCHEDULE

**VENUE: ZOOM CONFERENCE**

## **Pre-Course Attendance Required (5 CME hours)**

Free Daily Chair-based, One-hour Yoga sessions are available at 5:30 pm and 8:30 pm in Zoom Video conference. The second session is designed as 5:30 pm Pacific time to facilitate audience in western United States. On weekends the practice sessions runs up to 90 minutes.

Registration Link for 5:30 pm EDT:

[https://us02web.zoom.us/webinar/register/WN\\_pbN6r0mBSRuN-iYHYiGe6Q](https://us02web.zoom.us/webinar/register/WN_pbN6r0mBSRuN-iYHYiGe6Q)

Registration Link for 8:30 pm EDT:

[https://us02web.zoom.us/webinar/register/WN\\_kG0qvqWLTl-F8uxqXwa9HA](https://us02web.zoom.us/webinar/register/WN_kG0qvqWLTl-F8uxqXwa9HA)

Course participants are encouraged to attend at least 5 hours over the previous two weeks before the presentations on November 21. Upon attendance in each session, please note in the Chat Box: <your name> followed by “Nov 21 CME Attendee” to register your attendance for credits.

## **Saturday, Nov 21 2020 (3 CME hours)**

**12:00 noon to 12:10 pm – •** Opening Course – Bipin Solanki

5-minutes BREAK

**12:15 pm to 1 pm – •** The Role of Mind in Health Management – Jeffrey Rediger

5-minutes BREAK

**1:05 pm to 1:35 pm –** Spectrum of Emotional Health during COVID-19 Era – Smita Patel

5-minutes BREAK

**1:40 pm to 2:40 pm –** Yoga Approaches to Psychosomatic Balance – Narayanan

5-minutes BREAK

**2:45 pm to 3:30 pm –** Clinical Practice Management – Marsha Billes; after presentation Bipin Solanki will lead as moderator in a Panel Discussion to answer participant questions.

**3:30 to 4:00 pm –** Program Conclusion Formalities for Certification and Feedback

## 2. PRESENTATION SUMMARIES

Saturday, 12 noon

### Course Introduction

**SOLANKI, COURSE DIRECTOR**

This is a Course Overview by the Course Director that covers the following:

- CME Requirements
- Course Objectives
- Agenda Schedule
- Faculty
- Course Material – Presentation segments, Demonstration & Practice

Saturday, 12:15 pm

### The Role of the Mind in Health Management

**JEFFREY REDIGER**

For 17 years, I have been collecting medical evidence for remarkable individuals who have recovered from incurable illnesses, and investigating the factors associated with their improbable recoveries. This presentation will share some of their stories, and explore the factors associated with their recoveries. The critical importance and power of a science of health and well-being will be discussed, as will be its differences from the traditional science of disease and medications.

References:

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-Rashidi A, Fisher SJ., Spontaneous remission of acute myeloid leukemia. Case Rep Hematol. 2017;2017:9593750. doi: 10.1155/2017/9593750. Epub 2017 Jul 24.

-Mozafari R, Moeinian M, Asadollahi-Amima, Spontaneous Complete Remission in a Patient with Acute Myeloid Leukemia and Severe Sepsis. Case Rep Hematol. 2017;2017:9593750. doi: 10.1155/2017/9593750. Epub 2017 Jul 24.

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Saturday, 1:05 pm

## Spectrum of Emotional Health during the COVID-19 Era

SMITA PATEL

Since January 2020, we live in an unprecedented time, and the world has changed in mysterious ways that no one had predicted. The ongoing COVID-19 pandemic and its mysteries have affected several million people across the continents, and almost a million innocent people lost their lives prematurely. Current and historical evidence shows that viruses such as COVID-19 can induce numerous changes that can adversely impact the brain's emotional functioning. The mental health of a person is equally important as physical health for well-being. The emotional impact of COVID-19 and the selected containment measures, namely wearing masks, quarantine, social distancing, self-isolation, and reduced social interaction, have increased loneliness. Our patients are experiencing anxiety, fear, anger, sadness, and uncertainty about the current multifaceted societal turmoil. It has a detrimental impact on the mental health of all ages ranging from children to adults. This presentation will discuss neuropsychiatric illnesses such as anxiety disorder, depressive disorder, and insomnia, which have increased throughout the country.

### References:

1. Andrea Fiorillo, Philip Gorwood. **The consequences of the covid-19 pandemic on mental health and implications of clinical practice.** *Eur Psychiatry.* 2020; 63(1): e32. Published online 2020 Apr 1. doi: 10.1192/j.eurpsy.2020.35 PMCID: PMC7156565 PMID: 32234102
2. Naomi M. Simon, MD M.Sc; Stefan G Hofmann, Ph.D., David Rosenfield, Ph.D.et al. **Efficacy of yoga vs. Cognitive Behavioral Therapy VS Stress education for the Treatment of Generalized Anxiety Disorder - A Randomized clinical trial.** *JAMA Psychiatry;* August 12, 2020
3. Johns Hopkins University Coronavirus Resource Center; Assessed April 24, 2020.  
<https://coronavirus.jhu.edu/map.html>

Saturday, 1:40 pm –

## Yoga Approaches to Psychosomatic Balance

RAJAN NARAYANAN

Yoga's Philosophy of Existence incorporates the role of body, mind and spirit as integral to health. The somatic well-being is seen as dependent on the psychic well-being. Practices of yoga work in three levels: (a) for optimization of vitality through spinal alignment and breathing practices that affect the central nervous system; (b) vagal stimulation to improve afferent nerve insensitivity; and (c) psyche level through chakra vibrations, attitude of acceptance and letting go, and affirmations.

This presentation discusses both the yoga philosophy concept, as well as simple chair-based practices that are done in daily yoga practice that can be used by medical practitioners for patient health. Further the concept of electro-magnetic measurement of bio-meridians is introduced as a measurable approach to assess impact of practices.

TEXT: "Principles and Practice of Yoga in Healthcare" by Sat Bir Khalsa, Lorenzo Cohen, Timothy McCall and Shirley Telles, Handspring Publication 2016

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Chandla et. al. **Effect of short-term practice of pranayamic breathing exercises on cognition, anxiety, general well being and heart rate variability,** *J Indian Med Assoc.* 2013 Oct;111(10):662-5

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Alan Finger and Katrina Repka - **Chakra Yoga: Balancing Energy for Physical, Spiritual, and Mental Well-being.** *Shambala Publication 2005.*

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Vedamurthachar A, Janakiramaiah N, Hegde JM, Shetty TK, Subbakrishna DK, Sureshababu SV, Gangadhar BN. **Antidepressant efficacy and hormonal effects of Sudarshana Kriya Yoga (SKY) in alcohol dependent individuals.** *J Affect Disord.* 2006 Aug;94(1-3):249-53. Epub 2006 Jun 5.

Brown RP, Gerbarg PL. **Sudarshan Kriya Yogic breathing in the treatment of stress, anxiety, and depression. Part II--clinical applications and guidelines.** *J Altern Complement Med.* 2005 Aug;11(4):711-

Brown RP, Gerbarg PL. **Sudarshan Kriya yogic breathing in the treatment of stress, anxiety, and depression: part I--neurophysiologic model.** *J Altern Complement Med.* 2005 Feb;11(1):189-201. Review. Erratum in: *J Altern Complement Med.* 2005 Apr;11(2):383-4.

Saturday, 2:45 pm –

## **Clinical Practice Management followed by Panel Discussion**

**Marsha Billes**

As Healthcare Professionals, we evaluate and treat patients with anxiety, depression, chronic pain and PTSD on a daily basis. In fact, we know that the root cause of many health concerns is due to stress and the way that people react to stress. However, in traditional Western medicine, we often treat the outcomes of stress as opposed to focusing on the root cause.

During this pandemic, we have witnessed the effects of stress on both patients as well as our colleagues. As an Osteopathic Physician, Family Physician, Integrative Provider and Yoga Therapist, I will present simple tools to provide an additional modality of assessment and treatment-Yoga Therapy, which provides a safe, cost effective, simple and efficacious option for treating mental health concerns as well as supporting the immune system especially during this current pandemic. Teaching our patients, our colleagues as well as our staff that they have the ability to find self care from within may not only help with healing but be the future of value based medicine.

References:

Bushel, William Ph D, Tanzi, Rudolph, Ph. Chopra, Deepak, MD. Covid-19: Considering Meditation and Yoga as Adjunctive treatment, Times of Republic : July 14, 2020

Exploring The Therapeutic Effects of Yoga and Its ability To Increase Quality of Life, International Journal of Yoga, July-Dec 2011

Chopra, Deepak. The Healing Self-New Plan to Supercharge Your Immunity and Stay Well For Life. 2018

Sarkar, Dilip, MD. Yoga Therapy, Ayurveda and Western Medicine-A Healthy Convergence. Lulu Publishing, 3/20/2017

Korotkov, Konstantin. The Energy of Health-Understanding The Principles of Energy Field Analysis, 2017

Gesne Michael Roach. How Yoga Works-Healing Yourself and Others With the Yoga Sutra, Diamond Cutter Press, 2004

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Deshmukh VD. **Neuroscience of meditation.** *ScientificWorldJournal.* 2006 Nov 16;6:2239-53.

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Kumar S, Nagendra H, Manjunath N, Naveen K, Telles S. **Meditation on OM: Relevance from ancient texts and contemporary science.** *Int J Yoga.* 2010 Jan;3(1):2-5. PMID: 20948894 [PubMed - in process]

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Telles S, Nagarathna R, Nagendra HR. **Autonomic changes during 'OM' meditation.** *Indian J Physiol Pharmacol.* 1995;39:418-20.

#### 4. FACULTY PROFILE

**Jeffrey Rediger, MD, MDiv**, Medical Director of Adult Psychiatry and faculty at Harvard Medical School

**Smita H. Patel, M.D., DFAPA**, Assistant Clinical Professor of Psychiatry & Behavioral Sciences at The George Washington University, Washington, DC

**C. Rajan Narayanan, PhD, C-IAYT**, Executive Director, Life in Yoga Institute

**Marsha Billes, DO, AIHM, CYT-200, C-IAYT** – Chair of Board, Life in Yoga Institute

### Detailed Faculty Profiles



**Jeffrey Rediger, MD, MDiv**, is on the faculty of Harvard Medical School, the Medical Director of McLean SE Adult Psychiatry and Community Affairs at McLean Hospital, and the Chief of Behavioral Medicine at Good Samaritan Medical Center.

A licensed physician and board-certified psychiatrist, he also has a Master of Divinity from Princeton Theological Seminary.

His research with remarkable individuals who have recovered from illnesses considered incurable has been featured on the Oprah Winfrey and Dr. Oz Shows, among others.

He has been nominated for the National Bravewell Leadership Award, and has received numerous awards related to leadership and patient care.



**Smita H. Patel, M.D., DLFAPA**, Assistant Clinical Professor of Psychiatry & Behavioral Sciences at The George Washington University, Washington, DC

As a licensed physician and board-certified psychiatrist (psychopharmacologist) trained at The Johns Hopkins University, Dr. Patel integrates challenging medication management with mindfulness techniques.

She enjoys treating children, adolescents and adults since 1990 and has been helping patients to deal with the challenges of emotional disturbance and guides them for achieving optimum feelings of wellness. Her continuous success is a testimony to the caring, compassionate and personal treatment she has given to her patients for the past 30 years. Her primary goal is to help my patients manage their mental health challenges and improve their ability to lead active, engaged and productive lives. There are many exciting new therapies that have been developed for mental health challenges. In general, the earlier patients begin their treatment the outcome could be more positive.

Dr. Patel was born in Detroit, Michigan and was raised in India and Washington, DC metropolitan area. She successfully completed her General Psychiatry Residency from St. Elizabeth Hospital in Washington, DC in 1988 and subsequently completed her fellowship in Child and Adolescent Psychiatry from The Johns Hopkins School of Medicine, Baltimore, MD in 1990. She received her board certification from the “American Board of Psychiatry and Neurology” in 1992.

After completing her training, she joined Taylor Manor Hospital (now ShepherdPratt) in Ellicott City, Maryland as a staff psychiatrist. Since 1999, Dr. Patel has been serving as an Assistant Clinical Professor

of Psychiatry & Behavioral Sciences at The George Washington University, Washington, D.C. She is a member of the Board of Advisors at School of Medicine and Health Sciences at The George Washington University, Washington DC. In the past she has served as a Director of Adolescent Services in area hospitals.



**C. Rajan Narayanan, PhD, C-IAYT**, Executive Director, Life in Yoga Institute - Serves as Administrator, Chief Therapist, Course Faculty and Researcher. Dr. Narayanan is a founder and inspiration behind Life in Yoga Foundation and Institute, non-profits formed and active in the Washington metro area. He was visionary behind getting CME accreditation for Life in Yoga and serves as its CME Director. He also serves as the Secretary and a Board member of the Council for Yoga Accreditation International, an international body that seeks to establish

standards for yoga knowledge and bring the wisdom of yoga into the knowledge-base of applied scientific and humanitarian fields to enhance their efficacy for the benefit of humanity.

**RESEARCH AND DEVELOPMENT IN YOGA AND MEDICAL SCIENCES** - Measured Yoga Therapy is his key development contribution to integrate yoga principles and medical sciences. The path to this development involved research in Electro-Acupuncture tools (used to measure meridian flows of Chinese Medicine) in 2010 and a research project to measure vitality through electrical conductance in collaboration with SVYASA University in 2012. On the practice side, he developed the 5 by 3 by 1 approach of Life in Yoga based on the principles of Asthanga Yoga and the teachings of the Yoga Sutras of Patanjali. Based on these principles he developed Gentle Yoga as a powerful practice accessible to all and Dance Yoga that would appeal more to younger and more energetic people. He has actively researched different aspects of yoga including mudras and mantras, and has developed many more techniques over the last many years: Atma Vyakta Mudra, Atma Poorna Mudra, Brahma Vyakta Mudra, Tryambakam Kriya, concept of CRE or Cyclical Rhythmic Exercising, Chandogya Upanishad Meditation, Mantras to repair the respiratory system, cardiovascular system, immune system, etc.

In 2012, he also worked with the Pulmonology practice of Dr. U. Nanavaty to begin case studies on COPD that continued into 2013 that established the efficacy of yogic practices to substitute usage of steroids. He completed a pilot study on Obstructive Sleep Apnea in collaboration with Dr. Harminder Kaur of Clarksburg Medical Center in 2013-14 that showed remarkable improvement among studied subjects. End of 2014, he developed measurability with Electro-Photonic Imaging, which has now become part of Life in Yoga's practice method called Measured Yoga Therapy. With this technique in the second half of 2016 he was able to reverse Chronic Fatigue Syndrome of a subject who was suffering for 35 years and had spent 30 years exploring yoga options with many reputed institutions without success. Since there he has demonstrated the efficacy of this approach in reversal of cardiac ill-health and several auto-immune conditions including Sjogren's and pulmonary fibrosis.

**YOGIC LEARNING** - He began teaching Yoga in Washington DC metro suburbs as a free community service in January 1998, after Swami Bua of New York City completed a two week course in Hatha Yoga and Praanayaama. He has been a practitioner of Transcendental Meditation since 1981. Between 1993 and 1995 he completed coursework on Hatha Yoga, Praanaayaama, and other Raaja Yoga practices at the Satchidananda Ashram in Yogaville, Virginia. He has also been a student of Vedas and other spiritual

documents of religious traditions. In 1998 he became a Reiki Master and subsequently learned Kriya Yoga techniques of the Lahiri Mahashay lineage. From 2002 he has practiced and taught the Rainbow Bridge technique for cleansing of Karmas and Vaasanas. He also has a complete translation and commentary on the Yoga Sutras of Patanjali and the Bhagavad Gita. He has also viewed religious practices from various religions to understand their yoga effect. To develop a deeper understanding of these practices he has also studied all the major religions of the world.

**FORMAL EDUCATION AND BACKGROUND** - Outside the field of Yoga, Dr. Narayanan has worked as a marketing consultant and has served as an adjunct faculty in the business school of Georgetown University and other local Universities. Prior to that, in New York he has worked for American Express and BBDO Worldwide in roles of marketing analysis and strategic target marketing. He was a full time faculty at the State University of New York at Cortland from 1985-87. He has Ph.D. in Economics from the State University of New York at Stony Brook.



**Marsha Billes, DO, ABOIM, CYT-200, C-IAYT** – Chair of Board, Life in Yoga Institute

Dr. Marsha Billes is a dedicated and compassionate Family Physician who has been successful at combining traditional and Integrative medicine to reduce chronic disease and promote wellness. She is Board Certified in Family Practice and is also certified in Integrative Medicine. Dr. Billes is also a certified yoga therapist. She has been using Yoga Therapy and Measured Yoga Therapy in her practice as an additional tool for assessing the health of her patients - both individually as well as teaching Chair Yoga Therapy in a group for the past 6 years. These treatments have helped many patients lower blood pressure, reduce stress levels and improve blood sugar levels.

Dr. Billes graduated from Michigan State University College of Osteopathic Medicine in 1989 and did her Internship and Family Practice Residency at Beaumont of Farmington Hills, Michigan in 1990-1992. She was also Chief of Staff at Beaumont-Farmington Hills in 2003. She continues to serve as an Associate Clinical Professor through MSU-COM and an instructor at Oakland University William Beaumont Medical School. She thoroughly has enjoyed teaching medical students

Dr Billes also serves as Chairman of the Board of Directors of the Life In Yoga Institute and she continues to teach and do research with her colleague Dr. Narayanan.

She is very excited about sharing these various modalities which have been life changing for her patients and have also enhanced her life personally.