

YMS 403P: YOGA FOR PRENATAL AND POSTNATAL CARE

Course Faculty (Instructor on Record): Dr. Nidhi Choudhary

Course Credits: 2:1

Pre-Requisite: All 10 Core Courses of VaYU Online MS (Yoga) program

Course Catalog Description (3-5 lines)

“Yoga for Prenatal and Postnatal care helps yoga teachers to focus and master the fundamentals of yoga techniques best suited for every stage of pregnancy and postnatal phase. The objective of this course is to qualify yoga teachers in handling pregnant women or new mothers and cater to their physical body changes, emotional health through evidence-based yoga techniques. In the training program, we concentrate on yoga’s therapeutic applications along with its principles to achieve holistic health.

For each condition, students go through the changes in the physical body as well as psychological changes followed by evidenced-based yoga practices to cater to those changes. The classes would include theory sessions as well practical sessions.

Weekly Office Hours: This course will have a PCP component every week during Office Hours. It is ***mandatory for students to attend and participate in Weekly Office Hours sessions.***

Course Faculty

Dr Nidhi Choudhary is a Yoga consultant and researcher with an M.Sc and PhD in Yoga for Women’s Health. She has Co-authored over 15 indexed research publications, conducted ~50 workshops world over on PCOS, infertility, Pregnancy, and Menopause and has written a practical guidebook for prenatal yoga. Dr. Nidhi’s doctoral work on Polycystic Ovarian Syndrome was funded by Ministry of AYUSH, Govt. of India, and was a landmark publication in the field. This was the first ever study to estimate the burden of PCOS in India, and also to propose and demonstrate that yoga could prevent, and resolve PCOS. A leading book ‘The principles and practice of yoga in healthcare’ that has compiled evidence for yoga in various illness conditions, has noted that till date, the study done by Dr Nidhi, is the only robust evidence available for the efficacy of yoga in PCOS.

Dr Nidhi has 15 such studies, on the mechanism and clinical applications of yoga for various health conditions, published in international indexed peer-reviewed journals. Some of her better-known publications include “Dealing with Glucose metabolism and the endocrine system in adolescents with PCOS”, and “Yoga for obesity”.

She has presented her work at numerous international conferences like the “International Conference on Traditional & Alternative Medicine” and the “Congress of the International Diabetes Federation”. She is also empanelled on the editorial board of several scientific journals. Dr Nidhi Choudhary has also completed the “Integrative Medicine research training Program” from the prestigious MD Anderson Cancer Center, Houston, Texas.

Dr. Nidhi has championed yoga programs at many infertility and PCOS clinics and helped hundreds of patients, while mentoring post graduate and doctoral research activities at SVYASA Yoga University, which is amongst the best yoga research institutions of the world.

She has conducted highly sought after women's health workshops in USA, Singapore, and Japan. She has also liaised with Govt. of India, as part of the team that was instrumental to the first International Yoga Day, development of the curriculum for yoga certification by Quality Council of India and is a regular faculty at the World Yoga Festival, held at Rishikesh. *She hails from the Yoga capital of the world- Rishikesh and is a direct disciple of Dr BKS Iyengar. She is also a Yoga Alliance registered Teacher.*

She has already concluded more than 17 batches and trained close to 300 yoga teachers, BNYS doctors from across the globe, over last 5 years. Most of them have teaching experience of more than 5 years and have shared positive feedback at the end of the course.

Research Narrative (please update as necessary)

ACCOMPLISHMENTS:

- Editorial Board Member of "Symbiosis Journal of Yoga and Natural Therapy (SOJNYT) and "Journal of Alternative Medical Research" international peer-reviewed journal."
- Reviewer for International Journal of Gynecology & Obstetrics (IJGO) the official publication of the International Federation of Gynecology and Obstetrics (FIGO) [2013], International Journal of Yoga (IJOY), European Journal of Integrative Medicine (EJIM) and European Journal of Obstetrics & Gynecology and Reproductive Biology (EJOGRB).
- Recipient of the grant-in-aid from Central Council of Research in Yoga & Naturopathy, Ministry of Health, India [2009-2011].
- Second place in International Himalaya Yoga Olympiad, Bangalore, India (2003)

PROFESSIONAL EXPERIENCE

Visiting Faculty (Feb 2021.....)

Trans Disciplinary University, Bangalore

Planning collaborative research activities and projects along with other universities

CEO (2019....)

Yoga Plus India, Bangalore (www.yogaplus.info)

Conducting Teachers Training, Therapy programs and workshops worldwide.

Yoga Expert (2020..till date)

IMumz app

Preparing yoga modules and conducting online webinars and sessions for pregnant women and new mothers.

Director for Yoga (July 2019- oct 2021)

Fem Buddy Pvt Ltd, Bangalore

Preparing Yoga modules and conducting workshops on Women Wellness for Fembuddy app based company from Bangalore.

Academic Director (June 2016- till date)

Adhyatama Yoga, Bangalore, India

Conducting yoga therapy camps and advanced skill training of yoga teachers.

Yoga Consultant (2015 onwards- till date)

Suhrudha Clinic, Bangalore, India

Consulting and providing yoga therapy to patients.

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Associate Professor (Jan 2013- Jan 2016)

Swami Vivekananda Yoga Anusandhan Samsthana (SVYASA), Bangalore, India

Teaching Diploma, Master's and Doctorate students in the university.

Guided doctorate students for projects such as Yoga for obesity, Yoga for Cardiac Rehabilitation after myocardial infraction, Yoga for allergy rhinitis and acupressure with yoga for common ailments.

International tours (USA 2013, 2014, Singapore 2014) for conducting yoga therapy workshops (Infertility workshop, deepening of yoga Practice workshop, prenatal workshop, and diabetes workshops), collaborative activities and course credit sessions (Teaching certificate, diploma and masters students).

Coordinator for “**Stop Diabetes Movement**”, a nationwide health project to mitigate Diabetes through Yoga therapy from January 2010 to December 2012.

Senior Research Fellow (Dec 2008 – Jan 2013)

SVYASA, Bangalore, India

Successfully completed project titled “Effect of Yoga based lifestyle on Poly Cystic Ovarian Syndrome – a randomized control trial” and published the findings in peer-reviewed journals.

Wellness Consultant (Feb 2008 – Nov 2012)

Advanced Fertility Centre (IVF Centre), Bangalore, India

Developed modules and provided consultations to the infertility patients creating sustainable health goals and plans and created yoga therapy programs based on diagnosis & symptoms and conducted yoga sessions.

Integrative Medicine Consultant, SVYASA, Bangalore, India (July 2007 – March 2008)

- Conducted classes for MS (yoga) course students at SVYASA Bangalore. Work involved teaching, examination and evaluation and reviewing project reports.
- Deputed as a consultant to Kagoshima Children’s Hospital, Kagoshima, Japan
- I was a part of the team that founded and built “Integrative medicine Department” for Kagoshima Children’s Hospital. We provided counseling and therapy for patients. Groups included autism spectrum disorders, anorexia nervosa and bulimia.
- Visiting Expert Faculty for Yoga Teachers Training at Japan Yoga Niketan. Conducted asana training for general yoga teachers and also provided training for yoga therapists.

EDUCATION

- **RYT 200 registered teacher (Yoga Alliance, USA)- 2019.**
- **Doctorate of Philosophy (yoga) [Ph.D.] - 2013**
Swami Vivekananda Yoga Anusandhana Samsthana [SVYASA Yoga University-
www.svyasa.org], Bangalore, India
- **Masters in Yogic Sciences [M.Sc.] - 2005**
Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore, India
- **Yoga Instructors course (YIC)-2003**

Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore, India

- **Bachelor of Science (Chemistry, Botany, Zoology) [B.Sc.] - 2003**

H.N.B. Garhwal University Srinagar, Uttarakhand

PROFESSIONAL TRAINING

- **Integrative Medicine Program & Research Training (Feb 2013)**

MD Anderson Cancer Center, Houston, TX

Completed 10 days of extensive training with the Integrative Medicine Department Research Team.

- **BKS Iyengar Instructor Course (2001-2005)**

Iyengar Yoga Institute, Pune & Yoga Study Center, Rishikesh, India

Conferences:

- Effect of yoga on perceived stress and positive and negative emotions in adolescent polycystic ovarian syndrome: A randomized control trial. **International Conference and Exhibition on Traditional & Alternative Medicine**. December 09-11, 2013, Hyderabad, India.
- Is 10 days long yoga program effective enough to motivate diabetics for lifestyle changes? **10th International Diabetes Federation-Western Pacific Region Congress**. 21-24th November 2014, Suntec city, Singapore.
- Regular invited Yoga Guru at **International Yoga Festival**, Rishikesh, Uttarakhand.

Original Research Publication

1. **Nidhi, R.**, Padmalatha V., Nagarathna R., Amritanshu R., (2011). "Prevalence of Polycystic Ovarian Syndrome in Indian Adolescents." *Journal of Pediatric and Adolescent Gynecology*, 24(4): 223-227.
2. **Nidhi, R.**, Padmalatha V., Nagarathna R., Amritanshu R., (2012). "Effect of a yoga program on glucose metabolism and blood lipid levels in adolescent girls with polycystic ovary syndrome." *International Journal of Gynecology and Obstetrics*, 118(1): 37-41.
3. **Nidhi, R.**, Padmalatha V., Nagarathna R., Amritanshu R., (2012). "Effect of a holistic yoga program on anxiety symptoms in adolescent girls with polycystic ovary syndrome." *International Journal of Yoga*, 5(2): 112-7.

4. **Nidhi, R.**, Padmalatha V., Nagarathna R., Amritanshu R., (2013). "Effect of a Holistic Yoga Program on Endocrine Parameters in Adolescents with Polycystic Ovarian Syndrome: A Randomized Controlled Trial." *J Altern Complement Med*, 19 (2): 153-60.
5. **Nidhi, R.**, Padmalatha V., Nagarathna R., Amritanshu R., (2013). "Effect of yoga program on quality of life in adolescent polycystic ovarian syndrome: a randomized control trial." *Applied Research in Quality of Life*, 8(3): 373-383.
6. **Nidhi, R.**, (2013). "Effect of yoga on perceived stress and positive and negative emotions in adolescent polycystic ovarian syndrome: A randomized control trial" *Altern Integ Med* 2013, 2:10 conference proceedings, <http://dx.doi.org/10.4172/2327-5162.S1.004>.
7. **Nidhi, R.**, (2014). "The need for cognitive neuropsychological assessments for estimating risk factors for obesity in adolescents." *J Prev Med Public Health*; 47(6):343-4. doi: 10.3961/jpmph.14.033. Epub 2014 Sep 11.
8. **Nidhi, R.**, Amritanshu R., H. R. Nagendra., R. Nagaratna., (2014). "Is 10 days long yoga program effective enough to motivate diabetics for lifestyle changes?" *Diabetes Research and Clinical Practice*, Volume 106, Supplement 1, November 2014, IDF 2014, conference proceedings.
9. Raghunath S, Raghuram N, Ravi S, **Ram Nidhi C**, Ram A (2015). "Prevalence of mastalgia in young Indian females". *J Health Res Rev*, 2:108-11.
10. Rshikesan PB, Subramanya P, **Nidhi R.** (2016). "Yoga Practice for Reducing the Male Obesity and Weight Related Psychological Difficulties-A Randomized Controlled Trial." *J Clin Diagn Res*. 2016 Nov;10 (11):OC22-OC28. doi: 10.7860/JCDR/2016/22720.8940. Epub 2016 Nov 1.
11. Raghunath S, Raghuram N, Ravi S, **Ram NC**, Ram A (2016). Effect of yoga therapy on quality of life and depression in premenopausal nursing students with mastalgia: A randomized controlled trial with 6-month follow-up. *J Health Res Rev* 2016;3:48-54.
12. Rshikesan PB, Subramanya P, **Nidhi R.** (2018). "Yoga practice to improve sleep quality and body composition parameters of obese male - a randomized controlled trial". *J Complement Integr Med*. 2018 Oct 20;15(4).
13. Srihari Sharma, Subramanya Pailoor, **Nidhi Choudhary Ram**, Smeeta Shrestha. (2019). "Development of a yoga module targeting cardiovascular health for patients with post-myocardial left ventricular dysfunction in India." *Complementary Therapies in Medicine* 42 (2019) 170–177.
14. KN Srihari Sharma, **Nidhi Ram Choudhary**, Pailoor Subramanya. (2019). "Evidence base of yoga studies on cardiovascular health: A bibliometric analysis." *International Journal of Yoga*. 2019; 12 (2); 162-171.

15. Srihari Sharma K N, Subramanya Pailoor, **Nidhi Choudhary Ram**, Prabhavathi Bhat, Smeeta Shrestha. (2020). "Integrated yoga practice in Cardiac Rehabilitation Program- A Randomized Control Trial." Journal of Complementary & Alternative Medicine....accepted