



ANXIETY
DEPRESSION
BURNOUT
INSOMNIA
MORAL DISTRESS
POST-TRAUMATIC STRESS DISORDER

YOI Wellness program for HCW's

Healthcare workers (HCWs) are known to be at risk under unusual working conditions such as the current pandemic. Severe burnout syndrome affects as many as 33% of critical care nurses and up to 45% of critical care physicians & has cost \$4.6 billion to the American healthcare industry

Don't compromise on your mental & physical health...

In the hard fight against COVID-19, HCWs are playing a significant role & may suffer from several long-lasting psychological problems including anxiety, depression & insomnia. Extrinsic risk factors like increased work demands & time strapped schedules, coupled with the trauma of caring for critically ill patients; are significant exacerbating factors for poor mental health among HCWs.

Several papers have been published highlighting **stress, anxiety & depressive symptoms in HCWs. Timely psychological counselling & intervention are essential for HCWs in order to alleviate anxiety & improve general mental health.**

**Healthcare burnout is real...
and the urgency to
address & mitigate the
situation is now!**

#ANXIETY
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#INSOMNIA
#MORAL DISTRESS
#POST-TRAUMATIC
STRESS DISORDER

A survey* of **20,000+**
Healthcare workers
interviewed between
2019-2020 revealed that

38%

RESPONDENTS SUFFERED
ANXIETY/DEPRESSION

43%

RESPONDENTS SUFFERED
WORK OVERLOAD

49%

RESPONDENTS SUFFERED
BURNOUT

SOURCE

<https://www.usnews.com/news/health-news/articles/2021-11-15/us-faces-crisis-of-burned-out-health-care-workers>
American Hospital Association (AHA) - The John Hopkins University (2020)

Wellness costs a fortune

Health systems show an alarming increase in exhausted, burnt-out & demoralized doctors, nurses and other front-line workers. The situation has deteriorated during the pandemic with a per year burnout cost of \$ 4.6 B to the American healthcare system.

Many healthcare leaders suggest an urgent need of integrative, preventive strategies to reverse burnout & to provide an absolute well-being to all health care workers.

Offering a non-invasive, non-pharmaceutical technique to support frontline HCWs could lead to savings of hundreds of millions dollars to the American healthcare system to promote mental health & wellness amongst HCWs

\$4.6B!

PER YEAR

**cost of burnout
to the American
healthcare
system**



What if,
A 5 minutes YOI
protocol could save
opex and create
healthier, happier
HCWs?

What is YOI?

(Yoga of Immortals)

YOI offers scientific research-based intervention that aims at health regeneration & rehabilitation through cognitive & emotional stimulation in a short duration. The program also focusses on **neurological rehabilitation through scientific protocols**.

The YOI intervention are non-invasive and non-pharmacological, making them an integrative pre cursor to a healthier HCW Ecosystem.

Practicing YOI protocols is known to fend off burnout, stress, depression and fatigue resulting in an energetic, positive, elevated, sustained and equanimous response to external challenges. **YOI empowers HCWs beyond just survival and teaches them to thrive!**

Developed by Ishan Shivanand, **the program spans across 4 fundamental dimensions to empower HCWs...**

“
YOI aims at
helping good
people become
better...”



Ishan Shivanand, ND
YOI Founder



100,000+
People
trained
globally



2000+
Meditation
programs in
100+ cities
internationally



7000
Meditation
sessions globally



4000+
Professionals
addressed
within corporate
sessions



1000+
Philanthropic
initiatives
worldwide



3
Papers
published in
renowned
peer
reviewed
medical
journals

The science behind YOI

Documented scientific cohort YOI intervention study showed clinically significant reduction in symptoms of depression, anxiety & insomnia improving the quality of life.

The YOI interventions weave cognitive, neurological & physical stimulation, administered in a structured manner to effect:

- **neuromuscular regeneration at cellular level**
- **Parasympathetic stimulation & stimulation of brain activity patterns**
- **positive affirmation programming at a mental level**

Resulting in accelerated rehabilitation coupled with a quantum shift in thought patterns.

The 4 fundamental dimensions that YOI relies on to achieve these results are:

NEUROCOGNITIVE PATHWAY



Three-way coupled oscillation of breathing, neurocognitive cortical processes and subcortical Locus Ceruleus / Noradrenergic modulation.

1

Through breath work



YOI focused & controlled breath work accelerate physical and emotional decongestion. It strengthens brain muscles, relaxes nervous system, reduces stress, builds sharper brain, memory recall & faster reaction times. These changes, in turn; enable the YOI practitioner to achieve clarity of thought and coordinated, rhythmic motion in every aspect of life.

1a

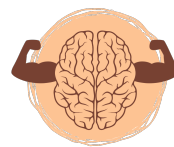
Breathwork combined with light exercises



Powerful yet light, proven & time-tested exercises focusing on muscles that are missed by regular exercises. YOI focusses on these muscles (especially in upper body: abdominal & pelvic region) to strengthen the core.

2

Cognitive stimulation through awareness modalities



Active suggestion within focused awareness to stimulate cognitive function resulting in a flexible & adaptive neural mechanism achieving agility while reducing anxiety & insomnia.

3

Emotional stimulation



Positive selective memory Processing through YOI has shown to release stress, negative emotions & harmful behavioural patterns, known to reducing PTSD establishing the practitioner in a state of equanimity.

4

Affirmations



Creative visualization through positive affirmations and enhanced vibrations to dismantle negative neuropathways & build dynamic neuroplasticity.

The research behind YOI

A scientific research conducted during the pandemic lockdown (on effects of YOI intervention) was an attempt to investigate efficacy of an online YOI program providing significant mental health benefits.

Clinically validated scales were used in the study including:

GAD 7: Generalized Anxiety Scale

PHQ8: Depression Scale

ISI: Insomnia Scale

HRQOL: Health Related Quality of Life

An 8 week prospective cohort study on the app-based YOI Intervention (conducted by a multi-disciplinary panel of physicians) **showed clinically significant reduction in symptoms of anxiety, depression & insomnia.**

This concluded that Yoga of Immortals (YOI) is a comprehensive, structured mind-body program that improves health via cognitive and emotional regulation of body signals



8
Weeks



112
sessions



2x30
Minute sessions



1505
participants



51%
Female



76%
Asian race

YOI app-based intervention reduces symptoms of depression, insomnia and anxiety*

82%

Reduction of
Severe
insomnia
SYMPTOMS

75%

Decrease in
Anxiety
(generalized)
SYMPTOMS

72%

Reduction in
depression
(Moderate to
severe)
SYMPTOMS

77%

Quality of life
(SF-12)

IMPROVEMENT IN
QUALITY OF LIFE



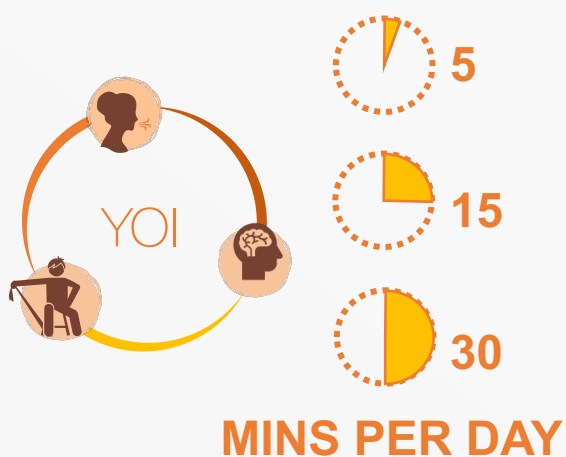
REFERENCES ON
PAGE 4

How can YOI be incorporated into the healthcare ecosystem

YOI curates a bespoke program that can be online, in-person or in hybrid formats for HCWs. **We look forward to craft an exclusive YOI protocol customized to your challenges, needs & time constraints.**

The modular protocols are flexible for in-person recurring sessions or app based interventions to practice anytime and anywhere.

CENTER YOURSELF
IN JUST 5 MINUTES



Basic 5 minutes



The 5 minutes YOI protocol everyday aligns the functional brain activity patterns, creating a faster reaction time, along with a deep calmness as your parasympathetic system takes over & releases hormones & chemicals to relax the practitioner. This is largely comprised of a combination of breathwork and light exercise

Intermediate 15 minutes



These protocols go deeper and juxtapose breathwork (conscious focused breathing being in complete awareness of it) with cognitive stimulation & positive affirmations. This protocol/intervention allows for quicker neural regeneration.

Advanced 30 minutes



The YOI advanced program integrates cognitive, neurological, emotional and physical dimensions structured in a manner to bring absolute well-being.

How to reach us?

YOI will **pivot the outlook** of individuals from surviving a demanding professional environment to thriving and mastering it, as was evident from a similar remote workshop conducted during pandemic at Robert Wood Johnson University Hospital, New Brunswick, NJ...

Click the link below for our **HCW wellness program** form to share your needs and we will be happy to build a YOI protocol that is just right for **YOU**

REACH OUT TO US AT:

<https://tinyurl.com/YOI4HCWs>

We will promptly get back to you with more details on how we can partner to improve the wellbeing of our healthcare workforce.



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<https://www.linkedin.com/company/yoga-of-immortals/>



Awards and accolades



Acknowledgement Letter from Canadian National Leader of Opposition Progressive Conservative Party (PCP) Patrick Brown, welcoming Ishan's benign presence in Ontario. August 4, 2017



Official Proclamation of Commendation and administrative recognition from Lake City, Georgia Mayor Willie Oswalt. 7th May 2016



MGI/RTI Recognition for Youth Empowerment, Govt of Mauritius. 1st April 2016



Conferred US flag by Honorable US Senator Mike Fitzpatrick. June 16, 2016



Special Citation by Comptroller, Nassau County, New York, 18th June 2016



Commendation by House of Delegates John J Bell. June 27th, 2016



Special commendation by John Cook, Virginia Delegate – June 26th, 2016



Appreciation Letter, Mayor, City of Columbia – July 7, 2016



Recognition of meditative, spiritual and motivational initiatives towards "Youth empowerment" by Cllr Bhagwanji Chohan, Mayor of Brent. 15th January 2018



Special Congressional Recognition by Brian Fitzpatrick for Ishan's "Body, mind and soul personality development" seminars targeted at stress relief, productivity enhancement, sleep and relaxation. November 29th, 2017



Flag of the USA flown over the US Capitol, November 29, 2017 in recognition of his contribution in the field of "Stress relief, global peace initiatives & meditative practices for individual & societal health improvement." November 29th, 2017



Special citation, Nassau County, New York for his outstanding contribution to guide the youth towards "An achievement-oriented life" and instilling a sense of self-motivation for all. November 25th, 2017



New York State Assembly, Certificate of Merit conferred by David I Weprin for Ishan's dedication & service to global community. November 25th, 2017



Special Youth Empowerment Commendation by Mayor, The City of Milpitas recognizing Ishan's tireless efforts leading the youth towards "Ancient cosmic rejuvenation with a contemporary touch." October 28th, 2017



YOI is a world-renowned program that has been recognized by governments and global organizations.

Google

BOEING

Microsoft

UBER

facebook

NORDSTROM

SYSKA™