



Ishan Shivanand, ND

YOI Founder



info@ishanshivanand.com



Centers in California and Texas (USA); Delhi, Mumbai & UP (India); and Mauritius



Ishan Shivanand, founder of Yoga of Immortals (YOI) <https://yogaofimmortals.com> is a mental health professor and researcher with specialization in meditative modalities. Scientifically validated YOI protocols are currently being actively integrated into diverse sectors, including Healthcare, Educational institutions, Sports, Military, and the Corporate world.

Experience and Collaborations

Ongoing Healthcare Wellness Consultant in USA

- NeuroPsych Center of Greater Cincinnati
- MD Anderson Cancer Center
- University of Cincinnati
- Mayo Clinic

International Government Collaborations

- Department of Veterans Affairs, USA
- Ministry of Health & Family Welfare, India
- Ministry of Health & Wellness, Mauritius

Director

School of Integrative Health and Wellness, Mauritius
<https://www.linkedin.com/company/ihschool/>

Director, Mental Health Initiatives of the Health Council

WHEELS Global Foundation (an initiative of IIT Alumni), Virginia, USA
<https://wheelsglobal.org/health-council/>

Head of Department of Yoga

University of SiliconAndhra, California, USA
Professor, 3-credit Yoga Based Resilience Training (YBRT) course
<https://www.uofsa.edu/team/ishanshivanand/>

Adjunct Faculty, Integrative Yoga Therapy

Sri Jayadeva Institute of Cardiovascular Sciences and Research (SJICSR), Bangalore, India
<http://jayadevacardiology.com/>

Adjunct Faculty, Mental Resilience Training

Bharati Vidyapeeth (Deemed to be University) Medical College, Pune, Maharashtra
<https://www.bvuniversity.edu.in/>

Faculty of Students Wellness

Neotech Institute Technology, Vadodara, India
https://neotech.ac.in/Core_Team

Advisory on Students Wellness

Rungta Universities, Chhattisgarh, India
<https://rungta.ac.in/advisory-board.php>

Select Global Recognitions

White House Roundtable with Faith Leaders on the overdose epidemic: Invited by White House Office of National Drug Control Policy (ONDCP) as Hindu Faith Leader *Aug. 2023*

Conferred with Global Civility Icon Award for 2023 by H.R.H. Dr. Clyde Rivers, Representative to the United Nations from Interfaith Peace building Initiative, for contributions to global peace and holistic healthcare *Oct. 2023*

Conferred with Bharat Gaurav Award at the UK Parliament for groundbreaking research in integrative non-pharmaceutical meditative intervention Yoga of Immortals for mental wellbeing *May 2023*

Recognition by Ministry of Health & Family Welfare, India for providing scientifically validated intervention for wellbeing *Oct. 2022*

Recognized by PMO Office and States Govt. of Haryana, Karnataka, Goa & Rajasthan, India, for the efforts to support India during COVID pandemic *May 2021*

Appreciation by Canadian Ambassador for supporting emotional health by YOI amidst pandemic *Oct. 2020*

Ministry of Ayush, India commended the contributions to alleviate stress & anxiety via YOI *Feb 2020*

Proclamation of Ishan Shivanand Day by Mayor Of Cincinnati OH for teaching life changing courses *Dec. 2019*

Proclamation of Ishan Shivanand Day by President of Borough of Brooklyn, NY for contributions in preventive and promotive healthcare *Dec. 2019*

Recognition by President of the Senate NJ, USA for holistic healthcare for global wellness *Dec. 2019*

American Flag flown over the US Capitol by US Congress for contributions in the field of stress reduction *Nov. 2017*

American Flag presented by US Congress for efforts made to improve healthcare in USA & world *June 2016*

Specializations

- Providing accessible and affordable healthcare to rural Indian communities in Karjat, Maharashtra and Beejwa, Rajasthan by building Rural Medical Clinics (RMCs) and Telehealth Clinics in collaboration with WHEELS Global Foundation USA
- Collaborating with a global team of scientists and medical researchers to study the efficacy of YOI protocols. Institutional Review Board and Food and Drug Administration approved studies on the efficacy of YOI protocols
- Implementing YOI modalities to enhance physical, mental, and emotional well-being through collaboration with healthcare professionals, military personnel, veterans, elite athletes, and corporations.
- Dedicated Advait Shri Vidya scholar (science of sacred geometry) with a profound understanding of this ancient Indian spiritual tradition. Presented national and international conferences and workshops, contributing to the global understanding of Advait Shri Vidya. Participated in panel discussions and public lectures on the significance of Advait Shri Vidya in the contemporary world.



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Education and Training

- **Doctor of Alternative Medicines**, Indian Board of Alternative Medicines West Bengal, India, 2008
- **Masters in Naturopathy and Yogic Science**, All India Natural Life Association Institute of Naturopathy & Yogic Science Bhuj, Gujarat, India, 2005
- **Acharya In Shiv Yog**, Advait Shri Vidya Studies and Comparative Religious Studies Conferred by Dr. Avdhoot Shivanand, Rajasthan, India, 2006
- **Master of Muay Thai (Martial Arts)**, Mauritius, 2010
- **Competitive Grade A Fighter BMA champion**, Bambous Martial Arts Sports Club, Mauritius, 2009
- **Master of Kalaripayattu**, Kerala, India, 2000

Doctor of Philosophy

(PhD.) in Humanities, Honorary Degree by United Graduate College and Seminary International, 2023

Community Service

Dr. Avdhoot Shivanand scholarship program (<https://ishanshivanand.com/>) for underprivileged youth.

- Provides full financial STEM educational support
- Mentoring and YOI behavioral training through-out the program.

Languages

Hindi English Sanskrit French

Achievements

- Efficacy of YOI protocols have been published in leading international peer-reviewed medical journals. Results show 72% - 82% reduction in insomnia, anxiety, depression and 76% improvement in urinary incontinence and quality of life.
 - Over the last decade, YOI protocols have benefited over one million individuals across 150 countries.
 - Recognized for this groundbreaking work by governments across the globe; including India, the United States of America, United Kingdom, Mauritius, Kenya, South Africa, Singapore, Malaysia, and Canada.
- Additional international clientele includes - Robert Wood Johnson Medical Hospital (NJ, USA), Lenmed Hospital (South Africa), Thumbay Hospital (Dubai, UAE), Fraser Health (Canada), Ramsay Sime Darby Healthcare College (Selangor, Malaysia), LinkedIn, Google, Princeton (USA), International University of Vedic Wellness (FL, USA), SVNIT (Gujarat, India), Universiti Putra Malaysia (Malaysia)

Links to peer reviewed scientific publications on the efficacy of YOI protocols

1. Yoga of Immortals Intervention Reduces Symptoms of Depression, Insomnia and Anxiety <https://www.frontiersin.org/articles/10.3389/fpsy.2021.648029/full>
2. Effectiveness of App-Based Yoga of Immortals (YOI) Intervention for Insomnia in Asian Population during Pandemic Restrictions <https://www.mdpi.com/1660-4601/18/11/5706/htm>
3. Intervention on Depression and Insomnia Symptoms During the COVID-19 Pandemic <https://anmrp.com/intervention-on-depression-and-insomnia-symptoms-during-the-covid-19-pandemic/>
4. Effectiveness of App-based Yoga of Immortals Intervention in Urinary Incontinence <https://www.aiajournals.org/doi/10.1097/JU.0000000000002082.18>
5. Reductions in Anxiety, Depression and Insomnia in Health Care Workers Using a Nonpharmaceutical Intervention <https://www.frontiersin.org/articles/10.3389/fpsy.2022.983165/abstract>
6. Online Yoga Instruction Improves Resilience in Athletes During the COVID -19 Pandemic (article under review) <https://www.preprints.org/manuscript/202208.0549/v1>