



NATIONAL INSTITUTE OF MENTAL HEALTH AND NEUROSCIENCES

Institute of National Importance, Bengaluru – 560 029

राष्ट्रीय मानसिका स्वास्थ्य एवं तंत्रिका विज्ञान संस्थान (राष्ट्रीय प्रमुखताया संस्था) बेंगलुरु- 560 029

ರಾಷ್ಟ್ರೀಯ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮತ್ತು ನರವಿಜ್ಞಾನ ಸಂಸ್ಥೆ (ರಾಷ್ಟ್ರೀಯ ಪ್ರಾಮುಖ್ಯತೆ ಸಂಸ್ಥೆ) ಬೆಂಗಳೂರು-560 029

No. NIMH/PROJ/SKAN/RN/01669/2025-2026

30.10.2025

NOTIFICATION

NIMHANS is conducting a Walk in Selection to fill up the post of “**Yoga Therapist**” on a contract basis for the SKAN funded Project entitled "Brain Health Across lifetime - A SKAN Alliance (BRIHAT-ASA)" under Dr Jayant Mahadevan Assistant Professor & Principal Investigator, Department of Psychiatry, NIMHANS.

Name of the post	Yoga Therapist
No. of Posts	1
Essential Qualification	M.Sc in Yoga therapy/Masters in Yoga
Desirable Experiness	1 year of experience teaching yoga in mental health especially for pregnant women
Maximum age limit	40 years
Emoluments	Rs. 40,000/- month (Consolidated)
Duration	6 months (Initial appointment for 6 months: performance-based extension till 5 years)
Job Profile	• Conducting Prenatal yoga sessions for pregnant women & Mother-baby yoga sessions • Conducting assessments to assess the impact of yoga-intervention • Willingness to travel maternity hospitals within Bangalore to conduct sessions. • Travelling to hospitals within Bangalore for recruitment • Coordinating with the doctors at the maternity hospitals • Fluency in Kannada (Reading, Writing, Speaking) • Ability to work with team
Location	NIMHANS, Bengaluru

The desirous candidates who fulfilling the eligibility criteria mentioned above are advised to appear for WALK- IN-SELECTION with their Resume, Marks Cards in Original and Testimonials in original, as well as set of photocopies will be reviewed at the time of interview, at the **Boardroom & Exam hall 4th Floor, NBRC Building Administrative Block, NIMHANS, Bengaluru-560029.**

NOC from the Principal Investigator if working in projects (Extramural/Intramural) in NIMHANS

Date & time of Walk-in-Selection: 14/11/2025 at 10:00 A.M

Note: The candidates are required to register their names half an hour before commencement of the written/skill test.

No TA/DA will be paid for attending the written

Sd/-
DEAN/ASSOCIATE DEAN, RESEARCH