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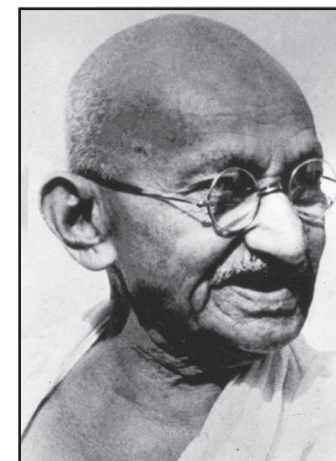
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PROSPECTUS

Treatment Assistant Training Course (TATC)



NATIONAL INSTITUTE OF NATUROPATHY

Ministry of AYUSH, Govt. of India

'Bapu Bhavan', Matoshree Ramabai Ambedkar Road (Tadiwala Road),
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1.0 Introduction on National Institute of Naturopathy

National Institute of Naturopathy (NIN), Pune, is an autonomous body under the Ministry of AYUSH, Govt. of India for the promotion and propagation of Naturopathy. It is registered under the Societies Registration Act, 1860 and came into existence on 22-12-1986. This Institute has a “Governing Body” headed by the Minister of AYUSH as its President. National Institute of Naturopathy (NIN) is located in the historical building called “Bapu Bhavan” which is situated at Matoshree Ramabai Ambedkar Road and also popularly known as Tadiwala Road, Pune. “Bapu Bhavan” is named after Mahatma Gandhi, who stayed here for 156 days and made this Institute his home whenever he was in Pune from the year 1934. Formerly this place was known as “Nature Cure Clinic and Sanatorium which was run by late Dadaji (Dr.) Dinshaw K. Mehta.

The All India Nature Cure Foundation Trust was established in this Centre by Dadaji (Dr.) Dinshaw K. Mehata and Mahatma Gandhi became its lifelong Chairman. Gandhiji conducted his Naturopathy experiments and organized National and International activities while staying here. The present complex was handed over to Govt. of India on 17-03-1975 by Dadaji (Dr.) Dinshaw K. Mehta for starting the National Institute of Naturopathy.

2.0 TATC Programme

Treatment Assistant Training Course (TATC), a one year, full time, practical and career oriented training course, was started in view of the ever growing demand for trained nursing manpower in the Naturopathy Hospitals, Wellness Centers and booming Spa Industry. So far 24 regular batches have completed the programme. Qualified Naturopathy and Yoga physicians conduct the classes for the students. Two batches per year will be admitted for the course with batch strength of 40 each i.e. 80 students per year.

3.0 Eligibility

Minimum qualification for admission in TATC is 10th pass. Preference will be given to 12th pass any stream. Candidates age between 18 to 30 years are eligible to apply. Age relaxation is applicable to candidates belonging SC/ST/OBC/PH as per the Govt. rules.



4.0 Application Fee

Application form along with the prospectus can be obtained from the office of the NIN by paying Rs. 50/- (Rupees Fifty only) or can be downloaded from the NIN website www.punenin.org. If the form is downloaded from the website, a Demand Draft of Rs. 50/- (Rupees Fifty only) from any Nationalized bank favouring, '**The Director, National Institute of Naturopathy**', payable at Pune should be submitted along with the application.

5.0 Selection Procedure and Admission

After publishing the advertisements in the leading newspapers in the month of May and November of every year inviting eligible candidates. An interview will be conducted at NIN in June and December tentatively. Selected candidates will be short-listed and announced through notice board at the Institute and list of selected candidates will be uploaded in NIN Website.

6.0 Commencement of the Course

The course is conducted in two batches commencing on the first week of January and first week of July every year with an intake of 40 students in one batch. Every selected candidate should produce an undertaking on a hundred rupees stamp paper. Format should be procured from the office.

7.0 Stipend

A monthly stipend of Rs. 5000/- will be paid to the trainee/student for 12 months only. If the student leaves the course before completion, he/she will be liable to refund the stipend received by him/her from the NIN in full within seven days along with 12 percent penal interest per annum. NIN will withhold all the original certificates until the entire stipend due is repaid.



8.0 Refundable Caution Deposit

A sum of Rs. 5000/- should be deposited as a caution money at the time of admission. The amount should be submitted in the form of Demand Draft favouring '**Director, National Institute of Naturopathy.**' payable at Pune.

9.0 Attendance

A 100 % attendance in both theory and practical is compulsory, under any extraneous conditions such as health and otherwise permission may be obtained from course coordinator to fulfill the loss period (leave period).

10.0 Internal Assessment

Internal assessment will be evaluated through daily diary, practical records, log books, general behaviour and performance. Bimonthly report will be displayed on the student notice board.

11.0 Identity Card and Aprons

ID cards and Aprons will be provided to the selected and enrolled candidates. The students are expected to wear aprons and identity cards in the campus compulsorily. No cell phone to be carried in the campus. Decency, decorum and dress code to be observed in the campus.

12.0 Evaluation and Course Certificate

Viva and practical examinations will be conducted in each subject at the end of the course. Internal assessment will be counted to make a final result. After publication of the results, qualified candidates will be issued the qualification certificate on production of the 'no dues' certificate. This can be collected directly from the office or on request, will be sent by post.



13.0 General Instructions

- 13.1 The TATC Trainees should have an aptitude towards Naturopathy and Naturopathic way of living. They should have a compassionate attitude to the patients, dedication to work and a studious approach to the curriculum. They should have a penchant to learn this new method of healing techniques and therapies from their seniors, therapist, teachers, and doctors. They should maintain discipline in the premises.
- 13.2 Trainees should maintain not only the hygiene of the premises, but also their personal hygiene by wearing clean dress, trimming of nails and hair, etc.
- 13.3 All the trainees should attend practical sessions 6 days a week in two shifts for 8 hrs a day. (1st shift: 7am to 3pm & 2nd shift: 1pm to 9pm)
- 13.4 Only 8 casual leave will be permitted to each trainee in a year, with prior application and permission.
- 13.5 Half day leave will not be permitted except in emergency conditions.
- 13.6 Trainees should be obedient. If the candidate is found disobedient/insubordinate, he/she will be rusticated/suspended/ fined according to the recommendation of the Disciplinary Committee and decision of the Director.
- 13.7 Suspension period and uninformed absence exceeding 20 days will be considered only for the supplementary exam, on completion of the pending training.
- 13.8 All the trainees should maintain a daily diary and get it checked by the faculty-in-charge.
- 13.9 Examination - Theory, Practical and Viva will be conducted every 6 months.
- 13.10 Periodically duty shift and departments will be changed for all trainees.



- 13.11 Any damage incurred by the candidate due to negligence will be deducted from Caution Deposit.
- 13.12 Punctuality should be maintained.
- 13.13 The trainees should be courteous and behave well with compassion to all the people/patients who visit NIN. They should be at tentative and render the services with promptness.
- 13.14 The trainee should not do anything which is unbecoming of a prudent and decent person with good moral values, and that he/she would maintain decorum inside and outside the Institute, during the period of his/her training.
- 13.15 Mobile phones are NOT allowed to be brought into the campus. If any student is found doing so, the phone will be confiscated and returned only on completion of the course.
- 13.16 Communication classes will be compulsory for all the trainees and pass through the examination.

14.0 Terms & Conditions

- 14.1 In case of breach of any of the aforesaid instructions the trainee will be liable to be rusticated and thereupon all further liability of NIN towards the trainee shall cease and the stipend paid shall be remitted back to NIN and the trainee shall be bound to compensate the NIN for any loss caused to NIN on account of the said breach and early termination of his/her traineeship with penal interest.

15.0 Scope

- 15.1 NIN shall provide adequate means of instruction to the trainees to become an Assistant (in Naturopathy treatment) in the period of one year and



he/she shall be authorized, to work as an Assistant only in the Naturopathic system of medicine, under a Naturopathy Physician and shall never call himself/herself, a practitioner/ doctor.

- 15.2 The trainee successfully qualifies to become a Naturopathic Assistant, by passing the written(diary, and practical notes), oral, and practical examination. However, NIN shall not have any responsibility for their future employment.
- 15.3 Campus interview and selections can be arranged on demand from the prospective employers.

16.0 Treatment Assistant Training Course (TATC) Syllabus

16.1 Philosophy of Nature Cure

1. Definitions of Nature cure, Cause of health and disease
2. Philosophy of Naturopathy (Principles, History of Naturopathy)
3. Nature cure way of life
4. Acute, Chronic and degenerative diseases and their treatments

16.2 Massage (Theory and Practical)

1. Definition, History of Massage
2. Rules and regulations applicable to massage therapist
3. Oils and lubricants in Massage
4. Types of Massage – Kellogs massage, Geriatric massage, Pre and Post natal massage, Powder massage, Pediatric massage
5. Movements of Massage:
 - a. Touch
 - b. Friction
 - c. Stroking
 - d. Kneading
 - e. Vibration
 - f. Percussion
 - g. Joint movements
6. Therapeutic massage



7. Effects of massage on each system
8. Indications and Contraindications

16.3 Anatomy and Physiology

1. Musculo Skeletal System
2. Respiratory System
3. Digestive System
4. Excretory System
5. Circulatory System
6. Nervous System
7. Endocrine and Reproductive System

16.4 Yoga Theory and Practical Training

1. Definition, History of Yoga
2. Ashtanga Yoga
3. Classifications of asanas -Basic asanas Methods, Indications, Contraindications, Precautions
4. Suryanamaskara
5. Pranayama, Bandhas, Mudras, Meditation, Relaxation Techniques
6. Kriyas
7. Therapeutic Yoga (Disease Based)

16.5 Hydrotherapy

1. Definition and Introduction of Hydrotherapy
2. Water - A universal solvent
3. Rules of Hydrotherapy
4. Properties of Water
5. Temperature and Duration, Physiological effect of cold and hot on each system
6. Action and Reaction
7. Hydrotherapeutic treatments: Method, Material requisite, Duration, Precautions, Indications, Contraindications, Types, Temperature of each treatment (packs, baths, sprays of cold and hot temperature)
8. Emergency management through Hydrotherapy
9. Efficient management of resources, equipments



16.6 Mud Therapy

1. Definition
2. Qualities, properties of mud
3. Mud processing and purification procedure
4. Types of mud application; general and local (direct and pack)
5. Effects of mud bath, and local applications
6. Preparation of mud pack (Cold and Hot) - dimensions and duration
7. Indications and Contraindications of mud application

16.7 Diet and Nutrition

1. Definition of diet, nutrition, and concept of balanced diet
2. Healthy Food Habits - what, when, where, how, how much, and how many times
3. Types of diet- Eliminative, Soothing, Constructive diet
4. Raw diet: Fruits, Salads and Sprouts – Practical work
5. Practical training in Naturopathic Recipes- Soups, Porridge, Daliya, Millets preparations
6. Modern Nutrition - Protein, Carbohydrate, Fats, Vitamins and Minerals
7. Cooking and Non cooking methods, selections of materials, modes of serving, importance of cleanliness and ambience

16.8 Fasting

1. Definitions and Importance of Fasting , Fasting vs. Starvation
2. Types (Therapeutic, Religious and Political) of fasting
3. Procedure of fasting and Importance
4. Healing Crisis and Disease Crisis
5. Effects of fasting
6. Therapeutic Indications and Contraindications of fasting

16.9 Magneto Therapy

1. Definition, properties, effects of magnets
2. Types of Magnets (Shapes and Power)
3. Mode of treatment - general and local applications



4. Indications and Contraindications for using magnets
5. Charging of water and oils and their uses
6. Electromagnetic field and health importance.

16.10 Chromo Therapy

1. Definition, Importance of Chromo Therapy
2. Effects of Colors – Indications and Contraindications
3. Charging of Water and Oil
4. Chromo Thermoleum
5. Sun Bath-Indication, contraindications, choice and time duration

16.11 Acupressure

1. Definition, concepts and basics of acupressure
2. Local point and therapeutic application
3. Method of application - pressure and time

16.12 Physiotherapy

1. Definition
2. Wax Bath
3. Electrotherapy
4. Gym Management
5. Normal Height, Weight, Temperature and Blood Pressure

16.13 Clinical Training and Nursing Care

1. Basics of Nursing care and needs of patients
2. Holistic approach to nursing care
3. Basic clinical training
4. Communications skills



16.14 English Communication Skill

1. Verbal Communication.

17.0 Documents

1. Matriculation Certificate - SSLC / 10th pass certificate approved by board / council
2. 12th pass certificate approved by board / council (if any)
3. Age Proof
4. Photo Identity Proof - Adhar card / Ration card or other
5. Address Proof - Adhar card / Ration card or other
6. Caste Certificate (applicable for category students only)





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Treatment Assistant Training Course (TATC)

Application Form

(Fill the details in Capital Letters)

Affix your
recent
Passport size
Photograph

Application No. _____

Name : _____

Father's/ Mother's/ Spouse Name : _____

Sex: M F Date of Birth Marital Status : Married Unmarried

Category : GEN OBC SC ST PH Are you physically handicapped : YES NO

Address : _____

Contact no.: _____ E-mail : _____

Qualification :

Course	Year of Passing	Percentage of Marks
SSC / 10th		
HSC / 12th / PUC		
Degree		

* Attested photocopy of the documents supporting the details given, should be submitted along with application form.

Declaration

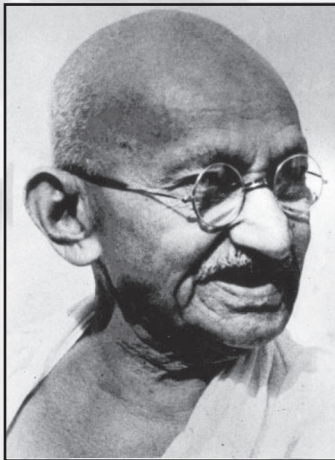
I hereby declare that I have read and understood the conditions of eligibility for the TATC programme for which I seek admission. I fulfill the minimum eligibility criteria and I have provided necessary information in this regards. In the event of any wrong or misleading information, my candidature shall be liable to be cancelled by the Institute at any time and I shall refund the stipend paid to me by the Institute with penal interest. Further I have carefully studied the rules and instructions of the Institute mentioned in the prospectus and I accept them and shall not raise any dispute in future over the same rules and instructions.

Date :

Signature of the Candidate

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