Nursing Diploma in Naturopathy and Yoga Therapy
NATIONAL INSTITUTE OF NATUROPATHY
(Dept. of AYUSH, Ministry of Health & Family Welfare, Govt. of India)

PROPOSAL FOR ESTABLISHING:
NURSING DIPLOMA IN NATUROPATHY AND YOGA THERAPY
AT NIN, PUNE

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1.0 About National Institute of Naturopathy

National Institute of Naturopathy (NIN), Pune, is an autonomous body for the promotion and propagation of Naturopathy in India, under the Department of AYUSH, Ministry of Health and Family Welfare, Govt. of India. 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 Union Minister for Health & Family Welfare as its President. National Institute of Naturopathy (NIN) is located in a historical building called “Bapu Bhavan” which is situated at Tadiwala Road, Pune. “Bapu Bhavan” is named after Mahatma Gandhi, Father of the Nation, who stayed here for 156 days and made this institution 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 Dr. Dinshaw K. Mehta. The All India Nature Cure Foundation Trust was established in this Centre by Dr. Dinshaw K. Mehta. 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 Dr. Dinshaw K. Mehta for starting the National Institute of Naturopathy.

2.0 About Nursing Diploma in Naturopathy and Yoga Therapy Course

The course shall be called “Nursing Diploma in Naturopathy and Yoga Therapy”. It will be residential two-years, full time practical, career oriented course, and is formed in view of the ever growing demand for trained nursing manpower in the Naturopathy Hospitals, Wellness centers and booming spa industry. Qualified Naturopathy and Yoga physicians and staff conduct the classes for the students. Annual intake capacity will be 80.

Justification:

NIN is in its path of growth. It is conducting a 14 hours OP clinic with all Naturopathy treatment facilities and Yoga training. About 200 to 300 patients avail treatments daily and a monthly average of 200 candidates participate in the Yoga classes. A new treatment section building is coming up and is expected to be operational by Oct-Nov 2012 with better facilities. The targeted number of patients to avail treatment per day is 400 to 600. To attend these patients, NIN utilizes the practical training sessions of the TATC students. Therefore NIN pays a stipend of Rs. 3000/- per month to them.

As the number of patients is expected to increase, the number of trainees has to be proportionately increased from 60 to minimum 80, as they are to be divided in to 2 batches of 40 each as the treatment timings of NIN is stretched up to 14 hours (7+7 from 7am to 9pm). Out of 40 in one shift, 20 trainees would be male and 20 female. 2
floors each in the new building is planned for male and female patients. Therefore on one floor only 10 trainees will be available which is very much essential for the management of the crowd.

Basing on the above need, the number of intake of naturopathy nurses is proposed to be 80.

3.0 Aims and Objectives of Diploma in Naturopathy and Yoga Therapy Course

i. To produce competent, qualified and trained nursing staff to assist Naturopathy physicians and serve in Naturopathy centers / hospitals / clinics.

ii. To produce competent, qualified and trained yoga therapists / instructors.

iii. To create skilled manpower for the wellness industry.

4.0 Eligibility

i. Qualification: 10+2 or equivalent with Biology, Physics, Chemistry with 40% marks in aggregate with normal relaxation applicable to OBC, SC and ST.

ii. Age: 18 to 30 years with normal relaxation applicable to OBC, SC and ST.

5.0 Application fee

Application form along with the prospectus for the ‘Nursing Diploma in Naturopathy and Yoga Therapy’ can be obtained from the office of the NIN by paying Rs. 50/- (fifty only) or can be downloaded from the NIN website (www.punenin.org). If the form is downloaded from the website, a DD of Rs. 50/- (Fifty only) from any nationalized bank favoring, ‘The Director, National Institute of Naturopathy’, payable at Pune should be submitted along with the application.

6.0 Selection Procedure and Admission

After an advertisement in the leading newspapers every year inviting eligible candidates, a walk-in-interview will be conducted by a panel of NIN. Selected candidates will be short-listed and announced through notice board and website of the institute and by post individually.

7.0 Commencement of the Course

The course will commence every year in the month of August. Every selected candidate should produce an undertaking mentioned in the annexure before joining the course.
8.0 Stipend

A monthly stipend of Rs.5000/- will be paid to the student for 24 months only. If the Trainee leaves the training 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 due stipend is repaid.

9.0 Identity Card and Aprons

ID cards and Aprons will be provided to the selected candidates. The trainees are expected to wear aprons and identity cards in the campus.

10.0 Attendance

A minimum of 80 % attendance in both theory and practical is compulsory, failing which the candidate will not be allowed to appear for the exams.

11.0 Internal Assessment

Internal assessment will be evaluated through daily diary, practical records, general behavior and performance.

12.0 Examinations

- Sessional / Half-yearly Examination - Theory, Practical and Viva will be conducted every 6 months.
- Annual exams of the first year will be conducted at the end of the 12th month from the commencement of the course.
- The final year exams will be conducted at the end of the second academic year.
- Any failed candidate will be given an opportunity to re-appear in the supplementary exams. A student will have maximum opportunity of 4 attempts per subject.
13.0 Revaluation: Students who wish to apply for revaluation should apply in the prescribed format with a DD for Rs. 200/- per paper, favouring Director, NIN, Pune.

14.0 Grading

Successful candidates in the final year exams will be awarded the following grades:

a) 75% and above : Distinction  
b) 60% and above : First Class  
c) 50% and above : Second Class  
d) 40% and above : Pass Class

15.0 Diploma Certificate

After publication of the results, qualified candidates will be issued the ‘Nursing Diploma in Naturopathy and Yoga Therapy’ 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.

16.0 General Instructions:

- The ‘Nursing Diploma in Naturopathy and Yoga Therapy’ students should have an aptitude towards Naturopathy and Naturopathic way of living. When hostel is provided, the food will be served on Naturopathic principles. They should have a compassionate attitude to the patients, dedication to work and a studious approach to their curriculum. They must be obedient and submissive to their superiors. They should maintain good discipline and strive to bring good name and fame to NIN.
- All the students should attend theory and practical sessions 6 days a week during the clinic hours of NIN.
- All the students should maintain a daily diary and get it checked by the concerned authority regularly as instructed from time to time.
- Periodically duty shift and departments may be changed for all trainees.
- Detailed rules and regulations can be obtained from the office.
- Mobile phones are strictly not allowed inside the campus.
- Do not give chance for complaint by the patients. Students should not do any activity which may result in his / her bad name and / or of the institution.
17.0 Terms & Conditions

13.1 In case of any breach of the conditions the student will be liable to be rusticated and thereupon all further liability of NIN towards the student shall cease and the stipend paid shall be remitted back to NIN and the student shall be bound to compensate NIN for any loss caused to NIN on account of the said breach and early termination from the course.

13.2 The student 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 the course.

18.0 Scope

- NIN shall provide adequate means of instruction to the candidate to become a Nurse (Naturopathy and Yoga Therapy) in the period of two years and he/she shall be authorized, to work only as an Assistant (Nurse in Naturopathy and Yoga Therapy) under a Naturopathic Practitioner and shall never call himself/herself as a practitioner.
- The student successfully qualifies to become a Nurse (Naturopathy and Yoga Therapy), by passing the written and practical examination to the satisfaction of NIN.
- Opportunities are many, like chances in Naturopathy Hospitals, Ayurveda Hospitals, Spa and Wellness Industries etc. NIN shall not have any responsibility for their future employment on selection for the Diploma. However, NIN will be arranging for the campus interviews and open opportunities for immediate placement as it is done now. As a result, there is a great need of more trained hands in the field.
19.0 Curriculum for the Nursing Diploma in Naturopathy and Yoga Therapy

Year-Wise distribution of weeks, days and hours of the course:

Minimum hours per week shall be 48 including theory and practical.

- **Ist Year**: 40 Weeks, 1920 hours (40 weeks × 6 × 8hrs per day)
- **IInd Year**: 40 Weeks, 1920 hours (40 weeks × 6 × 8hrs per day)

Note: Out of 52 weeks in one academic year, total of 12 weeks are deducted - 9 weeks holidays and 3 weeks for examinations.

**Annual Vacation and holidays:**

- **Annual Vacation**: 15 days
- **Holidays**: Sundays and gazette holidays.
## First Year

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Subjects</th>
<th>Hours</th>
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<tbody>
<tr>
<td>I</td>
<td>Biological Sciences</td>
<td>150</td>
</tr>
<tr>
<td></td>
<td>1. Anatomy and Physiology</td>
<td>150</td>
</tr>
<tr>
<td>II</td>
<td>Fundamentals of Naturopathy Nursing</td>
<td>375</td>
</tr>
<tr>
<td></td>
<td>1. Fundamentals of Nursing</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>2. Principles of Naturopathy</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>3. Principles and Practices of Yoga</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>4. First Aid</td>
<td>75</td>
</tr>
<tr>
<td>III</td>
<td>Community Health Nursing</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>1. Environmental and Personal Hygiene</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>2. Health Education and Communication Skills</td>
<td>100</td>
</tr>
<tr>
<td>IV</td>
<td>Library and self reading</td>
<td>100</td>
</tr>
<tr>
<td>V</td>
<td>Yoga Practical</td>
<td>200</td>
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<tr>
<td></td>
<td><strong>TOTAL HOURS</strong></td>
<td><strong>1025</strong></td>
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## Second Year

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Subjects</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>I</td>
<td>Naturopathy Nursing (Specialties)</td>
<td>350</td>
</tr>
<tr>
<td></td>
<td>1. Manipulative Therapies</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>2. Hydrotherapy &amp; Mudtherapy</td>
<td>100</td>
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<tr>
<td></td>
<td>3. Physiotherapy &amp; Acupressure</td>
<td>100</td>
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<tr>
<td></td>
<td>4. Chromotherapy &amp; Magnetotherapy</td>
<td>50</td>
</tr>
<tr>
<td>III</td>
<td>Fasting Therapy, Nutrition and Diet</td>
<td>100</td>
</tr>
<tr>
<td>III</td>
<td>Yoga Therapy</td>
<td>100</td>
</tr>
<tr>
<td>IV</td>
<td>Library and self reading</td>
<td>100</td>
</tr>
<tr>
<td>V</td>
<td>Yoga Practical</td>
<td>200</td>
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<tr>
<td></td>
<td><strong>TOTAL HOURS</strong></td>
<td><strong>850</strong></td>
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*Note: 350 hours of Naturopathy Nursing (Specialties) will be started in the first year itself; however, examinations would be conducted in the second year.*
Proposed time-table for both years:

First Year

<table>
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<tr>
<th>TIME SLOT</th>
<th>ITEM</th>
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<tbody>
<tr>
<td>8 am – 12 pm</td>
<td>Theory</td>
</tr>
<tr>
<td>12 pm – 1 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1 pm – 3 pm</td>
<td>Practical</td>
</tr>
<tr>
<td>3 pm – 5 pm</td>
<td>Theory</td>
</tr>
</tbody>
</table>

Total Theory Hours per day = 6 hours; Total Practical Hours per day = 2 hours

Second Year

<table>
<thead>
<tr>
<th>TIME SLOT</th>
<th>ITEM</th>
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<tbody>
<tr>
<td><strong>First Shift</strong></td>
<td></td>
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<tr>
<td>7 am – 1 pm</td>
<td>Practical</td>
</tr>
<tr>
<td>1 pm – 3 pm</td>
<td>Theory</td>
</tr>
<tr>
<td><strong>Second Shift</strong></td>
<td></td>
</tr>
<tr>
<td>1 pm – 3 pm</td>
<td>Theory</td>
</tr>
<tr>
<td>3 pm – 9 pm</td>
<td>Practical</td>
</tr>
</tbody>
</table>

Total Theory Hours per day = 2 hours; Total Practical Hours per day = 6 hours
Detailed Syllabus

FIRST YEAR:

I. Biological Sciences (150 Hours)
   1. Anatomy & Physiology (150 Hours)
      a. Skeletal system
      b. Muscular system
      c. Circulatory system
      d. Nervous system
      e. Digestive system
      f. Respiratory system
      g. Endocrinology system
      h. Reproductive system
      i. Excretory system

II. Fundamentals of Naturopathy Nursing (375 Hours)
   1. Fundamentals of Nursing
      a. Introduction to Nursing
         ii. Nurse: Definition and meaning, preparation of a nurse qualities-personal, professional.
         iii. Ethics in nursing, Role and responsibilities of a nurse.
         iv. Health care agencies: Hospital and Community, Types of Hospitals and their functions.
         v. Holistic approach to nursing.
         vi. Comprehensive nursing care.
      b. Unit – II Nursing care of the patient / Client
         i. Introduction to the sick and well.
         ii. Determinants of health status.
         iii. Patient/Client: As an individual, member of the family, society, effects of illness and hospitalization on patient and his family.
iv. Admission of a patient: Patient’s unit, set up and care admission procedure, reception of patient, care of patient’s belongings.

v. Bed and Bed Making - Principle of bed-making, factor to be considered in selecting and making bed, different types of beds and their uses.


c. Psycho Social Environment
   i. Meaning and its importance, aesthetic consideration in the environment, colour scheme beauty and flower arrangements.
   ii. Nursing Process and Nursing Care Plan: Meaning importance and steps in development.
   iii. Recording and Reporting: Importance, types and nurses responsibilities.

d. Discharging a patient: Preparation of the patient physically and mentally, discharge procedure, hospital policies, preparation of the patient’s relatives for discharge. Follow-up and Rehabilitation revisit, treatment compliance and referral.

e. Basic Nursing Care and Needs of Patients:

   Hygienic Needs and Physical needs
   - Importance of maintaining good personal and environmental hygiene in health and disease.
   - Nurse’s role in maintaining good personal and environmental hygiene.
   - Care of Skin and Mucous Membrane.
   - Bed bath, care of hair, eyes, nose, ears, teeth, genitalia, hands and feet.

   Nutritional needs.
   - Importance of diet in health and disease, factors affecting the normal nutrition in sickness, nurse’s role in maintaining good nutrition, feeding helpless patients, maintenance of intake and output record.

   Elimination needs
   - Problem in sickness: Constipation and diarrhea, retention and incontinence of urine.
   - Nurse’s role in meeting elimination needs.

   Safety needs
   - Environmental hazards, role of nurses in prevention of health hazards.
   - Interpersonal relationship, cultural/spiritual/religious needs.

   Activity and Exercises
   - Importance of activity and exercise in health and sickness, active and passive exercise.

   Physical Comforts
   - Comfort: meaning and its importance in health and disease, factors promoting
and inhibiting physical comfort, comfort devices and their uses, body mechanics, positions.
Moving, shifting and Lifting of patient
- Care of pressure points, bed sores: causes, signs, symptoms, prevention and nursing care
- Shifting of patient from one side to another, from bed to wheel chair and bed to stretcher.

Unit – IV Assessment of patient / Client
- Principles and importance of assessment, methods of assessment: observation, palpation, auscultation, percussion, developing skill in observation.

Physical Assessment
- Height, weight, posture, speech

Physiological Assessment
- Temperature, pulse, respiration and blood pressure
- Characteristics of normal and abnormal (T.P.R. and B.P.) and factors influencing the variations.
- Urine stool, vomit, sputum, normal and abnormal behaviour and its deviation.

Unit – V Therapeutic Nursing Care and Procedures Asepsis
- Hand washing, hand scrubbing, use of mask, gown, gloves
- Disinfection techniques, sterilization techniques.
- Autoclaving, boiling, flaming, ultra violet rays.

Care and Sterilization of:
- Linen, bed, mattress, floor, walls, cupboard and other articles.
- Rubber goods, dressings, instruments, needles, syringes enamel articles.
- Barrier Nursing and isolation.

Care of Respiratory System
- Inhalation: dry inhalation, moist inhalation, jug, Nelson’s inhaler, steam tent, electric inhalers, suction oro-nasal.
- Collection of specimen of sputum for examination.

Care of Gastro Intestinal Treact
- Preparation and giving of enema: Retention enema, evacuation enema, suppository, passing of flatus tube.

Care of Genito Urinary System
- Perineal care of terminally ill patient and patient with urinary catheter.
- Collection of specimens of urine and stool for routine and cultural examination.

Care of Skin and Mucous Membranes

Cold application: Ice cap, cold packs, use of evaporating lotion. Hot application: use of hot water bottle, dry fomentation, moist
- fomentation, medicated fomentation.
Unit – IV Basic Needs and Care in Special conditions

- Care of patient with fever, unconscious patient, patient with fluid imbalance, patient with dyspnoea.
- Care of terminally ill patient.
- Care of physically handicapped.

2. **Principles of Naturopathy:**
   1. Definitions of Naturopathy according to different pioneers
   2. History of Naturopathy
      a. India
      b. Europe
      c. America
      d. Other Foreign
   3. Basic Principles of Naturopathy
   4. Catechism of Nature Cure
   5. Laws of Nature according to Hendry Lindlahr
   6. Panchamahabhoota concept and its relation to Naturopathy
   7. Concept of Vitality in Naturopathy in Naturopathy (correlation nerve potential and resting metabolism rate)
   8. Philosophy of Naturopathy
   9. Nature cure a way of life
   10. Cause of disease
   11. Acute, Chronic and degenerative diseases and their treatments
   12. Inflammation – different stages according to Naturopathy and its importance
   13. Arogya Rakshak Panchatantra – Concept and importance
   14. Vaccinations, inoculation – analysis of their effect on human body from a Naturopathic perspective
   15. The science of recovery
      a. Elimination
      b. Smoothening
      c. Convalescence
      d. Constructive
   16. Fundamentals of Ayurveda
      a. Introduction, origin and history of Ayurveda
   17. Fundamentals of Siddha
      a. History of Siddha
      b. Basic principles of Siddha
   18. Fundamentals of Homoeopathy
      a. Introduction and history
      b. Basic principles
   19. Fundamentals of Unani
      a. Introduction and history

3. **Principles and Practices of Yoga**
   1. Definition
   2. History of yoga
3. Astanga yoga
4. Classifications of asanas
5. Basic asanas Methods, Indications, contra indications, precautions
6. Pranayama, Bandhas, Mudras, Meditation, Relaxation techniques
7. Kriyas
8. Surya namaskara
9. Effects of Asanas and Pranayama

4. First Aid
1. Introduction
   a. Importance of first aid and rules of first aid.
   b. Concept of emergency.
2. First Aid in Emergency situations
   a. Fire, burns, fractures, accidents, poisoning, drowning, haemorrhages, insect bites, foreign bodies.
   b. Transportation of the injured.
   c. Bandaging and splinting.
3. Community Emergencies and Resource Community Emergencies
   a. Fire, explosions, floods, earthquakes, famines.
   b. Immediate and late role of nurses.
   c. Need for rehabilitation.
4. Community Resources
   a. Police Assistance.
   b. Voluntary agencies: Local, National and international agencies.
   c. Ambulance services: Their functions in relation to emergencies.

III. Community Health Nursing (200 Hours)

1. Environmental and Personal Hygiene

Personal Hygiene

1. Introduction
   a. Concept of health and its relation to successful living.

2. Maintenance of Health
   a. Determinants of health, building of good health habits, immunization, correction
   b. of defects, maintenance of health records.

3. Physical Health
a. Care of skin, hair, teeth, eyes, ears, hand and feet, Rest and sleep, exercise, activity, recreation, posture, nutrition, elimination, menstrual hygiene.

   a. Characteristics of mentally healthy person.
   b. Mental hygiene in intrauterine, infancy, childhood, adolescence, adulthood and old age.

**Environmental Hygiene**

1. Introduction
   a. Components of environment
   b. Importance of environmental health.

2. Environmental factors contributing to health water
   a. Safe and wholesome water
   b. Uses of Water
   c. water pollution
   d. water borne diseases.
   e. Water purification

Air

- Air pollution
- Prevention and control of air pollution

Waste

- Refuse
- Excreta
- Sewage
- Health hazards of these wastes
• Collection removal and disposal of these wastes

**Housing**

• Site
• Basic amenities
• Types and standard of ventilation
• Requirements of good lighting.
• Natural and artificial lighting.

**Noise**

• Source of noise
• Community noise levels
• Effects of noise
• Noise control

**Arthropods of Public Health Importance**

• Mosquitoes, housefly, sandfly, human louse, ratflies etc.
• Rodents.
• Control measures for these arthropods.

3. Community organization to promote Environmental Health
   a. Levels and types of agencies: National, state, local, Government, Voluntary and Social agencies

**2. Health Education and Communication Skills**

**Health Education**

**Introduction**

• Concept, definition, aims and objectives of health education.
• Process of change/modification of health behaviour.
• Opportunities of health education in hospital and community.
• Scope of health education
• Levels and approaches of health education.
• Principles of health education.
• Nurse’s role as health educator.

Unit – II Communication skills

Definition of communication
• Purposes of communication
• Process of communication
• Barriers of communication and establishment of successful communication.
• Types of communication.
• Importance and art of observing and listening in communication.

Unit – III Methods and Media of Health Education
• Methods of health education
• Types of media (A.V.Aids).
• Advantages and limitations of each.
• Preparation and uses of simple aids

Unit – Health Education Agencies
• National
• State
• District
• Local
SECOND YEAR

I. Naturopathy Nursing (Specialties) – 350 Hours

1. **Massage**: [Theory and Practical Training]
   a. Definition
   b. History of massage
   c. Lubricants of massage
   d. Rules and regulations applicable to massage therapist
   e. Types of massage
   f. Movements of massage
      i. Touch
      ii. Friction
      iii. Stroking
      iv. Kneading
      v. Vibration
      vi. Percussion
      vii. Joint movements
   g. Effects of massage on each system
   h. Indications and Contra – Indications
   i. Massage in Pregnancy, Children and Old age
   j. Therapeutic massage
   k. Basic principles and procedure of different types of massage – Thai, Balanese, Hot-stone massage, dry brush massage, deep tissue massage, powder massage, vibrator massage etc.
   l. Reflexology and Zone therapy
      i. What is Reflexology, history and development
      ii. How does it work
iii. Body and its reflex zones
iv. Applications, indications and contra-indications
v. Preventive effects of reflexology

2. HYDROTHERAPY & MUD THERAPY

Hydrotherapy:

1. Definitions and Introduction
2. Water – A universal solvent
3. Properties of water
4. Rules of hydrotherapy
5. Temperature and Duration
6. Action and Reaction
7. Physiological effect of cold and hot on each system
8. Hydrotherapeutic treatments: method, Material requisite, Duration, Precautions, Indications, Contra -Indications, Types, Temperature of each treatment (Packs, baths, sprays of cold and hot temperature)
9. Emergency management through Hydrotherapy
10. Maintenance of equipments and packs

Mud therapy:

1. Definition
2. Qualities of mud
3. Mud processing and purifying
4. Properties of mud
5. types of mud application General and local (direct and pack)
6. Effects of mud bath
7. Effects of local mud applications
8. Effects of mud pack
9. Preparation of mud pack – dimensions and duration
10. Effects of hot mud application and preparation
11. Contra – Indications of mud application

3. Physiotherapy and Acupressure

Physiotherapy
1. Definition
2. Wax bath
3. Electrotherapy
4. Gym management

Acupressure
1. Definition
2. Theory of acupressure
3. Disease according to acupressure
4. Scientific proof of acupressure
5. Local point for specific disease
6. Method of application – Pressure and time
7. Effect of acupressure

4. Chromotherapy and Magnetotherapy

Chromotherapy
1. Definition
2. Importance of sun in Chromo therapy
3. Different colours – uses and contra indications.
4. Charging of water
5. Charging of oil
6. Thermoleum
7. Sun bath – Precautions, uses, time duration suitable time.
8. Sun bath according to Dr. Armold Rickly
9. Sunbath for children

Magentotherapy
  1. Definition
  2. Types of Magnet (Shapes and Power)
  3. Properties of magnets
  4. Different Poles of the magnet and their properties
  5. Mode of treatment – General and local applications
  6. Precautions
  7. Charging of water and their use North and south Poles
  8. Charging of oils and their uses
  9. Effects of magnets
  10. Electromagnetic lead
  11. Therapeutic indications and contra indications

II. Fasting Therapy, Nutrition and Diet

Fasting
  1. Definitions
  2. Fasting Vs Starvation
  3. Types (Therapeutic, Religious and Political) of fasting
  4. Procedure of fasting
  5. Healing Crisis and Disease Crisis
  6. Effects of fasting
7. Breaking of fasting
8. Therapeutic Indications and Contra-Indications of fasting
9. Importance of Fasting in Naturopathy

Nutrition and Diet
1. Definition of diet and balanced diet
2. Protein, carbohydrate, fat-Composition, sources, digestion, uses, diseases
3. Vitamins- Types, functions, RDA, sources, diseases.
5. Fibres - sources and uses
6. Healthy Food Habits – what, when, where, how, how much, and how many times
8. Raw diet: Fruits, Salads and Sprouts
9. Practical training in Naturopathic Recipes

Yoga Therapy
1. Introduction to Yogic Therapy / Basis of yogic Therapy
2. Role of Asanas in curing various diseases
3. Specific importance of Pranayama in curing various diseases
4. Vital role of Bandhas, Mudras, Drishtis, in curing various diseases
5. Role of Shatkriyas in curing various diseases
6. Role of general exercises
7. Sudarshan Kriya and other modern variants
8. Yoga therapy for
   a. Cardiovascular diseases
   b. Psychiatric disorders
c. Musculoskeletal disorders
d. Nervous system disorders
e. Gastrointestinal disorders
f. Hormonal diseases
g. Respiratory diseases
h. Metabolic diseases
i. Ophthalmologic disorders
j. Pediatric disorders
k. ENT Disorders
l. OBG disorders

9. Meditation and its applications on psychosomatic disorders

10. Yoga and relaxation techniques
    a. QRT – Quick Relaxation Technique
    b. IRT – Instant Relaxation Technique
    c. DRT – Deep Relaxation Technique

11. Yoga and Mental Health: Total integration of personality, correct mental behavior
    and attitude, harmonial relationship of body and mind, self content tranquilizing
    effect, psychology of spiritual growth and spiritual value, toning judgment, pure
    consciousness, mode of living and disciplined life.

12. Stress management through Yoga

13. Lesson planning and teaching methods in Yoga
FINANCIAL IMPLICATIONS
## FINANCIAL IMPLICATIONS

### Summary (WITH FREE LODGING, BOARDING & TRANSPORT) [No Stipend]

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Particulars</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Salary</td>
<td>31,60,000</td>
</tr>
<tr>
<td>2.</td>
<td>Recurring Expenses and Fixed Budget allotment</td>
<td>61,40,000</td>
</tr>
<tr>
<td>3.</td>
<td>Capital Expenses (Establishment cost)</td>
<td>63,00,000</td>
</tr>
</tbody>
</table>

**Grand TOTAL**  
Rs. 1,56,00,000

*Individual head details are furnished overleaf.

### Summary (WITH STIPEND) [No Hostel and Transport]

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Particulars</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Salary</td>
<td>31,60,000</td>
</tr>
<tr>
<td>2.</td>
<td>Recurring Expenses and Fixed Budget allotment</td>
<td>1,00,50,000</td>
</tr>
<tr>
<td>3.</td>
<td>Capital Expenses (Establishment cost)</td>
<td>08,00,000</td>
</tr>
</tbody>
</table>

**Grand TOTAL**  
Rs. 1,40,10,000

*Individual head details are furnished overleaf.

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National Institute of Naturopathy, Pune  
27
1.1 Budget for Salaries/Wages (Recurring)

<table>
<thead>
<tr>
<th>Designation &amp; number of persons</th>
<th>Monthly Emoluments</th>
<th>BUDGET</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Coordinator *1</td>
<td>35,000<em>1</em>12</td>
<td>04,20,000</td>
</tr>
<tr>
<td>Lecturers (Asst. Coordinators) * 2</td>
<td>30,000<em>2</em>12</td>
<td>07,20,000</td>
</tr>
<tr>
<td>Yoga Instructors * 2</td>
<td>15,000<em>2</em>12</td>
<td>03,60,000</td>
</tr>
<tr>
<td>Visiting Lecturers * 4</td>
<td>10,000<em>4</em>10</td>
<td>04,00,000</td>
</tr>
<tr>
<td>Purchase-Cum-Maintenance Officer * 1</td>
<td>25,000<em>1</em>12</td>
<td>03,00,000</td>
</tr>
<tr>
<td>Store In-charge * 1</td>
<td>20,000<em>1</em>12</td>
<td>02,40,000</td>
</tr>
<tr>
<td>DEO – Office Asst./Steno * 1</td>
<td>15,000<em>1</em>12</td>
<td>01,80,000</td>
</tr>
<tr>
<td>DEO - Accounts Assistant * 1</td>
<td>15,000<em>1</em>12</td>
<td>01,80,000</td>
</tr>
<tr>
<td>MTS (Peon/Sweeper) * 4 [2 shifts]</td>
<td>10,000<em>4</em>12</td>
<td>04,80,000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>31,60,000</strong></td>
<td></td>
</tr>
</tbody>
</table>

Justification of Manpower Requirement

Course Coordinator (1 no.):

Qualification Required: BNYS graduate with minimum 5 years of experience.

The course coordinator is responsible for development and innovation as well as day to day operation of the Nursing Diploma in Naturopathy and Yoga Therapy. Course coordinator is accountable to the Director, NIN, for academic and administrative activities. He will be responsible for the organization and management of the course. In particular the Course Coordinator will:

- Supervise the entire course faculty and report to the Director on a regular basis.
- Create and facilitate a classroom climate that is conducive to student learning and academic integrity.
- Facilitate course development through reflection and student evaluations.
- Supervise faculty assigned to the course.
- In consultation with the Director, NIN, ensure satisfactory course delivery.
- Develop a meaningful and connected topic sequence and schedule in consultation with other instructors involved in the course.
• Provide students with course syllabus that includes broad course objectives, course schedule, grading policy, expectations of academic integrity, policy for missed exams, etc.
• Assure that course content allows student achievement of objectives associated with the Diploma.
• Organize and hold meetings of the faculty and administration to discuss issues affecting student learning, testing and other classroom issues.
• Coordinate course activities including the development of innovative teaching strategies and maintain course information on the website of NIN.
• Control Admissions by having zonal interviews, advertisements, publicity, etc.
• Coordinate placements and organize campus interviews.

Lecturers (2 nos.):

Qualification Required: BNYS graduate with minimum 2 years experience.

Considering the fact that the Nursing Diploma in Naturopathy and Yoga Therapy will be a full-time course, at least two dedicated staff would be essential to teach the students in addition to the existing faculty available with NIN at present. These lecturers will also act as Assistant Coordinators and report to the Course Coordinator.

Yoga Instructors (2 nos.):

Qualification Required: 1 year Diploma from an Institute of repute after graduation with 1 year of experience.

Since there will be a large number of students (approximately 200), 2 Yoga Instructors would be required to conduct Yoga practical.

Visiting Lecturers (4 nos.):

Qualification Required: Qualified Registered Nurses with a teaching experience of minimum 3 years / Experts in the respective fields.

Some specific nursing and self-development subjects (like Community Health Nursing, First Aid, Fundamentals of Nursing, English etc.) are included in the curriculum, suitable qualified lectures would be required on a regular basis.

Purchase-cum-Maintenance Officer (1 no.):

Qualification Required: Graduation with minimum 6 years of relevant experience.
Almost 200 students are expected to opt for the Nursing Diploma in Naturopathy and Yoga Therapy proposed to be conducted by NIN. This would entail additional purchasing and maintaining of consumables (like, but not limited to, aprons, books, infrastructural consumables, clinical consumables etc.). He would be in-charge of:

- Purchasing (drawing / specification release, request for quotations, supplier evaluation, negotiations, purchase order release, supply chain management) for Electrical / Mechanical / Chemical / Oils items from domestic vendors for daily production & projects.
- Annual supply chain improvement initiatives.
- New supplier development & vendor evaluation.
- Recording and monitoring AMCs related to NIN.
- Troubleshooting clinical / administrative hindrances through proper channel.

**Store In-charge (1 no.):**

Qualification Required: Graduates with minimum 3 years experience in store management.

The Store In-charge would be responsible for maintaining the store in order to ensure students and other staff of NIN have access to necessary supplies and accommodations. His services would be mainly to maintain stock, supplies, inventories and accounts.

**DEO – Office Asst./Steno (1 no.):**

Qualification Required: Graduation with computer knowledge.

One office assistant or Stenographer would be required for assisting the officers, filing, correspondence and related work.

**DEO - Accounts Assistant (1 no.):**

Qualification Required: Graduation with computer knowledge.

One dedicated Accounts Assistant to the (existing) Accountant would be essential for documenting and accounting all finance related to the Diploma.

**MTS (Peon/Sweeper – 4 nos.):**

Qualification Required: 10+2 or equivalent.

Two peons and two sweepers would be required for regular work as the clinic functions in 2 shifts.

**General Note:** Suitable retired faculties may be considered for any of the above post.
Recurring Expenses and Fixed Budget allotment (WITH FREE LODGING, BOARDING & TRANSPORT)

<table>
<thead>
<tr>
<th>HEAD</th>
<th>BUDGET</th>
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<tbody>
<tr>
<td>Lodging &amp; Boarding (80<em>12</em>4000)</td>
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<tr>
<td>Consumables</td>
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<tr>
<td>Subscription to Journals and Related Book Purchase</td>
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</tr>
<tr>
<td>Stationery &amp; Aprons</td>
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</tr>
<tr>
<td>Contingency</td>
<td>01,50,000</td>
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<tr>
<td>Salary: Hostel</td>
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<tr>
<td>- Warden * 2 (1M+1F) – 15,000<em>2</em>12</td>
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<td>- Purchase Asst. * 1 – 12,000<em>1</em>12</td>
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<tr>
<td>- Head Cook * 2 – 12,000<em>2</em>12</td>
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<tr>
<td>- Asst. Cook * 4 – 10,000<em>4</em>12</td>
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<tr>
<td>- Drivers * 2 – 12,000<em>2</em>12</td>
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<tr>
<td>- MTS * 2 – 10,000<em>2</em>12</td>
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<tr>
<td>Bus (50-seater) maintenance</td>
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<tr>
<td><strong>Total</strong></td>
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Recurring Expenses and Fixed Budget allotment (WITH STIPEND)

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<tr>
<td>Contingency</td>
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<td><strong>Total</strong></td>
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</table>
## Capital Expenses (Establishment cost) (WITH FREE LODGING, BOARDING & TRANSPORT)

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<th>HEAD</th>
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<td>Hostel infrastructure development</td>
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<tr>
<td>Hostel Deposit</td>
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<td>Bus (60-seater) cost.</td>
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<tr>
<td>Infrastructure Development (Classroom essentials)</td>
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<tr>
<td>Purchase of Computers and Stationary</td>
<td>01,50,000</td>
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<tr>
<td>Purchase of Printers, Copiers and Scanners</td>
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<tr>
<td><strong>TOTAL</strong></td>
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## Capital Expenses (WITH STIPEND)

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