



**Central Council for Research in Yoga & Naturopathy**

(Ministry of AYUSH, Government of India)

61-65, Institutional Area, Opposite 'D' Block, Janakpuri,

NEW DELHI -110058

Ph: 28520429, 31/32 Fax: 28520435

Website: [www.ccryn.gov.in](http://www.ccryn.gov.in) Email: [ccryn.goi@gmail.com](mailto:ccryn.goi@gmail.com)

**Admission Notice – 2022-23**

**Treatment Assistant Training Course (TATC)**

Applications are invited for admissions into *Treatment Assistant Training Course (TATC)* of one year duration at Naturopathy Hospital, Rohini, Delhi. **Academic Qualification:** 10<sup>th</sup> pass. **Number of Seats:** 20, **Last date for submission of Application:** on or before **15.06.2022**.

Applications may send to the In-charge, Naturopathy Hospital, Sector-19, Opp. Rohini Jail, Outer Ring Road, Delhi-110085 alongwith with a Demand Draft **Rs.200/-** (Rupees Two Hundred only) drawn from any Nationalized Bank in favour of Director, CCRYN payable at New Delhi. For more details please visit Council's website [www.ccryn.gov.in](http://www.ccryn.gov.in). Any addendum/corrigendum shall be posted only on Council's website.

**Director, CCRYN**

APPLICATION FORM



**Central Council for Research in Yoga and Naturopathy**

61-65, Institutional Area, Janakpuri, New Delhi-110 058

Ph: 011-28520429, 30, 31, & Fax: 28520435

Website: www.ccryn.gov.in Email: ccryn.goi@gmail.com

**Treatment Assistant Training Course (TATC)**

(One year regular programme)

(Please fill up all the details in capital letters)

PHOTO

1. Name in Capital letters: .....
2. Father's Name/Husband's Name:.....
3. Date of Birth:.....Age .....
4. Qualification (please attach self- attested copies of all the certificates):  
.....
5. Gender: ..... Male/Female
6. Category (SC/ST/OBC/Others) (Please attach proof in support of category)  
.....
7. Present Address:  
.....  
.....  
.....  
..... PIN: .....
8. Permanent Address:  
.....  
.....  
..... PIN: .....
9. Tel. No: ..... Residence: .....
- Mobile: ..... E-Mail: .....

**10. Any other information:**

I agree to follow the rules and regulations of the Council for the TATC programme.

**Declaration:**

I hereby declare that all statements made in the application are true, complete and correct to the best of my knowledge and belief. In the event of any information being found false or incorrect at any point of time, my candidature/admission may be cancelled/terminated without any notice. I also declare that I am a citizen of India by birth/domicile and belong to OBC category (non-creamy layer) for which I will produce relevant certificate.

Strike out whichever is not applicable.

**Date:**

**Signature of Applicant**

**Place:**

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**For Official Use**

Received with thanks Rs.200/- (Two hundred only) as registration fee from Shri /Smt. /Ms. .... for Treatment Assistant Training Course (TATC) – 2022-23.

**Cashier**

**Admn.-cum-Accounts Officer**



## Central Council for Research in Yoga and Naturopathy Treatment Assistant Training Course (TATC)

### Syllabus

Section I – Theory						
S. No.	Paper	Title of the Paper	Units	Total Marks	Hrs. of Instruction / Week	Total Hrs. of Instruction
1.	I	Human Biology	<p><b>I. Human Anatomy and Physiology:</b> Basic Terminology, Organization of Human Body, Body Systems, Homeostasis &amp; Feedback Mechanisms for maintaining Homeostasis</p> <p><b>II. The Skeletal System:</b> Skeleton, Classification of Bones, Body Cavities, Study of Joints &amp; Vertebral Column</p> <p><b>III. Muscular System:</b> Classification of Muscles and their Characteristics, Concept of Muscle Tone and types of Muscle Contractions, Specific study of Muscles of Eye, Abdomen and Vertebral Column</p> <p><b>IV. Sense Organs:</b> Basic understanding of the Structure and Function of Eye Ball, Nose, Ear, Skin and Tongue; Basic Understanding of Pathways of Special Senses: Vision, Smell, Hearing, Taste and Touch</p>	100	04 Hrs./ Week	60 Hrs.
2.	II	Philosophy of Nature Cure	<p><b>I.</b> General Introduction, definition, and History; Fundamental principles of Naturopathy; Crisis</p> <p><b>II.</b> Laws of Nature, Pancha Mahabhootas; Inflammation and its different stages; Natural rejuvenation and vitality: how to acquire natural immunity in disease</p> <p><b>III.</b> Contribution of Indian and Foreign Naturopaths; Importance of Physical and Mental Hygiene, Personal life and prevention of diseases</p> <p><b>IV.</b> Diagnostic procedures of Naturopathy- Spinal analysis, Facial Diagnosis, Iris diagnosis, Chromo Diagnosis</p>	100	04 Hrs./Week	60 Hrs.
3.	III	Natural Therapies	<p><b>I.</b> Manipulative Therapies (Massage Therapy, Acupressure and Exercise Therapy)</p>	100	04 Hrs. / Week	60 Hrs.

			II. Fasting, Nutrition & Dietetics (Fasting, Food, Food Groups, Diet)			
			III. General Introduction to Hydrotherapy, Hydrotherapeutic treatments:			
			IV. Mud Therapy and Magneto Therapy			
6.	IV	Yoga	I. General introduction of Yoga philosophy	100	04 Hrs. / Week	60 Hrs.
			II. Practices of Yoga: Ashtanga Yoga, Hatha Yoga			
			III. Effects of different practices of Yoga on Body and Mind			
			IV. Yoga therapy: principles and concepts			
<b>Section II – Practical</b>						
1.	I	Hydro Therapy and Mud Therapy	Various Hydrotherapeutic treatments, Method, Requisite Material, Duration, Precautions, Indications, Contraindications, Temperature of each treatment (Packs, baths, sprays of cold and hot temperature etc.) Preparation of Mud, Various Mud Therapy treatments, Precautions, Indications, Contraindications Assignments and Viva-voce	100	4 Hrs. / Week	60 Hrs.
2.	III	Manipulative Therapies	Preparation of patient for Massage, Various Massage techniques, Requisite Material, Duration, Precautions, Indications, Contraindications, Types, Acupressure-Definition, concept, methodology, importance, Indications and contra-indications Assignments and Viva-voce	100	4 Hrs. / Week	60 Hrs.
3.	IV	Energy Medicine	Magneto Therapy, Chromo Therapy, Reiki and Pranik Healing Assignments and Viva-voce	100	4 Hrs. / Week	60 Hrs.
4.	V	Fasting, Nutrition & Dietetics	Concepts and definition of fasting, food and its classification, balanced diet and its importance in the management of various disorders; Assignments and Viva-voce	100	4 Hrs. / Week	60 Hrs.
5.	VI	Yoga	Classification of Asanas, Pranayama, Elementary Yogic practices, indications, contra-indications, Kriyas, Yoga in disease management, Assignments and Viva-voce	100	04 Hrs. / Week	60 Hrs.
			<b>Grand Total</b>			

## NATURAL THERAPIES

### 1. Manipulative Therapies :

**Massage Therapy:** Introduction to Massage, History of Massage, Types of Massage, Manipulative techniques, Physiological and clinical effects of Massage, Contraindications and precautions

**Acupressure:** Definition, concepts and basics of acupressure; Local points and therapeutic application; Method of application - pressure and time

**Exercise Therapy:** Definition of Exercise, Types of Exercise and Physiological effects of Exercise. Indications and Contraindications, Techniques of Stretching, Joint Mobilization and Passive movements

### 2. Fasting, Nutrition & Dietetics :

**Fasting:** Definition of fasting, Principles and concepts of fasting and its importance in Naturopathy; History of Fasting, Effects of Fasting: Physiological & Clinical, Indications and contra-indications of Fasting;

**Food:** Concept and definition of food; Composition of body, Components of food and their classification: Carbohydrates, Fats, Proteins, Water, Vitamins and Minerals

**Food Groups:** Selection Preparation and Nutritive value of Cereals, Millets and Coarse grains, Pulses, Nuts and oil seeds, Milk and Milk products, Sugar, Jaggery and Honey, Fats and Oil, Vegetables, Fruits, Spices and Condiments

**Diet:** Concept of Diet and Nutrition in Modern Science, Naturopathic concept of Diet and its importance in the management of various disorders

### 3. Hydrotherapy and Mud Therapy :

#### **Hydrotherapy : General Introduction to Hydrotherapy:**

Definition and Introduction of Hydrotherapy; Water - A universal Solvent; Rules of Hydrotherapy; Properties of Water; Temperature and Duration, Physiological effects of cold and hot on each system; Action and Reaction;

**Hydrotherapeutic treatments:** Method, Requisite Material, Duration, Precautions, Indications, Contra-indications, Types, Temperature of each treatment (Packs, baths, sprays of cold and hot temperature etc.); Management of diseases through Hydrotherapy

**Mud Therapy:** Definition; Qualities, and properties of mud; Mud processing and purification procedure; Types of mud application; general and local (direct and pack); Effects of mud bath, and local applications; Preparation of mud pack (Cold and Hot) - dimensions and duration; Indications and Contraindications of mud application

### 4. Energy Medicine:

**Magneto Therapy:** Definition, properties, effects of magnets; Types of Magnets (Shapes and Power); Mode of treatment- general and local applications; Indications and Contraindications for using magnets; Charging of water and oils and their uses; Electromagnetic field and health importance

**Chromo Therapy:** Definition, Importance of Chromo Therapy; Effects of Colors- Indications and Contra-indications; Charging of Water and Oil Chromo Thermoleum; Sun Bath-Indication, contraindications, choice and time duration;

**Reiki and Pranik Healing:** Definition of Reiki & Pranik Healing, Treatment Methods, Benefits, Indications and Contra-indications.