

# **CENTRAL COUNCIL FOR RESEARCH IN YOGA & NATUROPATHY (CCRYN)**

## **MINISTRY OF AYUSH, GOVERNMENT OF INDIA**

### **NOTICE INVITING PROPOSALS**

#### **Invitation for Establishment of Yoga & Naturopathy Wellness Centres in the North Eastern States**

The **Central Council for Research in Yoga & Naturopathy (CCRYN)**, an autonomous body under the **Ministry of Ayush, Government of India**, invites proposals from the Governments of the North Eastern States for the joint establishment of **Yoga & Naturopathy Wellness Centres** under the administrative control of the **Department of AYUSH** or the **Department of Health & Family Welfare** of the respective State Government.

The Council is propagating, developing & conducting research in Yoga & Naturopathy system. Efficacy of this system in prevention and management of disorders/diseases has been established globally. Yoga & Naturopathy system is also acknowledged as complementary to modern medicine.

The initiative aims to strengthen preventive and promotive healthcare by expanding access to Yoga and Naturopathy services, promoting healthy lifestyles, and integrating evidence-based wellness practices into the public healthcare system across the North Eastern Region.

#### **The proposal:**

The Council intends to establish Yoga and Naturopathy Wellness Centre in the Government Medical College/Institution/Hospital across the states with the objective of promoting preventive health care. In view of the increasing demand for Yoga as an effective intervention for disease prevention, management, and health promotion, the Council's existing Outpatient Departments (OPDs) is unable to adequately meet the growing needs of the public.

The establishment of Yoga and Naturopathy Wellness Centres within Government Hospitals will integrate these evidence-based complementary therapies into the existing healthcare system. This initiative is expected to enhance the range of healthcare services available to patients and provide holistic, patient-centred care for individuals seeking treatment for various health conditions.

Furthermore, these centres will provide a valuable platform for generating high-quality research evidence on the effectiveness of Yoga and Naturopathy in the prevention and management of a wide range of diseases. The presence of medical specialists and technical experts in Government Medical Colleges and Hospitals will facilitate the design and implementation of standardized research studies, thereby contributing to the scientific validation and wider acceptance of these disciplines.

**Eligibility:**

Proposals are invited from the State Governments of the North Eastern States through their respective Department of AYUSH or Department of Health & Family Welfare.

**Mode of implementation:**

- The Yoga & Naturopathy part of Wellness Centre will be functional as part of the activity of the Government Medical College/Institution/Hospital.
- The revenue to be charged for the Wellness Centre/ treatment modalities will be decided by CCRYN in consultation with the collaborating institute & the revenue generated therein will be partly of CCRYN income. The modalities for collection of revenue will be decided by the CCRYN and Executive body of the collaborating institute.
- The Yoga & Naturopathy physician working in the Wellness Centre will have the records of the prognosis of the case and report to the referred Physician.
- Patients may be referred from various departments or shall directly walk-in to the Yoga & Naturopathy Wellness Centre for consultation and treatment.
- The Yoga & Naturopathy Physician at the wellness centre will examine the patients and prescribe the treatments.
- The Yoga Therapists and Naturopathy Therapists will impart the treatment to the patients.
- The publication of research data will be equally shared by both institutions. Neither party shall license, share, transfer or give to any other party, person or organization, any portion or all of the research or any other intellectual property related to arising out of or connected with; any such research project.

**Timings of the Yoga & Naturopathy Wellness Centre:**

As per the schedule of the Hospital/organization.

**Research possibilities:**

The Council may initiate pilot studies involving patients with cardiac diseases, diabetes mellitus, hypertension, stroke, epilepsy, and other neurological disorders, with the objective of undertaking clinical research in these areas. It may also consider establishing Collaborative Research Centres with hospitals through the signing of Memoranda of Understanding (MoUs) to facilitate regular research activities in Yoga and Naturopathy. The research findings and outcomes generated through these collaborations shall be jointly published by the CCRYN and the collaborating institutions.

**Space required:**

The minimum space required would be as under:

| Sl. No | Details             | Approximate space |                | Total       |
|--------|---------------------|-------------------|----------------|-------------|
|        |                     | Male Section      | Female Section |             |
| 01     | Consultation Room   |                   |                | 100 Sq. ft  |
| 02     | Reception & Waiting |                   |                | 200 Sq. ft  |
| 03     | Yoga Hall           |                   |                | 600 Sq. ft  |
| 04     | Treatment Section   | 1000 Sq. ft       | 1000 Sq. ft    | 2000 Sq. ft |
| 05     | Staff Room          |                   |                | 100 Sq. ft  |

**Note:** (1) Open space for Shatkarma & Mud bath, (2) Toilets, (3) If more space is available Exercise Therapy Section could be planned.

**Manpower:**

| Sl. No | Name of the Post                        | Qualification                                                                                                                                                                                                                         | Experience                                                  |
|--------|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| 01     | Yoga & Naturopathy Physician<br>(1 No.) | Qualified degree holder<br>(Bachelor of Naturopathy & Yogic Sciences a 51/2 years regular medical course in Yoga & Naturopathy), having the registration to practice these systems of health care from the State/Central Authorities. | Five years professional Experience.                         |
| 02     | Yoga Therapist *<br>(2 Nos.)            | Regular PG Degree in Yoga/<br>Regular Degree in Yoga from a recognized University                                                                                                                                                     | Nil                                                         |
|        |                                         | OR<br>Any Degree from a recognized University and one year regular Diploma in Yoga from a recognized University or an Institute of repute.                                                                                            | Five years professional Experience.                         |
| 03     | Naturopathy Therapist<br>(2M + 2F)      | Regular NDNYT of 2 years duration                                                                                                                                                                                                     | Nil                                                         |
|        |                                         | OR<br>Regular Treatment Assistant Training Course (TATC) of minimum 1 year duration                                                                                                                                                   | Two years working experience in Naturopathy Centre/Hospital |

|    |                                               |                                                               |                                                                        |
|----|-----------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------|
|    |                                               | OR<br>10+@ pass with minimum 1 year<br>Diploma in Naturopathy | Three years<br>working experience<br>in Naturopathy<br>Centre/Hospital |
|    |                                               | OR<br>10+2 pass                                               | Five years working<br>experience in<br>Naturopathy<br>Centre/Hospital  |
| 04 | Receptionist/Data Entry<br>Operator<br>(1 No) | Graduate with one year Diploma<br>in Computer applications    | Nil                                                                    |
| 05 | MTS/Attendant<br>(1M + 1F)                    | 8 <sup>th</sup> pass                                          | Nil                                                                    |

**\* Practical ability to perform Yogic practices**

#### **Expenditure:**

The expenditure involved in the establishment and running of the wellness centre will be as under:

#### **A. Recurring Expenditure:**

| Sl. No                                                         | Post/Details                                                | No | Per Month<br>Expenditure<br>(in Rs.)* | Total Expenditure<br>per annum<br>(in Rs.)* |
|----------------------------------------------------------------|-------------------------------------------------------------|----|---------------------------------------|---------------------------------------------|
| <b>I. Remuneration</b>                                         |                                                             |    |                                       |                                             |
| 1.                                                             | Yoga & Naturopathy Physician                                | 1  | 35,000/-                              | 4,20,000/-                                  |
| 2.                                                             | Yoga Therapist (1M + 1F)<br>@ Rs. 30,000/- per YT           | 2  | 60,000/-                              | 7,20,000/-                                  |
| 3.                                                             | Naturopathy Therapist (2M + 2F)<br>@ Rs. 20,000/- per NT    | 4  | 80,000/-                              | 9,60,000/-                                  |
| 4.                                                             | Receptionist/Data Entry Operator                            | 1  | 16,000/-                              | 1,92,000/-                                  |
| 5.                                                             | MTS/Attendant (1M + 1F)<br>@ Rs. 10,000/- per MTS/Attendant | 2  | 20,000/-                              | 2,40,000/-                                  |
| Total                                                          |                                                             | 10 | 2,11,000/-                            | 25,32,000/-                                 |
| <b>II. Consumables/Contingency</b><br>(Oils, Mud, Packs, etc.) |                                                             |    | 50,000/-                              | 6,00,000/-                                  |
| <b>GRAND TOTAL</b>                                             |                                                             |    |                                       | <b>31,32,000/-</b>                          |

**B. Non-Recurring Expenditure:**

**Rs. 10.00 lakhs (Rupees Ten Lakhs Only)** for initial furnishing and purchase of equipments for each wellness centre.

**Total expenditure (A + B) = 41, 32, 000/- for each wellness centre.**

**Last Date for Submission of Proposals:** 20.10.2026 (Tuesday)

**Any corrigendum or addendum towards this matter shall be posted only on the Council's Website.**

**For more information:**

**Director**

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**Sd/-**

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