



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

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

Admission Notice - 2026-27

Treatment Assistant Training Course (TATC)

Applications are invited for admissions into *Treatment Assistant Training Course (TATC)* of **one year** duration at **Central Research Institute of Yoga & Naturopathy (CRIYN), Jhajjar, Haryana** and **CRIYN, Nagamangala, Karnataka**.

Academic Qualification: Minimum 10th pass. **Number of Seats:** 20 for each Centers, **Age Limit:** Minimum 18 years and Maximum 30 years for the last date of application. (Age Relaxation for SC/ST/OBC candidates as per the Government Rules), **Annual Fees:** Rs: 8000/- (Non -Refundable).

Last date for submission of Application: on or before **30/03/2026**.

Eligible candidate may send duly filled application to the **respective Nodal Officer** along with a Demand Draft **Rs.200/-** (Rupees Two Hundred only) as application fees drawn from any Nationalized Bank in favor of **Director, CCRYN payable at New Delhi**.

For more details please visit Council's website www.naturopathyday.in.

Any addendum/ corrigendum shall be posted only on Council's website.

The details of respective Nodal Officer are as under:

1. **Nodal Officer, Central Research Institute for Yoga & Naturopathy (CRIYN), Dever Khana, Jhajjar, Haryana- 124105**
Contact: 01276 223700
2. **Nodal Officer, Central Research Institute for Yoga & Naturopathy (CRIYN), Near Sriramanahalli Mysore Road, Wisdom school opp. Dist: Mandya, Nagamangala, Karnataka – 571432** Contact: +91 08234298101

A monthly stipend of Rs. 8,000/- will be paid half-yearly (twice a year) to the trainee/student, subject to attendance of 80% or above.

Director, I/C, CCRYN

..... PIN:

9. **Tel. No:** **Residence:**

Mobile:..... **E-Mail:**

10. Select (any one) the TATC applying for below centres

CRIYN, Jhajjar, Haryana

CRIYN, Nagamangala, Karnataka

*** Preference shall be given to the local public; however, the final selection of the centers shall be decided by the Competent Authority of the Council, subject to availability.**

11. 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:

For Official Use

Received with thanks Rs.200/- (Two hundred only) as registration fee from Shri /Smt. /Ms. for Treatment Assistant Training Course (TATC) – 2026-27.

Cashier

Admn.-cum-Accounts Officer



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.naturopathyday.in Email: ccryn.goi@gmail.com

Treatment Assistant Training Course (TATC)

Syllabus

1. Philosophy of Nature Cure

- 1.1. Definitions of Nature cure, Cause of health and disease
- 1.2. Philosophy of Naturopathy (Principles, History of Naturopathy)
- 1.3. Nature cure way of life
- 1.4. Acute, Chronic and degenerative diseases and their treatments

2. Massage (Theory and Practical)

- 2.1. Definition, History of Massage
- 2.2. Rules and regulations applicable to massage therapist
- 2.3. Oils and lubricants in Massage
- 2.4. Types of Massage – Kellogs massage, Geriatric massage, Pre and Post natal massage, Powder massage, Pediatric massage
- 2.5. Movements of Massage:
 - a. Touch
 - b. Friction
 - c. Stroking
 - d. Kneading
 - e. Vibration
 - f. Percussion
 - g. Joint movements
- 2.6. Therapeutic massage
- 2.7. Effects of massage on each system
- 2.8. Indications and Contraindications

3. Anatomy and Physiology

- 3.1. Musculo Skeletal System

- 3.2. Respiratory System
- 3.3. Digestive System
- 3.4. Excretory System
- 3.5. Circulatory System
- 3.6. Nervous System
- 3.7. Endocrine and Reproductive System

4. Yoga Theory and Practical Training

- 4.1. Definition, History of Yoga
- 4.2. Ashtanga Yoga
- 4.3. Classifications of asanas -Basic asanas Methods, Indications, Contraindications, precautions
- 4.4. Suryanamaskara
- 4.5. Pranayama, Bandhas, Mudras, Meditation, Relaxation Techniques
- 4.6. Kriyas
- 4.7. Therapeutic Yoga (Disease Based)

5. Hydrotherapy

- 5.1 Definition and Introduction of Hydrotherapy
- 5.2 Water - A universal solvent
- 5.3 Rules of Hydrotherapy
- 5.4 Properties of Water
- 5.5 Temperature and Duration, Physiological effect of cold and hot on each system
- 5.6 Action and Reaction
- 5.7 Hydrotherapeutic treatments: Method, Material requisite, Duration, Precautions, Indications, Contraindications, Types, Temperature of each treatment (packs, baths, sprays of cold and hot temperature)
- 5.8 Emergency management through Hydrotherapy
- 5.9 Efficient management of resources, equipment's

6. Mud Therapy

- 6.1 Definition
- 6.2 Qualities, properties of mud
- 6.3 Mud processing and purification procedure
- 6.4 Types of mud application; general and local (direct and pack)
- 6.5 Effects of mud bath, and local applications
- 6.6 Preparation of mud pack (Cold and Hot) - dimensions and duration
- 6.7 Indications and Contraindications of mud application

7. Diet and Nutrition

- 7.1. Definition of diet, nutrition, and concept of balanced diet
- 7.2. Healthy Food Habits - what, when, where, how, how much, and how many times
- 7.3. Types of diet- Eliminative, Soothing, Constructive diet
- 7.4. Raw diet: Fruits, Salads and Sprouts – Practical work
- 7.5. Practical training in Naturopathic Recipes- Soups, Porridge, Daliya, Millets preparations
- 7.6. Modern Nutrition - Protein, Carbohydrate, Fats, Vitamins and Minerals

8. Fasting

- 8.1. Definitions and Importance of Fasting , Fasting vs. Starvation
- 8.2. Types (Therapeutic, Religious and Political) of fasting
- 8.3. Procedure of fasting and Importance
- 8.4. Healing Crisis and Disease Crisis
- 8.5. Effects of fasting
- 8.6. Therapeutic Indications and Contraindications of fasting

9. Magneto Therapy

- 9.1. Definition, properties, effects of magnets Types of Magnets (Shapes and Power)
- 9.2. Mode of treatment - general and local applications
- 9.3. Indications and Contraindications for using magnets
- 9.4. Charging of water and oils and their uses
- 9.5. Electromagnetic field and health importance.

10. Chromo Therapy

- 10.1. Definition, Importance of Chromo Therapy
- 10.2. Effects of Colors – Indications and Contraindications
- 10.3. Charging of Water and Oil
- 10.4. Chromo Thermoleum
- 10.5. Sun Bath-Indication, contraindications, choice and time duration

11. Acupressure

- 11.1. Definition, concepts and basics of acupressure
- 11.2. Local point and therapeutic application
- 11.3. Method of application - pressure and time

12. Physiotherapy

- 12.1. Definition
- 12.2. Wax Bath
- 12.3. Electrotherapy
- 12.4. Gym Management
- 12.5. Normal Height, Weight, Temperature and Blood Pressure

13. Clinical Training and Nursing Care

- 13.1. Basics of Nursing care and needs of patients
- 13.2. Holistic approach to nursing care
- 13.3. Basic clinical training
- 13.4. Communications skills

14. English Communication Skill

- 14.1. Verbal Communication.