



Certificate Course in “JaraSahayak” (Geriatric Care Assistant)



**Department of Kayachikitsa
NATIONAL INSTITUTE OF AYURVEDA
Deemed to be University (De Novo)
(Ministry of AYUSH, Govt. of India),
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1. Institute profile

National Institute of Ayurveda, Deemed to be University (De novo) is an apex autonomous Institute under the aegis of the Ministry of AYUSH, Government of India. NIA was conferred the Deemed to be University status under the De novo category and was dedicated to the Nation by the Honorable Prime Minister of India, Shri Narendra Modi on 13th November 2020 (...Ayurveda Day). NIA is the first Central Government funded Institute to be declared as be University in the field of Ayush. This feather in cap achievement came as a recognition of NIA having 175 years of legacy and for promoting the growth and development of Ayurveda as a model Institute with high standards of Teaching, Training, Research, and Patient Care with a scientific outlook to the knowledge of Ayurvedic System of Healthcare.

NIA currently offers Academic Programmes in all levels - Undergraduate (BAMS), Post Graduate (MD/MS in Ayurveda), Post-Doctoral (PhD in Ayurveda), Diploma (DAN&P). Besides, NIA is the only institute in the Ayurveda segment to offer 6 Interdisciplinary M.Sc. courses. NIA also runs many certificates and short-term courses related to Ayurveda. NIA has a 260 bedded NABH accredited Hospital to offer the best quality OPD and IPD services to the public. The hospital is equipped with a state-of-the-art Panchakarma Centre, modern OTs, Ventilator-supported Emergency Care Beds, GMP Certified Pharmacy and Patho-lab.

NIA conducts quality multi-disciplinary research in the field of Ayurveda involving in-vitro, in-vivo, clinical, laboratory-based, and literary studies. The Institute has the quality infrastructure to support this research, like an Animal house, Pharmacognosy Lab, Phytochemistry Lab, Drug Testing Laboratory, Advanced Simulation Lab, etc.

2. Department profile

Kaya Chikitsa is one of the major clinical branches of Ayurveda dealing with the diagnosis and management of various physical and psychological disorders, such as *Jwara*, *Raktapitta*, *Shotha*, *Prameha*, and other systemic diseases. The Department of Kayachikitsa provides undergraduate, postgraduate, and doctoral level teaching, training, and research according to the curriculum prescribed by the Central Council of Indian Medicine and adopted by Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University.

The department focuses on Ayurvedic principles of treatment including *Shamana*, *Shodhana*, *Panchakarma*, *Rasayana*, and *Vajikarana* therapies, along with clinical training through OPD, IPD, and bedside teaching. It is actively involved in patient care, academic activities, and research work in areas such as metabolic disorders, musculoskeletal diseases, psychosomatic disorders, and degenerative conditions.

The department also guides postgraduate and Ph.D. scholars and conducts regular academic activities such as seminars, case discussions, journal clubs, and clinical presentations to enhance teaching, training, and research in Ayurveda.

3. Introduction to the course & Rationale

India is experiencing a significant demographic shift, with a growing elderly population. According to the 2011 Census, about 8.6% of India's total population was aged 60 and above, which has been steadily increasing. By 2031, it is projected that the elderly population in India will comprise nearly 12.5% of the total population, and the number of people aged 60 and above will reach around 140 million. This increase in life expectancy, combined with a declining birth rate, means that India is witnessing an aging population, with a rising need for specialized care for older adults.

The elderly population often faces a range of health challenges, including chronic diseases (like diabetes, hypertension, and arthritis), cognitive impairments (such as dementia and Alzheimer's), and mobility issues. Furthermore, many elderly individuals in India live in rural areas, where healthcare infrastructure and trained professionals are limited. This situation intensifies the need for professional caregivers who can offer medical assistance and emotional and social support.

Given this demographic trend and the healthcare demands of aging individuals, there is an increasing need for **JaraSahayak (Geriatric Care Assistant)**. These professionals are vital in providing elderly people with personal care, support for daily activities, and assistance in managing chronic conditions. They work under the guidance of doctors and healthcare professionals, ensuring that the elderly receive the attention and treatment they need compassionately and effectively.

As the aging population in India continues to grow, the need for trained and compassionate JaraSahayak (Geriatric Care Assistant) will become even more critical, ensuring that elderly individuals receive the care and dignity they deserve.

4. Course details

Course Title

JaraSahayak Training Program (Ayurveda-Based Geriatric Care Assistant)

Target audience: Up to 40 Years

Eligibility Criteria: 12th standard pass of any stream from a school recognized by the state board/ CBSE/ICSE or any other recognized board by the Govt. of India. (Preference will be given to nursing graduates)

Duration of the Course: 12 Months (48 Weeks)

Total hours: Total 1296 hours (Theory 144 Hours+ Practical 1152 Hours)

Type of Course: Blended course (Theory + Practical / Hands-on training)

Medium of instruction: English and Hindi

Number of seat: 15 (UR-6 + EWS-1, PwD-1, OBC- 4, SC-2, ST-1)

Timing: Theory: 9:00 AM – 10:00 AM

Practical: 10:00 AM – 3:00 PM

5. Aim, objectives & learning outcomes and indicators –

Course Aim

To prepare compassionate caregivers skilled in Ayurvedic principles and modern supportive care, focusing on *Jara Chikitsa* (geriatric care), enhancing elderly health through physical, mental, and spiritual support.

Objectives&Learningoutcomes

By the end of the course, learners will:

- Understand the Ayurvedic view of aging (*Jara*) and age-related degeneration (*Dhatukshaya*).
- Apply *Rasayana* principles for rejuvenation and immunity enhancement.
- Support *Vayasthapana* (age-sustaining) through diet (*Ahara*), lifestyle (*Vihara*), and herbal supplements.
- Assist in *Dinacharya*, *Ritucharya*, and *Sadvrutta* tailored for elderly individuals.
- Provide Panchakarma and other supportive therapies under supervision.
- Manage chronic illnesses with integrative Ayurveda-Modern approach.
- Offer psychological support through *Sattvavajaya Chikitsa* and mindfulness techniques.
- Communicate empathetically following ethical guidelines of Ayurveda.

Indicators

- Ability to understand basic Ayurvedic principles related to *Jara* and geriatric care
- Ability to assist in daily care of elderly patients
- Ability to identify common geriatric disorders
- Ability to assist in Panchakarma and supportive therapies under supervision
- Ability to maintain patient records and assist in clinical work
- Ability to demonstrate proper behaviour, communication, and ethical care

6. Curriculum details

Topic Title	Content	Learning Objectives	Expected Outcomes	Hours (Theory + Practical)
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Introduction of Ayurveda	Basic concept of Ayurveda, aim, scope, principles	To understand basic Ayurveda concepts	Student understands fundamentals of Ayurveda	6 + 24
Basic Principles of Ayurveda	Tridosha, Panchamahabhuta, Dhatu, Mala, Srotas, Prakriti	To learn body constitution and physiology	Able to explain basic Ayurvedic theory	12 + 48
Definition of Swasthya	Concept of health and lifespan	To understand health concept	Able to identify healthy state	3 + 12
Roga Pariksha	NidanPanchaka, Shadkriyakala	To learn disease diagnosis basics	Able to assist in examination	6 + 24
RogiPariksha	Trividha, Ashtavidha, Dashavidhaetc	To understand patient examination	Can assist physician	6 + 24
Vyadhi & Chikitsa	Definition, Upakrama, Chikitsa Chatushpada	To understand treatment principles	Basic knowledge of therapy	6 + 24
Introduction to Geriatric Care	Role of JaraSahayak, duties, scope	To know caregiver role	Can assist elderly care	6 + 30
Concept of Jara	Ageing, process, psychosocial changes	To understand ageing	Able to identify ageing changes	6 + 30
Anatomical & Physiological Changes in Elderly	Nervous, CVS, GIT, endocrine etc	To understand body changes	Can recognize symptoms	12 + 60
Major Geriatric Disorders	MSK, Neuro, Respiratory, Endocrine etc	To know common diseases	Able to assist management	18 + 120
Integrated Management	Yoga, Pathya, Panchakarma, physiotherapy	To learn supportive care	Can assist therapy	12 + 120
Digestive & Metabolic Disorders	IBS, Diabetes, obesity etc	To understand lifestyle disorders	Assist diet & care	12 + 72
Psychiatric & Memory Disorders	Depression, dementia, insomnia	To understand mental health	Assist counselling care	9 + 60
Genitourinary Disorders	UTI, BPH, incontinence	To understand urinary problems	Assist patient care	6 + 48
Cardiovascular Disorders	HTN, IHD, arrhythmia	To understand heart disorders	Assist monitoring	6 + 48
General Ayurvedic Treatment	Dinacharya, Ritucharya, Rasayana, Panchakarma	To know treatment methods	Assist therapy	12 + 120

Basic Geriatric Care Skills	Daily care, hygiene, feeding, mobility	To train caregiver skills	Able to care elderly	6 + 150
Preventive Cardiology in Geriatrics	Lifestyle, diet, monitoring	To prevent complications	Assist prevention	3 + 24
Mental Health in Geriatrics	Counselling, behaviour care	To improve mental care	Better patient handling	3 + 24
Aushadha&Ahara Kalpana	Diet, medicines, preparation	To understand diet & drugs	Assist preparation	6 + 60
Govt Policies & Old age care	NGO, schemes, old age home	To know social support	Able to guide patients	3 + 24
Revision + Assessment	Review, viva, case work	To evaluate learning	Competent trainee	6 + 90

7. Assessment & evaluation

- **Pre-test & Post-test ,Periodic assessments:**

To ensure continuous learning and progress, the following assessments are scheduled during the course:

1. Periodic Assessments

Frequency: Every 3 months

Format: MCQs, Short answers, Viva

Purpose: Review theoretical understanding and practical skill retention

2. Term Assessment

Timing: End of 6nd Month

Components:

Theory Exam (Written)

Practical Exam (Demonstration + Viva)

Marks Distribution: 50 Marks Theory, 50 Marks Practical

- **Final theory examination,, Final practical / viva -Final Assessment**

Timing: Final Week (Week 48)

Components:

Final Case Presentation

Viva Voice

Practical Skills Demonstration

Marks Distribution:

40 Marks Theory (Oral/Quiz)

40 Marks Practical

20 Marks Project/Case Report

Total Marks: 200(Periodicassessment +Final Exam)

- **Minimum passing criteria:** Minimum 40% in each section and 50% overall.
- **Tools used:** Written test, Practical observation Viva

8. Student performance & remedial policy

Criteria for Identification of Low Performers

Students will be identified as low performers based on the following criteria:

- Attendance below 75% in theory or practical classes
- Scoring less than 40% marks in periodic assessment / internal evaluation
- Inability to perform basic practical skills during training
- Poor participation in clinical/practical sessions
- Unsatisfactory behaviour or lack of professional discipline

Remedial Measures

- Additional theory revision sessions will be provided
- Extra practical training / demonstration will be arranged
- Individual guidance by faculty/course coordinator
- Re-assessment may be conducted after remedial training
- Students will be advised to complete missed work

Re-attempt / Rejoining Policy

- Students who fail in the internal or final assessment will be allowed one re-attempt in the examination
- If a student fails again, he/she may rejoin the next batch with permission from the institute
- Rejoining will be allowed only once during the course

Maximum Attempts Allowed

- Maximum two attempts will be allowed to pass the final assessment
- If the student fails to qualify after two attempts, he/she will not be eligible for certification
- Final decision will be taken by the Course Coordinator / Head of Department / Institute authority

9. Code of conduct & discipline

All students enrolled in the certificate course must follow the rules and regulations of the institute. Proper discipline, professional behaviour, and ethical conduct are mandatory during the entire course duration.

Attendance Requirement

- Minimum 75% attendance in theory and practical classes is compulsory.
- Students with attendance below the required limit will not be eligible for examination.
- Leave must be taken only with the prior permission of the course coordinator.

Professional Behavior

- Students must maintain respectful behaviour towards teachers, patients, staff, and fellow students.
- Use of mobile phones during class / practical / hospital duty is not allowed.
- Students must follow instructions given by faculty during theory and practical sessions.
- Any form of misconduct, negligence, or indiscipline will not be tolerated.

Patient Confidentiality

- Students must maintain confidentiality of patient information.
- Patient details, reports, or photographs should not be shared without permission.
- Ethical conduct must be followed during clinical and practical training.

Dress Code

- Students must wear clean, decent, and professional dress during classes and hospital postings.
- Apron/uniform / ID card must be worn during practical/clinical training.
- Improper dress and appearance will not be permitted in the hospital or classroom.

Disciplinary Actions

- A warning will be given for the first misconduct.
- Repeated indiscipline may lead to suspension from classes.
- Serious misconduct may lead to cancellation of admission.
- Decision of the Course Coordinator / Head of Department / Institute authority will be final.

10. Post-course feedback mechanism:

To ensure continuous improvement in the quality of teaching, training, and course management, a structured feedback system will be implemented after completion of the course.

Student Feedback

- Feedback will be collected from students at the end of the course through a written feedback form / online form.
- Students will evaluate teaching quality, practical training, curriculum, facilities, and overall course effectiveness.

- Suggestions given by students will be reviewed by the course committee for improvement in future batches.

Faculty Feedback

- Faculty members will submit feedback regarding course structure, student performance, and training requirements.
- Suggestions for modification of syllabus, hours, or practical training will be considered.

Course Review Committee

- The course coordinator and Head of Department will review feedback after completion of each batch.
- Necessary changes in curriculum, teaching methods, or assessment patterns will be implemented if required.

Record Maintenance

- All feedback forms will be documented and kept in the department record.
- Feedback reports will be used for future course planning and quality assurance.

11. Course scope & career relevance

- Employment in Ayurvedic hospitals, *Jara Chikitsa* centers, wellness resorts, old-age homes, and home-care services.
- Potential for setting up independent elder care services using Ayurveda.
- Foundation for further study in Ayurvedic nursing, Panchakarma assistant training, and *Rasayana Chikitsa* specialization

12. Administrative details

▪ Mode of application

- **Online application form link:** Applicants have to fill application form through this Google link- <https://forms.gle/y5Z7Xa6mNJHBBsiN8>
- The institute will not consider any other format or application form.
- Selection of the candidates will be done as per Merit in 12th Standard from any stream. The submitted application forms will be screened and the selected candidates will be intimated by NIA Website. The Vice Chancellor, NIA reserves all right to reject any application form without assigning any reasons.

▪ **Documents required:** Aadhar card, 10th and 12th mark sheet, passport size photo, signature, category certificate photocopy.

▪ **Course Fees:** 10,000/-

▪ **Invalid applications:**

Candidates are advised to read all instructions carefully before sending their applications otherwise their applications are likely to be rejected on one or more of the following reasons in terms of the notifications.

- Applications received after the closing date.
- Applications not in the prescribed format.
- Candidates not having the required qualification.
- Applications without the latest photo not being pasted in the provided space.
- Application without signature.
- Applications that are incomplete/illegible in any manner.
- Applications in any other format not prescribed by the National Institute of Ayurveda.

▪ **Important Dates:**

Application start : 20-03-2026

Last date : 29-03-2026

Display of Selected candidate list : 06-04-2026

(* Waitlist candidates will be eligible for consideration only if candidates from selected candidate list are unable to deposit the fees within time frame)

Last date of submission of Course Fees : 15-04-2026

Course start: 27-04-2026 (Monday)

▪ **Fee Structure:**

Fee Structure

- Form Application fee : ₹200/- (Rupees two hundred only) per candidate.
- Total Course Fee: ₹10,000/- (Rupees Ten Thousand only) per candidate.
- The fee is uniform for all candidates. No category-wise fee concession is applicable.
- The course fee must be deposited within the prescribed time after selection.
- Fee once deposited will be considered final.

Refund Policy

- The Form Application fee & course fee is non-refundable under any circumstances.
- No refund will be made in case of withdrawal, absence, discontinuation, or failure in the course.
- The institute reserves the right to revise the fee as per rules, if required.

▪ **Contact details & authentication:**

Coordinator – Dr. Pravin Shamrao Sawant (Associate Professor, Department of Kayachikitsa, National institute of Ayurveda, Jaipur)

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Head of the Department – Prof. HML Meena (Prof. &Head,Department of Kayachikitsa, National institute of Ayurveda, Jaipur)