32.	Tilt table with partial exercise	330
33.	Interferential Therapy (IFT- I JT)	110
34.	Interferential Therapy (IFT- II JT.)	130
35.	Interferential Therapy (I.F.T. III JT.)	155
36.	Interferential Therapy (I.F.T. IV JT.)	175
37.	Partial exercise	220
38.	Full exercise	385
39.	Transcutaneous Electrical Nerve Stimulation (T.E.N.S. I JT.)	110
40.	Transcutaneous Electrical Nerve Stimulation (T.E.N.S. II JT.)	130
41.	Transcutaneous Electrical Nerve Stimulation (T.E.N.S. More than two JT.)	155
42.	ICE Pack	90
43.	Electrical Stimulation	275
44.	Microwave Diathermy (M.W.D. I joint)	120
45.	Microwave Diathermy (M.W.D. II joint)	145
46.	Microwave Diathermy (M.W.D. more than II joint)	165
47.	Longwave Diathermy (L.W.D. I joint)	110
48.	Longwave Diathermy (L.W.D. II joint)	130
49.	Longwave Diathermy (L.W.D. more than II joint)	155
50.	Ultraviolet Therapy (Single)	165
51.	Ultraviolet Therapy (Multiple)	220
52.	Mobilization (Single joint)	55
53.	Mobilization (Multiple joint)	110
54.	Gym alongwith physiotherapy	55
55.	Gym for 1 day {I.P.D. & O.P.D.}	30 & 55
56.	Gym for 10 days {I.P.D. & O.P.D.)	220 & 385
57.	Gym for 20 days {I.P.D. & O.P.D.}	385 & 550
58.	Gym for 30 days {I.P.D. & O.P.D.}	550 & 715
59.	Dry needling (1 joint)	100
60.	Dry needling (2 joint)	150
61.	Dry needling (more than 2 joint)	200

Charges for different Panchkarma Treatments

Sr. No.	Treatment	Charges
1.	Ekang abhyanga	130
2.	Sarvang abhyanga	395
3.	Sarwang acupressure abhyanga	450
4.	Sarwang Abhyanga Ksheerbala + Vit E	475
5.	Sarwang rose petal abhyanga	475
6.	Ekang patra potli abhyanga	200
7.	Sarwang patra potli abhyanga	475
8.	Sarwang shasthi shali pind sweda	550
9.	Ekang shasthi shali pind sweda	300
10.	Ekang sweda	80
11.	Sarwang sweda	320
12.	Upnah sweda (II part)	180
13.	Upnah sweda (IV part)	360
14.	Dasmool awaghan Ekang	130
15.	Dasmool awaghan tub bath	265
16.	Dasmool sitz bath	155
17.	Udwartans	475
18.	Vaman	475
19.	Virechna	530
20.	Anuvasana basti	155
21.	Asthpana basti	320
22.	Nasya	200
23.	Rakthmokshana	240
24.	Shirodhara- Decoction	400
25.	Shirodhara oil	550
26.	Shirobasti	200
27.	Pichu dharan	130
28.	Pijchhil	660
29.	Lepa (I part)	100
30.	Lepa (full body)	400
31.	Ubtan	450
32.	Kawalam	130
33.	Gandusha	130
34.	Localized basti (I)	155
35.	Marm basti	475
36.	Mukh Udwartana	350
37.	Mukh Lepa	150
38.	Dhoom pan	80
39.	Akshi tarpan	155
40.	Akshi prakshalana	100
41.	Karanpooran	155
42.	Massage for child (sarwang abhyanga)	225
43.	Erend tail application	80
44.	Vit-E oil application	80

* **Medicated Oil charges will be extra**.

Above tariff and treatment charges etc. will be applicable from 1st October 2016.

Service tax, if applicable, will be charged extra.

In addition to the above treatment charges, the following room heating charges will be charged extra during winter season:-

For Heater	Rs. 120 per day
For Blower	Rs. 140 per day
For Heat Pillar	Rs. 140 per day

DIET : - Pure natural vegetarian food will only be served to the patients as prescribed by the Physician. Tea, Coffee, Cold drinks will not be served. No food can be brought from outside.

Terms & Conditions :-

1. All treatments will be strictly carried out based on our Doctors' prescriptions. The patients will not request or seek any type of treatment.
2. All In-patients will not normally be allowed to go out during their entire stay in this institute except in case of emergency and that too with prior permission of the institute authorities. Since such visits would impinge upon the routine treatment and will be detrimental to their health and speedy recovery, the patients are advised to stay within the institute for the period of treatment.
3. The management reserves the right of discharging any patient without assigning any reason.
4. We administer the drugless therapy, hence drugs /medicines of any system will have to be discontinued after disclosing the same to the Doctors, who, if considered necessary, will advise tapering of medicine before completely stopping the same.
5. Patients are not allowed to carry their mobile phones inside the treatment section.
6. Please do not bring any jewellery /valuables. Cash, in excess, may be deposited on a receipt with the cashier for safety. The institute does not take any responsibility for any loss.
7. Patients are advised to look after their belongings themselves during their stay in the institute.
8. The Institute reserves the right to carry out check of the luggage / room of the patient(s) to preclude the chances of eatables/ objectionable materials finding their way in the rooms.
9 (i) Smoking is strictly prohibited in entire campus.
   (ii) Tobacco products, Drugs, Alcohol, Zarda, Panmasala & Gutka etc. are strictly forbidden.
10. Patients undergoing rejuvenation treatment will be allowed to go out for sight-seeing and visiting temples etc. on permission of the Doctors.
11. Patients above 60 years age are treated as Senior Citizens.
12. **Please Note**
    No treatments are provided in this institute for AIDS, Cancer, Acute Cardiac diseases, Tuberculosis and Infectious Diseases.

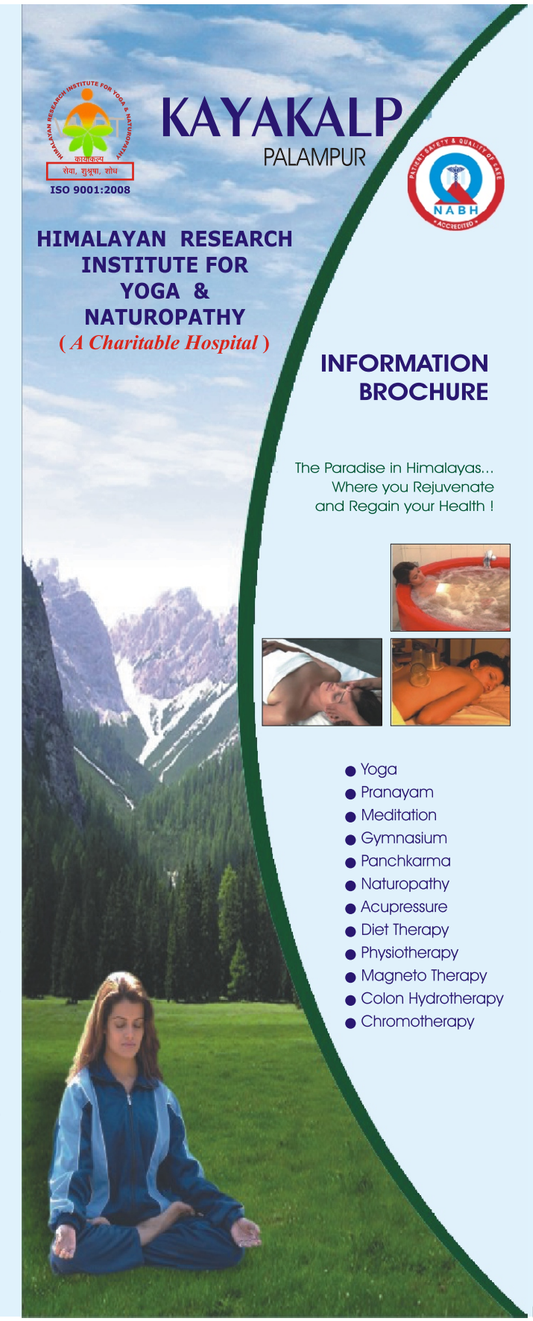
Personal requirements:

Patients are advised to bring their loose garments (Pyjama, Kurta or Salwar Kameez) and 4 towels for treatment, fitting dress for Yoga and Gymnasium, canvas shoes for walking, track suits, woolen jerseys and shawls to protect them from cold in this region. They should also bring cotton underwears for massage and toiletries like soap and bathroom sleepers. Patients are advised to wear only cotton garments while going to Laboratory and physiotherapy Sections.

" Step into kayakalp, the paradise to regain and maintain your health"

Vivekanand Medical Research Trust
Palampur, Distt. Kangra (H.P.) - 176 061 [INDIA]
Phone : 01894-235676; Telefax : 01894-235666
e-mail : info@kayakalppalampur.in
web : www.kayakalppalampur.in

Printed At : Goenka Graphics & Printers, Palampur



KAYAKALP
PALAMPUR

HIMALAYAN RESEARCH INSTITUTE FOR YOGA & NATUROPATHY
(A Charitable Hospital)

INFORMATION BROCHURE

The Paradise in Himalayas...
Where you Rejuvenate
and Regain your Health !

- Yoga
- Pranayam
- Meditation
- Gymnasium
- Panchkarma
- Naturopathy
- Acupressure
- Diet Therapy
- Physiotherapy
- Magneto Therapy
- Colon Hydrotherapy
- Chromotherapy

Dear Friend

Our hearty welcome to this Institute situated in Palampur (Himachal Pradesh) at a distance of 115 Kms from Pathankot Railway Station and 35 Kms from GAGGAL (Kangra/Dharamshala) Airport. The Institute is located opposite to Himachal Pradesh Agriculture University on Palampur -Mandi-Manali Road at a distance of 2 Kms from Palampur Bus Stand.

This brochure provides you with requisite information for your convenience. We have 4 (four) types of accommodation available for In-patients. The details of accommodation available are as under:-

Sr. No.	Types of Accommodation	Tariff charges
a)	Cottage Deluxe Double Bed Room	
	(Ketan)	Rs. 5000/- per day
b)	Deluxe Double Bed Room	Rs. 3200/- per day
	(**Niket)**	(Rs. 1600 each bed)
c)	Double Bed Room	Rs. 2500/- per day
	(Nilay)	(Rs. 1250 each bed)
d)	Dormitory **(Basera)**	Rs. 800/- per bed per day

Note : If a patient desires to hold complete room he will be charged for full room.

These accommodations are furnished with the facilities of LED (T.V.), telephone, heating elements in each room. 24 hrs. hot and cold running water is available. Alongwith the above facilities, the tariff of accommodation also cover the following :-

a) Consultation b) Food

c) Yoga (General classes)

1. Above accommodation can be booked, in advance, and will be allotted subject to availability.
2. Booking once made cannot be normally altered.
3. Patients may have to stay in alternate accommodation if booked accommodation is not readily available, and will thus be charged accordingly.
4. An advance amount equivalent to 3 days charges of the accommodation as asked by the patient is payable with booking form or booking through e-mail towards reservation charge, failing which the application/request for confirm booking will not be considered. **Advance amount is not refundable**. The advance amount will automatically be forfeited, if patient did not report for the treatment on due date.
5. Full charges for the period of stay and treatment, as prescribed by the Doctor(s) are payable in advance, at the time of admission.
6. Guests may stay with the patients on payment subject to the availability of the accommodation and may avail of the facilities available in the institute, but will have to adhere to the rules/regulations of the institute.
7. Attendants / relatives/ drivers may also stay with the patients subject to the availability and may/ may not avail of the medical facilities available here but will have to pay for their stay and treatment charges, if availed.
8. Booking form is available in the website of this Institute. Please fill up the booking form after carefully reading the instructions & send the same online to this Institute with 3 days reservation fee. You will then get a confirmation email from this Institute regarding reservation of accommodation. This email should be brought by you and produced at the time of admission.
9. Charges for providing facility of Wheel Chair and room dining service will be Rs. 50/- per day in each case.

Reservation and Cancellation :-

1. The right of admission is reserved with this institute.
2 The charges for advance booking will be paid before confirmation of the reservation and not at the time of admission.
3. The Charges should be paid either in Cash or through Demand Draft in the name of "KAYAKALP (HRIYN)" payable at Palampur Distt. Kangra (H.P.). Personal cheques are not accepted.
4. Banking facilities as given below are available in Palampur. Viz: State Bank of India, Punjab National Bank, Canara Bank, State Bank of Patiala, Syndicate Bank, Oriental Bank of Commerce, UCO Bank IDBI Bank, HDFC Bank and ICICI Bank. ATMs of State Bank, Punjab National Bank are available in Palampur. Punjab National Bank ATM is available within the complex at Vivekanand Medical Institute entrance gate.
5. In case, patient not joining within 3 days from the date of confirmation for reservation, his/her deposit will be forfeited and the accommodation will be allotted to the next waiting patient.
6. Though it will be for our Doctors to decide the duration of patient's stay in the institute, **but in the interest of the patients themselves, a minimum stay of 10 days is recommended for taking full advantage of the systems of treatment available in this Institute.**
7. Before admission, the formalities regarding submission of booking form, receipt of confirmation, payment of deposits should be completed. Telephonic requests for dispatch of booking form will be accepted but no reservation / booking will be entertained without receipt of booking request alongwith advance reservation charges.
8. If required, our booking form can be photo copied for the use of another patient.
9. Patient should bring his/her latest investigation reports.
10. **Photo ID is mandatory for all patients and one copy of the same shall be handed over at the time of admission.**
11. **Out-door patient facility also available, subject to availability of prior appointment.**

Treatment Charges:

While accommodation, food, consultation and Yoga (General) have been included, as a package in the tariff for residential accommodation, treatment charges, as given below, will be paid by the patients on the basis of prescription by the Doctors of this institute.

Admission Fee - Rs. 500/-

Charges for different Naturopathy and yoga treatments

Sr. No.	Treatment	Charges
1.	Yoga Asanas	80
2.	Pranayama therapy	80
3.	ShatKriyas	165
4.	Acupressure/ Magnetic treatment (15 Minutes)	80
5.	Acupuncture	200/sitting
6.	Steam Bath box	250
7.	Steam Bath room	300
8.	Sauna Bath	330
9.	Delux Hydro Massage	400
10.	Jacuzzi Hydro Bath	275
11.	Under water massage	330
12.	Whirl Pool Bath	330
13.	Asthma Bath	275
14.	Immersion Bath	190
15.	Immersion Bath with Epsom salt	250
16.	Graduated immersion Bath with friction (Epsom Salt)	330
17.	Jet Bath	250
18.	Vibro Massage (Partial)	220
19.	Vibro Massage (Full Body)	385
20.	Mud Bath (full / partial)	385
21.	Rice + Turmeric Bath (partial/full)	140/275
22.	Massage special I/II	1375
23.	Enema	80
24.	Hip Bath	55
25.	Spinal spray	80
26.	Arm & Foot Bath	55
27.	Hot/cold fomentation	80
28.	Infra-red treatment	55
29.	Ice treatment	45
30.	Circular Jet Bath	110
31.	Packs (General)	55
32.	Packs (Kidney /GH pack)	55
33.	Facial Steam	55
34.	Partial mud therapy	165
35.	Hot fomentation (bag)	55
36.	Hot foot bath	55
37.	Mud pack	55
38.	Mustard pack/ castor oil pack	165
39.	Colon Hydrotherapy	1500
40.	Reflexology (Foot Massage)	275
41.	Full Wet Sheet Pack	165
42.	Electro Chromotherapy	80
43.	Face pack (mud) only	50
44.	Full body massage	500
45.	Partial body massage (two parts)	250
46.	Full body massage (olive oil)	600
47.	Partial (olive oil)	300
48.	For one month yoga class (power yoga/ meditation)/ General yoga OPD only	850

Charges for different Physiotherapy and Rehabilitation Treatments

Sr. No.	Treatment	Charges
1.	Contrast bath	165
2.	EMG Biofeed back (Partial)	330
3.	EMG Biofeed back (Full)	660
4.	Therapeutic Ultrasound (U.S. -I JT)	110
5.	Therapeutic Ultrasound (U.S. II JT.)	130
6.	Therapeutic Ultrasound (U.S. III JT)	155
7.	Therapeutic Ultrasound (U.S. More than III JT.)	165
8.	Combination therapy (I JT.)	165
9.	Combination therapy (II JT.)	190
10.	Combination therapy (More than two JT.)	220
11.	Traction cervical/ lumbar/ knee	130
12.	Traction II JT.	190
13.	Traction more than II JT.	220
14.	Magneto therapy	165
15.	Laser therapy I JT.	145
16.	Laser therapy II JT.	165
17.	Laser therapy III JT.	190
18.	Laser therapy more than III Joint	220
19.	Wax bath II JT.	110
20.	Wax bath more than II Joint	145
21.	Short Wave Diathermy (SWD - I Joint)	110
22.	Short Wave Diathermy (SWD - II Joint)	132
23.	Short Wave Diathermy (SWD more than II joint)	155
24.	Continuous Passive Motion (CPM -I knee)	165
25.	Continuous Passive Motion (CPM - both knee)	220
26.	Moist Heat Therapy (MHT- II joint)	110
27.	Moist Heat Therapy (MHT more than II joint)	130
28.	Vacuum Vectron (V.V)	110
29.	Vacuum Vectron (V.V II Joint)	130
30.	Vacuum Vectron (More than II joint)	155
31.	Tilt table without exercise	165