

## Information Brochure

### Basic Course in home-care in active ageing and wellness

Online 36-hours Blended Course including 10 hours of practical demonstrations

**28<sup>th</sup> September to 14<sup>th</sup> October 2021 (except Sundays)**

Online lecture sessions: 2.00 – 4.00 pm IST daily (Mondays to Fridays);

Offline practical demonstrations: 10.00 am – 4.00 pm IST (Saturdays)

#### Course Features

The objective is to enable the participants to appreciate and apply the knowledge and skills of home-care in active ageing and wellness.

#### What will you get?

- Basic awareness, knowledge and skills on how elders could benefit from home-care covering topics such as Ayurveda, Cognitive Health, Diet and Nutrition, Gardening, Home remedies, Oil Therapies, Physiotherapy, Yoga and Meditation.
- What the Ayurveda *Shastras* (traditional texts) say about geriatric care with respect to its preventive, promotive and curative principles in general and active ageing and wellness in particular.
- Ayurveda based home remedies, therapies and yoga practices complementing allopathic care in order to help the elders with a holistic approach to physical, mental health and overall wellbeing.
- Simple solutions including diet and nutrition guidelines to manage diabetes, hypertension, cardiovascular issues, stress, anxiety, depression, sleeplessness, indigestion, constipation, urinary incontinence, joint pains, etc.
- Interactive course with live sessions, practical exercises, demonstrations, home assignments and self-administered multiple choice questionnaires (MCQs) to help participants learn and apply both knowledge and skills.
- Daily recordings of online as well as offline lecture, practical exercise and demonstration sessions are shared to all the participants. Hence, even the participants who are unable to attend the sessions as they get delivered can access them for up to 2 days after the end of the course.
- Reading materials in Part 1 provide the details of Ayurveda based home remedies, oil therapies, yoga and physiotherapy exercises. The Part 2 includes tips to establish and maintain a Nutritional cum Herbal Garden in the home premises or on the terraces. Participants will

be happy to learn that gardening contributes to physical and mental health as well as in relieving stress.

- Participants are expected to make their own notes during the lectures and demonstrations.
- Daily Multiple Choice Questionnaire (MCQ) will be uploaded on line which need to be submitted within two days after the date on which it is uploaded.
- A Certificate of Completion will be given subject to the participant attending a minimum of 80% lectures, exercises and demonstrations and completing all MCQs as home assignments and course feedback forms.

### **What will you NOT get?**

- Standard Treatment Protocols for treating diseases or clinical procedures for geriatric care related health conditions and
- PPTs from the lectures.
- This course does not entitle the students to register themselves as Registered Medical Practitioners.
- Any internal medicines that are used by the elders are necessarily to be prescribed by the Registered Medical Practitioners.

### **Eligibility**

The registration is open to all the interested participants in all the age groups who have preferably completed their secondary school education.

Participants from the age group between 45 to 65 years or from the informal home-care providers or homemakers will enormously benefit from the course.

Participants from the age group between 18 to 45 years are also requested to attend the course, in case they have elders in their homes who need home based care.

The women, youth and students of 10<sup>th</sup> Standard, PUC, Undergraduate as well as Post-graduate courses in Medicine, Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa-rigpa, Public Health, Social Work, Arts, Science, Commerce and other disciplines and Traditional Community Healthcare Providers with interest and passion to start or serve in an Active Ageing and Wellness Centre for as a startup health promoting initiative in their tribal, rural, and urban areas will benefit from this course.

The traditional Community Healthcare Providers who undergo this course can not apply to the TDU Personal Certification Body for the stream of Common Ailments under the Voluntary Certification Scheme for Traditional Community Healthcare Providers of Quality Council of India. However, they can apply to other Personal Certification Bodies.

The content of the course has been designed while keeping in mind a curriculum that will enable the participants to acquire basic awareness, knowledge and skills based on Ayurveda, Physiotherapy and Yoga. In case of any doubt if this course will be of any help to you, please do email us in

[elderscare@tdu.edu.in](mailto:elderscare@tdu.edu.in) with your background information regarding the purpose for which you are registering for this course.

### Medium of instruction

English

### Dates

From 28<sup>th</sup> September to 14<sup>th</sup> October 2021 (except Sundays)

### Timings

Online Sessions - Mon, Tue, Wed, Thu, Fri: 2.00 pm–4:00 pm IST

Offline Practical Demonstrations: Sat: 10.00 am–4.00 pm IST; Lunch break: 1.00 pm to 2.00 pm

Recordings of offline sessions shared online for the benefit of students who are unable to attend the offline sessions in person.

On Sundays, there are no online or offline sessions.

## Program Schedule

Day, Date and Time	Topics of Lectures and Practical Demonstrations
Day 1: Tuesday, 28/09/2021 2.00 pm – 4.00 pm IST	1.1 Opening lecture 1.2 Keynote lectures on Health Awareness in Elders 1.3 Role of home care for elders based on Ayurveda, Yoga and Meditation 2. Free-listing of Primary Healthcare needs of Elders
Day 2: Wednesday, 29/09/2021 2.00 pm – 4.00 pm IST	3. Documentation and Assessment of best home care practices for elders in primary health care 4. Elders' Preventive and Promotive health care - an Ayurveda perspective
Day 3: Thursday, 30/09/2021 2.00 pm – 4.00 pm IST	5. Preventive health care for the elder adults – a Physiotherapy perspective 6. Elders' Curative health care – an Ayurveda perspective
Day 4: Friday, 01/10/2021 2.00 pm – 4.00 pm IST	7. Cognitive health in elder adults – a Biomedical perspective 8. Cognitive health and healthy ageing – an Ayurveda Perspective

Day 5: Saturday, 02/10/2021 10.00 am – 4.00 pm IST	<p>9. Introduction to Yoga and Medication, 10. Practical demonstrations – Yoga and Meditation Exercises, 11. Practical demonstration – Physiotherapy exercises 12. Introduction of Ayurveda 13. Ayurveda home remedies and Oil therapies</p>
<b>Day 6 - Sunday, 03/10/2021 - Holiday</b>	
Day 7: Monday, 04/10/2021 2.00 pm – 4.00 pm IST	<p>14. Diet and Nutrition for elders as per Ayurveda 15. Diet and Nutrition for elders as per Biomedical perspective</p>
Day 8: Tuesday, 05/10/2021 2.00 pm – 4.00 pm IST	<p>16. Review from 1<sup>st</sup> to 15<sup>th</sup> sessions 17. Evaluation through Multiple Choice Questionnaires 1. Ayurveda, 2. Physiotherapy and 3. Yoga</p>
Day 9: Wednesday, 06/10/2021 2.00 pm – 4.00 pm IST	<p>18. Ayurveda remedies for common ailments such as cold, cough, fever, etc. 19. Ayurveda home remedies for gastro-intestinal tract related disturbances</p>
Day 10: Thursday, 07/10/2021 2.00 pm – 4.00 pm IST	<p>20. Ayurveda home remedies for diabetes mellitus 21. Ayurveda home remedies for hyper-tension</p>
Day 11: Friday, 08/10/2021 2.00 pm – 4.00 pm IST	<p>22. Ayurveda home remedies for cardio-vascular related health conditions 23. Ayurveda home remedies for conditions other than those that have been covered such as joint pains and the prioritised list of health conditions of adults listed during the Session 2.</p>
Day 12: Saturday, 09/10/2021 10.00 am – 4:00 pm IST	<p>24. Practical demonstration of Oil and other simple panchakarma therapies including for other conditions such as joint pains and those listed during the Session 2. 25. General identification of medicinal plants useful for home based primary healthcare, especially for elders 26. Guidelines for establishment and maintenance of nutritional and herbal Gardens in home premises or on terrace 27. Practical demonstration to establish and maintain a nutritional and herbal garden in home premise</p>

	28. Practical demonstration to establish and maintain a nutritional and herbal garden on terrace.
<b>Day 13 - Sunday, 10/10/2021 - Holiday</b>	
Day 13: Monday, 11/10/2021 2.00 pm – 4:00 pm IST	29. Evaluation through Multiple Choice Questionnaire 4 30. Feedback form 1 relating to Guidelines for Preventive, Promotive and Curative Health Care of Elders, based on Ayurveda
Day 14: Tuesday, 12/10/2021 2.00 pm – 4:00 pm IST	31. Evaluation through Multiple Choice Questionnaire 5 32. Feedback form 2 relating to Preventive healthcare for elderly - physiotherapy perspective, Cognitive health of elder adults – Biomedical perspective
Day 15: Wednesday, 13/10/2021 2.00 pm – 4:00 pm IST	33. Evaluation through Multiple Choice Questionnaire 6 34. Feedback form 3 relating to Guidelines for Nutritional and Herbal Garden on home premise or Terrace
Day 16: Thursday, 14/10/2021 2.00 pm – 4:00 pm IST	35. Overall Evaluation through Multiple Choice Questionnaires 7 (Ayurveda home remedies) and 8 (Oil therapies) 36. Feedback form 4 on the overall course content, delivery, improvement, etc.

### Registration and Fees (inclusive of GST)

- Rs. 6000/- for applicants from India
- US \$ 200/- for applicants from developing countries
- US \$ 300/- for applicants from developed countries

To enroll, please make the payment first and then [fill this Online Registration Form](#). You will need the details of your payment to complete registration.

### Payment Details (Payable by NEFT/Google Pay)

Account Name UTD-HST General Fund  
Account Number 0694104000134705  
Bank Details IDBI Bank, Yelahanka New Town, Bengaluru-560064  
IFSC IBKL0000694, MICR: 560259014  
SWIFT IBKLINBB008

### Course Lecturers

1. Prof. G. Hariramurthi, The University of Trans Disciplinary Health Sciences and Technology (TDU)
2. Dr. P.M. Unnikrishnan, (TDU)
3. Dr. Yogi Devaraj, Vivekananda Yoga Research and Holistic Health Trust (VYRHHT)
4. Mr. Vinay, VYRHHT
5. Ms. S. Ramani, Nightingales Medical Trust (NMT)

6. Dr Arthi, NMT
7. Dr. Prabhu M, Karnataka Medicinal Plants Authority (KAMPA)
8. Dr. Roopa D. Bhatti (KAMPA)
9. Dr. Mahesh Mathpati (British Ayurvedic Medical Council)
10. Dr. B.N. Prakash (TDU)
11. Dr. Ashwini Godbole (TDU)
12. Dr. Megha (TDU)
13. Dr. Girish Kumar, (TDU)
14. Dr. Poornima DG (TDU)
15. Dr. Prasan Shankar (TDU)
16. Dr. Madhumitha (TDU)
17. Mr. B.S. Somashekar (TDU)
18. Dr. Ganesh Babu (TDU)
19. Dr. Sreejesh (TDU)
20. Mr. Naresh (TDU)

### **Last date**

21st September 2021

### **Note**

- The Registration will close as soon as 30 applicants enroll for the first batch of the course.
- The registration for the subsequent batches will be announced when the applications are received from 25 applicants for the concerned batch.
- All online registered participants are automatically enrolled in the course. No separate confirmation is given.
- Zoom link and reading materials will be shared latest one day before course starts.
- Receipts for payment will be shared along with the certificates after course completion.

### **Disclaimer**

- This course does not entitle the students to register as Registered Ayurveda Medical Practitioners.
- It also does not train the participants to use the Ayurvedic proprietary medicines.
- The use of knowledge and skills gained from this course is restricted for self-reliance in primary health care needs through home care only.
- The students should take guidance from the Registered Ayurveda Medical Practitioners.

### **Course Coordination**

1. Prof. G. Hariramamurthi, Professor Emeritus and Head, Centre for Local Health Traditions and Policy, TDU.
2. Dr. Yogi Devaraj, Founder, Vivekananda Yoga and Holistic Health Trust.
3. Dr. B.N. Prakash, Associate Professor, Centre for Local Health Traditions and Policy, TDU.
4. Dr. Girish Kumar, Assistant Professor, Centre for Clinical Research and Education, TDU.
5. Mr. Raghavendra, Office Secretary, Centre for Local Health Traditions and Policy, TDU.

### **Contact**

Please write to [elderscare@tdu.edu.in](mailto:elderscare@tdu.edu.in) for further information or queries about registration and payment of fees.