

JARA SAHAYAK (Elderly care giver)

Committee Members

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अखिल भारतीय आयुर्वेद संस्थान

ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

JARA SAHAYAK (Elderly care giver)

Essential Requirements:

Serial No.	Criteria	Requirement	Remarks (if any)
1	Basic eligibility of participants	XII (any stream preferably science stream) other paramedical courses of AYUSH sector from any recognized institute	
2	Duration of the Course	3 Months including 1 month on the job training	
3	Number of trainees per Batch	Min.-10 Max.-30	
4	Trainer Qualification	Ayush Post Graduate and Nursing Post Graduate	
5	Number of Trainers required (Theory)	Min.- 4	
6	Number of Guest faculty required Speciality Nursing Post Graduate	Min.- 2 Max.-4	
7	Number of working Technician (Skill expert) required for practical training -	Min.-4	
8	Infrastructure Technical specification requirement	Min.- 10 Geriatric patients Bed strength	
9	Assessment Method	Theory paper & Practical will be of 45 marks each. Internal assessment for 10% of overall weightage i.e. 10 marks out of 100 before the commencement of final exam	

SYLLABUS

Background: Geriatric disorder is an emerging specialised field in the medicine requires special care and skill to serve the need of the society, Healthy ageing is one of the most preferred desire of human being. Hence Ayurveda thousands of years back considered the importance of the subject developed one Jara Sahayak course to cater the need of society. Looking into the present scenario and need of the society it is need of time to come up to capacity building of Ayurveda graduate, Post graduate as well as paramedical staff in Jara Chikitsa and care. At present no any other institute is providing such an opportunity to train and develop man power in this specialty. Hence, a 1-3 months skill development programme in **JARA SAHAYAK (Elderly care giver)** is proposed to start at AIIA.

Duration of course-3 months including 1 month on the job training, full time residential skill programme.

Semester: One

Eligibility - XII (any stream preferably science stream) Other paramedical courses of AYUSH sector from any recognized institute.

No. of trainee per batch: 10 to 30

Learning objectives:

- To have basic knowledge about Jarajanya Vyadhi (Age related disorders) and its management.

Novelty of course - First time such a specialized course is designed to cater the particular need of society by producing skilled manpower in the field of Jara janya vikar and its management through Ayurveda

Evaluation:

- Clinical training
- Practical Demonstration
- Examination: Theoretical and Practical

Outcome of course:

- Producing highly trained clinical professionals in the field of Jara management.

Placement scope:

- At various reputed Ayurveda hospital
- At various reputed Ayurveda teaching institution
- At Research council like CCRAS
- At centers on integrative medicine
- At specialty clinic in Rasayana and Geriatric care

Required manpower (HR) - Faculty from Kayachikitsa, Panchakarma and Shalya Supporting office staff like office assistant, MTS and Panchakarma technician each one

The curriculum includes following:

Examination: At the end of 3rd month with one theory and Practical examination.

Paper 1: Essential knowledge of Jara and Janya Vikar.

Paper 2: Jara Janya Vikar and its management.

Learning objectives:

- To have basic knowledge related to the diseases and conditions of old age (Jarajanya Vyadhi)
- To develop the skill of providing supporting care to old age people through Ayurveda as a Jara Sahayak.
- To have ability to perform management procedures and knowledge about drugs, doses, pathya-apathya.

Record Keeping: Each 10 cases on Jara Janya Vikara

Syllabus:

Part A (Theory)

Paper 1:: Essential knowledge of Jara and Janya Vikar

1. Fundamentals of Ayurvedic Principals

- Fundamental knowledge of Jara (old age)
- Definition of Jara (old age) Pathophysiology of Jara
- Diseases conditions related to Jara
- Age related diseases according to Ayurveda

2. Contemporary Knowledge about old age conditions and process of ageing.

- Age and ageing process

Paper 2:: Jara Janya Vikar and its management

1. Understanding of Geriatric disorders.

2. Elementary knowledge of Management of Jara janya Vyadhi

3. Identification and reporting the emergency conditions related to old age and supporting care.

- Aushadh and Aahar Kalpana, Yoga, Matra, and Anupan etc.
- Pathya - Apathya
- Rasayana chikitsa, Rasayana Yoga
- Basic knowledge of yoga

Part B (Practical)

Clinical skills Training

- Recording of general vitals
- Handling of common medical instruments/tools E.g. B.P apparatus, Glucometer, Thermometer etc. Minor Diagnostic and therapeutic procedures like - Nadi Pariksha (pulse examination) Ashtavidha Pariksha, wheel chair handling, stretcher handling, BLS, Toilet assistance, Bedsores management, Micro aspiration precaution, Foleys and external catheter care.
- Therapeutic – Bahi – Parimarjan – Abhyang, Samvahan Therapy, Svedena, lepa, picchu, Basti(local), Kshalan, Bandhan, Basti Therapy and Enema Procedure etc.
- Feeding assistance
- Panchkarma Therapy Assistance whenever directed.