

33.	Transcutaneous Electrical Nerve Stimulation (T.E.N.S. I JT.)	140
34.	Transcutaneous Electrical Nerve Stimulation (T.E.N.S. II JT.)	170
35.	Transcutaneous Electrical Nerve Stimulation (T.E.N.S. III JT.)	195
36.	Transcutaneous Electrical Nerve Stimulation (T.E.N.S. IV JT.)	210
37.	ICE Pack	115
38.	Electrical Stimulation	330
39.	Microwave Diathermy (M.W.D. – I joint)	150
40.	Microwave Diathermy (M.W.D. – II joint)	185
41.	Microwave Diathermy (M.W.D. More than II joint)	210
42.	Longwave Diathermy (L.W.D. – I joint)	140
43.	Longwave Diathermy (L.W.D. II joint)	170
44.	Longwave Diathermy (L.W.D. more than II joint)	195
45.	Mobilization (Single Joint)	70
46.	Mobilization (Multiple Joint)	140
47.	Gym alongwith Physiotherapy	70
48.	Gym for 1 day (I.P.D. & O.P.D.)	40/70
49.	Gym for 10 days (I.P.D. & O.P.D.)	275/475
50.	Gym for 20 days (I.P.D. & O.P.D.)	475/660
51.	Gym for 30 days (I.P.D. & O.P.D.)	660/880
52.	Dry needling (1 joint)	130
53.	Dry needling (2 joint)	190
54.	Dry needling (More than 2 joint)	255
55.	Cupping Therapy (1 Joint)	130
56.	Cupping therapy (2 Joints)	190
57.	Kinesiology Taping (I joint)	65
58.	Kinesiology Taping (II joint)	130
59.	Vacuum Vectron (V.V) with Interferential Therapy (IFT- I JT)	275
60.	Vacuum Vectron (V.V) with Interferential Therapy (IFT- II JT)	300
61.	Vacuum Vectron (V.V) with Interferential Therapy (IFT- III JT)	325
62.	Vacuum Vectron (V.V) with Interferential Therapy (IFT- IVJT)	330

**Charges for different Panchkarma Treatments:-**

Sr. No.	Treatments	Charges
1.	Ehang Abhyanga	170
2.	Sarvang Abhyanga	480
3.	Sarwang Acupressure Abhyanga	550
4.	Sarwang Abhyanga Ksheerbala + Vit E	585
5.	Sarwang Rose Petal Abhyanga	585
6.	Ehang Patra Potli Abhyanga	255
7.	Sarwang Patra Potli Abhyanga	585
8.	Sarwang Shasthi Shali Pind Sweda	660
9.	Ehang Shasthi Shali Pind Sweda	365
10.	Ehang Sweda	105
11.	Sarwang Sweda	390
12.	Upnah Sweda (II Part)	230
13.	Upnah Sweda (IV Part)	440

14.	Dasmool Awaghan Ehang	170
15.	Dasmool Awaghan Tub Bath	340
16.	Dasmool Sitz Bath	195
17.	Udwartana	585
18.	Vamana	585
19.	Virechna	640
20.	Anuvasana Basti	195
21.	Asthpana Basti	385
22.	Nasya	255
23.	Shirodhara- Decoction	485
24.	Shirodhara Oil	660
25.	Shirobasti	255
26.	Pichu Dharan	170
27.	Pijchhil	800
28.	Lepa (I part)	125
29.	Lepa (Half body)	230
30.	Lepa (full body)	485
31.	Ubtan	545
32.	Kawalam	170
33.	Gandusha	170
34.	Localized Basti (I)	195
35.	Marm basti	585
36.	Mukh Udwartana	425
37.	Mukh Lepa	190
38.	Dhoompan	105
39.	Akshi Tarpan	195
40.	Akshi Prakshalana	125
41.	Karanpooran	195
42.	Massage for Child (Sarwang Abhyanga)	290
43.	Erend Tail Application	105
44.	Vit-E Oil Application	105
45.	Sarvanga Dhara-Decoction, Buttermilk	605
46.	Ehang Dhara-Decoction, Buttermilk	315
47.	Palandu Pinda Sweda	65
48.	Udar Shoolghana Lepa	175
49.	Vataja Shoolhara Lepa (II parts)	230
50.	Vataja Shoolahara Lepa (IV parts)	440
51.	Godhoomaadi Lepa (II parts)	230
52.	Godhoomaadi Lepa (IV parts)	440

\* Medicated Oil charges will be extra.

» 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:-

<b>For Heater</b>	Rs. 120 per day
<b>For Blower</b>	Rs. 140 per day
<b>For Heat Pillar</b>	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:-**

- All treatments will be strictly carried out based on our Doctors' prescriptions. The patients will not request or seek any type of treatment.
- 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.
- The management reserves the right of discharging any patient without assigning any reason.
- 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.
- Patients are not allowed to carry their mobile phones inside the treatment section.
- 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.
- Patients are advised to look after their belongings themselves during their stay in the institute.
- 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.
- Minimum 3 nights' stay is mandatory for treatment at Kayakalp.
- (i) Smoking is strictly prohibited in entire campus. (ii) Tobacco products, Drugs, Alcohol, Zarda, Panmasala & Gutka etc. are strictly forbidden.
- Patients above 60 years of age are treated as Senior Citizens.
- 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**

Holta, Palampur, District Kangra (H.P.) - 176 061 [INDIA]  
Phone: 01894-235676; 88941 55676 Telefax: 01894-235666  
info@kayakalppalampur.in | www.kayakalppalampur.in

Printed AT : Goenka Graphics & Printers, Palampur

# KAYAKALP PALAMPUR

Himalayan Research Institute For Yoga And Naturopathy  
(A Charitable Hospital)



## Information Brochure

**Yoga**  
**Pranayam**  
**Meditation**  
**Acupressure**  
**Gymnasium**  
**Diet Therapy**  
**Panchkarma**  
**Physiotherapy**  
**Naturopathy**  
**Magnetotherapy**  
**Colon Hydrotherapy**  
**Chromotherapy**



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



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 5 (five) types of accommodation available for In-patients. The details of accommodations available are as under:-

Sr. No.	Types of Accommodations	Tariff Charges (Per day)
a)	i) Cottage Super Deluxe Double Bedroom ( <b>Nikunj</b> ) ii) Single Occupancy	Rs. 7000/- Rs. 4800/-
b)	i) Cottage Deluxe Double Bedroom ( <b>Ketan</b> ) ii) Single Occupancy	Rs. 5700/- Rs. 4500/-
c)	Deluxe Double Bedroom ( <b>Niket</b> )	Rs. 3700/-
d)	Double Bedroom ( <b>Nilay</b> )	Rs. 2700/-
e)	Single Bedroom ( <b>Ekant</b> )	Rs. 1750/-
f)	Dormitory ( <b>Basera</b> )	Rs. 900/- each bed.

**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 in each room. 24 hrs. hot and cold running water is available. Along with the above facilities, the tariff of accommodations also cover the following:-

- a) Daily Consultation
- b) Food
- c) Yoga (General Classes)
1. Above accommodations 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 an alternate accommodation if booked accommodation is not readily available, and will thus be charged accordingly.
4. An advance amount equivalent to 3 nights' charge 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 but adustable at the time of billing. The advance amount will automatically be forfeited, if patient does 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. Oral Ayurvedic Medicines of various Pharmacies are available in Hospital Medicine Dispensing Unit on extra charges.

**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 and Punjab National Bank are available in Palampur. Punjab National Bank's 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 given by Laboratory.
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 is 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 (Inclusive of initial consultation and patient kit) : Rs. 500/-**

**Charges for different Naturopathy and Yoga Treatments:-**

Sr. No.	Treatments	Charges
1.	Yoga Asanas (1 Session)	105
2.	Pranayama therapy (1 Session)	105
3.	Shat Kriyas (1session)	210
4.	Acupressure/ Suzok Treatment (15 minutes)	125/65
5.	Magnetic Treatment (15 minutes)	105
6.	Acupuncture /Acu. Stimulator	275/315
7.	Steam Bath box	350
8.	Steam Bath room	400
9.	Sauna Bath	400
10.	Delux Hydro Massage	580
11.	Jacuzzi Hydro Bath	350
12.	Under water massage	500
13.	Whirl Pool Bath	400
14.	Asthma Bath	330
15.	Immersion Bath	255
16.	Graduated Immersion Bath with Friction (Epsom salt)	600
17.	Jet Bath	315
18.	Vibro Massage (Partial)	280
19.	Vibro Massage (Full Body)	500
20.	Mud Bath (partial/full )	240/470
21.	Rice + Turmeric Bath (Partial/full)	195/365
22.	Massage Special – I/II	1660
23.	Enema	105
24.	Hip Bath	85
25.	Spinal spray	105
26.	Arm & Foot Bath	70
27.	Hot/Cold Fomentation	200
28.	Infra-red treatment	70
29.	Ice treatment	60
30.	Circular Jet Bath	200
31.	Packs (General)	70
32.	Packs (Kidney /GH pack)	70
33.	Facial Steam	70
34.	Hot fomentation (bag)	70
35.	Hot Foot bath	70
36.	Mud Pack	70
37.	Castor Oil Pack	100
38.	Mustard Pack -2 part/4 part	210/410
39.	Colon Hydrotherapy	1815
40.	Reflexology (Foot Massage)	330
41.	Full Wet Sheet Pack	210
42.	Electro Chromotherapy	105
43.	Face Pack (Mud) only	65
44.	Full body Massage	605
45.	Partial Body Massage (Two Parts)	315
46.	Full Body Massage (Olive Oil)	715
47.	Partial (Olive Oil)	365
48.	Hot Stone Massage (Partial / Full)	725/1450
49.	Aroma Therapy (Partial / Full)	485/1210
50.	For one month yoga class (General yoga + meditation) OPD only	1100
51.	For one month yoga class (Power yoga) OPD only-	1100
52.	For one month yoga class (General yoga +meditation+ power yoga) OPD only	1650

**Charges for different Physiotherapy and Rehabilitation Treatments:-**

Sr. No.	Treatments	Charges
1.	Contrast bath	210
2.	Therapeutic Ultrasound (U.S. I JT.)	140
3.	Therapeutic Ultrasound (U.S. II JT.)	170
4.	Therapeutic Ultrasound (U.S. III JT)	195
5.	Therapeutic Ultrasound (U.S. More than III JT.)	210
6.	Combination Therapy (I JT.)	210
7.	Combination Therapy (II JT.)	240
8.	Combination Therapy (More than two JT.)	275
9.	Traction Cervical/ Lumbar/ Knee (Any one)	170
10.	Traction II JT.	240
11.	Magnetotherapy	210
12.	Laser therapy I JT.	185
13.	Laser therapy II JT.	210
14.	Laser therapy III JT.	240
15.	Laser Therapy More than III Joint	275
16.	Wax Bath II JT.	140
17.	Wax Bath More than II Joint	185
18.	Short Wave Diathermy (SWD - I Joint)	140
19.	Short Wave Diathermy (SWD - II Joint)	170
20.	Short Wave Diathermy (SWD more than II joint)	195
21.	Continuous Passive Motion (CPM -I knee)	210
22.	Continuous Passive Motion (CPM - Both Knee)	275
23.	Moist Heat Therapy (MHT- II joint)	140
24.	Moist Heat Therapy (MHT more than II joint)	170
25.	Tilt Table without Exercise	210
26.	Tilt table with Partial Exercise	400
27.	Interferential Therapy (IFT- I JT)	140
28.	Interferential Therapy (IFT- II JT.)	170
29.	Interferential Therapy (I.F.T.- III JT.)	195
30.	Interferential Therapy (I.F.T.- IV JT.)	210
31.	Partial Exercise	280
32.	Full Exercise	470

SCAN QR TO VISIT OUR WEBSITE



FOLLOW US FOR DAILY HEALTH UPDATES

