

33.	Transcutaneous Electrical Nerve Stimulation (T.E.N.S. I JT.)	155
34.	Transcutaneous Electrical Nerve Stimulation (T.E.N.S. II JT.)	190
35.	Transcutaneous Electrical Nerve Stimulation (T.E.N.S. III JT.)	215
36.	Transcutaneous Electrical Nerve Stimulation (T.E.N.S. IV JT.)	230
37.	ICE Pack	125
38.	Electrical Stimulation	365
39.	Microwave Diathermy (M.W.D. - I joint)	165
40.	Microwave Diathermy (M.W.D. - II joint)	205
41.	Microwave Diathermy (M.W.D. More than II joint)	230
42.	Longwave Diathermy (L.W.D. - I joint)	155
43.	Longwave Diathermy (L.W.D. II joint)	190
44.	Longwave Diathermy (L.W.D. more than II joint)	215
45.	Mobilization (Single Joint)	80
46.	Mobilization (Multiple Joint)	155
47.	Gym alongwith Physiotherapy	80
48.	Gym for 1 day (I.P.D. & O.P.D.)	45/80
49.	Gym for 10 days (I.P.D. & O.P.D.)	305/525
50.	Gym for 20 days (I.P.D. & O.P.D.)	525/725
51.	Gym for 30 days (I.P.D. & O.P.D.)	725/970
52.	Dry needling (1 joint)	145
53.	Dry needling (2 joint)	210
54.	Dry needling (More than 2 joint)	280
55.	Cupping Therapy (1 Joint)	145
56.	Cupping therapy (2 Joints)	210
57.	Kinesiology Taping (I joint)	70
58.	Kinesiology Taping (II joint)	145
59.	Vacuum Vectron (V.V) with Interferential Therapy (IFT- I JT)	305
60.	Vacuum Vectron (V.V) with Interferential Therapy (IFT- II JT)	330
61.	Vacuum Vectron (V.V) with Interferential Therapy (IFT- III JT)	360
62.	Vacuum Vectron (V.V) with Interferential Therapy (IFT- IVJT)	365

#### Charges for different Panchkarma Treatments:-

Sr. No.	Treatments	Charges
1.	Ekgang Abhyanga	190
2.	Sarvang Abhyanga	530
3.	Sarvang Acupressure Abhyanga	605
4.	Sarvang Abhyanga Ksheerbala + Vit E	645
5.	Sarvang Rose Petal Abhyanga	645
6.	Ekgang Patra Potli Abhyanga	280
7.	Sarvang Patra Potli Abhyanga	645
8.	Sarvang Shasthi Shali Pind Sweda	725
9.	Ekgang Shasthi Shali Pind Sweda	400
10.	Sarvang Sweda (Steam box)	150
11.	Sarvang Sweda (Gun Steam)	100
12.	Ekgang Sweda	50
13.	Upnah Sweda (II Part)	255

14.	Upnah Sweda (IV Part)	485
15.	Dasmool Awaghan Ekgang	190
16.	Dasmool Awaghan Tub Bath	375
17.	Dasmool Sitz Bath	215
18.	Udwartana	645
19.	Vamana	645
20.	Virechna	705
21.	Anuvasana Basti	215
22.	Asthpana Basti	425
23.	Nasya	280
24.	Shirodhara- Decoction	575
25.	Shirodhara Oil	725
26.	Shirobasti	280
27.	Pichu Dharan	190
28.	Pijchhil	880
29.	Lepa (I part)	140
30.	Lepa (Half body)	255
31.	Lepa (full body)	535
32.	Ubtan	600
33.	Kawalam	190
34.	Gandusha	190
35.	Localized Basti (I)	215
36.	Marm basti	645
37.	Mukh Udwartana	470
38.	Mukh Lepa	210
39.	Dhoompan	115
40.	Akshi Tarpan	215
41.	Akshi Prakshalana	140
42.	Karanpooran	215
43.	Massage for Child (Sarvang Abhyanga)	320
44.	Erend Tail Application	115
45.	Vit-E Oil Application	115
46.	Sarvanga Dhara-Decoction, Buttermilk	665
47.	Ekgang Dhara-Decoction, Buttermilk	345
48.	Palandu Pinda Sweda	70
49.	Udar Shoolghana Lepa	195
50.	Vataja Shoolhara Lepa (II parts)	255
51.	Vataja Shoolhara Lepa (IV parts)	485
52.	Godhoomaadi Lepa (II parts)	255
53.	Godhoomaadi Lepa (IV parts)	485

\* 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**

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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 (Nikunj) ii) Single Occupancy	Rs. 7000/- Rs. 4800/-
b)	i) Cottage Deluxe Double Bedroom (Ketan) ii) Single Occupancy	Rs. 5700/- Rs. 4500/-
c)	Deluxe Double Bedroom (Niket)	Rs. 3700/-
d)	Double Bedroom (Nilay)	Rs. 2700/-
e)	Single Occupancy (Ekant)	Rs. 1750/-
f)	Dormitory (Basera)	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:-

- Daily Consultation
  - Food
  - Yoga (General Classes)
- Above accommodations can be booked in advance and will be allotted subject to availability.
  - Booking once made cannot be normally altered.
  - Patients may have to stay in an alternate accommodation if booked accommodation is not readily available, and will thus be charged accordingly.
  - 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 adjustable at the time of billing. The advance amount will automatically be forfeited, if patient does not report for the treatment on due date.
  - Full charges for the period of stay and treatment, as prescribed by the Doctor(s) are payable in advance, at the time of admission.
  - 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.
  - 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.

- 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.
- Oral Ayurvedic Medicines of various Pharmacies are available in Hospital Medicine Dispensing Unit on extra charges.

#### Reservation and Cancellation :-

- The right of admission is reserved with this institute.
- The charges for advance booking will be paid before confirmation of the reservation and not at the time of admission.
- 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.
- 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.
- 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.
- 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.
- 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.
- If required, our booking form can be photo copied for the use of another patient.
- Patient should bring his/her latest investigation reports given by Laboratory.
- Photo ID is mandatory for all patients and one copy of the same shall be handed over at the time of admission.
- 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)	115
2.	Pranayama therapy (1 Session)	115
3.	Shat Kriyas (1session)	230
4.	Acupressure/ Suzok Treatment (15 minutes)	140/70
5.	Magnetic Treatment (15 minutes)	115
6.	Acupuncture /Acu. Stimulator	305/345
7.	Steam Bath box	385
8.	Steam Bath room	440
9.	Sauna Bath	440
10.	Delux Hydro Massage	640
11.	Jacuzzi Hydro Bath	385
12.	Under water massage	550
13.	Whirl Pool Bath	440
14.	Asthma Bath	365
15.	Immersion Bath	280
16.	Graduated Immersion Bath with Friction (Epsom salt)	660
17.	Jet Bath	345
18.	Vibro Massage (Partial)	310
19.	Vibro Massage (Full Body)	550
20.	Mud Bath (Partial/Full)	265/520
21.	Rice + Turmeric Bath (Partial/full)	215/400
22.	Massage Special - I/II	1825
23.	Enema	115
24.	Hip Bath	95
25.	Spinal spray	115
26.	Arm & Foot Bath	80
27.	Hot/Cold Fomentation	220
28.	Infra-red treatment	80
29.	Ice treatment	65
30.	Circular Jet Bath	220
31.	Packs (General)	80
32.	Packs (Kidney /GH pack)	80
33.	Facial Steam	80
34.	Hot fomentation (bag)	80
35.	Hot Foot bath	80
36.	Mud Pack	80
37.	Castor Oil Pack	110
38.	Mustard Pack -2 part/4 part	230/450
39.	Colon Hydrotherapy	1995
40.	Reflexology (Foot Massage)	365
41.	Full Wet Sheet Pack	230
42.	Electro Chromotherapy	115
43.	Face Pack (Mud) only	70
44.	Full body Massage	665
45.	Partial Body Massage (Two Parts)	345
46.	Full Body Massage (Olive Oil)	785
47.	Partial (Olive Oil)	400
48.	Hot Stone Massage (Partial / Full)	800/1595
49.	Aroma Therapy (Partial / Full)	535/1330
50.	For one month yoga class (General yoga + meditation) OPD only	1210
51.	For one month yoga class (Power yoga) OPD only-	1210
52.	For one month yoga class (General yoga +meditation+ power yoga) OPD only	1815

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

Sr. No.	Treatments	Charges
1.	Contrast bath	230
2.	Therapeutic Ultrasound (U.S. I JT.)	155
3.	Therapeutic Ultrasound (U.S. II JT.)	190
4.	Therapeutic Ultrasound (U.S. III JT)	215
5.	Therapeutic Ultrasound (U.S. More than III JT.)	230
6.	Combination Therapy (I JT.)	230
7.	Combination Therapy (II JT.)	265
8.	Combination Therapy (More than two JT.)	300
9.	Traction Cervical/ Lumbar/ Knee (Any one)	190
10.	Traction II JT.	265
11.	Magnetotherapy	230
12.	Laser therapy I JT.	205
13.	Laser therapy II JT.	230
14.	Laser therapy III JT.	265
15.	Laser Therapy More than III Joint	300
16.	Wax Bath II JT.	155
17.	Wax Bath More than II Joint	205
18.	Short Wave Diathermy (SWD - I Joint)	155
19.	Short Wave Diathermy (SWD - II Joint)	190
20.	Short Wave Diathermy (SWD more than II joint)	215
21.	Continuous Passive Motion (CPM -I knee)	230
22.	Continuous Passive Motion (CPM - Both Knee)	300
23.	Moist Heat Therapy (MHT- II joint)	155
24.	Moist Heat Therapy (MHT more than II joint)	190
25.	Tilt Table without Exercise	230
26.	Tilt table with Partial Exercise	440
27.	Interferential Therapy (IFT- I JT)	155
28.	Interferential Therapy (IFT- II JT.)	190
29.	Interferential Therapy (I.F.T.- III JT.)	215
30.	Interferential Therapy (I.F.T.- IV JT.)	230
31.	Partial Exercise	310
32.	Full Exercise	520

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