

राष्ट्रीय मिशन के अन्तर्गत कौशल विकास कार्यक्रम के तहत आयुर्वेद संकाय काशी हिन्दू विश्वविद्यालय  
द्वारा आयोजित दो कार्यशालायें—

दो कार्यशालाओं का आयोजन (दिनांक 11 जुलाई से 17 जुलाई 2018)

1. प्रयोगशाला सहायक (आयुर्वेद अस्पताल एवं प्रयोगशाला)

2. पंचकर्म चिकित्सा सहायक (मालिश करने वाला)

इनका मुख्य उद्देश्य इस क्षेत्र में कार्य कर रहे युवाओं के कार्यकुशलता को बढ़ाना है जिससे वे अपने क्षेत्र में अच्छा कार्य कर सकें। मुख्य रूप से इसमें कक्षा 12 पास या किसी अस्पताल, पैथोलॉजी, कालेज, प्रयोगशाला में कार्यरत अटेन्डेन्ट, वार्डसहायक, नर्स, तथा गॉव में कार्यरत ए.एन.एम. जी.एन.एम. इत्यादि लोग भाग ले सकते हैं। इससे इनकी कार्यकुशलता में वृद्धि होगी।

1. प्रयोगशाला सहायक (आयुर्वेद अस्पताल एवं प्रयोगशाला): इस ट्रेनिंग में मुख्य रूप से रासायनिक एवं जैव रासायनिक प्रयोगशाला में कार्य करने वाले सभी विधियों को बताया जायेगा तथा जन्तुओं में प्रयोग की विधि और आयुर्वेदिक औषधियों के निर्माण की विधि, उसकी पैकिंग, लेबेलिंग, वेस्ट मैनेजमेंट इत्यादि के बारे में बताया जायेगा। तथा विकिरण से बचाव, पादप औषधियों की पहचान, उसकी खेती एवं रख-रखाव आदि पर विशेष चर्चा की जायेगी साथ ही विश्वविद्यालय में स्थित उच्चस्तरिय प्रयोगशालाओं, औषधि गार्डन का निरीक्षण कराया जायेगा।

2. पंचकर्म चिकित्सा सहायक (मालिश करने वाला): ट्रेनिंग में पंचकर्म के विभिन्न विधाओं के बारे में जानकारी, उसका प्रायोगिक अनुभव कराया जायेगा साथ ही प्रतिभागियों को मर्म, नाड़ी, अस्थियों के जोड़ के बारे में विशेष जानकारी दी जायेगी।

दोनों ट्रेनिंग के प्रतिभागियों को प्राथमिक चिकित्सा, ट्रामा एवं हृदय रोगियों के लिए किये जाने वाले सीपीआर, आयुर्वेद की दृष्टि से खान पान, दिनचर्या, ऋतुचर्या एवं स्वस्थवृत्त का विषेश ज्ञान कराया जायेगा जिससे के ट्रेनिंग के उपरान्त, ये प्रतिभागी स्वस्थ के क्षेत्र में समाज में जिम्मेदारियों का अभूतपूर्व निर्वहन कर सकें।

**कार्यशाला शुल्क :** रु. 2000.00 (नाश्ता या भोजन की व्यवस्था नहीं रहेगी)। शुल्क डिमांड ड्राफ्ट अथवा आरटीजीएस के द्वारा संकाय प्रमुख, आयुर्वेद संकाय, चिकित्सा विज्ञान संस्थान, काशी हिन्दू विश्वविद्यालय, वाराणसी के नाम देय होगा।

**खाता संख्या :** 27790200000123

**बैंक नाम:** बैंक ऑफ बड़ौदा, बी.एच.यू. शाखा, वाराणसी

आई.एफ.एस.सी. कोड: BARB0BHUVAR (पांचवी संख्या जीरो है)

अभ्यर्थी अपने भरे हुये आवेदन के साथ जमा की गयी शुल्क की रशीद संलग्न कर संकाय प्रमुख, आयुर्वेद संकाय, चिकित्सा विज्ञान संस्थान, धनवन्तरी भवन, काशी हिन्दू विश्वविद्यालय के कार्यालय में जमा करें। साथ ही आवेदन की कापी को [hodrnvv@gmail.com](mailto:hodrnvv@gmail.com) पर ईमेल पर भी भेजे। बिना शुल्क जमा किये आवेदन स्वीकार नहीं किये जायेंगे।

**आवेदन पत्र जमा करने की अंतिम तिथि : 5 जुलाई 2018 को सायं 4 बजे तक।**

**सीट की संख्या एवं प्रवेश प्रक्रिया:** प्रत्येक कार्यशाला के लिए 25 सीट निर्धारित है। प्रवेश की प्रक्रिया पहले आओ और पहले पाओ के आधार पर की जायेगी। उन लोगों का वरियता दी जायेगी जो पहले से ही किसी संस्थान अथवा अस्पताल में कार्यरत है।

**प्रमाण पत्र:** कार्यशाला में ट्रेनिंग संपन्न होने के उपरांत अभ्यर्थियों को प्रमाण पत्र प्रदान किया जायेगा।

**कार्यशाला का समय:** प्रातः 10 बजे से सायं 4 बजे तक (दो घंटे का सैद्धांतिक एवं 3 घंटे का व्यवहारिक प्रशिक्षण दिया जायेगा)

## अध्यक्ष

प्रो. यामिनी भूषण त्रिपाठी  
संकाय प्रमुख, आयुर्वेद संकाय, चिकित्सा विज्ञान संस्थान  
काशी हिन्दू विश्वविद्यालय

## संयोजक

प्रो. ए.सी. कर  
विभागाध्यक्ष, विकृति विज्ञान विभाग

## डा. जे.पी. सिंह

प्रभारी, पंचकर्म यूनिट, कायाचिकित्सा विभाग

**सहायक विभाग:** मेडिसीनल केमेस्ट्री, कायाचिकित्सा, विकृति विज्ञान, संज्ञाहरण, स्वस्थवृत्त एवं योगा, क्रिया शरीर, रचना शरीर, मालेकुलर बायलॉजी, ट्रौमा सेंटर, सेन्द्रल एनिमल आउस, सी.इ.एम.एस, चिकित्सा विज्ञान संस्थान, एवं विज्ञान संस्थान।

### प्रशिक्षण के लिए पाठ्यक्रम सामग्री:

प्रयोगशाला	पंचकर्म
<ul style="list-style-type: none"><li>➤ प्रयोगशाला स्थापित करने के लिए एक मानकीकृत एवं नैदानिक परिचय।</li><li>➤ प्रयोगशाला में नैतिक एवं संबैधानिक सुरक्षा</li><li>➤ प्राथमिक चिकित्सा व्यवस्था</li><li>➤ कचरा प्रबन्धन</li><li>➤ ग्लासवेयर के बारे में जानकारी</li><li>➤ आटोमैटिक डिसपेन्सर एवं डायलूटर्स</li><li>➤ केमिकल एवं किट की तैयारी एवं डायग्नोस्टिक किट की व्यवस्था</li><li>➤ प्रयोगशाला उपकरण के बारे में जानकारी एवं रखरखाव।</li><li>➤ स्पेसीमेन के प्रकार, एंटीकुलेन्ट एवं वैक्सीनर</li><li>➤ मरीज को तैयार करना एवं सैंपल कलेक्ट करना।</li><li>➤ सैंपल की लेबेलिंग एवं उसे प्रयोगशाला तक भेजने की व्यवस्था। परीक्षण के लिए जानवरों के रख-रखाव, उनके खाने एवं उन्हें जाँच की दवा देने की व्यवस्था।</li></ul>	<ul style="list-style-type: none"><li>➤ मानकीकृत पंचकर्म प्रक्रिया का परिचय</li><li>➤ व्यक्तिगत प्रशिक्षण</li><li>➤ कचरा प्रबन्धन</li><li>➤ तकनक ड्राइंग के लिए परिचय</li><li>➤ पंचकर्म के उपकरण को किटाणुरहित करना</li><li>➤ उपकरण एवं उनके रख-रखाव के लिए परिचय</li><li>➤ पंचकर्म में आहार की तैयारी</li><li>➤ रोगी और दवा की तैयारी</li><li>➤ मर्म चिकित्सा का ज्ञान</li><li>➤ सी.पी.आर का ज्ञान</li><li>➤ ऋतुचर्या, दिनचर्या एवं स्वस्थवृत्त का ज्ञान</li><li>➤ रोगी प्रबन्धन</li></ul>

**Banaras Hindu University, Institute of Medical Sciences**  
**Faculty of Ayurveda**  
**Organizing Two Workshops under the National mission of Skill development programme**

**Workshop 1. Laboratory attendants (Ayush Hospitals and labs)**

**Workshop 2. Panchakarma therapy attendant (massagist)**

The National Skill Development Mission was approved by the Union Cabinet on 01.07.2015, and officially launched by the Hon'ble Prime Minister on 15.07.2015 on the occasion of World Youth Skills Day. The Mission has been developed to create convergence across sectors and States in terms of skill training activities. The mission statement of The National Skill Development Mission is to rapidly scale up skill development efforts in India, by creating an end-to-end, outcome-focused implementation framework, which aligns demands of the employers for a well-trained skilled workforce with aspirations of Indian citizens for sustainable livelihoods. In view of the above National mission, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi is organizing these **Workshops from 11<sup>th</sup> -17<sup>th</sup> July 2018.**

**About BHU:** Banaras Hindu University is a central Govt University, established in 1916 by Bharat Ratna Pt Madan Mohan Malaviya ji. It is the largest Campus University of the World and has 6 Institutes, 16 Faculties, 142 departments and 35000 students. For the 1<sup>st</sup> time the teaching of Ayurveda was started here in 1922 with integrated approach with science and allopathic doctors. The season of Varanasi in June-July will be hot and humid. The participants have to make their own arrangements for stay and food. There are many boys and girls hostels around the campus, which may be rented for 7 days. The training place is about 300 meters from the main gate of BHU campus.

**Aim and objective of the workshop:**

This is a kind of **bridge course/training similar to RPL (Recognition of Prior Learning)**. The main objective of this workshop is to improve the skill of persons, for better working in the field of health care specially the research laboratories, pathology clinics, hospital laboratories and panchakarma units having AYUSH facility. This training will improve their understanding for better techniques, safety devices, challenges in trade, existing regulations, ethical issues for using animals, working with humans, management of biohazards, protection against radiation etc. It will also enhance their knowledge about the daily routine of activities, food habits, do and don't at physical and mental level in different seasons for keeping good health, as per Ayurveda. The participants will be exposed to various AYUSH practices to maintain the physical and mental wellness of the patient and their family members and the society at large, helpful in preventing the onset of chronic diseases. They will be also exposed to anatomical features of the body to protect the delicate points (Marma Chikitsa) and First Aid practices and cardiopulmonary resuscitation (CPR) to manage any trauma, accident, heart attack and other life threats. More emphasis will be given to practical demonstration of techniques along with

teaching of basic concepts. They will be given tours to best laboratories of Biochemistry, central instrument laboratories of sophisticated equipments, botanical garden of medicinal plants, visit to modern and Ayurvedic wings of hospital, trauma center and BHU campus.

In the **Laboratory skill development training**, the participant will get the basic laboratory skills that technicians, pathologists and biochemists usually utilize on daily basis. Besides, special knowledge of the basic concepts of AYUSH literature and practices will also be given. The students will get well skilled in basic laboratory operations such as patient preparation, collection of samples, labelling of samples, preparation of reagents, cleaning and handling of glassware, instruments, disposal of biomedical waste, organic solvent and aqueous extract preparation, maintenance of chemicals, instruments, animal handling etc. special session will be conducted for preparation of different Ay formulations in home – kitchen and side pharmacy of hospital.

In the **Panchakarma massagist** training, the participants will be exposed to anatomical features, *Marma* positions in the body, techniques of different types of massages addressing to muscle, joints, nerves etc. they will be exposed to all steps of Panchkarma (Snehana, swedana, Vamana, Virechana and Basti, Shirodhara, also with their clinical importance and scientific explanations.

**Who can participate?:** Any person having 12<sup>th</sup> class pass certificate in Science stream already employed in similar nature of Jobs, ward sahayak, nurses, midwives, lab attendants in public and private setups, ANM, ASHA, Anganwadi workers and persons involved in Barber shops and beauty clinics.

**Date of the Workshop:** 11<sup>th</sup>-17<sup>th</sup> July 2018

**Fee of the workshop:** Rs. 2000/- (No lunch or refreshment shall be provided). The fee can be remitted by Bank Draft/RTGS in favour of “**Dean, Faculty of Ayurveda**” **Account No. 27790200000123, Bank of Baroda, BHU campus, Varanasi, IFSC: BARB0BHUVAR (Fifth character is zero)**”. The applicant can deposit the filled in application form along with the Bank draft/receipt of RTGS deposit to the office of the Dean Faculty of Ayurveda, IMS, Dhanwantari Bhawan, BHU. No application shall be entertained without the fee. The scanned copy of the application should also be mailed to [hodrnvv@gmail.com](mailto:hodrnvv@gmail.com)

**Last date of the receiving of the application:** 5th July 2018 4 PM

**Number of seats and admission process:** Total 25 seats for each workshop. The admission will be on First cum first basis and preference will be given to those, who are already in job and have official deputation from their institution.

**Certificate:** A certificate will be given after successful completion of this training

**Time of the workshop:** 10 AM to 4.30 PM (Includes two hours theory and three hours practical)

## **Chairman**

Prof. Y B Tripathi  
Dean, Faculty of Ayurveda, IMS, BHU

## **Conveners**

Prof. A. C. Kar  
Head, Department of Vikriti Vigyan

Dr J P Singh  
Incharge-Panchkarma Unit, Dept of Kayachikitsa

## **Participating Departments**

Medicinal Chemistry, Kayachikitsa, Vikriti Vigyan, Sangyahan, Swasthavritta & Yoga, Kriya Sharir, Rachana Sharer, Molecular Biology Unit, Trauma centre, Central animal house, Centre of Experimental Medicine and Surgery, IMS and ISLS, Institute of Science

## **Course content overview for Laboratory training- Workshop 1**

- Introduction to a standardized clinical laboratory set up
- Laboratory safety and Ethical issues
- First aid measures
- Waste management
- Introduction to glassware
- Care and maintenance of glassware
- Automatic dispensers and diluters
- Preparation of reagent, solutions, maintenance of diagnostic kits
- Introduction to instruments and their maintenance
- Specimen types, anticoagulants and vacutainers
- Patient preparation and sample collection
- Labelling and transportation of specimens, delivery of test reports
- Animal handling, feeding to animals, injection to animals

### Schedule of Workshop 1: Laboratory attendant

Day	10AM-11AM	11AM-12 Noon	12 Noon-1 PM	1PM-2.30PM	2.30PM-3.30PM	3.30PM-4.30PM
1	<b>Inauguration</b>	Tips for healthy living, as per Ayurveda (food preference and circadian rhythm)	Laboratory management, NABL, NABH guidelines, tips to instruments maintenance, name of tests, storage of chemicals, sanitation safety, signs and compliance, incompatible chemicals, Fire safety	<b>Lunch break</b>	Introduction to various types of glassware & Plastic ware, Washing and cleaning procedures.  <b>(Medicinal Chemistry)</b>	Maintenances of stock book, log book work book experimental records and lab diaries.  <b>(Medicinal Chemistry)</b>
2	Washing, rinsing, sterilization, of glassware, and cleaning of lab  <b>(Practical demo in Medicinal Chemistry lab)</b>	Practice of Dr. Brown's Biosafety Quiz  Self protection against Laboratory contracted infections  <b>(Practical)</b>		<b>Lunch break</b>	First aid measures  CPR to trauma cases	Safety for using acids, carcinogenic agents, radioactive materials  <b>(Medicinal Chemistry)</b>
3	glass wares washing,  Autoclaving, Sterilization  <b>(Practical demo in Medicinal Chemistry lab)</b>	Preparation of First aid kit, identification of component of First aid kit, use of disinfectants  <b>(Practical)</b>		<b>Lunch break</b>	Waste management (Biological, radioactive and chemical)	Calculations for molarity, percentage, dilutions etc. for preparing buffers. Introduction to pH meter  <b>(Medicinal Chemistry)</b>

4	Calibration of balances, pH meter, colorimeter.  <b>(Practical demo in Medicinal Chemistry lab)</b>	1. Standard waste disposal procedures in hospital laboratories, use of needle destroyer etc 2. Identification of various types of glassware. Plastic ware and their uses, standardization of volumetric pipette <b>(Practical)</b>	<b>Lunch break</b>	Concept about buffers., CO2 chamber, oxygen mask.  <b>(Medicinal Chemistry)</b>	Introduction to manual, Automatic dispensers and diluters  Basics about blood smear and staining
5	Preparation of buffers and CO2 chamber handling Techniques related to plant material extraction and TLC characterization <b>(Practical demo in Medicinal Chemistry lab)</b>	Demonstration and handling of manual and auto pipettes, practice of pipetting Precautions for working in microbial and tissue culture laboratory Practice of blood smear preparation and staining and urine sample analysis in uroanalysis machine  <b>(Practical)</b>	<b>Lunch break</b>	Sanitation and hygienic environment of lab animals  Theory about lab animals.  <b>(Medicinal Chemistry)</b>	1. Introduction to instruments, their techniques and maintenance 2. Introduction to specimen types, anticoagulants and vacutainers
6	Washing/ cleaning of rat's cages and Rat handling <b>(Medicinal Chemistry)</b>	1. Identification of various manual and automated instruments, their working and maintenance, Demonstration of Point of Care (POC) instruments used in clinical testing like glucometer, electronic BP instrument, pulse meter and anthropometric measurements 2. Demonstration of technique of collection of urine, stool, sputum, semen samples etc. Identification of vacutainers and anticoagulants, preparation of specimen, collection materials, Specimen types and anticoagulants <b>(Practical)</b>	<b>Lunch break</b>	Grouping of animals,  Drug feeding to animals, injection to animals  Labeling of biological specimen, their preservation, transportation, test report arrangements	<b>Valedictory function and certificate distribution</b>

## Course contents and overview for Panchakarma training- Workshop-2

- Introduction to a standardized Panchakarma procedures
- Hands on training
- Waste management
- Introduction to draping techniques
- Sterilization of panchakarma equipment.
- Introduction to instruments and their maintenance
- Panchakarma diet preparation.
- Patient and drug preparation
- Patient management

Day	10AM-11AM	11AM-12 Noon	12 Noon-1 PM	1PM-2.30PM	2.30PM-3.30PM	3.30PM-4.30PM
1	<b>Inauguration</b>	Introduction to the course, Introduction to Panchakarma theatre, preparation room and instruments, Patient's care, Patient preparation and management	Dietary intervention Hands on training on preparation of various diet used in panchakarma,	<b>Lunch</b>	Demo on preparation of various diet used in panchakarma,	Waste management, Standard waste disposal procedures, use of panchakarma waste
2	Introduction to BahyaSnehana, Abhyangasarvanga and sthanik with special reference to different massage techniques ,Padaabhyanga , Foot reflexology and foot massage			<b>Lunch</b>	Introduction to instruments, techniques and maintenance	Identification of various manual and automated instruments, their working and maintenance.

Day	10AM-11AM	11AM-1PM	1PM-2.30PM	2.30PM-3.30PM	3.30PM-4.30PM
3	SthaniksnigdhaSvedana, Kati Basti, JanuBasti and greevabasti, Upanaha etc. Preparation of pindasvedana , Demonstration of preparation of various types of pindasvedana and their therapeutic usage		<b>Lunch</b>	Patient preparation and Emergency first aid	Emergency care in panchakarma
4	Kerala specialities like pizhichil, njavarakizhi, annalepana,,	talam, talapodichil, narangakizhi, podikizhi	<b>Lunch</b>	Dhanyamladhara, takradhara, and various procedures	MarmaChikitsa
5	Ethics and etiquette in paricharaka, documentation (consent) and its maintenance in accordance with panchakarma,	Development of personality and communication skills.	<b>Lunch</b>	Role and responsibilities of panchakarma therapist	Guidelines for establishment and management of eco-friendly Panchkarma theatre
6	Knowledge of quality standards of NABH (National Accreditation Board of Hospitals) for Ayurveda,	Ethics and etiquette in paricharaka, documentation(consent) and its maintenance in accordance with panchakarma, development of personality and communication skills	<b>Lunch</b>	Discussion	<b>Valedictory function and certificate distribution</b>

**Workshops under the National Mission of Skill Development Programme  
Application form**

1. Name of the applicant:

आवेदक का नाम

2. Date of birth: (जन्मतिथि)

(mm/dd/yyyy)

3. Sex: (लिंग)

4. Address: (पता)

Space for  
Photograph

5. Email ID: (ईमेल-आई.डी.)

6. Mobile No. (मोबाईल नं०)

7. Qualification: (योग्यता)

8. Which workshop do you want to attend?: (आप कौन सी कार्यशाला में भाग लेना चाहते हैं।)

9. Whether you are employed? Yes/No (please tick whichever is applicable)

क्या आप कार्यरत हैं। हाँ/नहीं (कृपया जो सही हो निशान लगायें)

10. If yes, designation of the present employment: (यदि हाँ, वर्तमान में कार्यरत पद का नाम)

11. Forwarding note of the employer: (The candidate who is employed must forward his/her application from competent authority failing which the application cannot be entertained)

अभ्यर्थी अपना आवेदन अपने नियोक्ता अथवा सक्षम प्राधिकारी के माध्यम से हस्ताक्षरित करवा कर जमा करें। अन्यथा उनके आवेदन पर विचार नहीं किया जायेगा)

Seal & signature of the employer

Signature of the candidate

Date:

**Note-** The filled in application along with the Bank draft/A/c payee cheque/receipt of the deposit of the fee of Rs. 2000/- in account may be submitted in the Office of the Dean, Faculty of Ayurveda by 5<sup>th</sup> July 2018, 4PM