

**Rajiv Gandhi University of Health Sciences,  
Karnataka**

4<sup>th</sup> “T” Block, Jayanagar, Bangalore – 560041

**REGULATIONS AND CURRICULA FOR  
FELLOWSHIP PROGRAM**

**FELLOWSHIP**

**ON**

**ORTHOPEDIC MEDICINE IN NATUROPATHY & YOGA**





RGU/AUTH/ N&Y FELLOWSHIP/178 (4)Syn /2023-24

Date:27/09/2023

**NOTIFICATION**

Sub: Approval for starting of New Fellowship Courses in Naturopathy & Yoga.

Ref: 1)Recommendation of BOS in Naturopathy & Yoga (UG& PG) held on 10/10/2022

2) Proceedings of Faculty meeting held on 10/10/2022

3) Proceedings of AC meeting held on 27/10/2022

4) Proceedings of 178<sup>th</sup> Syndicate meeting held on 27/02/2023

In exercise of the powers vested under Section 35(2) of RGUHS Act,1994, in pursuance of the decision of the Syndicate, approval is accorded for starting of following Fellowship courses from the academic year 2023-24 onwards.

1 Fellowship on Orthopedic Medicine in Naturopathy & Yoga

2 Fellowships on Pulmonary Medicine in Naturopathy & Yoga

3.Fellowship on Cardiology in Naturopathy & Yoga

  
**REGISTRAR**



**To**

The Principals of all affiliated colleges of Naturopathy & Yogic Sciences of RGUHS

**Copy to:**

1. The Principal Secretary to Governor, Raj Bhavan, Bangalore - 560001
2. The Principal Secretary Medical Education, Health & Family Welfare Dept., M S Building, Dr.B.R. Ambedkar Veedhi, Bangalore - 01
3. The Commissioner, Department of AYUSH, Anand Rao Circle, Dhanvathari Road, Bangalore
4. PA to Hon'ble Vice - Chancellor/PA to Registrar/Registrar (Eva.)/Finance Officer, Rajiv Gandhi University Health Sciences, Bangalore
5. All Officers of the University Examination Branch/ Academic Section.
6. Guard File / Office copy.

## CONTENTS

<b>Sl. No.</b>	<b>SECTIONS</b>	<b>PAGE NUMBER</b>
01	SECTION 1:Regulation of Fellowship Programme in Orthopedic Medicine	3 - 7
02	SECTION 2:Course contents	08 - 14

## **SECTION 1: REGULATION OF FELLOWSHIP PROGRAMME IN ORTHOPEDIC MEDICINE**

### **1. Goal:**

Fellowship program started with the intention of to reach the advancement & clinical excellence in each system & to develop the advance skills & knowledge in concerned with the particular system of the body. In a capsule format to expertise the doctor to see the effect of this medicine at the cellular level & unravel the hidden healing forces of Naturopathy & Yoga as per the disease of the each system.

### **2. Branches of Study:**

Fellowship course on cardiac medicine through Naturopathy & Yoga

### **3. Eligibility for Admission:**

1. A candidate who has passed in the final year MD in any recognized Universities of India, disciplines like MD courses in (MD Yoga, MD Naturopathy & MD Diet & Nutrition) eligible to take the admission in this Course. Candidate who has completed MD after 2 years of clinical practice

OR

2. Candidate who have completed PhD from recognized Universities of India with BNYS

OR

3. Candidate who has completed BNYS course from a recognized university having continuous 20 years clinical experience,

OR

4. Candidate who has completed BNYS from the recognized universities of India having 10 years pure academic experience from reputed Yoga & Naturopathy are eligible to join this course.

### **4. Intake of students:**

The intake of students to each course shall be in accordance with the ordinance in this behalf. The maximum number of fellowship candidates shall not exceed 10 in each discipline every year.

### **5. Duration of study:**

The Program starts on first working day of January of every year and duration of the programme will be not less than one year and not exceeding 24 months.

### **6. Medium or instruction:**

Medium of instruction shall be in English.

**7. Fee:**

Fee for candidate payable by the Fellow or sponsoring Institution to the University at the time of admission is Rs. 20,000/-. No capitation fee or donation shall be taken by the training institution.

**8. Intake of Fellows:**

The intake of fellows for each programme shall be in accordance with the number specified for each course and to be decided by Fellowship/Certificate Registration Committee in consultation with Head of the Department and Head of the Institution, but in any case, not exceeding two candidates at a time.

**9. Attendance, Progress and Conduct:**

A fellow pursuing the programme should work in the concerned department of the institution for the full period prescribed as full time candidate. He/she is not permitted to run or work either in a private clinic/laboratory/nursing home, while pursuing the fellowship.

He/she will attend the activities such as patient care in hospital including emergency, grand rounds, clinics, case presentations, journal review meetings, symposia, seminars, CPCs, assignments, lectures, laboratory or experimental work and conferences etc., during the fellowship as prescribed by the department and not absent himself / herself from work without valid reasons.

Leave of absence with the permission of Head of the Department up to a maximum period of 12 days in a year is permitted.

**10. Monitoring Progress:**

Work diary / Log book – Every candidate shall maintain a work diary and record his / her participation in the training programmes conducted by the department such as journal reviews, seminars etc. Special mention may be made of the presentations by the candidate as well as details of 3 clinical or laboratory procedures, if any conducted by the candidate once in every six months. The work diary shall be scrutinized and certified by the Head of the Department and Head of the Institution and submitted to the University for Review.

Progress report should be submitted once in every six months by the co-coordinator of the programme and the candidate should submit a self assessment report at the end of six months of training, certified by the Head of the Department / Co-coordinator and forwarded through the head of the institution to the University which will be reviewed by the committee.

**11. Scheme of Assessment:**

**a) Eligibility:** Prior to being deemed eligible to be assessed for the award of fellowship, the candidate will need to furnish a letter to the University from the Head of the Department and Head of Institution, certifying satisfaction with the candidate's competence and performance. After verification by the Rajiv Gandhi University of

Health Sciences, permission will be granted to appear for assessment. The Practical & Viva-Voce will be conducted in the respective institutions.

**b) Written Assessment:** There shall be a written assessment conducted in the month following the completion of the course consisting of at least two question papers. Each paper shall be of three hours duration and carry notional marks equivalent to 100. There shall be two long essay questions and six short essay questions in each paper. Questions in basic sciences and recent advances may be asked in any or all papers.

Registrar (Evaluation) shall recommend the names of the paper setters to the Hon'ble Vice-Chancellor from the panel suggested by the Head of the Institution in consultation with the programme coordinator. The written assessment shall be conducted in the RGUHS on a date notified by Registrar (Evaluation). The papers shall be valued by the examiners appointed for conducting practical assessment. No marks will be assigned, only grades will be assigned to the performance as Grade 'A' means pass and Grade 'B' means fail and the same is informed to the University.

In case of unsatisfactory completion, the fellow would be given another chance to appear before the examiners (6 months) later. Only two chances will be given to a candidate to pass the examination. However, the fellowship in the institution for such a candidate ceases at the end of the duration of the course.

**c) Clinical / Practical:**

Clinical / Practical assessment consists of examination of given cases or practicals and presentation to the examiners on which viva-voce will be held. The assessment will be conducted by the respective institutions. No marks will be assigned, only grades will be assigned to the performance as Grade 'A' means pass and Grade 'B' means fail and the same is informed to the University.

For the award of Fellowship, a candidate should secure Grade 'A' both in Written Assessment as well as in Clinical / Practical Assessment.

**d) Examiner:**

There shall be one internal examiner, generally the programme co-coordinator and an external examiner appointed by the Rajiv Gandhi University of Health Sciences. The appointment of external examiner is by invitation based on the panel of three names given by the programme co-coordinator. The external examiner shall be paid TA and DA by Rajiv Gandhi University of Health Sciences as per RGUHS rules.

**e) Certification:**

Based on the recommendations made by the examiners successful candidate/s would be awarded the fellowship scroll by Rajiv Gandhi University of Health Sciences.

## **12. Stipend:**

Since the candidates pursuing the fellowship would be providing service to the institution offering the programme, the institution shall pay stipend and provide reasonable accommodation equivalent to that of a senior resident.

## **13. Recognition of the Institution / Course:**

An institution desirous of starting fellowship programme in any one or more subjects should have been in existence as a center for that particular subject or speciality for atleast five years.

Medical colleges that have been running PG Courses for a minimum period of three years and is recognized as a centre for excellence in that particular topic / speciality may apply for fellowship programme.

The prescribed application form for starting new Fellowship programme may be obtained from the University on payment of Rs. 10,000/- towards application fee separately for each Fellowship programme. Application fee shall be payable by Institution only. The application fee for 5 Government institutions are exempted vide and Syndicate decision Guidelines for new specialties will be issued by RGUHS from time to time as per the regulations of the new speciality.

An institution desirous of starting the fellowship programme should have in-house facilities listed below:

### **a) Teaching Staff:** Minimum of three qualified teachers or consultants of

Which one teacher appointed shall be a full time, other two may be part time visiting consultants and these two they should not be faculty for fellowship programme in any other institution.

### **Qualification:**

PG Degree in concerned specialty from recognized University

### **Experience:**

Professional experience of 10 years after PG degree or Teaching experience of 9years after PG degree

### **b) Hospital :** should have 100 beds, with 30 beds dedicated to concerned

Specialty for fellowship programme applied. The clinical work load shall be:

- In patient turnover : Not less than 5 new patients per day in the concerned Specialty.
- Out patient turnover : Not less than 20 new patients per day in the concerned Specialty.
- If the fellowship programme is in any surgical specialty the surgical Procedures in the concerned specialty shall be not less than 25 per month.
- If the fellowship programme is in any specialty related to Image logy it

Should include the following modalities of investigations: X-Ray ,  
Ultrasound, CT scans, MRI, etc., and imaging procedures per month should be  
At least 250.

**c) Teaching Programme :** Specific curriculum should be prepared as per the  
format enclosed in the annexure.

The academic training programme should be held in the institution itself.  
Only institutions fulfilling all the requirements shall be allowed to conduct the  
programme and no relaxation in the requirements will be made.

The Rajiv Gandhi University of Health Sciences will arrange for inspection  
of the institution / department by a duly constituted registration committee for  
validation of the facilities, staff etc., and will accord recognition based on the  
recommendation. Renewal fee of Rs. 5,000/- for each course will be charged and  
renewal of registration shall be done once in every two years.

The application received only on or before August 1st of each year will be  
processed.

#### **14. Registration Committee:**

The Fellowship Registration Committee will have members as follows:

1. One Senate member of RGUHS nominated by the ViceChancellor,  
Chairman of the Committee.
2. One or more subject specialist nominated by the Vice Chancellor.

\* \* \* \*



## SECTION 02: COURSE CONTENTS

All orthopedic disorders are related to joints . this is related to wrong lifestyle obesity, lack of exercise and deficiency of micro nutrients. Now a day's number of back pain cases are increasing all over the world. There is a good scope for Naturopathy & Yoga and other drugless therapies. Our objective is to prepare the skilled scholar to explore the most advanced treatments through Naturopathy & Yoga in orthopedic problem for future.

### 1. PREVENTIVE MEDICINE:

**JOINTS:** Osteoarthritis, Rheumatoid Arthritis, Psoriatic Arthritis, Gout, Spondyloarthritis, Lumbar Canal Stenosis,Tmj

**BONES:** Osteoporosis, Osteopenia.

**TENDONS AND LIGAMENTS:** Tendinitis, Adhesive Capsulitis, Ligament Tears, Carpal Tunnel Syndrome, Tennis Elbow, Golfers Elbow

**OTHERS:** Fractures, Fibromyalgia

### 2.INTEGRATIVE MEDICINE:

**JOINTS:** Osteoarthritis, Rheumatoid Arthritis, Psoriatic Arthritis, Gout, Spondyloarthritis, Spondylolithiasis, Spondylolisthesis, Traumatic Fractures, Joint Dislocation

**BONES:** Osteoporosis, Osteopenia,

**TENDONS AND LIGAMENTS:** Tendinitis, Adhesive Capsulitis, Ligament Tears, Carpal Tunnel Syndrome

**OTHERS:** Fractures, Fibromyalgia, Sarcopenia

### 3. REHABILITATIVE MEDICINE:

**JOINTS:** Osteoarthritis, Rheumatoid Arthritis, Psoriatic Arthritis, Gout, Spondyloarthritis, Spondylolithiasis, Spondylolisthesis, Traumatic Fractures, Joint Dislocation,Tmj, Tb Spondilitis,Lumbar Canal Stenosis,Ankylosing Spondylitis

**BONES:** Osteoporosis, Osteopenia,

**TENDONS AND LIGAMENTS:** Tendinitis, Adhesive Capsulitis, Ligament Tears, Rotator Cuff Injury, Tennis Elbow, Golfers Elbow, Carpal Tunnel Syndrome.

**OTHERS:** Fractures, Fibromyalgia, Sarcopenia

#### **4.COMPARISON OF MANAGEMENT OF ORTHOPEDIC EMERGENCIES BETWEEN CONVENTIONAL MEDICINE & NATUROPATHY & YOGA**

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