



TULSI AYURVEDIC & YOGA CENTRE

9136070810

ON C.G.H.S.PANEL

D-833 SARASWATI VIHAR DELHI-110034

www.tulsiayurvedic.com | E-mail : tulsiayurvedic123@gmail.com

PANCHKARMA TRAINING TO THERAPIST

Trainer Name :- Dr Raj Kumari

Attended By :- Miss SHUBHAM

Special Training was given to the Assistant therapist On Abhyanga . The Training session was conducted on 10-3-2022 to refine therapy skills .

1. How to manage therapy room Hygienic

- (i) Use Disposables ie bed sheets , towel etc and must be change after each therapy session .
- (ii) Sanitize the therapy room , therapy table after every therapy session
- (iii) Use Liquid soap to wipe out the oil .

2. How to make Patient Comfortable and relaxed during therapy .

- (i) Calming and relaxing music is played during therapy .
- (ii) In order to take extra care of the Patient specific Point of Pain are taken into Consideration

Raj Kumar



Veena Arora

DR. VEENA ARORA
D-833, SARASWATI VIHAR,
DELHI-34
REG. NO. DBCP/OA/4187



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(iii) The Temperature of the room is adjusted according to the Patient's Comfort to provide a relaxing session with an according Pressure.

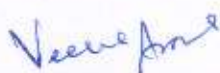
During therapies if any allergic reaction appears. Calm the Patient take necessary measures like applying Ice Pack, soothing oil like Jatyadi oil, Kapuradi oil etc for immediate effect.

- * Therapist are advised not to put extra pressure on tender area or Tender area are taking in to consideration by the therapist during therapy.

* All the necessary Equipments, room must be ready before every session

- * Jatyadi oil and Alovera oil must be kept in every therapy room

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QUESTION PAPER - 12-3-2022

Question 1 :- How much time will be require to complete Abhyanga Therapy .

Question 2 :- How much pressure should be applied in therapy .

Question 3 :- What step must be taken if patient Complains discomfort and High blood pressure .

Question 4 :- What would be done if the patient have low blood pressure and Giddiness after therapy .

Question 5 :- What are the advantages of shirodhara therapy .

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Panchkarma Exam outcome

An Exam was Conducted on March 12, 2022 for the Assistant therapist and they are doing well.

I (Dr Raj Kumari) request HR Department for the Appraisal of Miss Shubham who are advise to refine therapy skills for the upcoming years.

Routine monitoring test and Training will be organised regularly for the growth & increase knowledge about therapy, Procedure and improvement of their quality of Work.

Raj Kumari



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Exam DATE → 12-3-22

NAME → Shubham

Designation → Therapist Assistant

उत्तर 1- अंग्र्यांग का समय 30 से 45 मिनट तक होता है तथा मरीज के शारीरिक रूप रेखा को देख कर ही अंग्र्यांग का समय निर्धारित किया जाता है।

उत्तर -2 (i) धैर्यपूर्ण करने से पहले मरीज के शारीरिक रूप रेखा को देख कर उसको प्रेसचर दिया जाता है।

(ii) मरीज के जिस जगह घाव या चोट लगी हो वहाँ पर हाथ नहीं लगाया चाहिए।

(iii) मरीज का 0 दिश्वर्कन हुआ है तो वहाँ पर प्रेसचर नहीं लगाया चाहिए।

उत्तर 3- Treatment के बाद अगर मरीज का B.P अधिक हो जाता है तो सबसे पहले हम मरीज को आराम करने वाली जगह पर लिटाएँगे फिर B.P कम हो जाएगा। उसके बाद उसे साधारण पानी पीने के लिए देंगे। जब मरीज का B.P सामान्य हो जाएगा फिर उसे घर जाने के लिए कहेंगे।

Raj Kumari

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Exam Date → 12-3-22

Name → Shubham

Designation → Therapist Assistant

उत्तर 49- Treatment के बाद यदि मरीज का B.P कम हो जाता है तो उसे कॉफी, Herbal Tea देगे तथा उसे आराम वाली जगह पर लिटाएंगे तथा जब उसका B.P सामान्य हो जाता है फिर उसे घर जाने के लिए बोलेंगे।

उत्तर 50- शिरोधारा थैरेपी निम्नलिखित रोगों को दूर करता है :-

- (i) तनाव कम करता है
- (ii) बालों का झड़ना तथा थकान कम करता है।
- (iii) उच्च रक्त चाप कम करता है।
- (iv) शिरोधारा से अनिद्रा की समस्या दूर होती है।

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Date 12-3-2022

Name Miss Shubham.

Exam Parameters

1. Attendance - Regular & Very Punctual
2. Dress personality - Neat & clean
3. Knowledge - Very good therapeutic knowledge
4. Practical knowledge - Excellent
5. Room Hygiene - Very well maintained
6. Post therapy Care - Excellent
7. Performance - Good
8. Performance with Patient Care - Very good.
9. Patient record - well maintained
10. Time Management - very well maintained
11. Any Sentinel Event - No Any sentinel event found.

Rajkumari



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Letter of Recommendation

Subject: Recommending letter for Mrs. Shubham (Assistant Therapist)

Dear Dr. Veena Arora

I am Dr. Raj Kumari, consultant at Tulsi Ayurvedic and Yoga Centre, D-833, Saraswati Vihar, Pitampura, Delhi – 110034 and I am writing this letter in favour of the assistant therapist Mrs. Shubham in our centre.

I have always found her an excellent performer who is both analytical and communicative. She has performed brilliantly and proved herself to be a strong willed and hard working individual.

Depending upon her performance, I recommend the appraisal in the form of a promotion from Assistant Therapist to Therapist. I also recommend a special incentive of Rs. 1000/- (One thousand only) per month which will be applicable from March 2022.

Yours Sincerely,

Dr. Raj Kumari

Ayurvedic Consultant



Approved by,
Veena Arora

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EMPLOYEE APPRAISAL FORM

Date: <u>15/3/22</u>	Examining Tenure Date <u>1-10-2021</u>	to Date <u>15-3-2022</u>
Name Of Employee: <u>MISS SHUBHAM</u>	Completed By: <u>HR DEPARTMENT</u>	
Employee Code: <u>TUL-006</u>		

A. Most Successful Job Accomplishments Since Last Performance Period:

1. Good Knowledge of Panchkarma therapy
2. She knows very well about Vyapad management.

Name Dr Training Attended DR VEENA ARORA, DR RAJKUMARI

New Certification Abhyangam Training

B. Key Strengths of Employee:

1. Very Punctual
2. Good Personality
3. Neat & Clean
4. Very Active and Quick learner

C. Performance in Last Leaving Point:

1. _____
2. _____
3. _____
4. _____

D. Key Areas That Need Improvement:

1. Need Improvement in Medicines Preparation
2. _____

E. Teamwork Ability:

1. Good
2. Coordinated

Appraisal

- Salary 15000/-
- Bonus 1000/-
- Post Assistant therapist to therapist

Given By

Raj Kumar

Approved By
Forwarded By

Veena Arora



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