

**PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES**  
*...WHolistic Care, Naturally*  
(An initiative of SURAJBAI SARDARMULL NAVYAS TRUST)



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PRAJNA INSTITUTE OF YOGA & ALLIED SCIENCES  
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# DIRECTORY OF SERVICES



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Outpatient Department

# Packages



**Prajna Institute of Yoga & Allied Sciences - PIYAS**

**...WHolistic Care, Naturally**

(An initiative of SURAJBAI SARDARMULL NAVYAS TRUST)



**PIYAS**, an initiative of **Surajbai Sardarmull Navyas Trust**, a not for profit, charitable organisation. It is an exclusive WHolistic centre in the heart of the garden city, Bengaluru, with facilities available for both outpatients and inpatients. The centre aims to combine fine living with a healing touch, Naturopathy and Yoga being the principal medium through which we communicate the message of “Healthy Living”. **PIYAS** provides patients an opportunity to address the root cause of the health problems, destress and detox by living a healthy lifestyle. With a total capacity of 30 beds for in-patients along with out-patients, we are consulting, admitting and treating almost all kinds of diseases for people who have a true search to be free from diseases and live in Health, Harmony and Happiness.

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## Prajna Institute of Yoga & Allied Sciences - PIYAS

...WHolistic Care, Naturally

(An initiative of SURAJBAI SARDARMULL NAVYAS TRUST)

### Introduction - PIYAS

PIYAS is one of India's first NABH Accredited Yoga & Naturopathy Hospital as well as recognized by AYUSH Department.

PIYAS - a centre which has the uniqueness in making person independent in all aspects of health WHolistically. It is a centre which has blended the ancient wisdom with modern science, to provide the best treatment for the people who are in need of it through its unique programs which are designed and executed using the power of the Five Great Elements of Nature - Panchamahabhootas.

The centre believes in providing long lasting, side-effects free and holistic results through its various kinds of health disciplines like yoga, pranayama, nature cure, meditation, ayurveda, acupuncture, physiotherapy, acupressure, diet therapy/nutrition counseling, detox & de-stress programs.

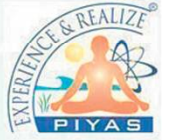
**Presently we have facilities for both Out-Patient (OP) and In-Patient (IP) along with a fully automated Diagnostic Laboratory.**

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## Services available @ PIYAS

### HOLISTIC HEALTH

Holistic medicine is defined as "treating the whole person, including mental and social factors rather than just the symptoms of a disease."

### Integrative Medicine & Complementary Therapies

The success of Integrative Medicine is the ability of selecting and blending the appropriate systems of medicine, without compromising on the authenticity of each individual system. When done appropriately, this combination enhances the healing powers of the various approaches. The efficacy of treatment is strengthened when an additional emphasis is given to customized lifestyle and diet management.

Our entire **focus is customisation, which is person-oriented rather than system-oriented**. Our emphasis is on the Prevention of Illness, Early Intervention and Health Promotion. Health problems are diagnosed and evaluated by detailed case history, thorough physical examination and necessary investigations. The individual treatment programs are designed after the detailed holistic health evaluations are made. For those already on other treatments or medication, the treatment protocol will take that into consideration.

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## WHAT WE OFFER:

### INTEGRATIVE MEDICINE

Naturopathy  
Yoga Therapy  
Dietetics / Nutrition  
Ayurveda  
Automated Lab  
Diagnostics

### COMPLEMENTARY THERAPIES

Acupressure  
Acupuncture  
Panchakarmas  
Colon Hydrotherapy  
Counselling  
Psychotherapy  
Hydrotherapy  
Magneto therapy  
Massage therapy  
Meditation practices  
Relaxation Techniques  
Mud Therapy  
Hydrotherapy Packs  
Chromotherapy  
Reflexology  
Heliotherapy  
Aromatherapy  
Reiki / Pranic Healing

### THERAPEUTIC PROGRAMMES

Rejuvenation  
Detoxification  
Anti-ageing  
De-Stress programs  
Obesity / Weight loss program  
Cardiac Dis. / Hypertension  
Diabetic Management  
Arthritis Management  
Allergy / Asthma Management  
Smoking Cessation/De-addiction  
Thyroid disorders / Infertility  
Therapeutic Skin Care  
Gynecological disorders  
Childhood diseases management  
Mother's training  
Prenatal and Post-pregnancy  
Management  
Pre & Post Surgical rehab  
Wellness programs

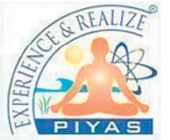
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## Services available @ PIYAS

### Yoga Programs

The ancient science of Yoga has been around for more than 5000 years and the benefits of yoga in many of the chronic lifestyle diseases are well known. Customized Yoga programs have been designed for various Age groups and conditions based on more than 30 years of personal experiences and feedbacks.

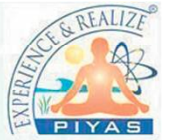
- ❖ THERAPEUTIC YOGA (for Physical, Mental & Emotional disorders)
- ❖ GENERAL YOGA FOR WELLNESS
- ❖ YOGA FOR CHILDREN
- ❖ POWER YOGA FOR TEENAGERS & YOUTH
- ❖ YOGA FOR EXECUTIVES (WORK DESK YOGA)
- ❖ YOGA FOR PREGNANCY & POST NATAL YOGA
- ❖ PRE & POST SURGICAL YOGA
- ❖ YOGA FOR SENIOR CITIZENS (GRACEFUL AGEING)
- ❖ YOGA FOR SPECIAL NEEDS
- ❖ YOGA FOR RARE DISORDERS (like Hemophilia etc)

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## Services available @ PIYAS

### SOME CONDITIONS WE TREAT

Acidity	Fever	Pains
Acne	Fibromyalgia	Panic attacks
Addictions	Fibroid tumors	Parkinson's Disease
Adenoids	Fistula	Peripheral neuritis
AIDS	Food poisoning	Pharyngitis
Air sickness	Gallstones	Phobias
Alcoholism	Gangrene	Pneumonia
Allergies	Gas	Polyps
Alopecia	Goiter	Post-surgical care
Alzheimer's	Gout	Prostate problems
Anemia	Hair fall	Psoriasis
Anxiety	Headaches	Reproductive problems
Arteriosclerosis	Heartburn	Respiratory conditions
Arthritis	Hemorrhoids / Piles	Rheumatism
Asthma	Herpes	Rheumatoid arthritis
Backaches	Hypertension	Sclerica
Bedwetting	Indigestion	Sexual diseases
Bleeding - nose, eyes, gums	Infertility	Sinusitis
Blood pressure (high or low)	Impotence	Skin diseases
Body pains	Injury	Sleep disorders
Boils	Insomnia	Slip disc
Bronchitis	Irregular periods	Sore throat
Cancer	Irritable Bowel Syndrome	Stomach cramps
Cardiac problems	Jaundice	Stress
Carpal Tunnel Syndrome	Keloids	Strokes
Cervical Spondylitis	Renal / Ureteric stones	Thyroid problems
Chronic Fatigue Syndrome	Laryngitis	Tinnitus
Cirrhosis of the liver	Leucoderma	Tonsillitis
Cough & Colds	Liver diseases	Toxicity
Colitis	Measles	Tumours
Constipation	Menopausal problems	Ulcerative Colitis
Cramps	Menstrual complaints	Uraemia
Cysts	Migraine	Urinary infections
De-addiction	Multiple Sclerosis	Uterine fibroids
Depression	Mumps	Uterine problems
Dermatitis	Muscular dystrophy	Vaginal irritation
Diabetes	Myelitis	Varicose veins
Diarrhea / Dysentery	Nephritis	Vertigo
Ear ache	Neurological conditions	Vomiting
Eating disorders	Nutritional deficiencies	Warts
Epilepsy	Obesity	Weight problems
Eye problems	Osteoporosis	White discharge
Eczema	Ovarian cysts / PCOD	Worms

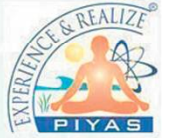
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# Outpatient Department Packages



## Services available @ PIYAS

### Physiotherapy & Rehabilitation

Many Lifestyle and Vocation related disorders which are very common in today's mechanical living need special dedicated attention and approach. Also in many conditions where surgery is unavoidable pre-and post-surgical rehabilitation programs can help reduce the recovery time and also result in improved outcomes hugely benefiting the patients.

### Nutrition / Diet therapy

Food has a very important role to play in many diseases. As much important it is to know what to eat and what to avoid in certain disease conditions, it is equally if not more important to know When to eat and How to eat.

We don't need fancy diets or nutritional supplements to maintain good health. Many of the common modern day health issues can be handled with right way and time of eating every traditional home cooked food.

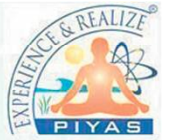
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Outpatient Department

# Packages



## Consultations & Other Services

### **1. Registration charges – 100/-**

(Registration is a one-time charge applicable for all services and valid for a period of 1 year)

### **2. General Consultation Rs. 1000/-**

Consultation given on treatment with Yoga, Naturopathy, alternative therapies and Dietary aspects.

### **3. Dietary / Nutritional Consultation – 2000/-**

(including personalized diet chart)

### **4. Integrative Medicine Consultation - Rs. 1000/-**

(including detailed Interpretation of reports, consultation and therapeutic advice and follow-up up to 5 days)

### **5. Online / video consultation – Rs. 2000/-**

(including registration and also includes a maximum of 2 follow-up consultations with in 1 week)

### **6. Follow-up Consultation charges - Rs. 500/-**

(after 1 week)

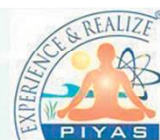
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Outpatient Department

# Packages



## Individual Yoga Packages /Therapeutic Yoga

### **Yoga Package for 20 sessions – INR 10,000**

Yoga session/s on all days through the week including Saturdays & Sundays for a total of 20 sessions to be **completed within a period of one (1) month** from the date of enrollment.

### **Yoga Package for 1 month – INR 8,000**

Yoga session on all weekdays from Monday - Friday **valid for a period of one (1) month** from the date of enrollment. Weekend sessions (Saturday / Sunday) is optional and charged extra @ Rs. 500/- per session.

All first-time enrollments should be for a minimum of 20 sessions or 1 - month package and are valid for a period of one (1) month from the date of enrollment.

Yoga class per session (of max. 1 hour) - INR 500

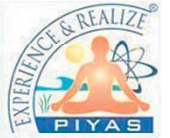
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Outpatient Department

# Packages



## Individual Yoga Packages /Therapeutic Yoga

### **Yoga Package for 3 months – INR 21,000**

Yoga session on all weekdays from Monday - Friday **valid for a period of three (3) months** from the date of enrollment.

Weekend sessions (Saturday / Sunday) is optional and charged extra @ Rs. 500/- per session.

### **Yoga Package for 6 months – INR 36,000**

Yoga session on all weekdays from Monday - Friday **valid for a period of six (6) months** from the date of enrollment.

Weekend sessions (Saturday / Sunday) is optional and charged extra @ Rs. 500/- per session.

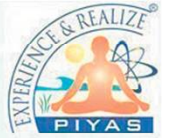
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Outpatient Department

# Packages



## Individual Yoga Packages /Therapeutic Yoga

Package includes a Yoga session at the PIYAS centre premises for a maximum period of 1 hour/day as per the timing and batch chosen. Please stick to your chosen batch timings and do not change it . Any change needs to be pre-informed and will be allowed at the discretion of the management and also within 7 days of joining.

Yoga batch timing - 6:00 am–7:00 am  
7:00 am–8:00 am

## What's included in the Yoga package @ PIYAS

- Yoga session – 45-60 min
  - Yogic Cleansing Kriyas – Kunjal (as required)
  - Relaxation & Meditation
  - Diet Counselling with Personalised Diet Chart
  - Group Counselling
  - Jal Neti (with pot)
  - Sutra neti (with neti tube)
  - Follow-up consultations (with Doctors) with monitoring
  - Links of Shanti & AUM Meditation shared
  - 135 Handy tips e-book
- ...and much more

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Outpatient Department

# Packages



## General Yoga Packages for Wellness

### **Yoga Package for 6 months – INR 15,000**

Yoga session on all weekdays from Monday - Friday valid for a period of six (6) months from the date of registration.

### **Yoga Package for 12 months – INR 25,000**

Yoga session on all weekdays from Monday - Friday valid for a period of twelve (12) months from the date of registration.

Timings: 10.00 – 11.00 am  
3.00 – 4.00 pm

...more batches to be announced soon.

This package is non-transferable and no extension will be given for any absenteeism

Please contact PIYAS for Group Yoga sessions /  
Personalised Yoga Studio sessions.

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Outpatient Department

# Packages



## Special Meditation session

### **Meditation / Relaxation package for 1 month – INR 10,000**

Meditation session on all weekdays from Monday - Friday valid for a period of one month from the date of registration. Each session is for 30-45 min. Participants will be taken through the experiences of a variety of meditation practices, customised to suit the need and personality of the person.

Timing: 7.00 – 8.00 pm

Admission will be given only after personal interaction / consultation with Dr Neetu Jain and her decision about the eligibility of the candidate will be final.

This package is non-transferable and no extension whatsoever will be entertained under any circumstances.

Please contact PIYAS for Group Meditation sessions / Personalised one-to-one meditation sessions.

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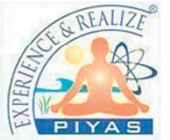
## Rules & regulations for Yoga sessions / packages

- Package includes a Yoga session at the PIYAS centre premises for a maximum period of 1 hour/day as per the timing and batch chosen.
- Please stick to your chosen batch timings and do not change it
- Once an aspirant decides on a particular package it will be allowed to be changed only once within a period of 7 days of enrollment and not later, after paying the difference amount.
- Any changes in the package made thereafter will be considered as new and regular charges will apply.
- If any aspirant absents himself/herself, the time period of absenteeism will not be extended in any of the packages.
- Once a person registers and decides on a package and the payment is made, it will not be refunded/transferred under any circumstances.
- The need for various treatments will be assessed by the treating doctor / naturopath.
- All other treatments like Physiotherapy, Massage, Steam (Local & Whole body), Spinal Bath, Arm & Foot Bath, Hot and Cold Fomentation, Acupuncture, Spa Therapies, etc., will be considered as special therapies and charged extra as applicable.



Outpatient Department

# Packages



## 5 Days Naturopathy Therapy package

Naturopathy treatment for **5 days: INR 5,000**

Daily Treatments may last from 30 to 45 min and includes therapies like Massages, Enema, CCP, wet sheet pack, Steam, Hydro packs, Hip bath, Sitz bath, Spinal bath, Kizhi, Hot & Cold fomentation etc., The treatments will be decided by the doctor /Naturopath based on the disease, pain area need and the condition of patients.

Special therapies are optional and charged extra as per actuals. This package should be **completed within a maximum period of 7 days** after which it will not be valid.

## 7 Days Naturopathy Therapy Package

Naturopathy treatment for **7 days: INR 7,000**

Daily Treatment session may last from 30 – 45 min and includes therapies like Massages, Enema, CCP, wet sheet pack, Steam, Hydro packs, Hip bath, Sitz bath, Spinal bath, Kizhi, Hot & Cold fomentation etc., The treatments will be decided by the doctor /Naturopath based on the disease, pain area need and the condition of patients.

Special therapies are optional and charged extra as per actuals. This package should be **completed within a maximum period of 10 days** after which it will not be valid.

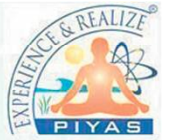
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Outpatient Department

# Packages



## 10 Days Naturopathy Therapy package

Naturopathy treatment for **10 days: INR 10,000**

Daily Treatment session may last from 30 – 45 min and includes therapies like Massages, Enema, CCP, wet sheet pack, Steam, Hydro packs, Hip bath, Sitz bath, Spinal bath, Kizhi, Hot & Cold fomentation etc., The treatments will be decided by the doctor /Naturopath based on the disease, pain area need and the condition of patients.

Special therapies are optional and charged extra as per actuals. This package should be **completed within a maximum period of 14 days** after which it will not be valid.

## Spa Therapy Package – 5 days

Spa treatment for **5 days: INR 7,500**

Daily Treatment session may last from 30 – 45 min and includes Head & Hair spa, Facial spa, Manicure & Pedicure, Spa massage, IR Sauna /Steam, Herbal paste therapy, etc., The treatments will be decided by the doctor /Naturopath based on the need and the condition of patients.

This package should be completed within a maximum period of 2 weeks after which it will not be valid.

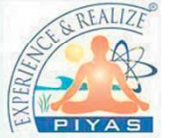
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Outpatient Department

# Packages



## Special Massage packages

### **5 massage package : INR 6,000**

General Local and Full body oil massages for a total of 5 sessions can be availed.

Steam after the massage (optional, if needed) will be charged **@Rs 300 / sitting.**

Special massages are not included in this package and charged extra as per actuals.

This package should be **completed within a maximum period of 5-6 weeks** after which it will not be valid.

### **10 massage package : INR 12,000**

General Local and Full body oil massages for a total of 10 sessions can be availed.

Steam after the massage (optional, if needed) will be charged **@Rs 300 / sitting.**

Special massages are not included in this package and charged extra as per actuals.

This package should be **completed within a maximum period of 10-12 weeks** after which it will not be valid.

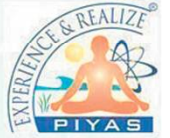
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Outpatient Department

# Packages



## Detox Therapy packages

### **Comprehensive Detox treatment (6 sessions):**

**INR 12,500**

Colon Hydrotherapy and Shirodhara on alternate days as decided by the Naturopath doctor based on the need and the condition of the patients.

Total of **3-Colons & 3-Shirodhara** will be given.

Any other therapies are optional and charged extra as per actuals.

This package is best done in a span of 6 days but should be completed within a maximum period of 2 weeks after which it will not be valid.

### **Body Detox treatment (3 sessions): INR 6,000**

Colon Hydrotherapy on alternate days as decided by the Naturopath doctor based on the need and the condition of the patients.

Total of **3-Colons** will be given.

Any other therapies are optional and charged extra as per actuals.

This package is best done in a span of 6 days on alternate days but should be completed within a maximum period of 10 days after which it will not be valid.

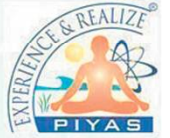
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Outpatient Department

# Packages



## Physiotherapy/Acupuncture packages

### **5 sessions Physiotherapy package : INR 2,000**

To be taken for 5 consecutive days.

Each session lasts from 20 – 40 min (depends on the type of treatment recommended)

**Extra session @Rs 400 / sitting.**

### **5 sessions Acupuncture package : INR 2,500**

To be taken for 5 consecutive days.

Each session lasts from 20 – 30 min

**Extra session @Rs 500 / sitting.**

### **10 sessions Physiotherapy package : INR 3,500**

To be taken for 10 consecutive days.

Each session lasts from 20 – 40 min (depends on the type of treatment recommended)

**Extra session @Rs 400 / sitting.**

### **10 sessions Acupuncture package : INR 4,000**

To be taken for 10 consecutive days.

Each session lasts from 20 – 40 min

**Extra session @Rs 500 / sitting.**

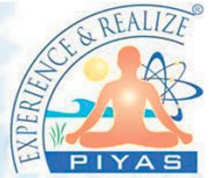
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Inpatient Department

# Packages



## In-Patient (IP) charges

### **Deluxe Room Package /day /person– INR 5,000**

Deluxe Room Charges per day per person on twin sharing basis  
(Package includes Bed charges - INR 2500 per day / person;  
Yoga sessions & Naturopathy treatments - INR 2000 per day/person,  
Prescribed Diet & Healthy drinks - INR. 500 per day / person)  
Package does not include special therapies like Shirodhara, Colon  
Hydrotherapy, Acupuncture, Spa and Physiotherapy.  
Lab and Diagnostic tests (as prescribed), Laundry and Special  
consultations will be charged as per actuals.

### **Deluxe Suite Package /day /Couple – INR 15,000**

Deluxe Suite Room Charges per day per couple / two persons  
(Package includes Bed charges, Consultations, Yoga sessions,  
Naturopathy treatments, Counselling and Prescribed Diet &  
Healthy drinks

Package does not include special therapies like Shirodhara,  
Colon Hydrotherapy, Acupuncture, Spa and Physiotherapy.  
Lab and Diagnostic tests (as prescribed), Laundry and Special  
consultations will be charged as per actuals

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Inpatient Department

# Packages



## In-Patient (IP) charges

### Day Care Package /day /person– INR 3,500

For 8 – 10 hours per person on sharing basis in General ward.  
Timings from 7 am – 5 pm.

(Package includes Consultation, Day care Bed charges, Yoga session, Naturopathy treatments, Counselling and Prescribed Diet & drink)

Package does not include special therapies like Shirodhara, Colon Hydrotherapy, Acupuncture, Spa and Physiotherapy.  
Lab and Diagnostic tests (as prescribed) charged as per actuals

### Deluxe Complete Suite Package /day – INR 30,000

Complete private occupation of Deluxe Suite per day which can accommodate a maximum of 4 persons (4 adults or 2 adults+2 children)

Package includes Room accommodation charges, Consultations, Yoga sessions, Naturopathy treatments, Counselling and Prescribed Diet & Healthy drinks.

Package does not include special therapies like Shirodhara, Colon Hydrotherapy, Acupuncture, Spa and Physiotherapy.

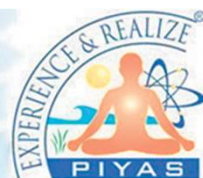
Lab and Diagnostic tests (as prescribed), Laundry and Special consultations will be charged as per actuals

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Inpatient Department

# Packages



## In-Patient (IP) charges

### Special Care/Acute Care Package - INR 4,000

For 4-6 hours per person with continuous monitoring and care of the patient with a dedicated nurse or therapist and includes all Naturopathy treatments and prescribed Diet by the attending Doctor / Naturopath.

Extra charges apply as per the accommodation chosen if patient stays beyond 4 -6 hrs.

Lab and Diagnostic tests (as prescribed) charged as per actuals.

Total Number of Beds: **30**

- ❖ Deluxe Room Beds - 20 (10 rooms x 2 beds)
- ❖ Deluxe Suite - 4 (Family rooms 2 x 2 beds)
- ❖ SCU - 1
- ❖ Day care – 5

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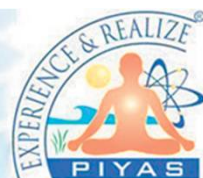
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## Inpatient Department

# Packages



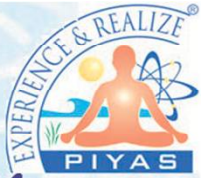
### DINACHARYA – THE DAILY ROUTINE

Activities	Timings	Location
Wake-up in with Smile; Ushapaaan - Drink warm or normal water	05:00 am	2nd Floor - Rooms
Yogic Kriyas / Drink	05:45 am-06:00 am	2nd Floor - Dining Area
Yoga session	07:00 am-08:00 am	3rd Floor - Yoga Hall
Consultation / Doctor Rounds	08:00 am-09:00 am	2nd Floor - Lobby area
Breakfast	09:00 am-09:30 am	2nd Floor - Dining area
Therapies	10:00 am-12:00 pm	1st Floor - Therapy area
Lunch	12:00 pm-12:30 pm	2nd Floor - Dining area
Rest / Reading	12:30 pm-02:30 pm	2nd Floor -Rooms/Lobby
Consultation / Doctor Rounds	02:30 pm-03:00 pm	2nd Floor - Lobby area
Therapies	03:00 pm-04.00 pm	1st Floor -Therapy area
Yoga session	04:00 pm-05:00 pm	3rd Floor - Yoga Hall
Dinner	06:00 pm-06:45 pm	2nd Floor - Dining area
Contemplation / Rest-reading / Satsang / Entertainment (*)	07:00 pm-08:00 pm	2nd Floor - Lobby
Drink & Short treatment	08:00 pm-08:30 pm	2nd Floor - Lobby area
Lights off to Bed / Yoga Nidra	09:00 pm	2nd Floor - Rooms

Please Note: The Timings & Activities are subject to change based on the Consultant/ Experts' advice. \*TBA

## Inpatient Department

# Terms & Conditions



## In-Patient (IP) Department

### Terms & Conditions



#### Booking & Cancellation Policy:

- Minimum period of stay recommended - 5 days.
- Overall stay period will be decided in consultation with the doctor based on the disease condition which could range from 7 days – 8 weeks.

#### Advance bookings:

- \* Advance reservation is encouraged to ensure availability of accommodation which cannot be guaranteed on spot bookings. So, earlier the better at least 1-2 weeks in advance.
- \* Please send your clinical history and latest medical reports or do an online / video consultation to avoid delay in processing.
- \* An advance deposit equivalent to three days charges for accommodation of your choice is to be paid while submitting the application for confirmation. The payment may be done through Credit/Debit card, UPI or internet banking. Balance amount for the duration of stay to be paid at the time of admission.
- \* Room reservations without advance deposit amount will not be processed.
- \* The advance deposit will be adjusted in the final bill.
- \* Admission is subject to clearance of cases by our panel of doctors, who will scrutinize the application and medical records to ascertain suitability and eligibility.

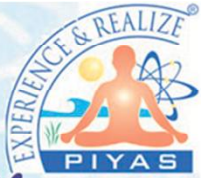
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## Inpatient Department

# Terms & Conditions



## In-Patient (IP) Department



### Terms & Conditions

#### Advance bookings:

- \* Reservation deposit is liable to be forfeited under certain circumstances, mentioned hereinafter.
- \* Applications are cleared on provisional basis and admission is granted on the basis of applicant's physical examination by our doctors upon admission. If any information declared in the application is found incorrect, admission will be denied and advance deposit forfeited.
- \* If the patient is found violating rules and regulations of the Hospital he/she will be asked to leave the premises immediately and the advance amount forfeited.

#### Cancellation :

- \* Minimum 3 days amount will be deducted in case of cancellations after confirmation.
- \* In the event of a request for premature discharge, charges will be levied for actual period of stay plus three days, or the remaining days of the booked period, whichever is less.
- \* You should carry your personal original & valid ID proof which will be required at the time of admission. This is a must.

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Inpatient Department

# Packages



## In-Patient (IP) Department

### Attendant charges-

Attendant , if any accompanying the patient (stay with food) will be charged **INR 3000 per day.**

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### Full occupancy of Deluxe Double Room-

If the patient wants to have single occupancy of the double bedded deluxe Room without sharing with anybody else (subject to availability) will be charged **INR 7500 per day.**

Please carry your own -

- 1.Toiletries - Towels, Soap, Toothpaste, Brush etc.,
- 2.Comfortable clothes (for Yoga)
- 3.Medicines (if any) to last for the intended stay period
4. Any other items of personal use

Food Items from outside strictly not allowed.

Use of Tobacco (in any form), Alcohol or any other stimulating beverages is strictly not allowed.

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## Department of Laboratory /Diagnostics

### PIYAS-MAITRI EXECUTIVE HEALTH CHECK

#### **HAEMOGRAM**

Haemoglobin  
Red Blood Cells  
Packed Cell Volume  
RBCs Indices  
Mean Cell Volume  
Mean Cell Haemoglobin  
Mean Cell Haemoglobin Conc  
Red Cell Distribution Width - CV  
Red Cell Distribution Width - SD  
WBCs  
Total White Blood Cell Count  
Differential WBC Count  
Neutrophils  
Lymphocytes  
Eosinophils  
Monocytes  
Basophil  
ESR-Erythrocyte Sedimentation Rate  
Platelet's  
Platelet Count  
Mean Platelet Volume  
Platelet Distribution Width  
Peripheral Smear Study  
RBCs morphology  
WBCs morphology  
Platelets morphology  
Impression

#### **Blood Grouping**

Blood group  
Rh Typing

#### **DIABETIC SCREENING TEST**

Fasting Blood Glucose  
Fasting Urine Glucose  
Post Prandial Blood Glucose  
Post Prandial Blood Glucose  
Glycosylated haemoglobin (HbA1C)  
Mean Blood Glucose (60-90 days)

#### **SEROLOGY SCREENING**

HIV  
HBsAg  
HCV  
VDRL

#### **RENAL FUNCTION TEST**

Blood Urea  
Blood Urea Nitrogen (BUN)  
Creatinine  
BUN/Creat Ratio  
Uric Acid  
Calcium  
Phosphorus  
ELECTROLYTES  
Sodium  
Potassium  
Chloride

#### **LIPID PROFILE**

Cholesterol -Total  
Triglycerides  
HDL- Direct High Density Lipoprotein  
LDL- Low Density Lipoprotein  
VLDL- Very Low Density Lipoprotein  
Cholesterol/HDL Chol Ratio  
LDL Chol/HDL Chol Ratio

#### **LIVER FUNCTION TEST**

Bilirubin - Total  
Bilirubin - Direct  
Bilirubin - Indirect  
Protein - Total  
Albumin  
Globulin  
Alb/Glo Ratio  
AST/SGOT  
ALT/SGPT  
Gamma GT  
Alkaline Phosphatase

#### **THYROID FUNCTION TEST**

T3 - Tri-Iodothyronine  
T4 - Thyroxin - Total  
TSH - Thyroid Stimulating Hormone

#### **Vitamin B12**

Vitamin D3

Prostatic Specific Antigen - PSA (for Males >40 yrs)  
CA - 125 (for Females >40 yrs)  
Iron Profile (for Females <40 yrs)

#### **Urine Complete Examination**

Physical Examination  
Colour  
Appearance  
Chemical Examination  
Specific Gravity  
Ph  
Albumin  
Sugar  
Ketone bodies  
Urobilinogen  
Bilirubin  
Blood  
Microscopic Examination  
Pus cells  
Epithelial Cells  
RBCs  
Casts/Crystals  
Bacteria  
Others

#### **STOOL EXAMINATION**

Physical examination  
Colour  
Consistency  
Mucus  
Chemical Examination  
Ph  
Occult Blood  
Microscopy  
Ova  
Cyst  
Pus cells  
RBCs  
Fat Globules  
Mucus Threads

#### **Other:**

Weight  
Height  
BP  
Pulse  
SpO2  
ECG  
Spirometry (PFT)  
Chest X-Ray (Optional)

#### **IM Consultation**

ACTUAL PRICE Rs - 9470/-

PIYAS SPECIAL PACKAGE PRICE Rs - 4500/-

Note: 1. Fasting from Previous Night, Only Water allowed in the morning  
2. Collect Stool Container for Stool sample

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## Welcome to PIYAS

Congratulations ! On taking the right step towards taking control of your own health.and your first step to Design Your Own Health (DYOH).

Team PIYAS represents a Living organization – which is committed to excellence, constantly progressing and dedicated to deliver the best services in the field of Holistic Health .

Please come with an open mind and make the most of your stay. Be positive, spread positivity and help us make PIYAS a better place for you and for others.

PIYAS has been in existence for 30 years now and presently headed by Dr Neetu Jain, PhD - an expert Yoga & Naturopath consultant practicing for the last 30 years. She has worked in various capacities both in India and abroad and has trained more than 1 lakh people so far in different countries like India, Dubai, Mauritius, USA, UK, Australia, Singapore and South Korea.

### **SS NAVYAS Charitable Trust**

Surajbai Sardarmull NAVYAS Trust (SSNT) is a registered public charitable trust with a vision of reaching Drugless and Natural medicine to the common man. It was registered in the year 2011.

**"We Care, Nature Cures; Holistic Living, Our Mission".**

PIYAS is an initiative of SSNT, which is not-for-profit venture established in the city of Bengaluru.

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A GOVERNMENT RECOGNISED  
AYUSH HOSPITAL**

**NO.HFW 40PIM 2020/E.O,  
KPME.REG.NO.BLU01688SDCD**

**AND**



**NABH ACCREDITED HOSPITAL**

**CERTIFICATION NO: AH-2019-0081**

**ADMISSIONS AND TREATMENTS AT  
PIYAS HOSPITAL ARE ELIGIBLE FOR  
INSURANCE CLAIMS &  
GOVERNMENT REIMBURSEMENTS**

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**\*CONDITIONS APPLY.**

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**PIYAS**  
A NOT-FOR-PROFIT  
YOGA & NATURE CURE HOSPITAL

MANAGED BY  
**SURAJBAI SARDARMULL NAVYAS TRUST**

**Avail**  
**Income Tax (IT) Exemption under**  
**80 G**

Contact PIYAS Admin team for further details

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# Start Your Wellness Journey



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