

PROGRAM STRUCTURE OF "CORRESPONDENCE COURSE"

1. The Acupressure Shodh, Prashikshan Evam Upchar Sansthan is conducting correspondence Courses in Acupressure Healing Sciences, which are as follows :

Name of Course	Short Name	Duration
Certificate in Acupressure Healing Science	CAHS - corr.	One semester of six months
Diploma in Acupressure Healing Science	DAHS - corr.	Two semesters, each of six months
Advance Diploma in Acupressure Healing Science	ADAHS - corr.	Four semesters, each of six months

2. **Sessions:** There will be two semesters every year and session will start twice a year – **January and July**. Accordingly, examinations will be held twice a year, i.e. in the month of June and December.
3. **Lateral Entry:** Fresh Students can take admission only in Certificate programme and they can take admission after clearing it, in further programmes. However, they will get benefit of semester cleared previously either from this Sansthan or from any other recognized University / Institution.

For example : If someone has cleared Certificate programme of one semester and wants to take admission in Diploma Programme, he will get benefit of one semester and he has to clear only second semester of Diploma Programme and accordingly in other Programmes too.

4. **Description of Correspondence Courses :**

(A) About Course :

S.No.	Program	No. of Paper	Semester	Theory Paper	Theory marks	Assignment Marks	Practical Marks	Project Marks	Total Marks
1	CAHS	3	1	3	300	50 × 3=150	50 × 3 = 150	-	600
2	DAHS	6	2	6	600	50 × 3=150	50 × 3 = 150	-	900
3	ADAHS	12	4	12	1200	50 × 6=300	50 × 6 = 300	100	1900

(B) Papers and Marks Allotment (for every paper in each semester) :

	Paper	Theory	Practical	Assignment	Total
1.	Basics of Human Body (BHB)	100	50	50	200
2.	Chinese Acupressure (CA)	100	50	50	200
3.	Ayurvedic Acupressure (AA)	100	50	50	200

Note :- In Semester-1 Paper names will be BHB-1-corr. CA-1-corr. AA-1-corr.
In Semester-2 Paper names will be BHB-2-corr. CA-2-corr. AA-2-corr.
In Semester-3 Paper names will be BHB-3-corr. CA-3-corr. AA-3-corr.
In Semester-4 Paper names will be BHB-4-corr. CA-4-corr. AA-4-corr.

(C) Teaching Time Table, Course Books and Class Schedule :

(C1) For Local / Outstation - Compact Class (7 hrs/day - 6 days)

(May be adjusted for outstation classes as per co-ordinator/students suitability, but 42 hrs schedule compulsory)

Paper	Theory hrs.	Practical hrs.	Total Hrs. (in 6 days)	Total hrs. (Each paper)
1. BHB	1½ hrs.	½ hr.	2 hrs.	(*6) 12 hrs.
2. CA	1½ hrs	1 hr.	2½ hrs.	(*6) 15 hrs.
3. AA	1½ hrs.	1 hr.	2½ hrs.	(*6) 15 hrs.
Total	4½ hrs.	2½ hrs.	7hrs/day	(*6) 42 hrs./sem

Note:- Every day - 7 hrs classes = 4½ hrs theory, 2½ hrs practical.

(In 6 days (one sem) = 42 hrs = 27 hrs theory, 15 hrs practical.)

Detailed Syllabus of Correspondence Course :

(a proposed schedule with 2 breaks of 15 min each i.e. 7:30 hrs/day.
(Topics 1 2 3 may be interchanged)

Note : Prescribed books of study will be supplied free of cost by the sansthan but the books given in the previous semester will not be given in the next semester. Replacement against prescribed books will not be permitted.

ADAHS (Correspondence) Sem-3 (6 Days)

1. Basic of Human Body (BHB-3) 1. Manav Sharir Vigyan (Ch 11 to 15) 2. Parikshan-1 (Ch 1 to 7)	2. Chinese Acupressure (CA-3) 1. Treatise - III (EAV) 2. Treatise - IV (EAV) 3. Single Point - III Reference Books : 1. Chinese Acupressure Handbook 1 2. Chinese Acupressure Handbook 2 3. Treatise - V 4. Therapist Hand Book	3. Ayurvedic Acupressure (AA-3) 1. Charak-1 Special Focus on V,P,K & Dhatu, Mal (Ch 5, Page 101 to 156) Sub Regional (Page 201 upto last) 2. Attrey (Page 6 to 31) 3. Hippocrates - 1 (Ch 2,3 - Page 19-142) Reference Books : 1. Ayurvedic Treatment Handbook 1, 2 & 3 2. Kanva Rishi (Colour Book Vol-2)
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Sem - 3	Sub	Theory (1.30 Hr)	Practical (0.30 Hr)	Break	Sub	Theory (1.30 Hr)	Practical (0.30 Hr)	Break	Sub	Theory (1.30 Hr)	Practical (0.30 Hr)	Break
Day-1	BHB	Manav Sharir Vigyan (Pg 132-154) Ch-11 Locomotor + Musc. + N. Sys.	Reports Related to system		CA	Treatise-III Ch-1 to 5 (Pg 11-53)	Treatment Protocols on Dr. Voll Meridian		AA	Charak-1 (Pg 101-138) Special Focus on Vata, Pitta, Kaph & Dhatu	Revision of Meridian VM, LVM, RLVM, HZM (OF)	
Day-2	BHB	Manav Sharir Vigyan (Pg 155-177) Ch-11 Locomotor + Musc. + N. Sys.		CA	Treatise-III Ch-6 to 11 (Pg 54-93)	AA		Charak-1 (Pg 144-156, 213-268)	LHM (OF), RLHM (OF), Spm (OF)			
Day-3	BHB	Manav Sharir Vigyan (Pg 178-199) Ch-11 Locomotor + Musc. + N. Sys.		CA	Treatise-IV (Pg 8-21)	AA		Attreya (Pg 6-21)	Ploting as Per AA HB-1 & 2			
Day-4	BHB	Manav Sharir Vigyan Ch-12 Sense Organ (Pg 200-206) Ch-13 Lymphatic Sys. (Pg 207-211)		CA	Treatise-IV (Pg 22-96) Special Focus on Pg 25,35,57,59,73	AA		Attreya (Pg 22-31)	Ploting as Per AA HB-1 & 2			
Day-5	BHB	Manav Sharir Vigyan Ch-14 Intega. Sys. (Pg 212-215) Ch-15 Nor. Value In Blood (Pg 216-217)		CA	Treatise-IV (Pg 97-241)	AA		Hippocrates-1, Ch-2	Ploting as Per AA HB-1 & 2			
Day-6	BHB	Parikshan Part 1 Ch-1 to 7 (Pg 5-88)		CA	Single Point - Part 3 (First Half)	AA		Hippocrates-1, Ch-3	Ploting as Per AA HB-1 & 2			

ADAHS (Correspondence) Sem-4 (6 Days)

1. Basic of Human Body (BHB-4)	2. Chinese Acupressure (CA-4)	3. Ayurvedic Acupressure (AA-4)
1. Manav Sharir Vigyan Revision of entire Book 2. Parikshan-1 (Ch - 8 upto Last)	1. Treatise - VI (EOV) 2. Patanjali Yogic Acupressure Reference Books : 1. Chinese Acupressure Handbook 1 2. Chinese Acupressure Handbook 2 3. Therapist Handbook	1. Charak-3 (Brain Section - Page 182 - 243) 2. Charak 2 Detailed study of Meridian, Ten Elements (Page 1 to 163) 3. Dhanvantri Acupressure (F.No - 0 to 9, Page 40 to 165) Description of the table & Treatment Protocol Reference Books : 1. Ayurvedic Treatment Handbook 1, 2 & 3

Sem - 4	Sub	Theory (1.30 Hr)	Practical (0.30 Hr)	Break	Sub	Theory (1.30 Hr)	Practical (0.30 Hr)	Break	Sub	Theory (1.30 Hr)	Practical (0.30 Hr)	Break
Day-1	BHB	Manav Sharir Vigyan (Revision) Ch 1 to 4	Reports Related to system		CA	Treatise-VI, Ch 1 to 2 (Pg 03-52)	Application of Treatment Protocols on Byol Meridians		AA	Charak-2, Ch 8 (Dignosis)	Ploting as per HB 1 & 2	
Day-2	BHB	Manav Sharir Vigyan (Revision) Ch 5 to 8			CA	Treatise-VI, Ch 3 to 6 (Pg 53-110)			AA	Charak-2, Ch 9 (Disease & Case History)	Ploting as per HB 1 & 2	
Day-3	BHB	Manav Sharir Vigyan (Revision) Ch 8 to 11			CA	Treatise-VI, Ch 7 to 9 (Pg 111-128) Sec-2 Treatment Protocol (Pg 130 to 180)			AA	Charak-3 (Brain Section, Pg 49 to 61, Pg 67 to 70)	Ploting as per HB 1, 2 & 3	
Day-4	BHB	Manav Sharir Vigyan (Revision) Ch 12 to 15			CA	Treatise-VI, Sec-2 Treatment Protocol (Pg 181 to 227)			AA	Charak-3 (Brain Section, Pg 182 to 238)	Ploting as per HB 1, 2 & 3	
Day-5	BHB	Parikshan Part 1 Ch-8 to 11 (Pg 89-117)			CA	Patanjali Yogic Acupressure (Pg 1 to 28)			AA	Dhanvantari Acupressure (Pg 40 to 123)	Ploting as per HB 1, 2 & 3	
Day-6	BHB	Parikshan Part 1 Ch-12 to Last (Pg 118-161) With Revision			CA	Patanjali Yogic Acupressure (Pg 162 to 189) upto Immune System			AA	Dhanvantari Acupressure (Pg 124 to 165)	Ploting as per HB 1, 2 & 3	