

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.

CAHS (Correspondence) Sem-1 (6 Days)

1. Basic of Human Body (BHB-1)	2. Chinese Acupressure (CA-1)	3. Ayurvedic Acupressure (AA-1)
1. Manav Sharir Vigyan - (Ch - 1 to 5) Introduction of Body Systems	1. Treatise I 2. Single Point -I 3. Sushrut Rang Chikitsa 4. Sujok Acupressure Reference Books : 1. Treatise -II 2. Handbook -1 3. Handbook - 2	1. Bhardwaj Ayurvedic Acupressure 2. Agnivesh Ayurvedic Acupressure 3. Chyawan Rishi (Ayu Protocols) Reference books : 1. AA Treatment Hand Book-1 & 2 (Summary Related to Vm, Hzm, Spm, RLVM), 2. Seed Therapy

Sem - 1	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 1 to 9) Ch - 1 Homeostasis Ch - 2 Cell	Filling Prescription		CA	Treatise 1 What is Acu, Five Elements (Pg 1 to 13)	Sujok Corr., Lu, Li, Byol Chart		AA	Agnivesh (Summary)	Corr. (External)	
Day-2	BHB	Ch - 3 Blood (Pg 10 to 20)	B.P. Weight Hight Pulse		CA	Five Shu Point Law of Yuan Source, Disital, Influential, Xi-cleft, Passage Point. Intro of 4 Meridians (Pg 14-21, 28,31,33,35,39)	Meridians Sp, St, H Byol Chart		AA	Bharadwaj Tulyarthata, Corr. Of Organ, Body Parts (Pg 2-12,57,77-98)	Corr. (Internal)	
Day-3	BHB	Ch - 3 Blood (Pg 21 to 25)	Reading Reports (Blood)		CA	Law of Alarm Point, Horary, First & Last, Root & Fruit, Source Point. Intro of 5 Meridians (Pg 40, 44, 46, 55, 95)	Meridians Si, K Byol Chart		AA	Ten Origen System (Pg 13-25)	VM, LVM, RLVM	
Day-4	BHB	Ch - 4 Digestive System (Pg 35 to 47)	Reading Reports (Blood)		CA	Treatment of Cervical Endocrines, Law of Regulating Bowels, Sprains, Emotions. Intro of 5 Meridians (Pg 50, 53, 63, 64, 71)	Meridians UB, P, Tw Byol Chart		AA	V.P.K., Samanya Vishesh, Ayurvedic Biological Clock & Lifestyle (Pg 26,27,44-55)	HZM, LHM, RLHM	
Day-5	BHB	Ch - 4 Food & Nutrition (Pg 48 to 57)	Reading Reports (Blood)		CA	Sushrut Rang Chikitsa	Meridians Liv, GB Byol Chart		AA	Dign & Treat (10-Ori. Fing & Toes, Twist, Head Regional, Seasonal, Phalnges, Pregnancy Treatment (Pg 101, 102, 111, 118, 119, 124, 131-133)	Spm	
Day-6	BHB	Manav Sharir Vigyan Ch - 1 to 5 Revision	Reading Reports (General)		CA	Single Point - Part 1	Meridians CV, GV Byol Chart		AA	Rishi Chyawan	Spm	