

Programme Structure of “Correspondence Courses”

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 in year – **January and July**. Accordingly, examinations will be held twice every 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 Academy or from any other recognized University. 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 -

SN	Program	No. of Papers	Sem	Theory papers	Theory marks	Assignment Marks	Practical Marks	Project marks	Total Marks	Credit
1	CAHS	3	1	3	300	50x3=150	50x3=150	-	600	24
2	DAHS	6	2	6	600	50x3=150	50x3=150	-	900	48
3	ADAHS	12	4	12	1200	50x6=300	50x6=300	100	1800	96

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

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

Note: In SEM -1, Paper names will be BHB-1, CA-1, AA-1

In SEM -2, Paper names will be BHB-2, CA-2, AA-2

In SEM -3, Paper names will be BHB-3, CA-3, AA-3

In SEM -4, Paper names will be BHB-4, CA-4, AA-4

(C1) Teaching Time Table: per day class schedule

FOR OUTSTATION / COMPACT CLASSES OF 7HRS/DAY IN 6 DAYS

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

Each semester = 42 hrs (covered in 7 hrs/day for 6 days)

Paper	Theory hrs	Practical hrs	Total hrs	Total hrs (in 6 days)
1. BHB	1 ½ hrs	½ hr	2 hrs	(*6) 12 hrs
2. CA	1 ½ hrs	1 hr	2 ½ hrs	(*6) 15 hrs
3. AA	1 ½ hrs	1 hr	2 ½ hrs	(*6) 15 hrs
Total	4 ½ hrs/day	2 ½ hrs/day	7 hrs/day	(*6) 42 hrs/sem

Note: Every day- 7 hrs classes = 4 ½ hrs theory, 2 ½ hrs practical.
In 6 days(one sem)= 42 hrs = 27 hrs theory, 15 hrs practical.

Classes: 7 hrs/day for 6 days

(A proposed schedule with 2 breaks of 15 min each i.e. 7:30 hrs/day)

	Subj	Theory	Prac		Sub	Theory	Prac		Sub	Theory	Prac
Day-1	BHB	1 ½ hr	½ hr	Brk	CA	1 ½	1hr	Brk	AA	1 ½ hr	1 hr
Day-2	BHB	1 ½ hr	½ hr		CA	1 ½	1hr		AA	1 ½ hr	1 hr
Day-3	BHB	1 ½ hr	½ hr		CA	1 ½	1hr		AA	1 ½ hr	1 hr
Day-4	BHB	1 ½ hr	½ hr		CA	1 ½	1hr		AA	1 ½ hr	1 hr
Day-5	BHB	1 ½ hr	½ hr		CA	1 ½	1hr		AA	1 ½ hr	1 hr
Day-6	BHB	1 ½ hr	½ hr		CA	1 ½	1hr		AA	1 ½ hr	1 hr

(C2) Teaching Time Table: per day class schedule

FOR LOCAL CLASSES AT ALLAHABAD

**Timings probably 9:00 am to 1:30 pm on SUNDAYS (with break of 30 min)*

Total 42 hrs / SEM = 11 Sundays = 4 hrs /day (44hrs –including 2 revision classes)

Class	2 hrs	Break	2 hrs
Sunday-1	BHB	Break	CA
Sunday-2	BHB		CA
Sunday-3	BHB		CA
Sunday-4	BHB		CA
Sunday-5	BHB		CA
Sunday-6	BHB 12 hrs course		CA
Sunday-7	CA		CA (15 hrs course) + 1 hr revision
Sunday-8	AA		AA
Sunday-9	AA		AA
Sunday-10	AA		AA
Sunday-11	AA		AA (15 hrs course) + 1 hr revision

(D) Fee Structure

Criteria of fees	For Local weekly/Sunday classes (4 hrs / day for 11 Sundays)	For outstation/ compact classes (7hrs/day for 6 days)
Prospectus and admission form	100/-	100/-
Exam Fee	900/-	900/-
Tution Fee	3000/-	6000/-
Total Fee	4000/-	7000/-

5. Eligibility-

- CAHS-corr.-The candidate should be 10th Pass.
- DAHS-corr.-The candidate should be 10+2 Pass and qualified CAHS.
- ADAHS-corr.-The candidate should have qualified the above course DAHS

6. There will be **no age limit** in any course.

7. **Medium of Instruction** - Hindi and English or both.

8. **Syllabus and Study Material**- Syllabus and course material will be provided by the Sansthan in Hindi & English or both. Reference books of the course could be purchased by the student as required. The books shall be interchangeable by the students, through their co-ordinators.

9. **Geographical Area Covered**- All over India and abroad too.

10. **Examination and Teaching Centers**- Teaching and Examination center shall be at the place of the Coordinator.

11. An **Assignment**- 50 marks for each subject/paper as mentioned in the course is to be submitted by every student, fifteen days before the exam. None can appear in exam without submission of assignments.

12. A **project** of 100 marks based on disease study/research work in **Semester 4 only** is to be submitted by students of ADAHS, two months before the Exam. For appearing in exam submission of Project is compulsory.

13. If any candidate fails in one subject (**passing marks 33%**), he may apply for **back paper** on payment of exam fee for one subject as Rs. 300/- He may appear in next examination for such paper, only two times

14. Admission will be on **full payment of fee**, as agreed upon between the parties – The Sansthan, The Coordinator and Mentor

15. **Attendance**: At least **50%** attendance compulsory, each in theory and practical classes.

Please Note: Students are requested to talk to their respective co-ordinators regarding course books, exams, results etc as all instructed within the MOU between Sansthan (aspeus) and the co-ordinator/mentor.

(A) Syllabus for “Correspondence Courses”

CAHS-corr. - sem 1 only

1. Basics of human body (BHB-1)
 - I. Rogi Rog Upcharak (Summary)
 - II. Manav Sharir Vigyan (Chapter I to V)
2. Chinese Acupressure (CA-1)
 - I. Treatise –I
 - II. Hand Book for Acupressure Therapists

Ref book – Chinese acupressure treatment handbook-1
3. Ayurvedic Acupressure (AA-1)
 - I. Bhardwaj Ayurvedic Acupressure
 - II. Agnivesh Ayurvedic Acupressure
 - III. Hippocrates –1 Ayurvedic Acupressure (1st half)

Ref book - Ayurvedic Acupressure Treatment Hand Book-I (Summary related to VM, Hzm, Spm, and RLVM)

DAHS-corr.- sem 2 (sem 1- same as CAHS)

1. Basics of human body (BHB-2)
 - I. Parikshan –I
 - II. Manav Sharir Vigyan (Chapter VI to X)
2. Chinese Acupressure (CA-2)
 - I. Treatise- VII (Fundamentals of TCM)

Ref Book – Chinese Acupressure treatment handbook-1,2
3. Ayurvedic Acupressure (AA-2)
 - I. Charak –I (Vol-1) (summary level-1)
 - II. Charak –II (Only the Spine Section)
 - III. Hippocrates –1 Ayurvedic Acupressure (2nd half)

Ref book - Ayurvedic Acupressure Treatment Hand Book-1, 2

ADAHS-corr-sem-3 (sem 1,2 same as above)

1. Basics of human body (BHB-3)
 - I. Parikshan –II (1st half)
 - II. Manav Sharir Vigyan (Chapter XI to XV)
2. Chinese Acupressure (CA-3)
 - I. Treatise- III (EAV)
 - II. Treatise- IV (EAV)
 - III. Treatise- V (EAV)

Ref books – Chinese Acupressure Treatment handbooks-1, 2
3. Ayurvedic Acupressure (AA-3)
 - I. Charak-I (Vol-1) (summary level-2)
 - II. Dhanvantari Ayurvedic Acupressure (summary level-1)
 - III. Atreya Ayurvedic Acupressure (summary level-1)
 - IV. Hippocrates –II Ayurvedic Acupressure (1st half)

Ref book - Ayurvedic Acupressure Treatment Hand Book-1, 2, 3

ADAHS-corr-sem-4 (sem 1,2,3 same as above)

1. Basics of human body (BHB-4)
 - I. Parikshan –II (2nd half)
 - II. Manav Sharir Vigyan (revision of entire book)
2. Chinese Acupressure (CA-4)
 - I. Treatise- VI (EOV)

Ref books – Chinese Acupressure Treatment handbooks-1, 2

3. Ayurvedic Acupressure (AA-4)

I. Dhanvantari Ayurvedic Acupressure (summary level-2)

II. Atreya Ayurvedic Acupressure (summary level-2)

III. Hippocatus –II Ayurvedic Acupressure (2nd half)

Ref book - Ayurvedic Acupressure Treatment Hand Book-1, 2, 3

Project Report to be prepared by the students of ADAHS.

If any candidate fails in one subject (**passing marks 50% in each paper**), he may apply for **back paper** on payment of exam fee for one subject as Rs. 300/- He may appear in next examination for such paper, only two times

Admission will be on **full payment of fee**, as agreed upon between the parties – The Sansthan, The Coordinator and Mentor.

Read the Instructions carefully before filling the form.

- 1) The Application Form must be filled in CAPITAL Letters.
- 2) Columns if not filled properly, the form will not be accepted.
- 3) Make sure that the necessary documents are enclosed with the form else the form will not be accepted.
- 4) Medium of instructions will be Hindi AND/OR English.
- 5) Every student shall require minimum 75% of presence separately in each subject in theory and practical and 90% of the training period for being eligible to appear in the examination.
- 6) The candidates, after successful completion of the course can work as an Acupressure therapist in Acupressure Centers, Naturopathy Centers, Mind-Body-Soul Centers, Spas, Health Home Sanatoriums etc. under the supervision of physician or as an independent Acupressure Therapists as per the prescription of the physician.

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