

**(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.
<b>Total</b>	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

## 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

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	

## DAHS (Correspondence) Sem-2 (6 Days)

<b>1. Basic of Human Body (BHB-2)</b> <b>1. Manav Sharir Vigyan - (Ch 6 to 10)</b>	<b>2. Chinese Acupressure (CA-2)</b> <b>1. Treatise VII (Ch - 1, 4,5,6,7,8,9) (Fundamentals of TCM)</b> <b>2. Single Point - 2</b> <b>Reference Books :</b> <b>1. Chinese Acupressure Handbook 1</b> <b>2. Chinese Acupressure Handbook 2</b> <b>3. Therapist Handbook</b>	<b>3. Ayurvedic Acupressure (AA-2)</b> <b>1. Charak- 1 (Page 1 to 200)</b> <b>Focus on six components</b> <b>Dravya, Guna, Karma, Ten Elements</b> <b>Case History</b> <b>2. Charak - 3 (Only spine section)</b> <b>Reference Books :</b> <b>1. Ayurvedic Acupressure Handbook 1, 2 &amp; 3</b> <b>2. Ayurvedic Acupressure Colour Vol-1</b>
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Sem - 2	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 58-73) Ch-6 Circulatory System	Reports (C.S.)		CA	Treatise-VII Ch-1 (Pg 40,51,55) Ch-2 (Pg 71)			AA	Charak-1 (Pg 1-25)	Revi. of all Ayurvedic Meridian VM, LVM, HZM	
Day-2	BHB	Ch-7 Respiratory System (Pg 74-83) Ch-8 Excretory System (Pg 84-91)	Reports (R.S.,E.S)		CA	Treatise-VII Ch-4 (Pg 85-97)			AA	Charak-1 (Pg 26-99)	LHM, RLHM, Spm	
Day-3	BHB	Ch-9 Endocrine System (Pg 92-105)	Reports (Endo Sys.)		CA	Treatise-VII Ch-5 (Pg 98-112) Ch-6 (Pg 113-118)			AA	Charak-1 (Pg 100-150)	Opp. Flow of VM, LVM, RLVM	
Day-4	BHB	Ch-9 Endocrine System (Pg 105-118)	Reports (Endo Sys.)		CA	Treatise-VII Ch-7, 8, 9 (Pg 119-151)			AA	Charak-1 Case Histories (Pg 151-200)	Opp. Flow of LHM, RLHM, Spm	
Day-5	BHB	Ch-10 Reproductive System (Pg 119-131)	Reports (Reprod. Sys.)		CA	Treatise-VII Ch-9 (Pg 152-182)			AA	Charak-3 Spine Section (Pg 71-107)	Spm (OF) Chakra on Palm	
Day-6	BHB	Manav Sharir Vigyan Ch - 6 to 10 Revision	Reports (MRI, USG, X-Ray etc.)		CA	Single Point - Part 2			AA	Charak-3 Spine Section (Pg 108-141)	NCH (Fing. & Toes)	

Treatment Protocols on Byol Meridian

## ADAHS (Correspondence) Sem-3 (6 Days)

<b>1. Basic of Human Body (BHB-3)</b> <b>1. Manav Sharir Vigyan (Ch 11 to 15)</b> <b>2. Parikshan-1 (Ch 1 to 7)</b>	<b>2. Chinese Acupressure (CA-3)</b> <b>1. Treatise - III (EAV)</b> <b>2. Treatise - IV (EAV)</b> <b>3. Single Point - III</b> <b>Reference Books :</b> <b>1. Chinese Acupressure Handbook 1</b> <b>2. Chinese Acupressure Handbook 2</b> <b>3. Treatise - V</b> <b>4. Therapist Hand Book</b>	<b>3. Ayurvedic Acupressure (AA-3)</b> <b>1. Charak-1</b> <b>Special Focus on V,P,K &amp; Dhatu, Mal (Ch 5, Page 101 to 156)</b> <b>Sub Regional (Page 201 upto last)</b> <b>2. Attrey (Page 6 to 31)</b> <b>3. Hippocrates - 1 (Ch 2,3 - Page 19-142)</b> <b>Reference Books :</b> <b>1. Ayurvedic Treatment Handbook 1, 2 &amp; 3</b> <b>2. Kanva Rishi (Colour Book Vol-2)</b>
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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)

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

**(C2) For Local :**

Sundays classes at Allahabad (4½ hrs / Sunday-11 Sundays)

\* 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 (44 hrs - including 2 revision classes.)

<b>Class</b>	<b>2 hrs.</b>	<b>Break</b>	<b>2 hrs.</b>
Sunday-1	BHB		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 of Correspondence Course :**

<b>Description of fees</b>	<b>For local (Sunday) classes (4 hrs / day for 11 Sundays)</b>	<b>For local/outstation compact classes (7 hrs / day for 6 days)</b>
Exam Fee	1500/-	1500/-
Tuition	6000/-	6000/-
<b>Total Fee</b>	<b>7,500/- Per Semester</b>	<b>7,500/- Per Semester</b>

**Note** - Students will get prospectus free of cost.

**5. Eligibility :**

- CAHS - (Corr.) The candidate should be 12th 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 and English or both. Reference books of the course could be purchased by the student as required.
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** : Of 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. (Question paper of assignment to be taken from co-ordinator).
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 50% in each subject**), he may apply for **back paper** on payment of exam fee for one subject as Rs. 1000/- He may appear in next examination for such paper, only two times.
14. Admission will only be on the **full payment of fee**, as agreed upon between the parties – The Sansthan, The Coordinator and Mentor

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