

**CAHS (Correspondence) Sem-1 (10 Days)**

1. Basics of Human Body (BHB-1)	2. Chinese Acupressure (CA-1)	3. Ayurvedic Acupressure (AA-1)
1. Manav Sharir Vigyan – (Ch – 1 to 5)	1. Treatise 1 2. Single Point-1 3. Sushrut Rang Chikitsa (P. 62-95) 4. Sujok Acupressure <b>Reference Books :</b> 5. Treatise-II 6. Handbook -1 7. Handbook-2	1. Bhardwaj Ayurvedic Acupressure 2. Agnivesh Ayurvedic Acupressure (Ch 4 to 7) 3. Chyawan Rishi (Ayu Protocols) – Protocols based on only VM, HZM, Spm & NCH <b>Reference books :</b> 4. AA Treatment Hand Book-1 & 2 5. (Summary Related to Vm, Hzm, 6. Spm, NCH) 7. Seed Therapy

Sem-1	Sub	Theory	Practical	Break	Sub	Theory	Practical	Break	Sub	Theory	Practical	Break
Day-1	BHB	Manav Sharir Vigyan (Pg 1 to 9) Ch – 1 Homeostasis Ch – Cell	Filling Prescripation		CA	Treatise 1 What is Acu, Five Elements (Pg 1 to 13)	Sujok Corr. Lu, Li, Byol Chart		AA	Agnivesh (Summary) (Ch. 4 to 7)	Corr. (External)	
Day-2	BHB	Ch-3 Blood (Pg 10 to 20)	B.P. Weight High 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	
Day-4	BHB	Ch-4 Digestive System (Pg 35 to 47)	Reading Reports (Blood)		CA	Treatment of Cervical Endocrines, Law or 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, 44-45)	HZM	
Day-5	BHB	Ch-4 Food & Nutrition (Pg 48 to 57)	Reading Reports (Blood)		CA	Sushrut Rang Chikitsa (Pg No. 62 to 95)	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)	+NCH	
Day-6	BHB	Manav Sharir Vigyan Ch-1 to 5 Revision AHL Chart	Reading Reports (General)		CA	Single Point – Part-1 AHL Chart	Meridians CV, GV Byol Chart		AA	Rishi Chyawan AHL Chart	+NCH	