

**ADAHS-I (Correspondence) Sem-3 (10 Days)**

<b>1. Basics of Human Body (BHB-3)</b>	<b>2. Chinese Acupressure (CA-3)</b>	<b>3. Ayurvedic Acupressure (AA-3)</b>
1. Manav Sharir Vigyan – (Ch – 11 to 15)  2. Parikshan-1 (Ch 1 to 7)	1. Treatise - III (EAV) 2. Treatise – IV (EAV) 3. Single Point – III <b>Reference Books:</b> 1. Chinese Acupressure Handbook-1 2. Chinese Acupressure Handbook-2 3. Treatise – V 4. Therapist Hand Book	1. Charak – 1 (Page 1 to 100) Special Focus on V.P.K. & Dhatu, Mal (Ch 5, Pag 101 to 156) Sub Regional (Page 201 Upto last) 2. Attrey (Page 06-31) 3. Hippocrates – 1 (Ch 2, 3 – Page 19-142) <b>Reference Books :</b> 1. Ayurvedic Acupressure Handbook 1, 2 & 3 2. Kanva Rishi (Colour Book Vol-2)

Sem-3	Sub	Theory (1.30 Hr)	Practica I (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.	<b>Reports Related to System</b>		C.A.	Treatise-III Ch-1 to 5 (Pg 11-53)	<b>Treatment Protocols on Dr. Voll Meridian</b>		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	Tissue Formation Charak-1 (Pg 144-156, 212-268) Ayurvedi Acupressure	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	Treatment Field Attreya (Pg 6-21) Mega meridian	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	Relation Between Human Body and Mega meridians. 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) Special Focus on meridians			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) AHL Chart			CA	Single Point – Part-3 (First Half) AHL Chart			AA	Hippocrates-1, Ch-3 AHL Chart	Ploting as per AA HB-1 & 2	