

1	Name of Course	Certificate Course In Natural Healing (W.E.F.2016-17)											
2	Course Code	201136											
3	Max. No. of Students Per Batch	25 Students											
4	Duration	6 Month											
5	Type	Part Time											
6	No Of Days / Week	6 Days											
7	No Of Hours /Days	4 Hrs / 24 hrs week											
8	Space Required	Practical Lab = 200 Sq feet <u>Class Room = 200 Sq feet</u> TOTAL = 400 Sq feet											
9	Minimum Entry Qualification	S.S.C. Passed											
10	Objective Of Course	1) To create awareness among masses & about Natural Healing 2) To create skill manpower for Natural Healing Activities.											
11	Employment Opportunities	Can Assist Doctors, can become counsellors, health instructors in health clubs, School, College etc.											
12	Teacher's Qualification	Graduate from any faculty of medicine including Diploma in Naturopathy.											
13	Training System	<p style="text-align: center;">Training System Per Week</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Theory</th> <th>Practical</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>6 Hours</td> <td>18 Hours</td> <td>24 Hours</td> </tr> </tbody> </table>						Theory	Practical	Total	6 Hours	18 Hours	24 Hours
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14	Exam. System	Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks					
		1	20113611	Introduction of Natural Healing	TH I	3 hrs	100	35					
		2	20113612	Preventive & Social Medicine	TH II	3 hrs	100	35					
		3	20113621	Introduction of Natural Healing	PR I	3 hrs	100	50					
		4	20113622	Preventive & Social Medicine	PR II	3 hrs	100	50					
				Total			400	170					

Certificate Course in Natural Healing

Theory & Practical - I - Introduction of Natural Healing

1. Concept of Health & Disease
2. Anatomical & Physiological aspect of human body
3. Importance of symptoms in Disease condition & dis-eased condition
4. Fasting – its types & value of fasting
5. Diet – Juice therapy, sprouts therapy, Green vegetable therapy, Raw salad diet
6. Colour Therapy & Cromo Therapy
7. Massage Therapy & Aroma Therapy
8. Exercise & regulation of life style
9. Immunity, How it gets disturbed & How it can be restored.
10. Hydrotherapy (Sitz bath, Steam bath, spinal bath, etc.)
11. Homeopathy (Basic Introduction & its application in acute disorders)
Role of Homeopathy, Biochem Remedies and Bach Flower Therapy as First Aids and Common Oilments.
12. Introduction to Acupressure and Reflex & Sujok

Theory & Practical - II - Preventive & Social Medicine

1. Hygiene – Definition, Personal hygiene, Social hygiene, Food hygiene
2. Definition of health & disease
3. Infection/disinfection
4. Communicable & Non-communicable disease
5. Nutrition & Balanced diet
6. Vitamins, Minerals & protein disorder
7. Introduction of International organisations - WHO/UNICEF
8. Introduction of Primary & Rural health services
9. Noise, Water & Air pollution & prevention

Practicals :-

Practicals on the patients :- On Case taking and Case Perceiving during Workshop, Discussion and in form of Seminars, Audio-visual and onlines.

List of Instruments, Tools and Furniture to be available in Institute

Sr. No.	Name of the Instrument	Quantity
1.	Stethoscope	4
2.	B.P. Instrument	4
3.	Weighing machine	2
4.	Thermometer	3
5.	Hot water bag	5
6.	Steam bath cabinet	1
7.	Hip bath tub	1
8.	Foot bath tub	1
9.	Full bath tub	1
10.	Magnets & magnet belts	3
11.	Juicer	1
12.	Cloth for various hydrotherapy packs	1
13.	Plastic tray for mud and wheat grass	1
14.	Coloured glass bottles or chromo thermoleum	1
15.	Towels & napkins	4
16.	Tables for examination, massage, etc.	1
17.	And Medicine of Homeopathy, Biochemical, Bach Flower, Essential Oils for Aroma Therapy	As per requirement

Reference Books :-

1. Concept of Health & Disease

- Books: (i) A popular Guide to Nature Cure (in English)
[By – V. Stanley Davidson, N.D.]
- (ii) Practice of Natural Therapeutics (in English) [By – Henry Lindlahr, M.D.]
- (iii) Ayurveda for Health and Life (in English)
[By – Captain Dr. R.K. Garde, I.M.S.]
- (iv) Kimayn Hatanchi (Haathon ka Jas) (in Marathi & Hindi)
[By – Dr. Mirza Anwer Baig, Ph.D., M.B.B.S.]
- (v) A Preliminary booklet on Anatomy & Physiology And Nature's Anatomy & Physiology (in English) [By- Dr. Shahida Baig, N.D., D.H.M.S.]

2. Ways & Methods of Drugless Therapy

- Books: (i) Aaj ki Bimariyan Aur Nature Cure (in Hindi)
[By- Dr. Shahida Baig, N.D., D.H.M.S.]
- (ii) Family Guide to Alternative Medicine (in English)
[Readers' Digest Publication]
- (iii) The Essential Aromatherapy Book (in English)
[By- Carole McGilvery and Jimi Reed]
- (iv) Growing & Using Healing Herbs (in English) [By- Gaea and Shandor Weiss]
- (v) Fifty Useful Herbs (in English) [By- Anthony Gardiner]

- (vi) Healing with Colour (in English) [By- Mary Bassano]
- (v) Cancer & Nutrition (in English) [By- Charles B. Simone, M.D.]
- (vi) Let There Be Light (in English) [By- Darius Dinshah]
- (vii) Easy Steps To Relaxation and Meditation (in English)
[By- Rosalind Widdowson, MBBO, IDTA, BWY]

3. What is Acute & What is Chronic like AIDS, Cancer & TB. Preventive aspect and possible approach which may be as curative.

Books:

- (i) Family Matters; A-Z of Childhood Illness (in English) [By- Rose Meek]
- (ii) Immune Power (in English) [By- Dr. I. William Lane & Susan Barter]
- (iii) AIDS and Syphilis; The Hidden Link (in English) [By- Harris L. Coulter, Ph.D.]
- (iv) Homeopathy in Curing AIDS and Prevention of AIDS (in English)
[By- Thomas Cotter and Lindley Cotter, Ph.D]
- (v) Homo-Immunitization! AIDS v/s Cancer: As preventive and as therapeutic
(in English) [By- Dr. Mirza Anwer Baig, Ph.D., M.B.B.S.]
- (vi) Myths & Reality about AIDS (in English)
[By- Dr. Mirza Anwer Baig, Ph.D., M.B.B.S.]
- (vii) Vaccines: Are They Really Safe & Effective? (in English)
[By- Neil Z. Miller, Ph.D.]
- (viii) Ek Molecule Ka Aatank (in Hindi) [By- Dr. Mirza Anwer Baig, M.D., Ph.D., M.B.B.S.]
- (ix) The Post Mortem of Bird Flu (in English)
[By- Dr. Mirza Anwer Baig, M.D., Ph.D., M.B.B.S.]
- (x) Surgery Without Knife (in English) [By- Dr. Mirza Anwer Baig,
Edited by: Dr. Rozina Zaheer, B.H.M.S., N.D., M.O.H.]
- (xi) Health and Disease Holistic Approach – By Dr.Lata Narayan Joshi,MBBS,MD
(ISBN No. - 978-908093-1-3)
- (xii) Sujok Therapy by Prof. Bask Jaewoo.
