

| <b>1</b>  | Name of Course                    | <b>Certificate Course In Natural Healing<br/>(W.E.F.2016-17)</b>                                                                                                                                                                                                                                             |            |                                 |       |       |            |            |           |       |         |          |          |
|-----------|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------------------------------|-------|-------|------------|------------|-----------|-------|---------|----------|----------|
| <b>2</b>  | Course Code                       | <b>201136</b>                                                                                                                                                                                                                                                                                                |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>3</b>  | Max. No. of Students<br>Per Batch | 25 Students                                                                                                                                                                                                                                                                                                  |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>4</b>  | Duration                          | 6 Month                                                                                                                                                                                                                                                                                                      |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>5</b>  | Type                              | Part Time                                                                                                                                                                                                                                                                                                    |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>6</b>  | No Of Days / Week                 | 6 Days                                                                                                                                                                                                                                                                                                       |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>7</b>  | No Of Hours /Days                 | 4 Hrs / 24 hrs week                                                                                                                                                                                                                                                                                          |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>8</b>  | Space Required                    | Practical Lab = 200 Sq feet<br><u>Class Room = 200 Sq feet</u><br>TOTAL = 400 Sq feet                                                                                                                                                                                                                        |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>9</b>  | Minimum Entry<br>Qualification    | S.S.C. Passed                                                                                                                                                                                                                                                                                                |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>10</b> | Objective Of Course               | 1) To create awareness among masses & about Natural Healing<br>2) To create skill manpower for Natural Healing Activities.                                                                                                                                                                                   |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>11</b> | Employment<br>Opportunities       | Can Assist Doctors, can become counsellors, health instructors in health clubs, School, College etc.                                                                                                                                                                                                         |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>12</b> | Teacher's<br>Qualification        | Graduate from any faculty of medicine including Diploma in Naturopathy.                                                                                                                                                                                                                                      |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>13</b> | Training System                   | <p style="text-align: center;"><b>Training System Per Week</b></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 |
| Theory    | Practical                         | Total                                                                                                                                                                                                                                                                                                        |            |                                 |       |       |            |            |           |       |         |          |          |
| 6 Hours   | 18 Hours                          | 24 Hours                                                                                                                                                                                                                                                                                                     |            |                                 |       |       |            |            |           |       |         |          |          |
| <b>14</b> | 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         |           |       |         |          |          |
|           |                                   |                                                                                                                                                                                                                                                                                                              |            | <b>Total</b>                    |       |       | <b>400</b> | <b>170</b> |           |       |         |          |          |

## **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-Immunization! 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.

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