

SWARNIM STARTUP & INNOVATION UNIVERSITY

SWARNIM SCIENCE COLLEGE

VALUE ADDED COURSE (VAC)

Acupressure and Nature Cure Certificate Course - VACANC

Session	Topic	Content	Duration
1	Introduction to Acupressure and Nature Cure	Overview, history, and principles of acupressure and nature cure	1 hour
2	Basics of Human Anatomy	Basic anatomy relevant to acupressure, major organ systems	2 hours
3	Meridian Theory and Acupressure Points	Understanding meridians, locating key acupressure points	2 hours
4	Techniques of Acupressure	Different techniques, how to apply pressure, duration of treatment	2 hours
5	Benefits and Applications	Health benefits, common ailments treated with acupressure	2 hours
6	Introduction to Nature Cure	Principles of nature cure, five elements theory	1 hour
7	Diet and Nutrition in Nature Cure	Principles of a naturopathic diet, therapeutic fasting, detoxification	2 hours
8	Hydrotherapy	Uses of water in healing, different hydrotherapy techniques	2 hours
9	Mud Therapy	Benefits and application of mud packs, mud baths	2 hours
10	Sun Therapy	Benefits of sunbathing, heliotherapy techniques	1 hour
11	Massage Therapy	Basic massage techniques, benefits, contraindications	2 hours
12	Yoga and Pranayama	Importance of yoga and breath control in naturopathy, basic asanas, breathing exercises	2 hours
13	Acupressure for Specific Conditions	Techniques for headaches, back pain, stress, digestive issues	2 hours
14	Nature Cure for Chronic Diseases	Managing chronic diseases like diabetes, hypertension through nature cure	2 hours

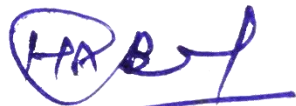



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15	Detoxification Techniques	Methods and benefits of detoxification in nature cure	1 hour
16	Practical Application and Case Studies	Practical sessions, analyzing case studies, hands-on practice	3 hours
17	Business and Ethics in Practice	Setting up a practice, ethical considerations, patient communication	2 hours
18	Review and Assessment	Review of key concepts, practical and theoretical assessments	2 hours
19	Closing Ceremony	Certification distribution, feedback session, course wrap-up	1 hour
Total			30 hours

- This curriculum provides a comprehensive overview of essential topics for a 30-hour Acupressure and Nature Cure Certificate Course, balancing theoretical knowledge and practical application.




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