Nisargopachar Kendra is a Naturopathy based Holistic Health Care Centre, managed by the charitable trust “Vadodara Jilla Sarvodaya Mandal”. The Center is run with the mission to provide nature cure and alternate therapies with scientific and holistic approach and to develop awareness towards healthy lifestyle in the society. The Center regularly conducts educational programs and workshops to create awareness about Holistic and Healthy Lifestyle and Naturopathy, so that people can make healthier choices in their life.

**COURSE OBJECTIVE**

The purpose of the course is to look at the issues of health in a broad holistic manner and to understand in detail about various factors that affects our health. It includes understanding the importance of major determinants of our health, viz. Diet (Ahar), Daily Routine, Exercise and Rest (Vihar), Mind, Emotions and the Environment.

The course includes simple measures that can be implemented in our daily life to maintain health and take care of ourselves in common ailments. The course is designed by integrating the knowledge sources of modern and traditional health sciences like Naturopathy, Yoga and Ayurveda.

**IMPORTANT TOPICS**

The person doing the online course will be able to develop the knowledge of holistic health and some related skills such as,

1. Major Factors affecting our Health
2. Basic Principles of Naturopathy - Concept of Vitality, Disease, Toxins
3. Fundamentals of Human Anatomy and Physiology
4. Healthy Diet (according to Modern Science, Ayurveda and Naturopathy)
5. Side Effects of Fast Food, Packaged Food & Processed Food on Health
6. Importance of Natural Diet and Fasting
7. Importance of Exercise, Rest & Sleep, Dincharya, Rutucharya
8. Understanding Mind & Emotions
9. Understanding Stress, Depression and tools for Stress Management & Mental Wellbeing
10. Yoga, Pranayama, Shatkarma, Meditation and Importance of Spirituality in Daily Life
11. Theory & Demonstrations on Naturopathy Treatments like Massage, Mud Therapy, Hydrotherapy, Lapet and Acupressure
12. Effects of Harmful Chemicals in Packaged Food Products & Personal Care Products & its Alternatives
13. Air, Water and Land Pollution and its Effects on our Health
14. Impact of Plastics on Health & Environment
15. Impact of Sanitary Pads on Health and Environment and its Eco-friendly Alternatives
16. Effects of Electronic Gazettes on Health
17. Impact of Energy Sources on Environment, Health & Renewable Energy Sources
18. Impact of our Lifestyle on the Environment and its Sustainable Solutions
19. Use of Medicinal Herbs in Common Diseases
20. Self-care Measures in Acute Diseases like Fever, Diarrhea, Cold-cough, Hyperacidity etc.
21. Self-care & Holistic Approach in Life Style Diseases like Diabetes, Hypertension, Heart Diseases, Arthritis, Obesity, etc.

**COURSE STRUCTURE**

This is a Certificate Course, divided into 4 Sessions comprising of Online Theoretical Lectures (200+ hours), Workshops (20+ hours) and HHL Community Meetings.

**ONLINE LECTURES**
- Online Lectures will be conducted in 4 Different Sessions. Each Session will be of 25 to 35 days.
- There will be a break of few days between 2 sessions.
- The timings of online lectures will be generally between morning 6:30 to 8:30 am. There are occasional changes depending upon convenience of the faculty.
- Online lectures will be conducted through Zoom application. Participants will have to download Zoom app on their mobile or computer and can join the lectures with the link provided.

**WORKSHOPS**
- The exact dates & timings of the workshops will be decided by the organization depending upon the convenience of resource persons and shall be declared later.
- The workshops will be conducted online or offline on the campus.
- Each workshop will be of 2 to 4 hours.
- Workshops will be organized on:
  - Healthy Food Recipes
  - Healthy Bakery
  - Kitchen Gardening
  - Composting
  - Preparing Personal Care Products at home
  - Naturopathy Treatments
  - Yogasana, Pranayama, Shatkarma
  - Meditation & Mindfulness Techniques

**HHL COMMUNITY & PRACTICES**
- Holistic Healthy Living (HHL) course is not only information based but also helps to make a positive change in our daily lifestyle. To achieve this objective, there will be one online meeting every month. In this meeting, we will introduce one or two practices pertaining to a healthy lifestyle and discuss ways to implement it in our daily routine and lifestyle.
- The main purpose of this activity is to form a community of individuals and to be useful to each other and to the society for inculcating healthy habits in life.

**STUDY MATERIAL, EXAMINATION & CERTIFICATE**
- Study Material will be provided in digital format through Google Drive link, which can be downloaded and printed by the participant. All participants will be given access to this Google drive link only through their given Email address (preferably Gmail if the participant wants to access it through their mobile phone).
- After each Session, there will be an exam of 25 marks. Therefore, there will be 4 exams for 4 sessions and the total marks will be 100.
- Candidates scoring a minimum of 50 marks out of total 100 marks will be awarded an E-Certificate at the end of the course.
- To understand the concept of health in a holistic way, participants are advised to attend all the lectures. Audio recordings of the lectures will also be provided in case the participant is not able to attend any lecture.
TENTATIVE TIMETABLE*

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Theme</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Human Body, Ahar, Vihar</td>
<td>01-Aug-22</td>
<td>10-Sep-22</td>
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<tr>
<td></td>
<td>(30 Lectures, 2 Workshops, 1 Educational Tour)</td>
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<tr>
<td>Break</td>
<td>Holidays</td>
<td>11-Sep-22</td>
<td>18-Sep-22</td>
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<tr>
<td>Session 2</td>
<td>Naturopathy Treatments, Environment</td>
<td>19-Sep-22</td>
<td>20-Oct-22</td>
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<tr>
<td></td>
<td>(19 Lectures, 3 Workshops, 2 Educational Tours)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Break</td>
<td>Holidays</td>
<td>21-Oct-22</td>
<td>13-Nov-22</td>
</tr>
<tr>
<td>Session 3</td>
<td>Mind, Emotions, Yoga &amp; Spirituality</td>
<td>14-Nov-22</td>
<td>24-Dec-22</td>
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<tr>
<td></td>
<td>(35 Lectures, 1 Workshop, 1 Educational Tour)</td>
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</tr>
<tr>
<td>Break</td>
<td>Holidays</td>
<td>25-Dec-22</td>
<td>15-Jan-23</td>
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<tr>
<td>Session 4</td>
<td>Self-care for Common Diseases</td>
<td>16-Jan-23</td>
<td>11-Feb-23</td>
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<tr>
<td></td>
<td>(20 Lectures, 1 Workshop, 1 Educational Tour)</td>
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</table>

*The dates for each session are tentative and subject to change depending upon the convenience of the faculty members and the organization. Any change will be binding to all the participants.

GENERAL INFORMATION

Online Platform: Zoom Application (Link will be send through WhatsApp group)
Online Lecture Timings: Morning 6:30 – 8:30 am
Language of Instruction: Hindi & English
Faculty: 40+ Doctors and Experts from various specialties
Contribution Amount: Rs. 6000/- (Discounts are available for financially needy persons)

Last Date for Registration: 23rd July, 2022

PROCEDURE FOR REGISTRATION

STEP I: ONLINE PAYMENT

https://pages.razorpay.com/HHL2022
Make an online payment through this link (Internet banking, Credit/Debit cards, UPI, Wallets, etc.).

STEP II: REGISTRATION FORM

https://tinyurl.com/RegistrationHHL2022-23
After making payment, fill out the Google Form available on this link.

CONTACT DETAILS

Call / WhatsApp Message: 94261 87834 (10:00 am – 4:00 pm)
Landline Number: 0265-2371880 (10.00 am – 5.00 pm)
Email: education@nisargopachar.org