

Be your own DOCTOR

by joining our

1 MONTH COURSE

Certificate Course in **HOLISTIC HEALTH** (C.C.H.)



DURATION:
1 MONTH



FEE:
5000

SYLLABUS:



CCH01 | Human Physiology



CCH02 | Naturopathy



CCH03 | Dietetics



CCH04 | Yoga Methodology



CCH05 | Acupressure



National Institute of
Holistic Health
(NIH)

📍 New Delhi (IN)

— Affiliated by —



**GLG School of
Yoga-Vietnam**



Dr. Vinod Kashyap
Chairman-NIH



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National Institute of
Holistic Health (NIH)



GLG School of
Yoga-Vietnam



Introduction



H health is the biggest necessity in today's life. We have to correct our diet, our thoughts and our behavior to keep our health constant, only then we can remain physically, mentally and spiritually healthy and this is also the right definition of health.

According to mythological beliefs, man's age was considered to be around 300 years. But in today's environment, we can keep our body perfectly healthy for 100 years and for this, we have to keep our diet, behavior and thoughts completely sattvic.

The National Institute of Holistic Health (NIH) has been working continuously for the last 7 years to make the common people aware of health globally, in which many programs for health awareness, health education, health awareness camps, seminars, conferences etc are being run and these works will be useful in making the whole world healthy.

— *come, let us all make the world healthy* —

“ ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः।
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग्भवेत् ॥
ॐ शान्तिः शान्तिः शान्तिः ॥ ”



SATTVIC DIET
Pure Food
Pure Body



POSITIVE THOUGHTS
Pure Mind
Happy Life



GOOD BEHAVIOR
Pure Actions
Peaceful Society



HOLISTIC HEALTH
Body • Mind • Spirit
In Balance



HEALTHY WORLD
Our Goal
Our Responsibility



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Aims & Objectives



The World Health Organization (WHO) believes that modern medical systems and hospitals are falling short for the treatment of new diseases increasing day by day and it is not possible to provide health facilities to every person by any government mechanism.



The WHO therefore called for the promotion of traditional medical practices (traditional systems of medicine) keeping in mind the health of the citizens of its member countries. For this, an action plan has been prepared for the year 2014-2023 which also includes Yoga, Naturopathy.



The human body is a unique work of God. Humans are always healthy and prosperous, so nature has created different types of fruits - flowers, rivers, waterfalls and seasons, but due to our senselessness and disregarding the laws of nature, we often suffer from diseases that cause physical, mental and we are becoming weaker financially.



In order to make our body healthy again, we also have to consume many types of health practices and medicines.



The purpose of establishing the **National Institute of Holistic Health (NIH)** is to make every person in the society aware of health and education.



YOGA

For Body Balance and Flexibility



NATUROPATHY

Natural Healing for a Better Life



DIET & NUTRITION

Right Food for Right Health



MENTAL WELLNESS

Positive Mind Positive Life



HOLISTIC LIVING

Body • Mind • Spirit In Harmony



HEALTHY SOCIETY

Healthy Individuals Healthy World



National Institute of Holistic Health (NIH)



GLG School of Yoga-Vietnam

NIH has started a 1 Month Certificate Course in which basic education related to health awareness will be imparted.

The course has been accredited by the GLG School of YOGA (Vietnam).



Certificate Course in HOLISTIC HEALTH (CCH)



DURATION: 1 MONTH



EDUCATIONAL QUALIFICATION: 10th PASS



The student will be given a book related to the course.



There will be a total of 4 online classes.



After 1 month, the student will have an online examination (objective type).



After passing the examination, the student will be given a certificate by the National Institute of Holistic Health.



Other Facility for Students:-



Regular session on Holistic Health (Yoga, Naturopathy, Diet, Acupressure)



Regular webinars on various diseases.



Lifetime membership of NIH.



Lifetime membership of e-directory.



E-magazine and other health related information.



<https://www.nihh.co.in/activities/admissions>
(For course related information, log in to above link.)





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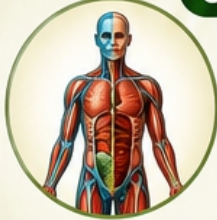


GLG School of
Yoga-Vietnam

SYLLABUS

Certificate Course in HOLISTIC HEALTH (CCH)

CCH01 HUMAN PHYSIOLOGY



- Introduction to Human Body
- Cell, Tissue, Organ and Systems
- Functions of Major Body Systems
- Homeostasis and Body Regulation
- Health and Hygiene



CCH02 NATUROPATHY



- Principles and Philosophy of Naturopathy
- Five Elements and Nature Cure Principles
- Hydrotherapy and Mud Therapy
- Fasting, Cleansing and Detoxification
- Lifestyle and Natural Healing



CCH03 DIETETICS



- Basic Principles of Nutrition
- Macronutrients and Micronutrients
- Balanced Diet and Meal Planning
- Therapeutic Diet and Nutrition
- Food as Medicine



CCH04 YOGA METHODOLOGY



- Introduction to Yoga and Its Benefits
- Asanas – Theory and Practice
- Pranayama and Breathing Techniques
- Meditation and Relaxation Techniques
- Yogic Lifestyle and Daily Routine



CCH05 ACUPRESSURE



- Introduction to Acupressure
- Meridians and Energy Channels
- Acupressure Points and Their Benefits
- Techniques for Common Ailments
- Self Acupressure for Daily Health



*Health is the greatest possession. Contentment is the greatest treasure.
Confidence is the greatest friend. Non-being is the greatest joy.” — Buddha*



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COURSE BENEFITS



1 After completing the course, you can give health related advice to your family and friends.




2 Lifestyle can be helpful in prevention and treatment of diseases.




3 You can keep good health of yourself and your family.




4 You can make aware schools and college's students/staff by giving health related lectures also in other social institutions.




5 You can send good health articles for publish in newspapers and magazines.




6 How to keep your health good? For this, you can make a good videos and send it to your friends and relatives.





Health Awareness



Disease Prevention



Healthy Lifestyle



Health Education



Social Service



Better Society Better World

Healthy People • Healthy Families • Healthy Society • Healthy Nation



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Introduction to NATUROPATHY

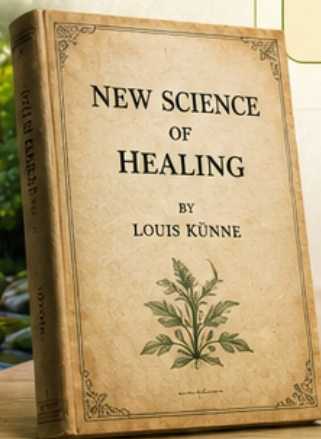
Naturopathy is actually element therapy in which all types of diseases are treated with the help of five elements i.e. sky, air, fire, water and earth. Naturopathy is also known by various names such as Naturopathy, Nature Cure, etc.



Naturopathy is not just a system of curing diseases, but it is the art of living a life full of healthy joy and long life.

If a person remains healthy by following the rules and principles in natural medicine, then if he does not follow the rules and principles to the contrary, he can also become diseased.

The reestablishment of Naturopathy in India began with the translation of the book 'New Science of Healing' by the famous German scientist Louis Künne. Mr. D. Venkatchelapati Sharma translated this book into Telugu language around 1894. Shri Shrotikrishna Swaroop Ji, resident of Bijnor, Uttar Pradesh, translated this book into Hindi and Urdu language in 1904. Naturopathy received special publicity through this book.



FIVE ELEMENTS - THE BASE OF NATUROPATHY



SKY

Provides Space and Freedom



AIR

Gives Life and Movement



FIRE

Provides Energy and Transformation



WATER

Nourishes and Purifies



EARTH

Gives Strength and Stability

“Naturopathy believes that nature has the power to heal. We just need to follow natural laws, maintain balance and live in harmony with nature.”



Naturopathy is the path to natural living, holistic health and a disease-free life.



*Health for All, Happiness for All
Holistic Living, Healthy Living*



NATIONAL INSTITUTE OF HOLISTIC HEALTH (NIH)

Educate • Empower • Enlighten



HOLISTIC
HEALTH



HEALTH
EDUCATION



HEALTHY
LIFESTYLE



SOCIAL
AWARENESS



HEALTHY
WORLD



*Together for a Healthy,
Happy & Harmonious World*



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