

Rigved Foundation
Affiliated with KME Vidyapeeth Nagpur

Syllabus Theory Paper- 1 (VDAT- 1):
Fundamentals of
Acupressure/Acupuncture Unit-1: History
and Introduction of
Acupressure/Acupuncture-Learning Basic
Knowledge of Acupressure/Acupuncture.
Unit-2: Theories of
Acupressure/Acupuncture-Learning how
Acupressure/Acupuncture works. Unit-3:
Effects of Acupressure/Acupuncture-
Understanding about Needling & their
Effects. Unit-4: Anatomical
Measurements- Types of Needles-
Knowing about needles and needling
techniques. Unit-5: Diagnosis Methods-
Understanding various methods of
Diagnosis and Pulse Reading. Unit-6:

Treatment Techniques- Applying Needling and Moxibustion Techniques & Treatment.

Theory Paper- 2 (VDAT- 2): Meridians of Acupressure/Acupuncture Unit-1: Fire

Element- To locate the path of Heart, Small Intestine, Pericardium and Triple Warmer Meridians, their Polarity, Identification of Points and their clinical uses. Unit-2: Earth Element- To locate the path of Spleen and Stomach Meridians, their Polarity Location of Channels and Identification of Points. Unit-3: Air Element- To locate the path of Lungs and Large Intestine Meridians, their Polarity Location of Channels and Identification of Points. Unit-4: Water Element- To locate the path of Kidney/Urinary Bladder Meridians, their Polarity Location of Channels and Identification of Points. Unit-5: Wood Element- To locate the path

of Liver and Gall Bladder Meridians, their Polarity Location of Channels and Identification of Points. Unit-6: Extra Channels- To locate the path of Ren & Du Channels. Extraordinary Points. Location of Channels and Identification of Points. 6

Theory Paper- 3 (VDAT- 3): Human Anatomy and Physiology Unit-1: Introduction of Anatomy & physiology- To know inner organs of Human Body Unit-2: Anatomy and Physiology of Skeletal systems- Muscular System- To learn and understand the skeletal system- Muscular System. Unit-3: Anatomy and Physiology of Digestive system- Circulatory system-To learn and understand the Digestive system- Circulatory system Unit-4: Anatomy and Physiology of Pulmonary system- Excretory system- To learn and understand the Pulmonary system-

Excretory system. Unit-5: Anatomy and Physiology of Nervous system- Endocrine System- To learn and understand the Nervous system- Endocrine System. Unit-6: Anatomy and Physiology of Lymphatic system- Sense organs.- To learn and understand the Lymphatic system- Sense organs Practical Paper- 1 (VDAT-P1):

Fundamentals of Acupressure/Acupuncture 1. Learning Basic Knowledge of Acupressure/Acupuncture and how it works 2. Types of Needles and Needling Techniques 3. Understanding various methods of Diagnosis 4. Applying Needling and Moxibustion Techniques & Treatment 5. Identification of Points and their clinical uses. 6. To locate the path of Spleen and Stomach Meridians, their Polarity Location of Channels and

Identification of Points. 7. To locate the path of Lungs and Large Intestine Meridians. 8. To locate the path of Kidney and Urinary Bladder Meridians. 9. To locate the path of Liver and Gall Bladder Meridians. 10. Extra Channels- To locate the path of Ren & Du Channels. 7

Practical Paper- 2 (VDAT-P2): Meridians of Acupressure/Acupuncture 1. Fire Element - To locate the path of Heart, Small Intestine, Pericardium and Triple Warmer Meridians, their Polarity, Identification of Points and their clinical uses. 2. Earth Element- To locate the path of Spleen and Stomach Meridians, their Polarity Location of Channels and Identification of Points. 3. Air Element- To locate the path of Lungs and Large Intestine Meridians, their Polarity Location of Channels and Identification of Points. 4. Water Element-

To locate the path of Kidney/Urinary Bladder Meridians, their Polarity Location of Channels and Identification of Points.

5. Wood Element- To locate the path of Liver and Gall Bladder Meridians, their Polarity Location of Channels and Identification of Points. 6. Extra Channels- To locate the path of Ren & Du Channels.

Extraordinary Points. Location of Channels and Identification of Points. LCS-

1: Life Coping Skills Unit-1: Meaning Explanation of Coping, Positive and Negative Mechanism of Coping and Restructuring one's own life Story, Positive and Negative Messages Unit-2: Self Esteem, Self Concept, Self Acceptance, Personality Development. Unit-3: Positive thinking and Goal Setting- Negative Thinking Pattern around- Positive imaging- Importance of Goals-

Dreams and Goals-Different Types of Goals. Unit-4: Motivation and Self-Actualization Meaning and Attitude to Success. Unit-5: Problem Solving & Decision Making- Ten Principles for Managing Problems Positively- Decision Making- Decision Making Process. Unit-6: Time Management & Stress Management- Tips for Time Management-Stress Management- Kinds of Stress- Some More Tips for Managing Stress- Learn to Control Stress. Unit-7: Coping with Shyness & Loneliness-Types of Shyness- Tips to Overcome ShynessCoping with Loneliness- Types of Loneliness- Tips to Overcome Loneliness. Unit-8: Coping with Depression and Fear-Symptoms of Depression- Coping with FearKinds of Fear- Handling Fear- Ways to overcome fear- Tips to Cope with Fear. 8

Unit-9: Coping with Anger and Verbal abuse Coping with Failure and Criticism-
Thirteen Steps Toward Anger Management- Coping with Failure and Criticism-Introduction- Positive Attitude Towards Failure- Types of Criticism. Unit-10: Coping with HIV-AIDS and Alcoholism and Substance Abuse- Stages of HIV Infection-Symptoms of AIDS- Treatment for AIDS- Safe Sex-Coping with AlcoholismAlcoholism- Symptoms of Alcoholism-Tabaco and Smoking-Coping with Failure and Criticism- The Rehabilitation Processes. Unit-11: Coping with Conflict and Change- Constructive Nature of Conflicts- Strategies for Managing Conflicts- Tactics of Conflict Management- Coping with Change-Twelve Steps to Implement Change. Unit-12: Coping with Conflict & Change-

Emergence of Leader- Characteristics of Leadership- Various kinds of Leaders- the Moulding of a Leader-Characteristics of a Successful Leader- Team Work- Team Learning. Unit-13: Career Guidance and Work Environment- Career Guidance- Counselling and Guidance- Objectives of Career Guidance- Components of Career Guidance- Career Planning- Career Planning- Choosing Career Preparation for Employment- Looking for Opportunities- Preparation for Interviews- Work Environment- What are the Life skills required for Work Environment-Six steps to create positive Work Place –Thriving in Today's Work Environment. CNS- 1: Communication Skills Unit-1: The Meaning and Process of Communication –Elements of Communication –Types of Messages- Verbal Communication –

Effective Communication. Unit-2:
Interpersonal Communication –
Communication as Skilled Behaviour –
Social skills model- Components of
Interpersonal Skills- The Characteristics of
a Good Conversation – Hints for inter –
Personal Relationship. Unit-3: Effective
Communication –Common Forms of
Communication- Three Principles of
Communication – Communication
Strategies – The Advantage of Strategic
Internal communication – Training – Plan
for Implementation. Unit-4: Situational
Language – Greeting –Inviting Someone –
Seeking permission – Expressing
Gratitude –Persuading –Congratulating-
Complaining – Apologizing – Warning
Someone – Asking for excuse – Ending a
conversation. 9 Unit-5: The Art of
Describing and Evaluating Behaviour –

Effective criticism made easy; Basic rules for delivering negative feedback to others. Unit-6: Group Discussion – factors that contribute to group – Worthiness – Factors that matter in a group discussion – Important parameters in group discussion – Types of groups. Unit-7: Public Speaking and Just a minute – Speech- Five ways to make your audience sit up- Drafting a speech – Major pitfalls in public speaking – The constituents of body language. Unit-8: Leadership and team communication – Shared Leadership – Ten principles for leadership communication- Styles of Leadership – Team Communication – Characteristics of team members- The components of communication. Unit-9: Interview Skills – Interview Defined – Kinds of Interviews- Preparation for a Job interview –

Telephonic Interview – Speaking to foreigners – Success in Interview – Ten most frequently asked questions- Interview. Unit-10: Spoken English – Simple Sentence – Word Order- Modals – Passive Voice. Unit-11: Letter Writing , Paragraph Writing and Essay Writing – Letter Writing – An Informal Letter – Formal Letter – Personal Letters- Official Letters – Paragraph Writing – Model Paragraphs – Essay Writing – Types of Essay. Unit-12: Written English – Prose Comprehension – Poetry Comprehension Précis Writing –