

CERTIFICATE COURSE FOR POST PREGNANCY CARE:
(3 MONTHS COURSE. 4 CLASSES / MONTH)

SYLLABUS:

- 1. FOOD SCIENCE.**
- 2. SIMPLE HERBAL REMEDIES.**
- 3. FIVE ELEMENTS.**
- 4. ASTROLOGICAL ANALYSIS.**
- 5. MIND TECHNOLOGY.**
- 6. MUD BATH THERAPY.**
- 7. ASANAS & MUDRAS.**
- 8. COLOUR THERAPY.**
- 9. ACCUPRESSURE.**
- 10. NATUROPATHY.**
- 11. INSTANT ENERGY TECHNIQUES.**
- 12. CHAKRA MEDITATIONS.**