



Name of Authorized Learning Partner: **Asha the Hope**

Name of Country in which course will be offered: India

1. COURSE TITLE:	Hybrid Doctorate Program (Post Graduate Diploma in Holistic Healing + Post Graduate Diploma in Alternative Therapy)
2. COURSE DESCRIPTION:	This Hybrid Doctorate Program integrates Post Graduate Diplomas in Holistic Healing and Alternative Therapy, offering a comprehensive curriculum designed to cater to working professionals in the field of wellness. Participants will explore various alternative therapies for mind, body, and soul, fostering personal and professional growth through a holistic approach to healing.
3. COURSE PREREQUISITES/ELIGIBILITY:	Masters in any Stream / Graduation + Min. 5 years' experience
4. NAME OF THE INSTRUCTOR:	DR. ASHA, Deepthi Pandit
5. COURSE STRUCTURE:	Multiple batches are conducted annually
Online/Offline:	Online
Course Duration:	2 years
No. of days & hours of classes:	1 day per Week, 3 hours per class.
6. Start & End Date of the Course	Start date and end date are subjective to commencement of respective batch.
7. COURSE OBJECTIVES:	
	Provide a comprehensive understanding of holistic healing principles and practices.
	Develop essential counselling skills for effective therapeutic communication.
	Explore various alternative therapy modalities and their applications in holistic healing.
	Foster self-awareness and personal growth through experiential learning.
	Prepare students for professional practice in holistic healing and alternative therapy fields.
METHOD OF ASSESSMENT:	
	Classroom participation and quizzes
	Session discussions and questions
	Practical/Viva tests
	Group / Team Work
	Monthly Project / Assignment submission

8. COURSE OUTLINE:

MONTH	TOPIC	SESSION DETAILS
Semester 1		
Month 01:	Inner Child Healing	Introduction to inner child healing techniques and practices.
Month 02:	Spiritual Psychology	Exploring the intersection of spirituality and psychology for holistic healing.
Month 03:	Counselling Skills	Developing fundamental counselling skills for effective therapeutic communication.
Month 04:	Chakra Healing	Understanding the chakra system and its role in holistic healing.
Month 05:	Mindful Meditation	Practicing mindful meditation techniques for mental and emotional well-being.
Month 06:	Garbha Sanskar / Touch Therapy	Exploring the concept of Garbha Sanskar and the healing power of touch therapy.
Month 07:	Art Therapy	Introduction to art therapy techniques for self-expression and healing.
Month 08:	Food Therapy	Understanding the therapeutic benefits of food and nutrition for overall health.
Month 09:	Mandala Therapy	Exploring mandala therapy as a tool for self-discovery and healing.
Month 10:	Aromatherapy	Learning about the therapeutic uses of essential oils in aromatherapy.
Semester 2		
Month 11:	Inner Child Healing	Advanced techniques in inner child healing and integration.
Month 12:	Spiritual Psychology	Deepening understanding of spiritual psychology principles and practices.
Month 13:	Counselling Skills	Advanced counselling skills development and application in therapeutic settings.
Month 14:	Chakra Healing	Advanced chakra healing techniques for balancing energy centres.
Month 15:	Mindful Meditation	Advanced mindfulness meditation practices for deeper awareness and presence.
Month 16:	Garbha Sanskar / Touch Therapy	Advanced techniques in Garbha Sanskar and touch therapy for holistic healing.
Month 17:	Art Therapy	Advanced art therapy interventions for emotional processing and transformation.

Month 18:	Food Therapy	Advanced exploration of food therapy principles and practices for healing.
Month 19:	Mandala Therapy	Advanced mandala therapy techniques for spiritual and psychological integration.
Month 20:	Aromatherapy	Advanced applications of aromatherapy for physical, emotional, and mental well-being.
THESIS / RESEARCH PROJECT		
Month 21:	Selection of Research Topic, Understanding Research Gap, and Preparing Synopsis	Brainstorming sessions, Research topic presentations, Synopsis writing workshops
Month 22:	Literature Review	Literature review seminars, Citation management workshops, Research databases exploration
Month 23:	Data Collection and Analysis	Data collection methodologies workshops, Statistical analysis seminars, Data interpretation sessions
Month 24:	Thesis Writing, Review, and Final Submission	Thesis writing workshops, Peer review sessions, Final submission guidance

9. GRADING SYSTEM:

Grade	Percentage	Remark
A	80 and Above	Distinction
B	60-79	First Class
C	50-59	Second Class
D	40-49	Third Class
F	Below 40	Reattempt