



PROSPECTUS



COMPREHENSIVE
CURRICULUM



EXPERT
FACULTY



HOLISTIC
LEARNING
APPROACH



PRACTICAL
TRAINING &
WORKSHOPS



CERTIFICATION &
GLOBAL
RECOGNITION



AFFORDABLE
FEE STRUCTURE



NATIONAL INSTITUTE OF HOLISTIC HEALTH (NIHH)

— Holistic Health for a Better Tomorrow —

CERTIFICATE COURSE IN HOLISTIC HEALTH (C.C.H)

ASSOCIATED WITH:



DR. VINOD KASHYAP
CHAIRMAN-NIHH



HO THI THAN MINH
FOUNDER-GREEN LIVING GROUP



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9311817707



PROPOSED SYLLABUS

CCH01



HUMAN PHYSIOLOGY

Study of the structure and functions of human body systems including cell, tissue, organs and their interactions for maintaining health and homeostasis.



CCH02



NATUROPATHY

Principles and practices of naturopathy including the five elements, natural therapies, hydrotherapy, mud therapy, fasting, detoxification and lifestyle management.



CCH03



DIETETICS

Science of nutrition and its application for promoting health and preventing diseases through balanced diet, meal planning and nutritional therapy.



CCH04



YOGA METHODOLOGY

Techniques of yoga teaching including asanas, pranayama, meditation, relaxation techniques, class planning and teaching methodology.



CCH05



ACUPRESSURE

Study of acupressure points and meridians of the body and their application in promoting health and relieving various ailments naturally.



PROPOSED SYLLABUS

CERTIFICATE COURSE IN WELLNESS

A Path to Natural Healing, Inner Balance & Wellness



01

Paper CCYN01 – NATUROPATHY

1. Introduction to Naturopathy

- a) Principles of Naturopathy
- b) Laws of Naturopathy
- c) Types and Methods of Naturopathic Treatment
- d) Therapeutic Application of Naturopathic Methods



02

Paper CCYN02 – HUMAN PHYSIOLOGY

2. Human Physiology

- a) Cell and Its Functions
- b) Tissues and Their Types
- c) Structure and Functions of Organs
- d) Various Systems of the Human Body and Their Functions



03

Paper CCYN03 – YOGA SCIENCE

3. Introduction to the Science of Yoga

- a) Yoga Philosophy and Principles
- b) Ashtanga Yoga
- c) Types, Methods and Effects of Yogasanas
- d) Types, Methods and Effects of Pranayama
- e) Types, Methods and Effects of Meditation
- f) Shatkarma



04

Paper CCYN04 – DIETETICS

4. Dietetics

- a) Types of Diet
- b) Functions of Diet
- c) Components of Diet
- d) Proteins, Fats, Carbohydrates, Vitamins, Minerals and Water
- e) Diet-Related Diseases and Diet Therapy
- f) Fasting



05

Paper CCYN05 – HEALTH & DRUGLESS THERAPY

5. Health & Drugless Therapy

- a) Acupressure Therapy

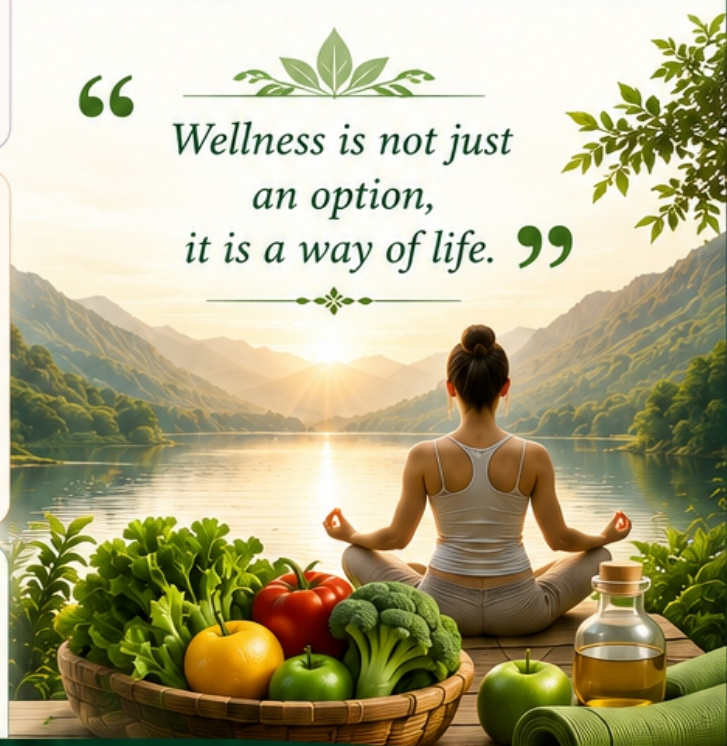


PAPERS AT A GLANCE

Code	Subject	
CCYN01	Naturopathy	
CCYN02	Human Physiology	
CCYN03	Yoga Science	
CCYN04	Dietetics	
CCYN05	Health & Drugless Therapy	

“

Wellness is not just an option, it is a way of life. ”



HOLISTIC HEALING



YOGA & NATUROPATHY



BALANCED NUTRITION



HEALTHY LIFESTYLE



DRUGLESS THERAPY

Empowering You for a Healthier & Happier Tomorrow

CERTIFICATE COURSE IN HOLISTIC HEALTH (C.C.H.)



COURSE DURATION
1 MONTH



TOTAL COURSE FEE
₹ 15,000/-

(PRACTICAL TRAINING FEE SEPARATE)



- 1 The name of the certificate course shall be "Certificate Course in Holistic Health (C.C.H.)".
- 2 The duration of the course shall be one month.
- 3 The C.C.H. course shall be conducted under the National Institute of Holistic Health (NIH).



ELIGIBILITY FOR C.C.H. COURSE

- 1 The applicant seeking admission to the C.C.H. course must have passed Class 10th or an equivalent examination.
- 2 Each batch of the C.C.H. course shall have a maximum of 20 seats.
- 3 The total course fee shall be ₹ 15,000/-. The fee for practical training, if applicable, shall be payable separately by the student.



ADMISSION PROCESS

- 1 Admission to the course shall be based on an interview assessing the candidate's general knowledge at the Class 10th level.



EXAMINATION PROCESS

- 1 The examination shall be conducted after completion of one month of Theory and Practical Training. The date and examination centre shall be decided by the NIH Central Office.
- 2 A minimum of 75% attendance shall be mandatory for a student to be eligible to appear for the examination.
- 3 The examination results shall be graded as follows:

MARKS	GRADE
90% – 100%	A+
70% – 89%	A
60% – 69%	B+
50% – 59%	B



COURSE PAPERS

PAPER NO.	PAPER CODE	PAPER TITLE
01	CCH01	Naturopathy & Natural Therapies
02	CCH02	Human Physiology
03	CCH03	Yoga Science & Applications
04	CCH04	Dietetics & Diet Therapy
05	CCH05	Health & Drugless Therapy



Note: The course fee does not include accommodation, travel and practical training expenses.



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Course BENEFITS

*A step towards a healthier,
happier and more meaningful life.*



01



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

02



Lifestyle can be helpful in prevention and treatment of diseases.

03



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

04



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

05



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

06



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

07



You can **assist and get a job** in a wellness centre.



Holistic
Learning



Practical
Knowledge



Healthy
Living



Preventive
Health



Serve
Society

“

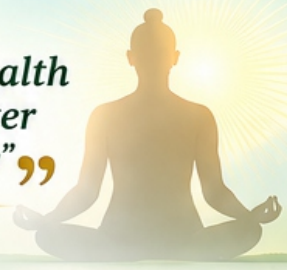
Invest in knowledge
for a lifetime of
good health.



Learn • Practice • Heal • Serve
Together for a Healthier Humanity



“ Holistic Health
for a Better
Tomorrow” ”



INTERNATIONAL CONFERENCE

GLOBAL PEACE THROUGH A HOLISTIC LENS

INTEGRATING YOGA, PHYSICAL EDUCATION, AND TRADITIONAL SPORTS

M.A. HO THI THANH MINH

FOUNDER OF GLG YOGA SCHOOL



Participated in the
International Conference
– Global Peace Through
a Holistic Lens

Integrating Yoga, Physical
Education, and Traditional Sports
with Ho Thi Thanh Minh,
Founder of GLG Yoga School



Signed an MoU with the
GLG Yoga School,
Vietnam
for Education, Training,
Research and
Development

IN ACADEMIC & KNOWLEDGE PARTNERSHIP



National Institute
of Holistic Health
(NiHH)



**GLG
GREEN LIVING
— GROUP —**
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WHY CHOOSE OUR COURSES?



Scientific &
Traditional
Knowledge



Practical
Hands-on
Training



Research
& Innovation
Based Learning



Global
Exposure &
Collaboration



Affordable
& Career
Oriented



Serve Society
for a Healthier
Future

Shape Your Future in the Fastest Growing Field of Holistic Health & Wellness.

Admissions
Open

Join Today for a
Healthier, Happier & More Meaningful Life

National Institute of Holistic Health (NiHH)

Empowering You for a Healthier & Happier Tomorrow

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