



# BARUIPUR DRAUPADI & LAXMIKANTA ACUPRESSURE YOGA TRAINING CENTRE



In memory of :  
Draupadi  
&  
Laxmikanta Pradhan



Registration No. : S0056705 of 2025-2026

Barui Pur Rishi Bankim Nagar, Ward No.10, South 24 Parganas, Kolkata - 700144, Mob. : 9433630783 / 7980080782, E-mail : aswini.pradhan999@gmail.com

Affiliated by :



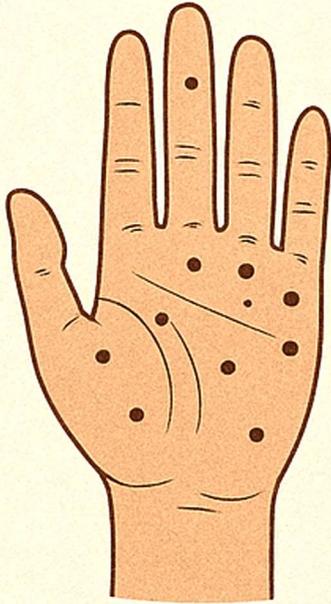
## RURAL URBAN COUNCIL OF SKILLS & VOCATIONAL STUDIES

Setup & Governed by RUSDET (Regd. Under GNCT of DELHI ITA-1882 & Incorporated Under Legislation of Section 8, Comp. Act 2013, MCA, Govt. of India



ISO 9001:2015 Certified

# PROSPECTUS





## **ABOUT US**

**BARUIPUR DRAUPADI & LAXMIKANTA ACUPRESSURE YOGA TRAINING CENTRE** is a dedicated institution committed to promoting natural healing, holistic wellness, and healthy living through the science of Acupressure and the ancient discipline of Yoga. Established with a vision to serve society by providing drug-free, side-effect-free therapeutic solutions, our centre integrates traditional wisdom with modern training methodologies. We focus on empowering individuals with practical knowledge and professional skills in Acupressure and Yoga, enabling them to improve their own health and also build rewarding careers as certified therapists and yoga instructors.

Our experienced trainers, who possess deep expertise in natural therapy and yogic sciences, guide students with personal care and hands-on practice in a supportive learning environment. Our centre emphasizes overall well-being by addressing lifestyle disorders, stress management, physical rehabilitation, and mental peace. Through systematic training modules, workshops, and certification courses, we aim to create skilled professionals who can contribute positively to the health of the community. With a strong foundation of discipline, dedication, and compassion, **BARUIPUR DRAUPADI & LAXMIKANTA ACUPRESSURE YOGA TRAINING CENTRE** stands as a trusted name in holistic education and natural healing in the region.

### **Our Core Objectives:**

- To spread awareness about natural and preventive healthcare
- To provide professional training in Acupressure and Yoga
- To promote physical, mental, and spiritual wellness
- To develop skilled therapists and yoga practitioners
- To serve society through holistic healing practices

We believe that true health is the harmony of body, mind, and soul, and we are committed to guiding every learner towards this balanced lifestyle.

  
**Principal**



## **RULES & REGULATIONS**

Below are the essential terms and conditions for a combined Yoga and Acupressure training center, suitable for inclusion in a catalogue or student handbook.

### **General Terms and Conditions for Enrollment**

By enrolling in any course or program offered by the center, students agree to the following terms and conditions:

#### **1. Admission and Eligibility**

- **Application Process:** Admission is confirmed only after submitting the completed registration form and all required documentation (e.g., identification, academic records).
- **Age Requirement:** Participants in teacher training courses must typically be 18 years of age or older. For other general wellness courses, a minimum age may apply, or a parent/guardian must assume responsibility.
- **Health Disclosure:** Students must inform the center in writing about any physical or mental health issues, injuries, diseases, or pregnancy before booking a course. A physician's clearance is strongly recommended.

#### **2. Fees and Payments**

- **Payment Schedule:** All course fees must be paid in full before the course commencement, unless an installment plan is specifically agreed upon. Failure to pay fees by the due date may result in suspension from classes.
- **No Refund Policy:** Fees paid are generally non-refundable once the course starts, except if the institute cancels the program. In such cases, a full refund or course credit will be offered.
- **Additional Charges:** Students may incur additional costs for books, instruments, examination fees (charged by the accrediting body), or failed payments.

#### **3. Attendance and Certification**

- **Mandatory Attendance:** A minimum attendance record (typically 80% to 95%) is mandatory for all certification courses. Students with insufficient attendance may not be eligible to receive their final certificate.
- **Exams:** All theoretical and practical examinations at the end of the course are obligatory for receiving certification.
- **Certification:** Certificates are awarded by the relevant accrediting body (e.g., YOGA, Acupressure Council) after the successful completion of training and examinations.



#### 4. Rules of Conduct and Discipline

- **Punctuality:** Students must arrive for all classes, workshops, and appointments at least five minutes early.
- **Dress Code:** Modest, clean, and appropriate attire (covering shoulders and knees) that allows for full range of movement must be worn at all times. Outdoor footwear is not permitted in practice areas.
- **Prohibited Items/Substances:** The use or possession of alcohol, tobacco, non-prescription drugs, and non-vegetarian food is strictly prohibited on the premises.
- **Behavior:** Students and clients must treat all teachers, staff, and fellow participants with respect and courtesy. Disruptive, abusive, or disrespectful behavior will not be tolerated and may result in dismissal from the program without a refund.
- **Silence:** A general atmosphere of calm is to be maintained. Silence (Mauna) may be required during meals and in the yoga hall.
- **Intellectual Property:** Course materials provided by the center are for personal use only and cannot be reproduced, sold, or distributed without express written consent.

#### 5. Liability and Disclaimers

- **Assumption of Risk:** Participation in Yoga and Acupressure practices is voluntary and entirely at the participant's own risk. The center and its instructors are not liable for any injuries, health complications, or death that may occur.
- **No Medical Advice:** Instructors are not healthcare providers and are not qualified to diagnose medical conditions or prescribe treatment. The information and instruction provided are general in nature; students must consult their physician before starting any new practice.
- **Personal Property:** The center is not responsible for any loss or damage to personal belongings or valuables brought onto the premises.

#### 6. Photo and Video Policy

The center may take photographs or videos for promotional materials and internal use. Participants who wish not to be filmed or photographed must inform the course coordinator upon admission



## **LIST OF MANAGING COMMITTEE**

- 1. Dr. ASWINI KUMAR PRADHAN**  
- (Retd. TIC) - **PRESIDENT**
- 2. Dr. DEBAMITA GHOSH**  
- (Self Employed) - **VICE-PRESIDENT**
- 3. Dr. SREEJANI PRADHAN**  
- (Self Employed) - **SECRETARY**
- 4. ABDUL MATIN MOLLIK**  
- (Ex.H.M. & Shiksha Ratna Awardee) - **ASSTT. SECRETARY**
- 5. SANKAR KUMAR PRADHAN**  
- (Business) - **TREASURER**
- 6. ANIRUDDHA MANDAL**  
- (Ex. H.M. & Counselling Expert) - **MEMBER**
- 7. BAPPA NASKAR**  
- (Business) - **MEMBER**
- 8. SUPRA DAS GHOSH**  
- (Ex-Teacher) - **MEMBER**
- 9. GAUTAM PRASAD**  
- (Business) - **MEMBER**



# **LIST OF ADVISORY COMMITTEE**

- 1. Dr. JADAB SARDAR (MD in Public Health Specialist)-Ex-Principal**
- 2. Dr. ABHIJIT SARKAR (Oncologist)**
- 3. Dr. SOURAV DAS (Medicine)**
- 4. SARMISTHA LALA SARKAR (H.M.)**
- 5. Dr. DEBNATH MISRA (Optometrist)**
- 6. SOUMYABRATA MAITY (H.M.)**
- 7. HARENDRANATH PAILAN (Ex-H.M.)**
- 8. BARUN KANTI BHATTACHARYA (TIC)**
- 9. DR. SAYAK NANDI (Teacher)**
- 10. SUBRATA KUMAR DEBNATH (Teacher)**
- 11. HENA MOLLICK (Teacher)**
- 12. Smt. SANCHITA SARDAR**
- 13. AMIYA KUMAR PRADHAN (Business)**
- 14. Smt. PIYALI MANDAL (Yoga Teacher)**
- 15. TARUN KUMAR PRADHAN (Teacher)**
- 16. Smt. INDRANI NANDI**
- 17. SOMA PRADHAN**
- 18. SUKHENDU ROY (Teacher)**
- 19. DEBASISH NASKAR (Business)**

## Diploma In Acupressure Syllabus

Diploma In Acupressure	1 Year
Subject Code	Subject Name
DA101	Principles of Acupressure
DA102	Essentials of Anatomy and Physiology
DA103	Acupressure Points
DA104	Acupressure & Reflexology
DA105	Acupressure & Body Pain Treatment
DA106	Acupuncture & Acupressure

Diploma In Acupressure	1 Year
<b>Practical 1</b>	<b>Project Work:</b> A detailed work report of Acupressure- Yogic Acupressure, Ayurvedic Acupressure, Electro Acupuncture.
<b>Practical 2</b>	<b>Practical Demonstration of Acupressure Instruments and applications.</b>
<b>Practical 3</b>	<b>Practical Clinical Training:</b> At least 80% of disease to be treated during training.
<b>Practical 4</b>	<b>Internship For Practical Training.</b>
<b>Practical 5</b>	<b>Viva &amp; Internal Assessment.</b>

## Diploma in Art & Craft Syllabus

Art & Craft	1 Year Course
Subject Code	Subject Name
DAC 101	Principal of Education
DAC 102	Art & Craft Work
DAC 103	Craft & Design
DAC 104	Pencil Sketching Art
DAC 105	Craft Work & Projects

Art & Craft	
<b>Practical 1</b>	<b>Crafts Works; Any 2 of the followings</b> - Clay Modeling, Paper Craft, Dress Designing Wood Work.
<b>Practical 2</b>	<b>Geometrical Drawing:</b> Practical File
<b>Practical 3</b>	<b>Painting Composition:</b> Simple exercises of basic design in variation of linear, geometric and rhythmic shapes in primary and secondary colours to understand design as organized visual arrangements. Concepts of structure, balance, rhythm, Compositional exercises in collage; pasting fragments of photographs, (montage) printed pictures, textures etc. use of computer for understanding design and composition, Sketches from life and nature.
<b>Practical 4</b>	<b>Computer Awareness Project File</b>
<b>Practical 5</b>	<b>Viva &amp; Internal Assessment.</b>



## Community Health Worker New Syllabus

Community Health Worker	1 Year Course
Subject Code	Subject Name
CHW101	Community Health, Problems & Policies
CHW102	Health Organization & Team
CHW103	Community Structure & Assessment
CHW104	Communication Methods & Media
CHW105	Counselling & Rehabilitation

Community Health Worker	
<b>Practical 1</b>	Select Nearby Village- Promote Awareness about Diseases & Community Health Care
<b>Practical 2</b>	Community Mobilizer- Organization of community health events, such as the digging of latrines, identification of clean water sources, and organization of nutrition and sanitation days.
<b>Practical 3</b>	Select Nearby Village- Make a practical file of Peoples- Age, Gender & Group wise with their medical issues.
<b>Practical 4</b>	Select Nearby Village- Providing individual support and informal coaching. Motivating and encouraging people to obtain insurance coverage, care and other services
<b>Practical 5</b>	Viva & Internal Assessment

## Certificate In Physiotherapy Skill Syllabus

Physiotherapy Skill	1 Year Course
Subject Code	Subject Name
CPS 101	Anatomy & Physiology
CPS 102	Basic Nursing
CPS 103	Fundamental of Physiotherapy
CPS 104	Orthopaedic Physical Therapy

Physiotherapy Skill	
<b>Practical 1</b>	<b>Project Work</b> - Hygiene and Sanitation, Nutrition and Dietetics, Management Of Medical And Surgical Emergencies.
<b>Practical 2</b>	<b>Clinical Training:</b> Medical and physiotherapy Equipment.
<b>Practical 3</b>	<b>Patient Care and Awareness:</b> Pulserate, Blood Pressure, Temperature, Laboratory analysis, Nutrition and Dietary Values
<b>Practical 4</b>	<b>Elementary Pathology Microbiology &amp; Biochemistry</b>
<b>Practical 5</b>	<b>Viva &amp; Internal Assessment.</b>



## Certificate In Teaching Yoga Syllabus

Certificate In Teaching Yoga	1 Year Course
Subject Code	Subject Name
CTY 101	Foundations of Yoga Psychology
CTY 102	Essentials of Anatomy and Physiology
CTY 103	Yoga Poses, Postures & Yoga Exercises
CTY 104	Yoga & Health Care

### Certificate In Teaching Yoga

<b>Practical 1</b>	<b>Practical Demonstration:</b> Practical Demonstration of Asanas, Shudhi Kriya (Practical Note Book)- Supine Asanas, Standing Asanas, Prone Asanas, Advanced Asanas, Inverted Asanas, Sitting Asanas, Meditative Asanas, SHUDDHI KRIYA.
<b>Practical 2</b>	<b>Practice of Teaching</b> five lessons Plan on any skill (three asanas one pranayama & one kirya) on lesson format with chart.
<b>Practical 3</b>	<b>Meditation and Mantra Chanting.</b>
<b>Practical 4</b>	<b>Breathing &amp; Pranayama Demonstration &amp; File</b>
<b>Practical 5</b>	Viva & Internal Assessment

## Diploma In Nutrition & Dietetics Syllabus

NUTRITION & DIETETICS	1 Year Course
Subject Code	Subject Name
DND 101	Principles of Food & Management
DND 102	Nutrition Science
DND 103	Nutrition in Human Life Cycle
DND 104	Dietetics and Counseling
DND 105	Basic Computer Fundamentals

### NUTRITION & DIETETICS

<b>Practical 1</b>	<b>Project Clinical Nutrition and Food Analysis</b>
<b>Practical 2</b>	<b>Food Analysis:</b> Determination of moisture, Ash - total, acid soluble and insoluble, Determination of Fat – Crude fat, Carbohydrates Starch – Digestible and Resistant Starches, Dietary fiber – Soluble and insoluble., Mineral estimation – Dry and wet ashing, calcium, iron, phosphorous, Protein Efficiency Ratio (PER), Cereals and millets cookery, Estimation of Fat Soluble vitamins
<b>Practical 3</b>	<b>Planning &amp; Preparation of Diet Assignments:</b> Planning and preparation of diet in fever, constipation and peptic ulcer, hypertension, kidney failure. Visit Hospital to observe nutritional deficiencies.
<b>Practical 4</b>	<b>Preparation of visual aids: Charts, posters, models etc.</b>
<b>Practical 5</b>	Viva & Internal Assessment



## DIPLOMA IN BEAUTICIAN (MAKEUP, HAIR & SKIN) Syllabus

<b>BEAUTICIAN (MAKEUP, HAIR &amp; SKIN)</b>	1 Year
<b>Subject Code</b>	<b>Subject Name</b>
DBMHS 101	Beauty Care & Hygiene
DBMHS 102	Skin Care & Face Make Up
DBMHS 103	Hair Care & Treatment
DBMHS 104	Spa Therapy & Massage
DBMHS 105	Professional Communication & Personality Development

<b>BEAUTICIAN (MAKEUP, HAIR &amp; SKIN)</b>	1 Year
<b>Practical 1</b>	<b>Beauty Designing Lab I :</b> 1. Threading 2. Waxing 3. Bleach 4. Facial 5. makeup 6. Manicure 7. Pedicure Beauty Care: 1. Hair treatment-Hair fall, Dandruff. 2. Hair curl. 3. Hair straightening. 4. Body massage. 5. SPA therapy. 6. Make up- simple, party, oily, bridal. 7. Basic Corrective make up-for cheeks, lips, and jaw. 8. Make up removal. 9. Bindi deigning. 10. Saree draping-any 3 styles
<b>Practical 2</b>	<b>Beauty Designing Lab li:</b> Nail art Mehandi Oil massage Skin & Hair Care: 1. Facial-Types of facial (pearl, fruit, golden, silver. Home-made facial). 2. Bleaching. 3. Face pack and Face Massage. 4. Pimple Treatment. 5. Under eye treatment. 6. Pigmentation. 7. Mature skin.



## Diploma In Physiotherapy Skill Syllabus

Physiotherapy Skill	1 Year Course
Subject Code	Subject Name
DPS 101	Anatomy Physiology And Pathology
DPS 102	Basic Occupational Therapy
DPS 103	Basic Nursing & First Aid
DPS 104	Physiotherapy and Fundamental Ethics
DPS 105	Orthopaedic Physical Therapy

Physiotherapy Skill	
Practical 1	<b>Project Work</b> - Hygiene and Sanitation, Nutrition and Dietetics, Management Of Medical And Surgical Emergencies.
Practical 2	<b>Clinical Training:</b> Medical and physiotherapy Equipment.
Practical 3	<b>Patient Care and Awareness:</b> Pulserate, Blood Pressure, Temperature, Laboratory analysis, Nutrition and Dietary Values
Practical 4	<b>Elementary Pathology Microbiology &amp; Biochemistry</b>
Practical 5	<b>Viva &amp; Internal Assessment.</b>

## Diploma in Guidance and Counselling Syllabus

Guidance and Counselling	1 Year Course
Subject Code	Subject Name
DGC 101	Fundamental of Guidance
DGC 102	Education & Vocational Guidance
DGC 103	Personal Guidance
DGC 104	Fundamental & Types of Counseling
DGC 105	Counseling Services
DGC 106	Psychotherapy & Counselor Skills

Guidance and Counselling	
Practical 1	Practical File- Observation.
Practical 2	Project File: Testing and Non-Testing Techniques
Practical 3	Different Type of Counseling Practical.
Practical 4	Teaching Practice: The scope of guidance and counselling: Community, family, administration, and peers- completing stories skit-writing presentation
Practical 5	Viva & Internal Assessment



## DIPLOMA IN MUSIC & INSTRUMENTS Syllabus

DIPLOMA IN MUSIC & INSTRUMENTS	
1 Year Course	
Subject Code	Subject Name
DMI 101	Fundamental Study of Indian Music
DMI 102	Analytical Study of Raagas & Taalas
DMI 103	Fundamentals of Musical Instruments
DMI 104	History of Western Music
DMI 105	Information & Basic Computer Technology

### DIPLOMA IN MUSIC & INSTRUMENTS

<b>Practical 1</b>	<b>Vocal Music Training:</b> Vilambit and Drut Khayal with gayaki to be presented in all ragas. (ii) Dhrupad-Dhamar or Sadra composition in each of the prescribed Ragas with Alap, Layakari & Upaj. (iii) Presentation of one semi classical /devotional or light composition.
<b>Practical 2</b>	<b>Prescribed Ragas &amp; Talas:</b> Bageshree, Rageshree, Des One Vilambit Khayal with Alaaps and Taans in any one of the prescribed Ragas. Drut/Madhyalaya Khayal in the prescribed ragas• Demonstration of one One Lok Geet/ Ghazal on Harmonium• Identifying Ragas and Talas of the prescribed syllabus while being played or• sung. Ability to recite the Thekas of the prescribed Talas and their Dugun, ChugunTivra Tala, Dhamar• Elementary Knowledge of Playing Harmonium. • Practical file with details of Ragas, Notations of compositions• & Talas with Dugun, Tigun and Chaugun.
<b>Practical 3</b>	<b>Western Classical Music Composition</b>
<b>Practical 4</b>	<b>Instrumental Music Practices :</b> A. Demonstration of following Ragas by playing Gat with improvisation: Five Toras. (i) Rag Yaman (ii) Rag Bhoopali (iii)Rag Bhairva (iv) Rag Bilawal B. Swar Vistar or Jod Alap in the following additional Ragas: (i) Rag Brindabani Sarang (ii) Rag Desh C. One Maseet Khani Gat in any one Raga in paragraph 1. D. Identification and production of all the twelve

## Health & Care Syllabus

Health & Care	1 Year Course
Subject Code	Subject Name
HC 101	Introduction of Health Care
HC 102	Health Care Planning, Organisation and Control
HC 103	Human Development and Healthcare
HC 104	Effective Communication & Safe Practices in Health and Social Care
HC 105	First Aid & Emergency Medical Care
HC 106	Healthcare Management

Health & Care	
<b>Practical 1</b>	Make a First Aid Kit.
<b>Practical 2</b>	Make a file - Family Planning Methods.
<b>Practical 3</b>	Mock environment of ward Session
<b>Practical 4</b>	Practice Hand Hygiene.
<b>Practical 5</b>	Viva & Internal Assessment.

## Health & Yoga Syllabus

Health & Yoga	1 Year Course
Subject Code	Subject Name
HY101	Introduction of Yoga
HY102	Asanas & Pranayama
HY103	Kriyas
HY104	Mudras
HY105	Yoga Sport & Health
HY106	Yoga for Physical Fitness & Concentration

Health & Yoga	
<b>Practical 1</b>	<b>Asanas</b> (Bhadrasan, Bakasan, Padangushthasan, Padam Bakasan, Sarwang Asan )
<b>Practical 2</b>	Kriyas, Meditation Techniques, Yoga Therapy Special Techniques.
<b>Practical 3</b>	<b>Mudras &amp; Bandhas</b> (Mahabandh, Kaki mundra, Shambhavi mundra, Vipreetkarni mundra, Yoga mundra)
<b>Practical 4</b>	<b>Pranayamas</b> (Bhastrika, Bhramari)
<b>Practical 5</b>	Viva & Internal Assessment



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