

Certificate in Integrative Palliative Care - 3
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Indian Institute of Technology, Kanpur

Week-01
Lecture 01: Prologue CIPC

Hello everyone. Namaste. Hello friends. Namaskar. Now NPTEL and IIDL together they have come up with a course again one more course in palliative care that is certificate in integrative palliative care. This is basically our third course.

Our first course was foundation course in palliative care and our second course was Certificate in Palliative Care. This is the third course. Certificate in Integrative Palliative Care. This is what we are going to talk about for next 12 weeks. And in this presentation, we are going to give you overview of the course which is consisting of 12 weeks.

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National Association of Palliative Care
for
AYUSH and Integrative Medicine
(NAPCAIM)

- Since long time, a requirement was felt to unite the expertises of all specialties of medicine, particularly, Allopathy and AYUSH for the betterment of suffering patients in India. Likeminded professionals discussed the issue in Guwahati in February 2020 and thus **NAPCAIM was founded in march 2020 in Lucknow.**
- **Mission:** (NAPCAIM) aims to alleviate the sufferings of the patients through integration of Modern Medicine with AYUSH. Therefore, the training of Healthcare professionals of both streams, along with supporting volunteers, social workers & nurses is of utmost importance.

NAPCAIM. What is NAPCAIM? National Association of Palliative Care for Ayush and Integrative Medicine. Since long time, a requirement was felt to unite the expertise of all specialties of medicine, particularly allopathy and Ayush, for the betterment of suffering patients in India. Therefore, like-minded professionals discussed the issue in Guwahati in February 2020 and thus NAPCAIM was founded in March 2020 in Lucknow.

The mission of NAPCAIM aims to alleviate the sufferings of the patient through integration of modern medicine with Ayush. Therefore, the training of healthcare professionals of both the streams along with supporting volunteers, social workers and nurses is of utmost importance.

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This is our logo, logo of NAPCAIM. The butterfly is a symbol of palliative care and down below that shows that we are talking about complementary medicine.

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Why NAPCAIM???

- ✓ To work for integration between AYUSH and Allopathy
- ✓ To create Awareness of about Health & Well-being!
- ✓ To reach out to all, practicing Palliative Care
- ✓ To highlight the practices of Palliative Care in Resource-poor Settings
- ✓ To involve ALL.... Including Local Communities.
- ✓ To promote Training, Research & Practices

TOTAL PAIN

- Physical
- Social
- Psychological
- Spiritual

Why NAPCAIM? Palliative care addresses holistic care of an individual who is suffering from life limiting illnesses. And patient's total pain, the pain which has a physical component, social component, psychological component and spiritual component, it needs to be alleviated through holistic approach.

And that is why this integration of Ayush and other complementary medicine is required for palliative care. Why NAPCAIM? The first most important point is that we are working basically for integration between Ayush and allopathy. And to create awareness about palliative care amongst the health and well-being of the patients. To reach out to all practicing palliative care people. And it is also aim to highlight the practices of palliative care in resource poor settings in India.

To involve all. particularly the local communities. And it's also to promote training, research and practices in palliative care.

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International Institute of Distance Learning
(IIDL)

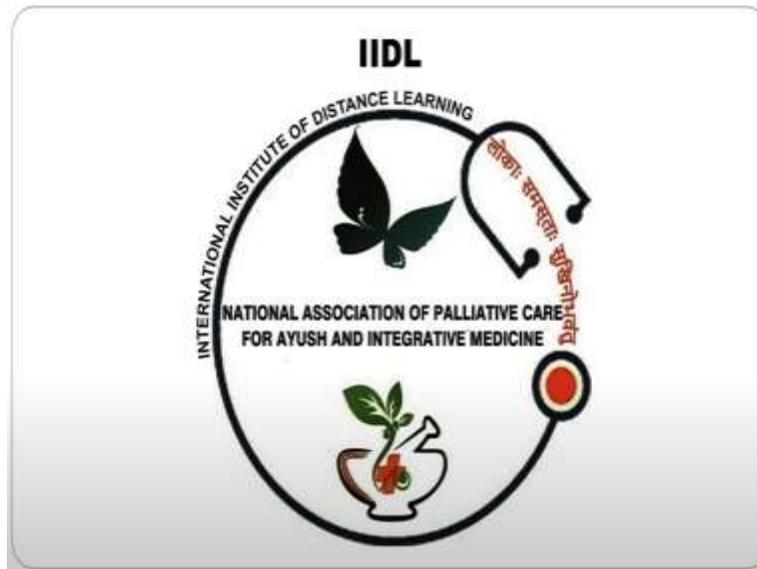
- During COVID pandemic in 2020, offline training was not feasible; therefore, taking advantage of technology, the whole training was planned “**Online & Distance Learning**” through Web Portal. Thus **IIDL** was formed. Though it has “Online” courses; however, there is an ample opportunity for one to one interaction as well as Hands-on Training with the faculty. The IIDL became operational in August 2020 under the Directorship of **Dr Geeta Joshi**
- we started the unique upgradable distance learning courses; the first step being the “**Certificate Course in Palliative Care**”, for one and all under the banner of **International Institute of Distance Learning** in October 2020.
- We have a galaxy of expert faculty in pain management, palliative care & AYUSH on our panel.

So, International Institute of Distance Learning, this is the training division of NAPCAIM. During COVID pandemic in 2020, offline training was not feasible.

Therefore, taking advantage of technology, the whole training was planned online and distance learning through web portal. Thus, IIDL was formed. Though it has online courses, however, there is an ample opportunity for one-to-one interaction as well as hands-on training with the faculty. The IIDL became operational in August 2020 under the directorship of Dr. Geeta Joshi.

Myself, I am director of IIDL NAPCAIM. We started the unique upgradable distance learning courses, the first step being the certificate course in palliative care for one and all under the banner of International Institute of Distance Learning in October 2020. We have a galaxy of expert faculty in pain management, palliative care, and Ayush on our panel.

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This is the logo of IIDL which works under NAPCAIM.

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Courses by IIDL

1. Certificate Course in Palliative Care Duration 3 Months
2. Fellowship in Palliative Care Duration 6 Months
3. Post-Graduate Diploma in Palliative Care Duration 1 Year
4. Master's Course in Palliative Care Duration 1 Year

(All these courses are Upgradable)

These are the courses run by IIDL certificate course in palliative care which is of three months duration followed by fellowship in palliative care again six months duration but it is upgradable means if you have done certificate course in palliative care for three months you have to do another three months to get the fellowship in palliative care Third course

is postgraduate diploma in palliative care, which is the duration of one year.

And there is also master's course in palliative care. This is for the non-medical professionals, and its duration is one year. All these courses are upgradable.

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IIDL COURSES

- ✓ Online Courses... Few Hours to 1 Year
- ✓ Self Learning...
Through Google Classroom
- ✓ Opportunity for "Hands On" Training
- ✓ Benefits for NAPCAIM Member
- ✓ Conferences & Workshops
- ✓ Enhance your practices

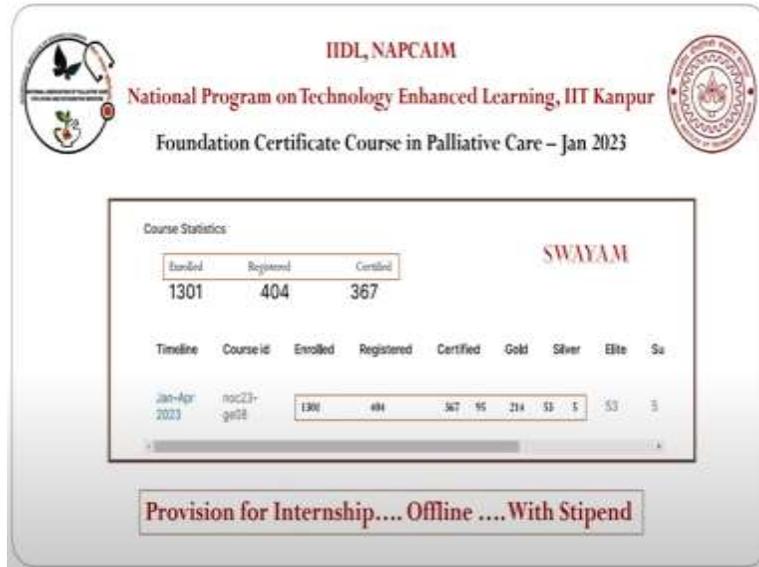
Visit Website:
www.napcaim.com

Name of the Course	Duration
Orientation in Palliative Care	Few Hours to 1 Day
Volunteers' Training in Palliative Care (Offline)	2.5 Days
Certificate Course in Palliative Care (CCPC) - UPGRADABLE	3 Months
Fellowship in Palliative Care (FCP) - UPGRADABLE	6 Months
Post Graduate Diploma in Palliative Care (PGDPC) - For Medicos UPGRADABLE	12 Months
Master's Course in Palliative Care (MCPC) - UPGRADABLE	12 Months
PG Diploma in Integrative Palliative Care (PGDIPC)	12 Months

IIDL courses, the important features, they are online courses, few hours to one year. Self-learning through Google Classrooms.

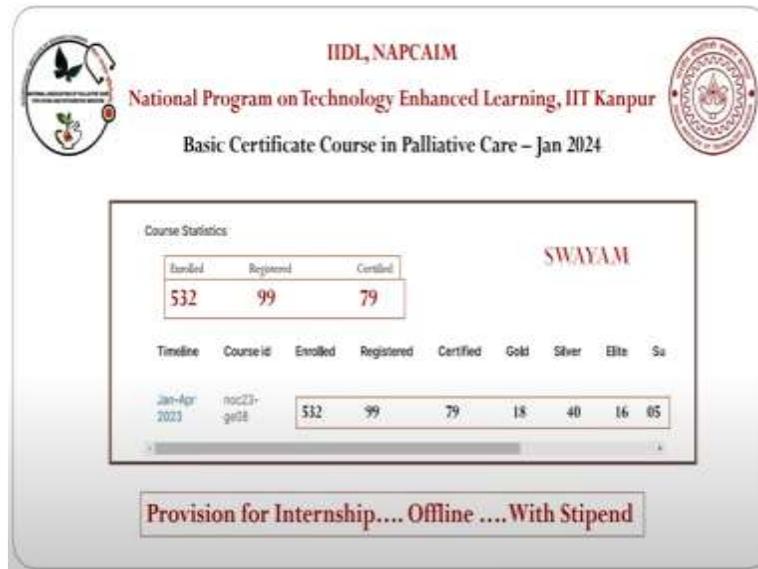
It gives the opportunity for hands-on training also. There are certain benefits which are being given to NAPCAIM Life members. We also have various conferences and workshops which the students can attend. And definitely, these courses enhance the practices of the people who attend it. Our website is www.napcaim.com. On the right side, there is a list of courses offered by IIDL and its duration.

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The first course which we run in collaboration was of NPTEL, that is National Program of Technology Enhanced Learning at IIT Kanpur. It was foundation certificate course in palliative care which was started in January 2023. In this course 1301, 1301 students enrolled, 404 registered and out of 404, 367 were qualified in which 214 were awarded gold standard, 53 silver standard and 5 elite standard.

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Another course next following year we launched along with NPTEL is a basic certificate course in palliative care which was run in January 2024.

In this, 532 students had enrolled. Out of them, 99 registered for the exam and 79 were certified. Out of them, 18 were received gold standard, 40 received silver and 16 were elite. And two students from this course also selected for the internship.

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NAPCAIM Training Division Offline Courses			
Offline Courses	Duration	NPTEL "Swayam" Courses	Duration
Palliative and Geriatric Aide Course – Offline (Offered by Kosish – The Hospice)	6 Months	Foundation Certificate Course in Palliative Care – Rerun in Jan 2024	12 Weeks
Farishtey (A course on death & dying) - Offline (Offered by Kosish – The Hospice)	12 Months	Basic Certificate in Palliative Care – Upgraded – From Jan 2024	12 Weeks
"Hands On" Training and NPTEL Internship at Community Oncology Centre Ahmedabad	4 to 8 Weeks		

NAPCAIM Training Division Offline Courses.

Earlier, we spoke about online courses under IIDL. In offline courses, We have Palliative and Geriatric Aid course 6 months, which is offered by Kosish - The Hospice, which is situated in Jharkhand. Another course is Farishtey. It is a course on death and dying. Again, it is offline course and offered at Kosish Hospice at Jharkhand.

Hands-on training, NPTEL internship is possible at Community Oncology Center, Ahmedabad with the duration may be 4 to 8 weeks. And there is a, these are the courses we already talked about. These two courses are run by, under NPTEL, under Swayam platform. And these courses are also rerun every year.

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Certificate in Integrative Palliative Care.

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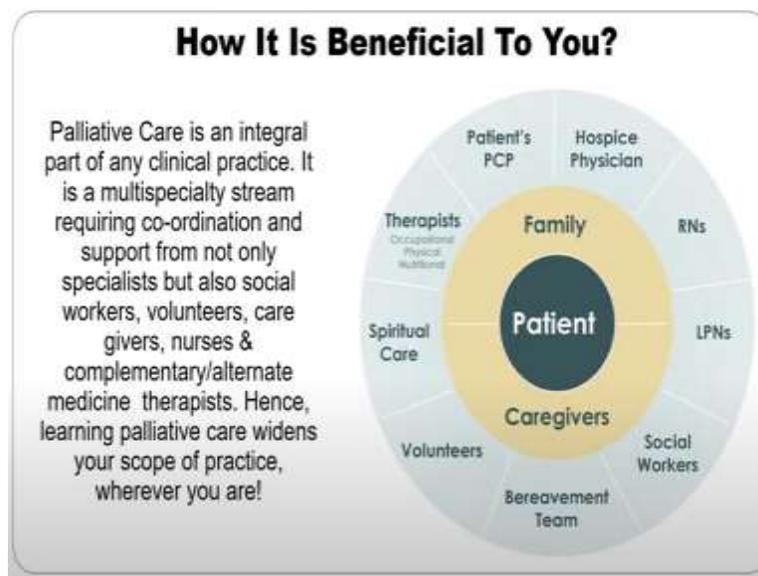


Who can do this course? Anyone with attitude to learn and practice palliative care can apply for this course. No academic standard or qualification is required, my dear friends.

Just listen to me. You should be able to speak English. You should be able to understand English and do not worry about any academic qualification.

If you are desirous to learn about palliative care, and I am telling you it is very, very useful. It will be useful to you, to your family members, to your friends also. So anyone with attitude and aptitude to learn can do all these courses in palliative care under IIDL and NPTEL.

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How it is beneficial to you? See, palliative care is an integral part of any clinical practice. If you know basics of palliative care, definitely your practices will improve.

It is a multidisciplinary stream requiring coordination and support from not only specialists, but also social workers, volunteers, caregivers, nurses, and complementary and alternative medicine specialists. Hence learning palliative care widens your scope of practice wherever you are or whichever stream you are working with. Why I said anybody can do it let's see this particular diagram with three circles innermost circle is the patient the innermost circle is the patient. Thereafter, we have got a light yellow circle in which family and caregivers. Now, we all are part of these two circles.

Sometimes when we fall sick, we become patient. And in any case, we remain a family member, we remain a caregiver. And palliative care is that particular stream which can be done by anybody. Therefore, I said you should do these courses in palliative care. Thereafter, outer circle in all these medical health services, we have got volunteers and social workers.

You can be the part of that volunteers team as well as social workers team. Otherwise, all those medical and health professionals like therapists, hospice physicians, registered nurses, All these people, they are medical and they are health workers. They can also do the same course.

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How It Is Beneficial To You?

Complementary Therapies can be learnt and practiced at home.
That will be useful not only to you but your family and friends. Many of the diseases can be treated by yourself if you learn some of the therapies like Naturopathy, Diet & Nutrition Yoga etc. Hence, doing this **Certificate course in Integrative Palliative Care** will widen your scope of practice, wherever you are!

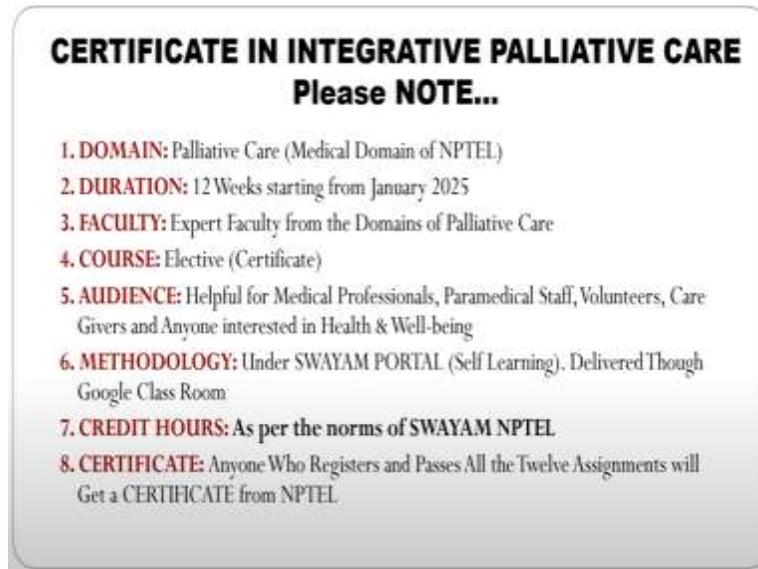
shutterstock.com • 1842423310

How it is beneficial to you? Complementary therapies can be learnt and practiced at home. That will be useful not only to you but your family and friends as well.

Many of the diseases can be treated by yourself if you learn some of the therapies like naturopathy, diet and nutrition yoga etc. Hence doing this certificate course in integrative palliative care will widen your scope of practice wherever you are. Now in this particular image in the center palliative care is written and what sort of health care facilities you can learn by doing all these courses mental stress, despair, life limiting illness, medical care,

pain management, non-curative therapy, patient can learn it, health, physical stress, symptom management, alleviation, depression, quality of life, and nursing care. All these aspects can be learned through such courses.

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CERTIFICATE IN INTEGRATIVE PALLIATIVE CARE
Please NOTE...

- 1. DOMAIN:** Palliative Care (Medical Domain of NPTEL)
- 2. DURATION:** 12 Weeks starting from January 2025
- 3. FACULTY:** Expert Faculty from the Domains of Palliative Care
- 4. COURSE:** Elective (Certificate)
- 5. AUDIENCE:** Helpful for Medical Professionals, Paramedical Staff, Volunteers, Care Givers and Anyone interested in Health & Well-being
- 6. METHODOLOGY:** Under SWAYAM PORTAL (Self Learning), Delivered Through Google Class Room
- 7. CREDIT HOURS:** As per the norms of SWAYAM NPTEL
- 8. CERTIFICATE:** Anyone Who Registers and Passes All the Twelve Assignments will Get a CERTIFICATE from NPTEL

This certificate in Integrative Palliative Care, these are the highlights about the course.

The domain is palliative care that is medical domain of NPTEL. The duration of the course is 12 weeks starting from January 2025 the faculty the expert faculty from domains of palliative care and complementary therapies they have taken part in preparing the reading material, education material for this course, the course is elective a certificate will be given. Audience it can be helpful for medical professionals, paramedical staff, volunteers, caregivers and anyone who is interested in health and overall well-being of a person. Methodology, it is done under the SWAYAM platform portal that is self-learning portal of NPTEL and delivered through google classroom. The credit hours can be given as per the norms of SWAYAM NPTEL.

Certificate, anyone who registers and passes all the 12 assignments will get a certificate from NPTEL.

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CERTIFICATE IN INTEGRATIVE PALLIATIVE CARE
Please REMEMBER...

1. This Course is for **EVERYONE** who is interested to learn about Palliative Care. Even a family member should know about it because, Palliative Care is about **TOTAL CARE**. It includes important aspects like Social, Cultural, Psychological, Spirituals and Community Participation. Of course, it covers the aspects of Pain Management & Symptoms Management also.
2. The delivery of the Course Lectures is **SIMPLE** so that, even a layperson can understand the contents.
3. In Palliative Care, even a Care Giver or a Family Member has the **RIGHTS** to take part in the whole process of Diagnosis, Treatment till the **END!**

Certificate in Integrative Palliative Care. Please remember, this course is for everyone who is interested to learn about palliative care. Even a family member should know about it because palliative care is about total care. It includes important aspects like social, cultural, psychological, spiritual and community participation.

Of course, it covers the aspects of pain management and symptom management also. The delivery of course lecture is simple. So that even a lay person can understand the content it is given out through videography of our lectures from our faculty in palliative care. Even a caregiver or a family member has the right to take part in whole process of diagnosis and treatment till end so even care it is very much beneficial to the caregiver as well.

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WEEK: I
INTEGRATIVE PALLIATIVE CARE

- 1. Prelude**
- 2. Introductory Dialogue for Week: 1**
- 3. Basics of Palliative Care**
- 4. Integrative Palliative Care**
- 5. Complementary Medicine**
- 6. Community Participation in Palliative Care**
- 7. Communication in Palliative Care Part: I**
- 8. Communication in Palliative Care Part: II**

Reference Material and Assignment in Each Week

First week week number one we have got basically 12 week and each week, each week there is one complementary therapy is included. So starting in week one which is integrative palliative care we are going to give you the outline or introduction about the palliative care what is integrative palliative care.

Then thereafter, basics of palliative care, complementary medicines, then two most important facets of palliative care, one is community participation and second is communication in palliative care, part one and part two. Week one will be covered by Dr. Geeta Joshi and myself, I am Dr. Yashwant Joshi. And of course, there is always reference material is available.

At the end of each week, you have to attempt an assignment.

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**WEEK: II
NATUROPATHY**

- 1. Introductory Dialogue for Week: 2**
- 2. What is Naturopathy?**
- 3. Concept & Principles of Naturopathy?**
- 4. Air Therapy**
- 5. Heliotherapy**
- 6. Hydrotherapy**
- 7. Mud Therapy**
- 8. Fasting Therapy**
- 9. Massage Therapy**
- 10. Magnet Therapy**

Reference Material and Assignment in Each Week

Week number two, the main theme is naturopathy. We will have two general lectures about naturopathy. What is naturopathy? Concept and principles of naturopathy.

I will conduct these two lectures. And then thereafter, all the modalities listed here, that is air therapy, heliotherapy, hydrotherapy, mud therapy, fasting therapy, massage therapy and magnet therapy. All these therapies, all these modalities will be taken by Dr. Shikha Gupta. She is a naturopathy expert located at Lucknow. She is having her own naturopathy clinic also.

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WEEK: III
YOGA THERAPY

- 1. Introductory Dialogue for Week: 3**
- 2. Yoga Therapy**
- 3. Healing Power of Yoga!**
- 4. Yam and Niyam**
- 5. Yogasan**
- 6. Pranayam**
- 7. Pratyahar**
- 8. Dharana**
- 9. Dhyan**

Reference Material and Assignment in Each Week

Coming to week 3. It has all details about the yoga, what is yoga therapy and what are the healing power of yoga and how it is useful in palliative care. Basically this week, week number three, we will be covering Ashtang Yog. Ashtang Yog means eight limbs. Yam and Niyam, Yogasan, Pranayam, Pratyahara, Dharna and Dhyan.

All these topics will be covered by Ms. Neha. She is a yoga trainer from Haridwar.

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WEEK: IV
PRANIC HEALING

- 1. Introductory Dialogue for Week: 4**
- 2. Role of Pranic Healing in Palliative Care**
- 3. Five Elements: Pranic Healing**
- 4. Chakras: Pranic Healing**
- 5. Forgiveness**
- 6. Twin Hearts Meditation**
- 7. Gratitude**

Reference Material and Assignment in Each Week

Coming to week number four, it includes pranic healing. Very noble specialty and it will be taken up by Ms. Usha Jaiswal. In pranic healing, the first lecture is role of pranic healing in palliative care.

Thereafter, five elements. What is the purpose and what is the usage of these five elements in pranic healing? Chakras, then certain qualities like forgiveness and gratitude. If you learn and practice, that will help you to become a pranic healing instructor. And then twin hearts meditation will be taught to you.

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WEEK: V
ENERGY HEALING

- 1. Introductory Dialogue for Week: 5**
- 2. Remote Energy Healing**
- 3. Reiki**
- 4. Reiki: Symbols & Meaning**
- 5. Reiki & Pranic Healing**
- 6. Qigong**
- 7. Tai Chi**
- 8. Emotional Freedom Technique**

Reference Material and Assignment in Each Week

In week number five, we will be talking about energy healing.

This is taken up by faculty Dr. Yashwant Joshi. It includes the topics like remote energy healing, Reiki, Reiki symbols and meanings, and Reiki and Pranic healing, Qigong, Tai Chi, and emotional freedom technique. This is called Qigong. Qigong, Qi means vital life energy. Qigong and Tai Chi, basically they are the part of traditional chinese medicine, TCM we call it.

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WEEK: VI
ACUPRESSURE AND ACUPUNCTURE

- 1. Introductory Dialogue for Week: 6**
- 2. Meridians: A System of Pathways!**
- 3. Acupressure: A Beginner's Guide!**
- 4. Popular Acupressure Points**
- 5. Acupuncture**
- 6. Difference Between Acupressure & Acupuncture**
- 7. Auricular Acupuncture**

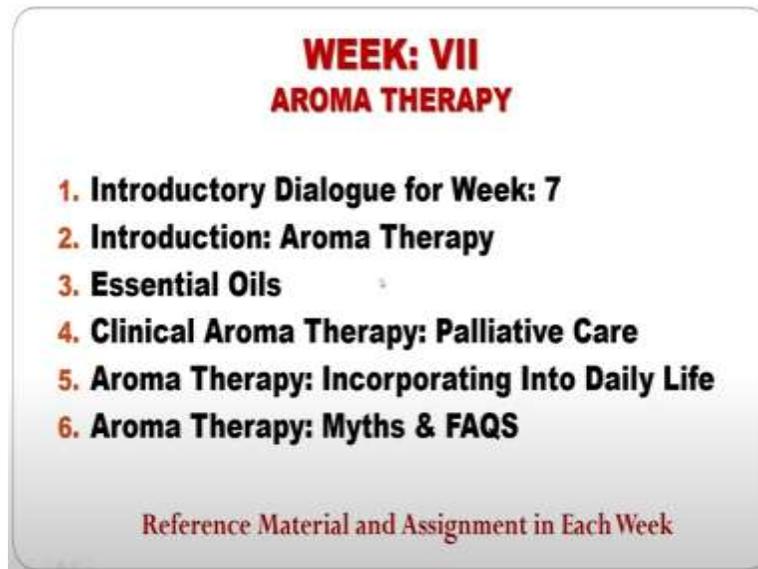
Reference Material and Assignment in Each Week

Then comes week number six, acupressure and acupuncture, in which we will talk about meridians, a system of pathways, over these meridians are acupoints are located, where we can practice acupressure as well as acupuncture.

Then acupressure a beginners guide in which we will give you details very easy details about acupressure, then we will talk about five popular acupressure points, then we come down to acupuncture. There after after you learn certain details about acupressure and acupuncture we will give you the differences between these two modalities of TCM traditional Chinese medicine that is acupressure and acupuncture. And finally, we will cover a very interesting and important topic that is auricular acupuncture. In India particularly everybody I can say roughly about 70 to 80 percent people have done their ear piercing either right or left.

So the last, ear piercing is also sort of acupuncture. But ear piercing is generally done, only done in the various parts of ear and there are about 200 such acupoints in ear.

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Coming to week number 7, it is on aromatherapy. There will be introductory dialogue for each week in the beginning. And then it is followed by introduction to aromatherapy. The faculty of this week is Dr abhijit dam he is a practicing palliative care physician at kosish - the hospice situated in Jharkhand.

He will also describe which are the essential oils used in aromatherapy, he will talk about clinical aromatherapy its role in palliative care and lastly Dr. Yashwant Joshi will cover two topics in this week. That is incorporating the aromatherapy into your day-to-day life. And what are the myths and frequently asked questions he will be addressing at the end of this week.

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WEEK: VIII
MUSIC THERAPY

- 1. Introductory Dialogue for Week: 8**
- 2. Music Therapy**
- 3. Music Therapy: History & Benefits**
- 4. Music Therapy and Palliative Care**
- 5. Music Therapy: Tools and Activities**
- 6. Music Therapy: Intervention and Ragas**

Reference Material and Assignment in Each Week

Week number eight, music therapy. What is music therapy? I think people are going to like this week very much. Music therapy. Everybody loves music. Only those people who are interested in music.

The people like me don't understand anything about the music. I think except for you, everybody is interested in music therapy. Music therapy, what is music therapy? The history and benefits. Then music therapy and palliative care, how music therapy can be utilized for the benefits of the patients in palliative care. What are the tools and activities we have in music therapy like singing or writing or other things and music therapy intervention and ragaj. We have a very good music therapist, Miss Bhuvaneshwari Ramesh, she could not come but We had Dr. Pragyan Dangwal from Lucknow, and she will be covering all these topics of music therapy.

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WEEK: IX
NUTRITION AND DIET

- 1. Introductory Dialogue for Week: 9**
- 2. Diet Therapy**
- 3. Nutrition: Does It Really Matter?**
- 4. Eat Natural Food!**
- 5. Stop Using Junk Food!**
- 6. Role of Nutrition in Palliative Care**
- 7. Dispelling Nutrition Myths!**
- 8. Nutrition During End of Life**

Reference Material and Assignment in Each Week

Coming to week 9, it is on nutrition and diet, very important. Even if you are not practicing Palliative care, this will definitely help you in day-to-day life and how to make your life healthy as ever. There will be talk on diet therapy.

Okay, the faculty of this week is Dr. Divya Choudhury from Delhi. She is a chief nutrition at Rajiv Gandhi Cancer and Research Institute located at Rohini, New Delhi. And she will talk about nutrition. Does it really matter? That is a very practical aspect. And eat natural food, stop using junk food. Then role of nutrition in palliative care and dispelling myths about your nutrition and nutrition during end of life.

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WEEK: X
EXPRESSIVE ART THERAPY

- 1. Introductory Dialogue for Week: 10**
- 2. Expressive Art Therapy**
- 3. Art Therapy**
- 4. Colour Therapy**
- 5. Sand Tray Therapy**
- 6. Writing Therapy**

Reference Material and Assignment in Each Week

Week number 10, expressive art therapy. What is expressive art therapy? That will be our first lecture. Then we will come down to four therapies. There are number of expressive art therapies, but we will be covering just four of them.

First will be art therapy itself. Second is color therapy. What is the role of color in palliative care therapies? Then sand tray. You see, we have been playing with the sand when we were children. It is very, very useful. How the same habit can be used as sand tray therapy and writing therapy?

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WEEK: XI
SPIRITUALITY AND PRAYER

- 1. Introductory Dialogue for Week: 11**
- 2. Religiosity, Spirituality & Palliative Medicine**
- 3. Exploring the Science Behind Spirituality**
- 4. Loving Yourself!**
- 5. Spiritual Distress and Palliative Care**
- 6. Panel Discussion: Death & Dying**

Reference Material and Assignment in Each Week

The faculty of this week is Dr. Madhurima Pradhan. She is a former professor and head of the Lucknow University in Department of Psychology. Number 11, spirituality and prayer. The instructor will be Dr Abhijit Dam. He will be covering religiosity, spirituality and palliative medicines.

Exploring the science behind spirituality, loving yourself. If you do not love yourself, my dear friends, then you cannot go beyond to gain something, some knowledge about spirituality and god and all these matters first thing has to start from you, you have to love yourself and then only you can love others including god. Spiritual distress and palliative care this is the only lesson it will be covered by Dr. Piyush Gupta, he will be coming from Lucknow and there will be a small panel discussion that will, topic will be death and dying. In panel discussion, we will have Dr. Abhijit Dam, he is a specialist because he had been running number of courses that is called Death Dola.

Death Dola. How to give some sort of counseling during the time of death. At the time of, at the time of death. Then, we will have another expert faculty, Rakesh Jaiswal. He is an expert instructor in pranic healing and he knows lots of healing, yeah. Also, he does in addition to pranic healing, he does cosmic healing. He has got a cosmic tower at

haridwar and he's a very religious and spiritual man and then two additional panel panelists will be there one Dr.Piyush Gupta and Dr. Pragyan Dangwal.

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WEEK: XII
FIRST AID

- 1. Introductory Dialogue for Week: 12**
- 2. Introduction to First Aid**
- 3. Purpose of First Aid Training**
- 4. First Aid: Emergency Procedure**
- 5. Cardio-Pulmonary Resuscitation (CPR)**
- 6. Making A Splint!**
- 7. Recovery Position**
- 8. Emergency Scene Management (ESM)**

Reference Material and Assignment in Each Week

Last number 12 you can talk about first aid you know, yes we'll be wondering why this topic is included in this complementary medicine but many a times we have not given thought to small, small things in life which we can be we can practice at home and we can be helpful to the society also. So the basics about the introduction to first aid, the purpose of first aid then emergency procedures which can be done in first aid then a basic information about the cardiopulmonary resuscitation will be given and how to make a splint in case of a injury. How to give recovery position when the patient or victim is not responsive or unconscious, and how to manage an emergency scene management.

These all topics will be covered by myself, Dr. Geeta Joshi. 12 weeks, over, three months only. My dear friends, three months is just no time in our whole life. I am 75 years. If I was a child or a young person, and was given an opportunity to learn about palliative care, I would have learnt it, you know.

During my time, nobody knew about palliative care. This particular stream, palliative care is new. I can say about 40 years old, 40 to 50 years old, or isn't it? Cecilie Dame

started it, you know. Again and again I am telling you, palliative care can be done by anybody. In fact, we are doing it at our home.

Our mother is doing it, our father is doing the same thing. They are giving treatment whenever a child falls sick. And therefore, it is of utmost importance that at least we know what is palliative care. And I am definite that after devoting just three months of your life, three months of your life, will become a sort of, will have lots of knowledge about palliative care and will be a better human being. And complementary medicine. So, since you have enrolled for this course, stay with us for 12 weeks and just see how the whole course is very important and useful to you.

Thank you very much. Another issue about what Dr. Geeta Joshi said, this is a certificate course in integrative complementary medicine. What is complementary medicine that whenever somebody fall six he can he or she can continue with the medicine what the person is taking either allopathy or anything. In addition to that this complementary medicines can be applied it does not have any side effect at all. Sometimes it does not cost like Nutrition, diet and nutrition doesn't cost anything at all.

You have to just make some changes at home. Yoga therapy, you just require 15 to 20 minutes. So, my dear friends, this whole course about complementary medicine is very, very useful. You can apply it to yourself.

You can apply it to yourself, to your friends and family members. Thank you Thank you. Thank you.