



## Guided Self Paced Learning through an Online Course on Basics of Nature Cure in India

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### ABSTRACT :

The field of pure nature cure, health and holistic education are very important for human well being. To achieve the real health and happiness, education is the key. The genesis of this online course on Basics of Nature Cure lies in overcoming of some ailments which the author of this article suffered such as diabetes, ankylosing spondylitis, chronic rhinitis etc. These all done just by modifying the lifestyle and the philosophy. This article describes the course and its delivery process using Social Media and other technology platforms.

Keywords: Social Media Learning, Online Learning, Nature Cure, Health Education, Live Online, Guided Self Paced Learning, WhatsApp, Facebook, Hangout, YouTube,

### INTRODUCTION

This is not my usual write up on Nature Cure but on the education as a whole. This would benefit any enthusiast teacher to opt to teach through social-media. Effective education delivery based on social media is shared in this case study. THE TECHNOLOGY portion of this case-study can be used as training modules by the teachers on 'how-to-use' social-media-tools to impart education. THE ECONOMY part may give the youngsters a hint of another professional choice with a valid contribution towards the homeostasis of the universe.

### THE BACKGROUND

The word Foundation in the acronym of PFCs is not to indicate a charity! PFCs or PSYsolution Foundation Courses are sketched to form a FOUNDATION of understanding health and happiness, dialectically, on the basis of Nature Cure science and philosophy.

Nature Cure is a dialectical science of VITALITY MANAGEMENT. The understanding of vitality is the basis of Nature Cure. The Nature Cure science is not in line with the medicinal philosophy. It has been requested to all the learners of PFCs that, if they are rigid in considering medicinal philosophy as the ultimate destiny then they should refrain themselves from joining PFCs.

### THE PEDAGOGY

In 2017, PSYsolution introduced its PFC-Level 1 course. The course was sketched to form a basic understanding of Nature Cure. The title of the course is *Basics of Nature Cure*.

A total of 9 batches were already conducted in 2017 where more than 1000 participants joined and completed the course.

The course covers the aspects of UNLEARNING-RELEARNING and DOING of Nature Cure in our lives. There are 12 chapters under the above headings.

The aspects are forming a Pythagorean-triplet, with 3, 4 and 5 chapters in it, respectively.

UNLEARNING covers the mythical acceptance regarding health including myths about infections, deficiency and also diseases as a whole.

RELEARNING covers the neo-learnings about the terms and understandings of health and disease under the light of Nature Cure.

DOING covers, the tips and its dialectics of embracing Nature Cure into one's own life.

This was just a basic understanding of this awesome but less-practised science called Nature Cure. When one mindfully goes into the path of dialectical science then the modification in the philosophy is an obvious outcome.

PFC-Level 2 is a strive to form a valid philosophy. PFC or PSYsolution Foundation Course - Level 2 was launched in April 2018. The title of this course is Diving deeper into Nature Cure.

PFC-Level 2 is available only after completion of PFC-Level 1 on the basis of their serious interest levels about pursuing and practising Nature Cure consistently, in their own lives.

The pedagogical applications of different learning tools were researched for an effective learning-outcome in both the levels of PFCs.

The PFC-Level 1 is purely a guided self-paced course with special focus on the topic-specific discussions. 'Discussions / interactions make the understanding stronger' – is the core belief in the implementation of the pedagogy during PFC-Level 1.

The PFC-Level 2 is an intense level, wherein reflection on the studied topics and the concepts are intensively incorporated. As per the pedagogical science, unless the learner is evaluated for her knowledge of the study, the furtherance of the knowledge cannot be established. The real evaluation can only be achieved with the active participation of the learners and the facilitator of any course. In PFC-Level 2, subjective assignments are chosen over the objective assignments. Each of the participants needs to engage herself in the process of knowledge transaction in the PFC-Level 2.

In this level also, the active discussion was not ignored. During the 9 days of the course, every day, the intensive live discussion is executed by the facilitator. The topic of the live sessions is the REFLECTION on the submitted assignments. In the process of integrating technology in education, the presence of the instructor or the facilitator is often compromised. But in reality, the self-paced course cannot be effective if it is not actively guided by the facilitator. 'Automation of learning' never succeeds.

'The active involvement of the learners and the instructor is inevitable' – this is the core belief in the implementation of the pedagogy during PFC-Level 2.

## THE PHILOSOPHY

The analytical spree and the development of philosophy go hand in hand. As in the business of propagation of Nature Cure science, PSYsolution had to work hard to develop its philosophical entity, strongly. In the PFC-Level 2, the concept of EXPANSION OF SELF is taken up pretty seriously. The expansion of self is nothing but a compassionate, rational understanding of the background of the people whom, one is perceiving or interacting.

In the formation of PFCs, this factor is the philosophical foundation of PSYsolution. No matter, how the silly the doubt is, it is important for the individual to enhance her own understandings – this practice of expansion of self is exercised honestly and genuinely during the process of these courses.

No questions or doubts are ignored and addressed almost immediately during the course. In PFC-Level 2, a true learning spree in the facilitator makes the democratic environment in the live session and in the course as a whole. This process of mutual learning impacts a lot to build up the newer knowledge assimilation. A teacher is not a teacher if she stops learning. The PFC-Level 2 indeed helps the facilitator also to enhance his depth of learning through the collective research work on the subjective assignments of the participants.

#### THE EXECUTION

Both the levels of PFCs are delivered using social-media tools via the internet.

In PFC-Level 1, the WhatsApp group is the primary medium of communication amongst the learners and the facilitator. The PFC-Level 1 has three major components as in the recorded lectures, study materials and obviously the active discussions.

In the PFC-Level 2, there are four components as recorded lectures, study materials, subjective assignments and live sessions. The quantum of study materials in the PFC-Level 2 is much more than what it is in the PFC-Level 1.

In the PFC-Level 2, on each day, participants are handed over with a recorded lecture in the morning with a bunch of study materials of the respective topic of the day and the subjective assignment of the day. The participants need to submit the assignment within a stipulated time frame.

Every evening, the assignments of the previous day are discussed in details with all the participants watching it live.

#### THE TECHNOLOGY

The social media tools such as WhatsApp, Facebook, YouTube and Google drive are used to execute these courses.

The popular social-media platforms are chosen to deliver this course due to its penetration in the population and user-friendly interfaces. Another aspect is the default availability of these apps in almost every smart phone, these days.

The LMS or CMS are not considered to avoid the inhibitions of the not-so-tech-savvy users, in using some unfamiliar tools.

The existing social media tools that are used in PFCs have the tremendous educational capability.

These are much beyond than just social communicative mediums.

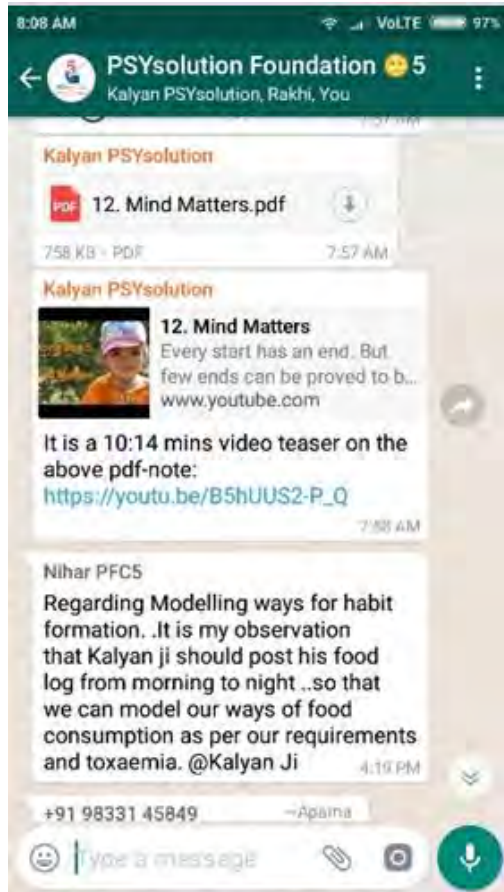
Followings are a few effective usages during the PFCs:

##### *The discussions in the course:*

The primary discussions happen on WhatsApp for both the levels of PFC.

##### *The study materials:*

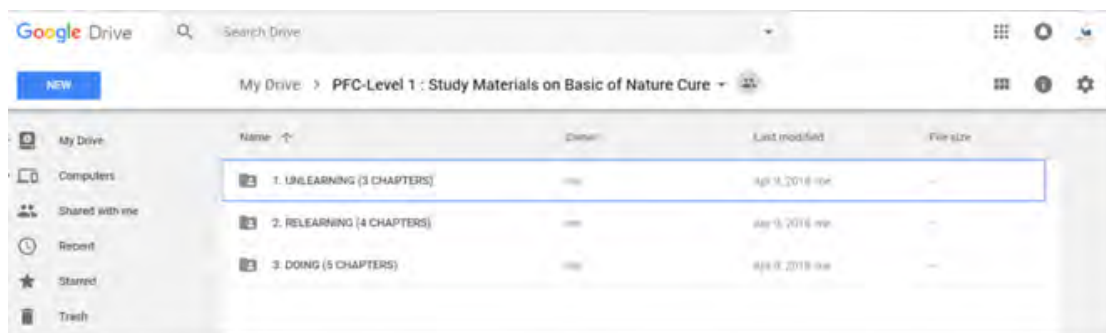
The study materials and reference notes are shared in downloadable pdf format through Google drive.



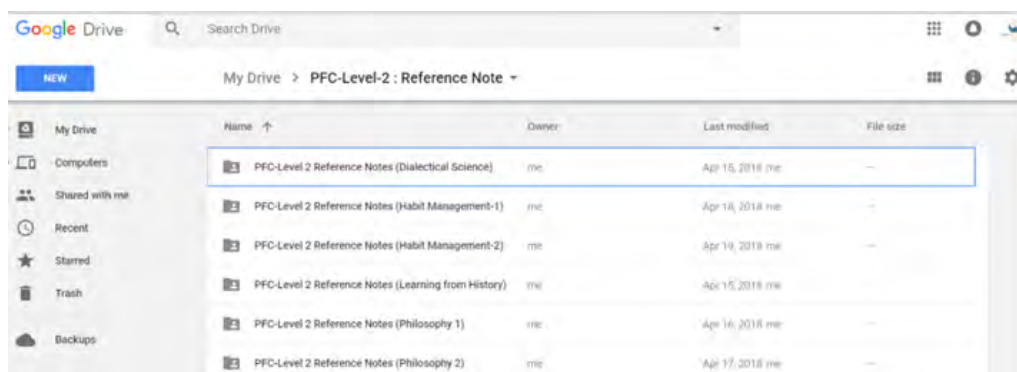
Screenshot of WhatsApp PFC-Level 1



Screenshot of WhatsApp PFC-Level 2



Screenshot of Google Drive: PFC-Level 1



Screenshot of Google Drive: PFC-Level 2



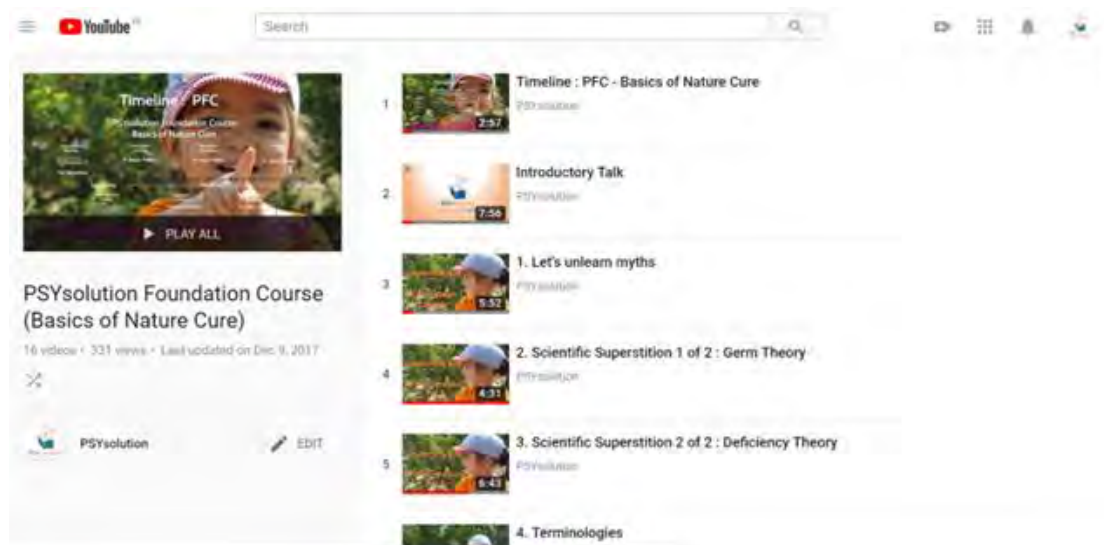
## SARKAR

### *The recorded lectures:*

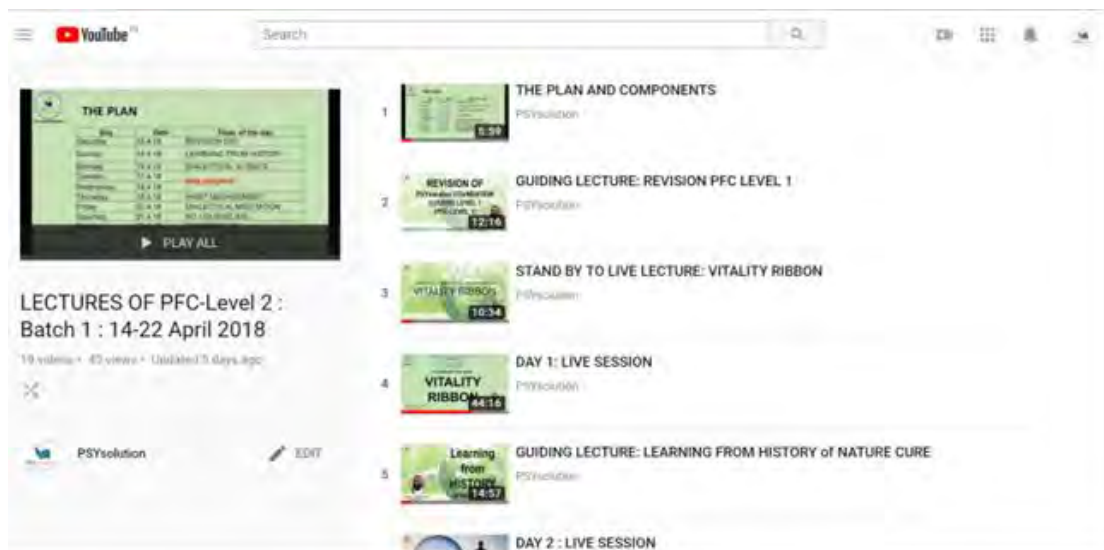
The recorded lectures are shared via YouTube. Well-arranged playlists are created on YouTube where the lectures are chronologically arranged and exposed to the learners in a recommended order. The YouTube links are easily shared with the needed thumbnails to trigger the interests of the learners via WhatsApp.

### *The live sessions:*

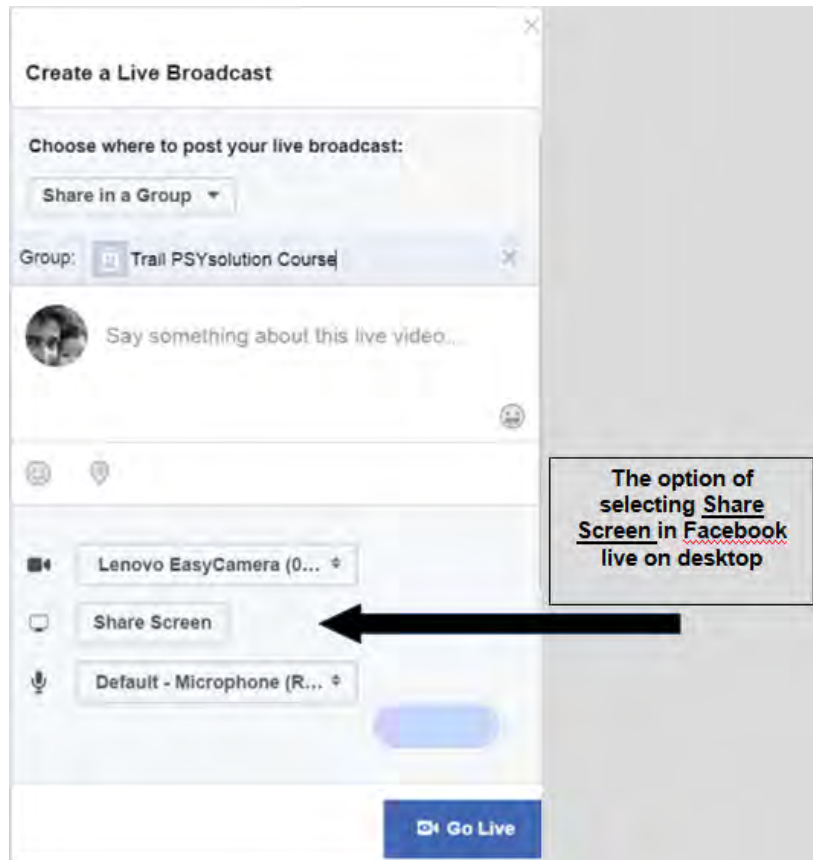
The live sessions were conducted using Facebook live. The Facebook live has got a Share-screen option to execute any sort of educational endeavours. As of now, the screen sharing option can only be used from a desktop. The live voice over on the PowerPoint presentations and chatting options for the participants make the sessions engaging and energising. From the desktop, live video streaming and screen sharing are not possible in a single session.



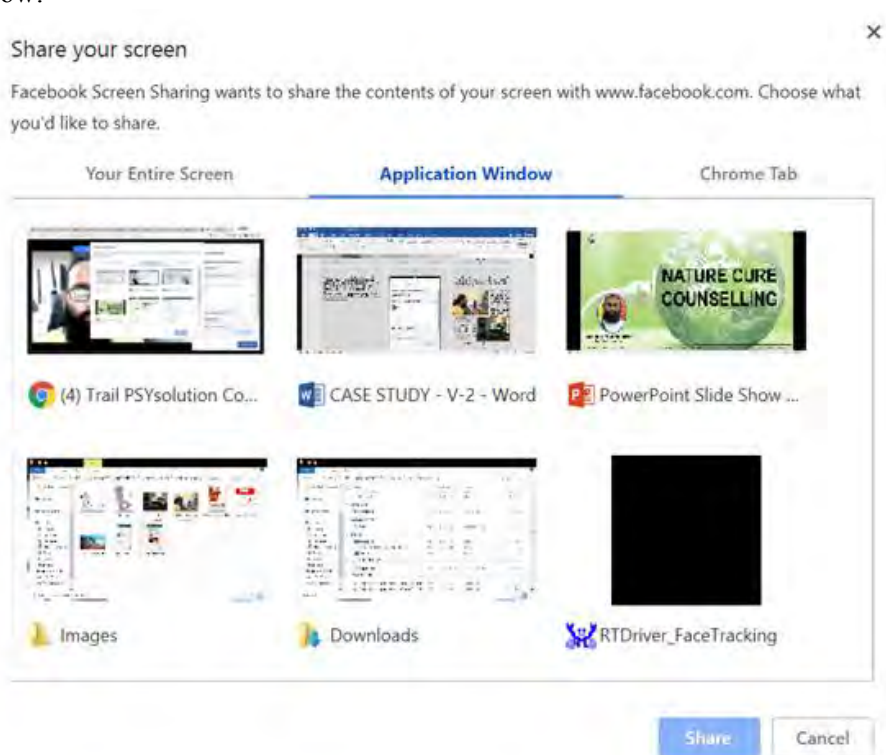
Screenshot of YouTube playlist: PFC-Level 1



Screenshot of YouTube playlist: PFC-Level 2

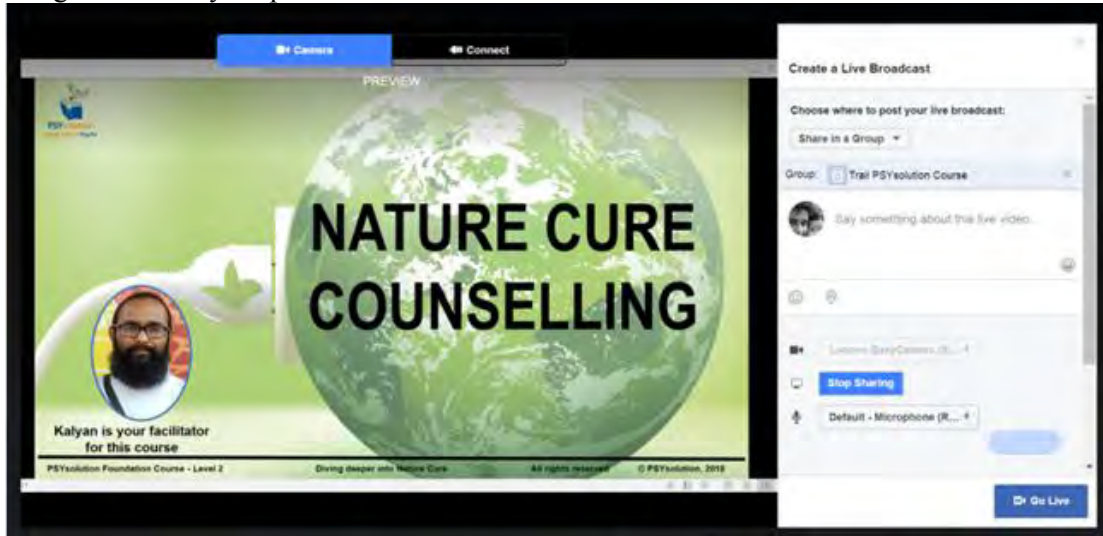


The presenter can select the preferential Application to be shared in the LIVE SESSION. As shown below:



Screenshot of Application selecting Window while going live on Facebook using screen-share1

Going LIVE with your presentation:



The preview before GO-LIVE



The preview after GO-LIVE

Using Video and Presentation both:

In case the presenter wishes to use her live video and the presentation both for the same live session, she can use her mobile with the dual camera facility (front and back) for the Facebook live.

The session can be launched keeping the mobile on a tripod fixing it in the horizontal position, as shown below. The front camera can capture the video of the presenter.



Facebook live with presenter's video using the front camera of your mobile

The back camera can capture the presentation from the computer screen, as shown below:

The presenter can switch over the cameras (front and back) according to her requirement during the live session.



Facebook live with presentation's video using the back camera of your mobile

## THE ECONOMY

As it is defined at the beginning, the Nature Cure science is the science of vitality management. The vitality of an organism always works towards the homeostatic stability. The health is the objective of the vitality, not the disease. Hence it talks about the goodness of our capability when it is managed properly.

In the Gift economy, the goodness of the intentions of the consumers is trusted at the core.

The education has become a capitalistic business, of late. In the execution of education, the primary aspects of transaction replacing trust factor, consumption replacing the contribution factor and sense of scarcity replacing the sense of abundance, making the education-system weak at the core. Education is the basic need and not a luxury.

The capitalistic approach is valid in the transaction, consumption and scarcity of the luxuries of life. In education, mankind needs the applications of the concepts of giftism or Gift Economy and its values of trust, contribution and sense of abundance.

PFCs exercise the GIFT ECONOMY. The courses are NOT FREE but the price of the course is decided by the learners (in general application, this can even be decided by the parents of the learners). The underlying TRUST is that the competent execution will surely be recognized by the learners. The sense of gratitude triggers the urge of CONTRIBUTION; we commonly consider this as return-gift. If the participants cannot find value in this endeavour, PSYsolution never faces disappointment because the ingrained sense of ABUNDANCE is the foundation of PSYsolution.



A true educational endeavour will have its clear understanding of the differentiation of Needs, Wants and Greed of life to enjoy and experience the abundance.

A true educator can effectively opt the modes of GIFT ECONOMY while using the technology to reach out to masses. Reaching to the masses with GIFT ECONOMY is absolutely sustainable, commercially.

The initial establishment of the competency and expertise will be the investment by the honest educator to opt this economical as well as a philosophical idea.

In PFC-Level 1, POSTPAID GIFT ECONOMY is exercised where the individual participant can consume the study materials and pay the fees later decided by herself. The participants are left at the liberty to-pay or not-to-pay the fees. No questions asked.

In PFC-Level 2, PREPAID GIFT ECONOMY is exercised where the participant needs to pay the FEE to join the course. The fee can be decided by the individual based on her previous experience of the competency and honesty of the facilitator and PSYsolution as a whole.

Remember, the eligibility of PFC-Level 2 is the completion of PFC-Level 1, hence the individual is expected to have a prior idea of the delivery and competency of PSYsolution to decide the FEE.

The Level-2 comes with a no-risk refund policy. There is a revision option at the end of the course, wherein the participants can revise the fees upward or downward according to the gained experience of the course. Even, she can claim her full refund. No questions asked from PSYsolution's side.

Though the refund claim is allowed within the first week after the course is over. The prospective educator must observe that the PREPAID exercise of GIFT ECONOMY as to be applied only when the credibility of her education delivery is established.

Those who are in the online education industry, they know how difficult it is to sell an online course! The data available with PSYsolution shows that it can sell, even via GIFT ECONOMY.

The PFC-Level 1, so far, yielded a valid revenue.

While the PFC-Level 2 is the real eye opener where a 9-day-online-course is being assessed with as much as 150 USD by many individuals while many chooses to revise the fees upward after the course is over.

Nobody has claimed the reduction or the refund of the fees.

## THE FEEDBACK

The feedbacks of PFCs are overwhelming.

The endeavour of this case-study is to motivate competent teachers to opt technology and gift economy together to usher and nurture a better future generation.

Followings are few screens to showcase the reactions of the participants of PFC-Level 2. In this, the feedbacks are taken on two primary aspects:

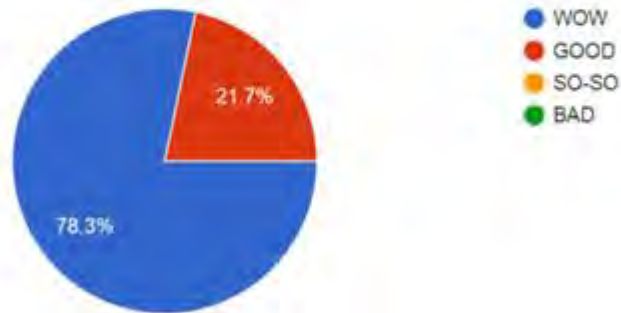
- 1.The experience of the topic of the day, and
- 2.The quality assessments of the components being used in the course.

The participants are asked to choose one option out of four, against each question as shown. The four options were given as WOW, GOOD, SO-SO, BAD. The colours of the pie chart against each option are Blue, Red, Yellow and Green, respectively.

Day-wise topic experience

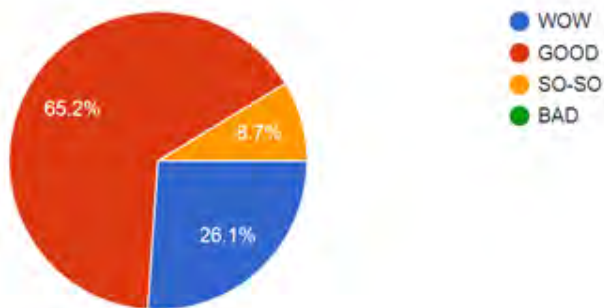
**DAY 1: How was the experience of the revision of PFC-Level 1 and the VITALITY-RIBBON CONCEPT?**

23 responses



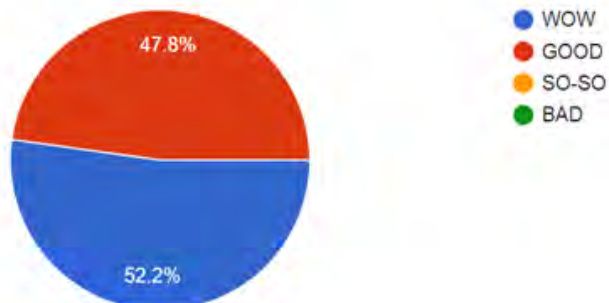
**DAY 2: How was the experience of the topic: LEARNING FROM HISTORY of Nature Cure?**

23 responses



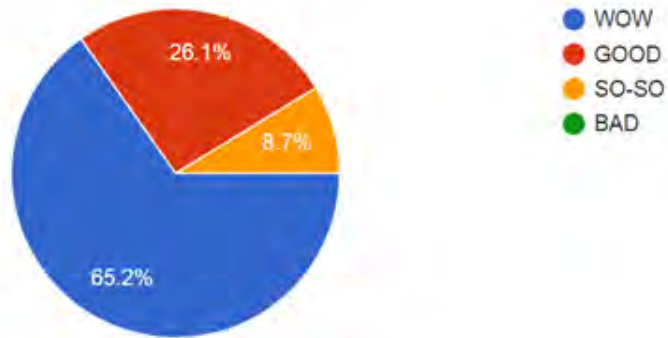
**DAY 3: How was the experience of the topic: DIALECTICAL SCIENCE in connection to the Nature Cure?**

23 responses



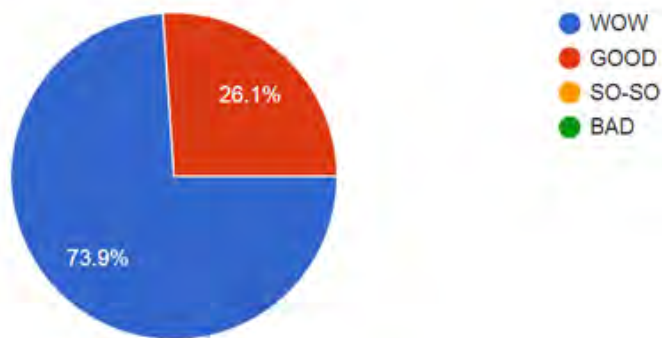
### DAY 4 and 5: How was the experience of the topic: PHILOSOPHY of Nature Cure?

23 responses



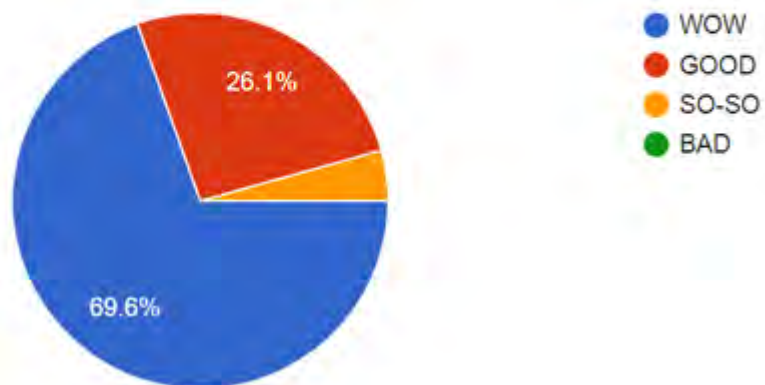
### DAY 6: How was the experience of the topic: HABIT MANAGEMENT?

23 responses



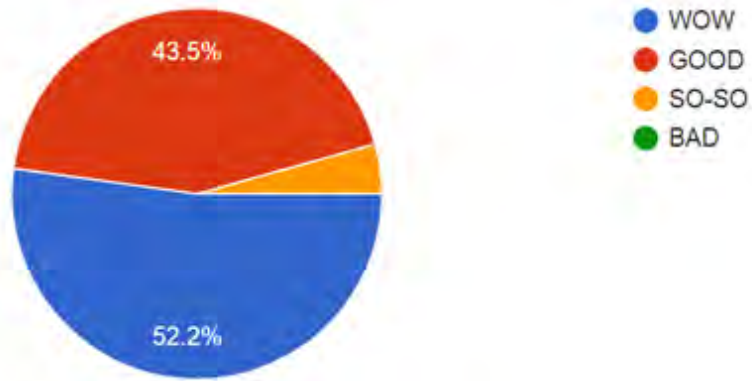
### DAY 7: How was the experience of the topic: DIALECTICAL MEDITATION?

23 responses



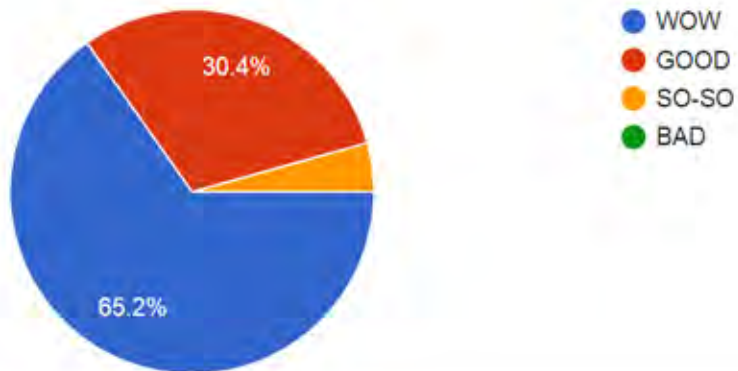
**DAY 8: How was the experience of the topic: NATURE CURE COUNCELOR?**

23 responses



**DAY 9: How was the experience of MEDITATION PRACTICE?**

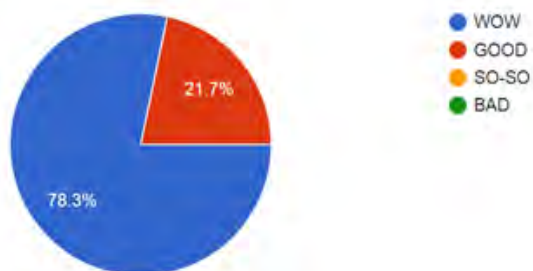
23 responses



Feedback on quality of the components

**COMPONENT 1: How did you find the quality of GUIDING LECTURES and NOTES?**

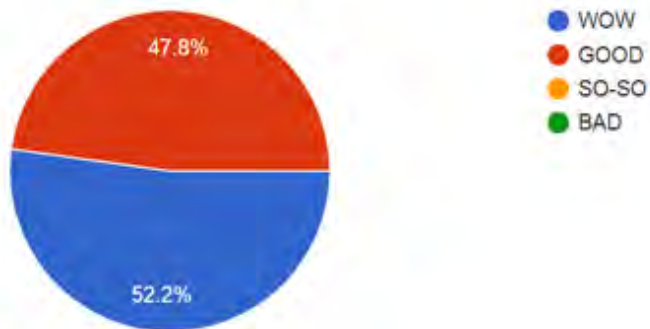
23 responses





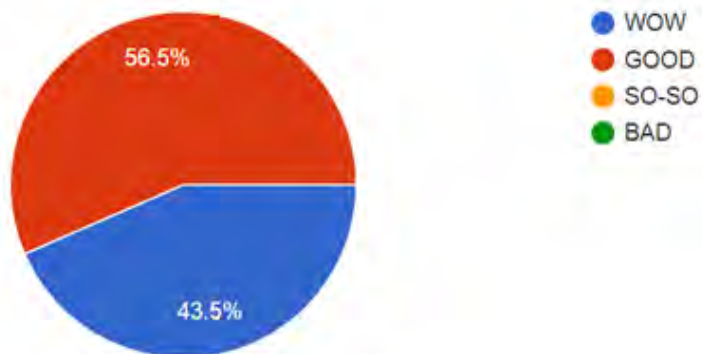
### COMPONENT 2: How did you find the quality of REFERENCE NOTES?

23 responses



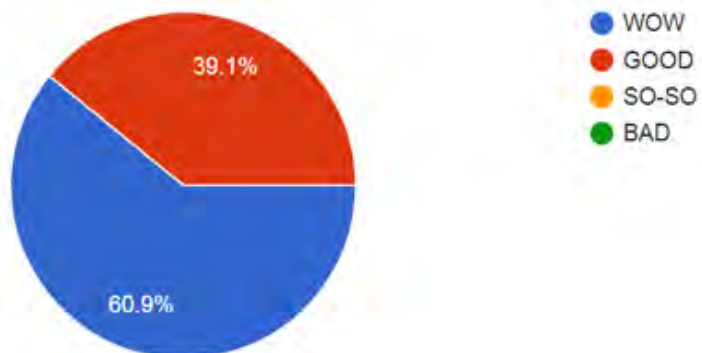
### COMPONENT 3: How did you find the quality of ASSIGNMENTS?

23 responses



### COMPONENT 4: How did you find the quality of LIVE SESSIONS?

23 responses



As we see in these feedbacks, by number, there are majorities of WOW and followed by the GOOD options. While a few were SO-SO options and no BAD options were chosen by the participants.

Commercial feedback

Do want refund of your fees? (Opting 'NO' would release PSYsolution from all future financial obligation from you, related to the fees of this course)

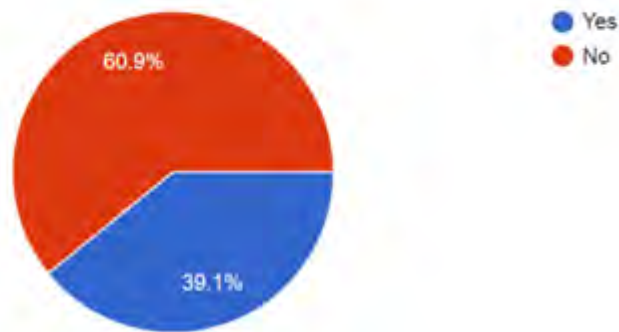
22 responses



Commercially nobody opted the refund of the fees.

Do you want to revise the fees, paid by you?

23 responses



39% of the participants opted upward revision of the fees at the end of the course.

CONCLUSION

This online course on Nature Cure erases the common idea of Nature Cure philosophy as an outdated practice. The Nature Cure is indeed a modern science and philosophy to opt for. Not only to attain a good health and happy life but also it can be proven as a valid profession for the interested future generations.

DECLARATION

opinions expressed in this material are based on Nature Cure science of health and do not coincide with medicinal theories. PSYsolution does not claim that any advice given, represents a "cure" for diseases. If anyone has doubts regarding his or her health, it is the responsibility of the individual to consult a competent health practitioner. These materials are not aimed at hurting anybody's belief or philosophy. PSYsolution believes that the true health does not need treatment, it needs education. It is an endeavour to educate that "The cure is from within"!

## SARKAR

Kalyan SARKAR, a veteran from Indian Air Force (1997-2012), holds his deepest interests in the field of pure Nature Cure, Health and Holistic Education. He researches continuously on pure Nature Cure and believes that to achieve the real health and happiness, education is the key. He started his journey of Nature Cure by overcoming many diagnosed diseases of him, such as diabetes, ankylosing spondylitis, chronic rhinitis etc. These all done just by modifying the lifestyle and the philosophy. In his autobiographical self-help book, Montage of my life, he has penned down his journey of transformation.

Through PSYsolution (2017- present), Kalyan regularly conducts online and residential courses to spread the awareness of Nature Cure and the overall education of health. The courses named as PSYsolution Foundation Courses (PFCs) has got two levels, so far, intensifying the depth of understanding from the 1st Level to the 2nd Level. In 2017-18, 1200+ people have joined in different levels of PFCs from across the world.

Kalyan is one of the administrators of the largest Facebook groups (<https://www.facebook.com/groups/naturecuregroup/> ) dedicated to pure Nature Cure with 12000+ members. He regularly contributes towards the spreading of knowledge of true health and happiness.

Before PSYsolution, Kalyan has worked with WizIQ.com, a leading online education platform, for almost 5 years (2012-2016). At WizIQ, he led the Solution team as the Director, Solutions. Kalyan with his keen interest in the use of technology in education, headed a number of projects in IITs, IIMs and other premium institutes in India, successfully!

Academically, Kalyan thinks he is goofed up a bit! Being a Mechanical Engineer and a Post Graduate in Mathematics he considers his learning Psychology is closer to his heart and enlightening in Nature. He is an MSc in Applied Psychology (Clinical) with an intense research in Meditation and Stress coping skills at MPhil level. Presently, he is immersed in the research of Vitality Education combining science and philosophy of Pure Nature Cure and Psychology both!

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