



### Postgraduate Diploma

Pediatrics and Women's Health in Advanced Integrative Medicine

Course Modality: Online
Duration: 6 months

Certificate: TECH Technological University

Official N° of hours: 600 h.

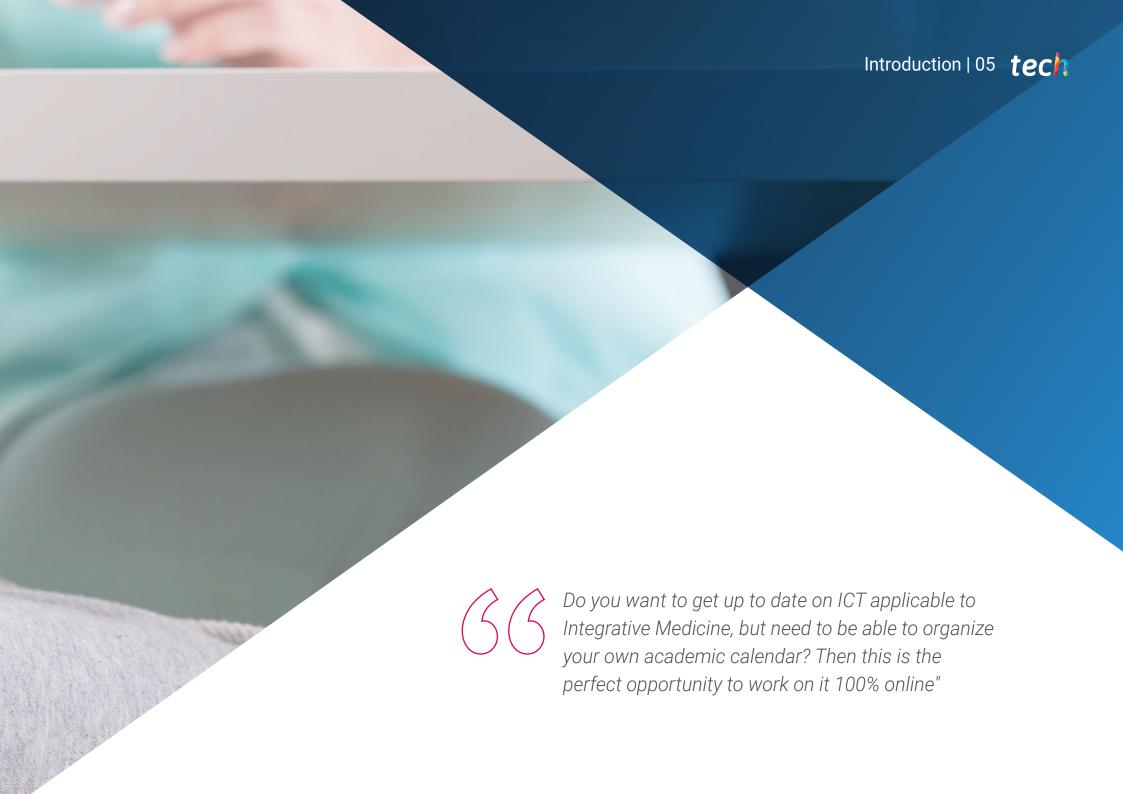
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### tech 06 | Introduction

The increasingly frequent combination of diagnostic-therapeutic procedures of traditional medicine with those of complementary medicine scientifically endorsed has allowed specialties such as pediatrics and gynecology to implement alternatives that are highly beneficial to the health of patients. In this way, we contribute to the innate capacity of the human being for organic self-regulation, focusing on the well-being of the person, rather than on the disease itself. Therefore, professionals contribute to improve their quality of life, allowing them, as far as possible, to enjoy their daily life through pain reduction and palliative treatments.

The great results obtained from its application have positioned Integrative Medicine as a standardized practice in more and more consultations, allowing specialists to offer minimally invasive therapeutic alternatives that participate in an important way in the active healing process. Precisely in the most innovative strategies for this is what this Postgraduate Diploma focuses on, which has been designed by a team versed in Gynecology and Pediatrics following the latest advances in this field. In this way, the graduate will be able to learn in detail the most innovative clinical guidelines for the approach of children and women with chronic diseases through Integrative Medicine, focusing also on the implementation of ICT to the consultation for risk assessment and reduction of professional negligence.

All this over 6 months of a 100% online academic program that includes 600 hours of the best theoretical, practical and additional content, which can be accessed through any device with internet connection thanks to the innovative nature of the virtual campus of this university. In addition, all the material can be downloaded for consultation, even after the academic program is over, so that the specialist always has the information included and can access it whenever they need it.

This Postgraduate Diploma in Pediatrics and Women's Health in Advanced Integrative Medicine contains the most complete and up-to-date scientific program on the market. The most important features include:

- Practical cases presented by experts in Integrative Health
- The graphic, schematic and practical contents with which it is conceived scientific and practical information on those disciplines that are essential for professional practice
- Practical exercises where self-assessment can be used to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



You will work comprehensively with the latest developments in Pediatrics and Integrative Medicine through 600 hours of the best theoretical, practical and additional content"

### Introduction | 07 tech



The best program on the academic market to update your practice in relation to the changes that women go through during their lives and the integrative medicine strategies that exist for each of them"

The program includes, in its teaching staff, professionals from the sector who bring to this program the experience of their work, as well as recognized specialists from prestigious reference societies and universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

Would you like to be up to date on nutritional deficits during childhood and on the most effective dietary strategies to alleviate them? In this program you will find the answers to all your questions.

Thanks to this Postgraduate Diploma you will be able to implement in your clinical practice innovative medical strategies of the latest generation such as IVF support.







### tech 10 | Objectives



### **General objectives**

- Provide the graduate with the most complete and up-to-date information related to integrative medicine and its application in the pediatric field, as well as in the clinical assistance to women
- Develop a broad and up-to-date knowledge on the use of ICT in the medical context, specifically in relation to integrative medicine



The program includes a specific section dedicated to the newest and most effective platforms and databases related to healthcare professionals for a cutting-edge and modern practice"





### **Specific objectives**

#### Module 1. Integrative Medicine and Pediatrics

- Analyze the importance of nutrition in pregnancy and supplementation, as well as breastfeeding during the first months of the baby's life
- Learn about mucosal inflammatory syndrome and the most prevalent pediatric diseases
- Establish and develop a methodology for a school for parents

#### Module 2. Women's Health in Integrative Medicine

- Study the changes that women go through during puberty, their stage of fertility and pregnancy
- Understand the new challenges that women go through during maternity
- Review recurrent pathologies in gynecology such as candidiasis, polycystic ovarian syndrome and endometriosis

## Module 3. Information and Communication Technologies Applied to Integrative Medicine

- Identify the available platforms to handle patient databases
- Analyze SEO and SEM positioning techniques as well as algorithms







### tech 14 | Course Management

#### Management



### Dr. Menassa, Alejandra

- President of the Spanish Society of Integrative Health and Medicine (SESMI)
- Head of CMI's Mental Health Uni
- Psychoanalyst and Professor at Grupo Cero School of Psychoanalysis
- Member of SEMI (Spanish Society of Internal Medicine)
- · Expert in ozone therapy in Internal Medicine from the University of Havana
- · Master's Degree in evaluation of bodily and psychosocial damage by the Europe Institute



#### Dr. Rodríguez, Pedro

- Nurse
- Director of Medintegra
- · Partner of Biomédica Sc
- Educational partner of the G-SE international team
- · Head of sanitary area C.A.I. Alicante City Counci
- Director of the Therapeutic Yoga postgraduate course at the CEU Cardenal Herrera
- Board member of the Spanish Association of Integrative Health and Medicine
- · Member of the Spanish Association of Community Nursing
- · Member of the International Association of Yoga Therapist
- Member of the Expert Team of the European Foundation of MTC
- · Master's Degree in Mental Health, Catholic University Valencia
- Master's Degree in Nutrition, University of the Balearic Islands
- Expert in Immunonutrition, Catholic University of Valencia
- Specialist in Natural Medicine (Osteopathy, Kinesiology and Acupuncture), Faculty of Medicine, University of Murcia
- Diploma in Acupuncture by ADEATA and FEDINE

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#### **Professors**

#### Dr. García Gutiérrez, Rosario

- Director of the Clinical Department at Grupo Cero
- Physician Specialist in Rheumatology and Family Medicine
- Psychoanalyst of the Grupo Cero School of Psychoanalysis
- Member of SESMI

#### Dr. Rigau, Josepa

- President and Trainer at the Spanish Association of Microimmunotherapy
- Doctor of Medicine and Surgery, Rovira i Virgili University of Tarragona
- Specialist and Master's Degree in Biological and Antiaging Medicine from the University of Alcalá
- Master's Degree in Pharmacogenetics, Pharmacogenomics and Personalized Medicine from the University of Barcelona
- Master's Degree in Environmental Medicine

#### Dr. Salgado, Carmen

- University expert in Naturopathy
- Master's Degree in Orthomolecular Nutrition
- Bachelor's Degree in in Traditional Chinese Medicine
- Degree in Biochemistry and Molecular Biology

#### Dr. Serrano Gandía, Juan

- Degree in Pharmacy
- Specialist in Biochemistry and Molecular Biology
- Teacher on the Master's Degree in Integrative Supplements at the ESI
- Graduate in Biological Sciences
- OSM Executive Committee Member

#### Dr. Blázquez, Elisa

- Nutritionist
- Nutritional coach
- Head of the Nutritional and Dietary Department, Clínica Medicina Health

#### Dr. Lajo Morales, Teresa

- Head of the department of endocrinology of the Moncloa University Hospital
- Physician specializing in endocrinology and nutrition
- Professor of Endocrinology at the European University
- Master's Degree in Health Services Management and Administration
- Master's Degree in Cognitive-Behavioral Therapy

#### Dr. Díaz Díez, Camino

- Specialist in Family and Community Medicine
- Medical coordinator for Blue Healthcare
- Member of the Spanish Society of General Medicine (SEMERGEN)
- Member of the Spanish Society of Integrative Health and Medicine (SESMI)
- Master's Degree in evidence-based Supplements and Nutrition
- · Master's Degree in Environmental Medicine
- Degree in Medicine and Surgery from the Complutense University of Madrid

#### Dr. Begara, Mar

- Intensivist at the Madrid-Monteprincipe-Torrelodones Hospital
- Specialist Pediatrician at La Paz Hopistal
- Specialist in Intensive Pediatric and Neonatal Care at La Paz Hospital
- Specialist in bioregulatory medicine
- Specialist in Orthomolecular Nutrition
- · Master's Degree in Homeopathic Therapeutics
- Degree in Medicine and Surgery from the UAM

#### Dr. González Iñiguez, Mónica

- Founder of the Atenea Association of Natural and Energetic Therapies
- Nurse
- Holistic Therapist
- Acupuncturist from the College of Nursing of Alicante
- Bioneuroemotion Assistant

#### Dr. Faulin, Ayla

- Head of the Department of Nursing in Integrative Medicine Clinic CMI
- Diploma in Nursing at the University of La Rioja
- Bachelor's Degree in Natural Therapies, specializing in Naturopathy at Royal University Center "Escorial - María Cristina"
- Expert in Manual Therapies and Body-Mind Relaxation Techniques

#### Dr. Cuevas, Manuela

- Master's Degree in Biopathology and Preventive Gynecology by the UAB
- Postgraduate Diploma in Homeopathy
- International degree in anthroposophic medicine
- Degree in Medicine and Surgery from the UAB

#### Dr. Maroto, María Jose

- External collaborator from CMI Integrative Medicine Clinic for the area of integrative aesthetic medicine
- Diploma in Homeopathy from the Spanish Center of Homeopathy, Boiron
- Diploma in Dermocosmetics from the Complutense University of Madrid
- Degree in Medicine and Surgery from the University of Oviedo

#### Dr. Cruz, Héctor

- Neurologist and Homeopathic doctor
- Specialist in Neurology from the Lozano Blesa Clinical Hospital (Zaragoza)
- Postgraduate degree in Naturopathic Medicine from the University of Zaragoza
- Master's Degree by the Medical and Homeopathic Academy of Barcelona
- Postgraduate in Naturopathic Medicine
- Degree in Medicine from the University of Zaragoza

#### Dr. Matute, Ruth

- Biochemistry
- Molecular Biology

#### Dr. García, Daniel

- Doctor in Health Sciences
- Nurse
- Physiotherapist
- Master's Degree in neuro-motor control
- · Mind-body techniques such as meditation, Chi Kung and Tai chi

#### Ms. Sánchez, Sonia

- Expert in Clinical Psychology
- Training in EMDR (Eye Movement Desensitization and Reprocessing) European Association
- Training in Gestalt therapy
- Diploma in Social Education
- Psychology Graduate

#### Dr. Rojas, Pilar

- Physician Specialist in Rheumatology and Family Medicine
- Psychoanalyst of the Grupo Cero School of Psychoanalysis
- Director of the Clinical Department at Grupo Cero
- Member of SESMI

#### Dr. Sabater Tobella, Juan

- President of Eugenomic
- Director of the first center in Spain that focuses on researching and diagnosing metabolic diseases: Institute of Clinical Biochemistry-Barcelona
- Biochemistry Professor at the Faculty of Medicine of the Autonomous University of Barcelona
- Permanent Member of the Royal Academy of Medicine of Catalonia
- \* Corresponding Member of the Royal National Academy of Medicine, of the Institute of Spain
- President of honor of the Royal Academy of Pharmacies of Catalonia
- European Specialist in Laboratory Medicine (EC4)
- Member of the Pharmacogenomics Research Network

### tech 18 | Course Management

#### Dr. Serra, Mireia

- PhD in Clinical Psychology Medicine from the URL
- Degree in Philosophy and Letters from the UAB
- Music therapist by URL

#### Dr. Romero, Carolina

- Director of the Mind-Body Therapy Center of the Canary Islands
- In charge of the Mind-Body Department in the Integrative Health program at San Roque Hospitals
- Art therapist, teacher of Samatha -Vipassana and therapeutic Yoga
- Trained in Tibetan Yoga, Dream Yoga and the Bardo
- Member of the Spanish Society of Integrative Health and Medicine (SESMI)
- Postgraduate Degree in Neuropsychology and Education
- Postgraduate Degree in Family Intervention and Mediation

#### Dr. Díaz, Gualberto

- Expert in Integrative Medicine with focus on homeopathy and oncology support
- Specialist MIR in Family and Community Medicine
- Diploma in Pediatrics for family physicians
- Degree in Medicine and Surgery

#### Dr. Aldana Martínez, Natalia Sofia

- Surgeon
- Specialist in Alternative Therapies Traditional Chinese Medicine.
- Researcher in MTCI
- Research teacher in MTCI, acupuncture and homeopathy
- Member of the MTCI Américas network
- General editor for BVS MTCI Américas
- Master's Degree in Alternative Medicine focused on Homeopathy

#### Dr. González, Belén

• Family physician and nutritionist

#### Dr. Fernandez, Valle

- Degree in Medicine
- · Master's Degree in Integrative and Humanist Medicine
- Specialist in Family and Community Medicine, Southeast Healthcare Unit, Gregorio Marañón University Hospital

#### Ms. González Martín, María del Carmen

- Specialist in Clinical Infectious Diseases
- Vice-President of the Cosmetic Doctor Association of Granada
- Founding member and Board of Directors of SENMO (Spanish Society of Nutrition and Orthomolecular Medicine)
- Member of the Committee of Experts in Ozone Therapy of the ISCO3 International Society of Ozone Therapy
- Member of the Spanish Society of Integrative Medicine (SESMI)
- Master's Degree in Orthomolecular Medicine
- Master's Degree in Active Cell Nutrition by the French Association of Orthomolecular Medicine (AFMO)
- Master's Degree in Antiaging and Longevity Medicine
- University expert in Ozone Therapy

#### Dr. Vinyes, David

- Neurologist
- Director of the hybrid Master's Degree in Medical Neural Therapy and Dentistry
- Medical director of the Institute of Neural Therapy and Regulatory Medicine
- Director of the Master's Degree in Neural Therapy and Neuro-Focal Dentistry (University of Barcelona UB - Sant Joan de Déu Campus
- Master's Degree in Neurosciences at the UAB
- Master's Degree in Anthropology of Medicine at the University of Tarragona
- Degree in Medicine and Surgery from the Autonomous University of Barcelona

#### Ms. Rodríguez, Mónica

- Attending pediatrician at the Quirón Hospital in Marbella
- Department of pediatrics

#### Dr. Pellicer, Cristina

- Medical trainer in thoracic surgery
- Master's Degree in Clinical Oncology from the University of the Basque Country
- Master's Degree in Clinic Psychoneuroimmunology from the University of Salamanca and Psychoneuroimmunology in Europe

#### Dr. Crespo de la Rosa, Juan Carlos

- · Doctor of Medicine and Surgery from the University of Sevilla
- Professor of the Department of Pharmacology, Pediatrics and Radiology at the University of Sevilla
- Master's Degree in Acupuncture, University of Seville
- · Master's Degree in Medical Biology, University of Seville
- Master's Degree in Homeopathy, University of Seville
- Master's Degree in Medical Anti-Aging, University of Seville and University of Alcalá de Henares
- Graduate in Medicine and Surgery from the Sevilla University

#### Dr. Álvaro Morales, María del Pilar

- Specialist Pediatrician
- Trained in Kinesiology
- Master's Degree in Homeopathy from the University of Las Palmas of Gran Canaria
- Degree in Medicine and Surgery from the Autonomous University of Las Palmas of Gran Canaria

#### Dr. García, Olga

- Doctor at the Anderson Oncology Clinic in Madrid
- Specialist in Family and Community Medicine
- Training in Homeopathy and Acupuncture

#### Ms. De la Flor, Irina

- Professional Coach
- Management of the research project on the development of consciousness at the University of Alcalá
- Degree in Law and Business Administration

#### Dr. Enríquez, Alexandra

- Attending Physician at the Gynecology and Obstetrics Department of the Quirónsalud Hospital in Madrid
- Gynecologist/Obstetrician
- Specialist in integrative vision of pregnancy and childbirth

#### Dr. Vásquez, Carlos

- Surgeon
- Master's Degree in Alternative Medicine focused on Traditional Chinese Medicine and Acupuncture
- MTCI researcher and professor in etnomedicine, phytotherapy and nutrition

#### Dr. Vargas Sánchez, María José

- Medical specialist in Anesthesiology, Resuscitation, and Pain Therapeutics
- ACTP Coach by ICF at EEC (European School of Coaching) and collaborating member
- Mentor/coach in Cardiac Coherence, HeartMath Institute
- Vice President of the Spanish Reiki Federation (Reiki Master and Professional Reiki Therapist)
- University Diploma in Nursing

#### Dr. Aldana Martínez, Sonia Cristina

- Geologist
- D. in Earth and Environmental Science and Technology from the University of Cagliari
- Master's Degree of Science in Earth Sciences: Applied and Environmental Geology at the University of Salamanca
- Degree in Geology at the University of Santander

#### Dr. Lafaja, Juani

- Doctor
- Specialist in Gynecology and Obstetrics
- Master's Degree in Sexology
- Expert in Active Cell Nutrition
- Studies in Environmental Medicine
- Expert in Premenstrual Syndrome/Premenstrual Dysphoric Disorder and sexual dysfunctions with organic causes





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#### **Module 1.** Integrative Medicine and Pediatrics

- 1.1. Introduction
- 1.2. The First 1000 Days of Life
  - 1.2.1. The Importance of Nutrition During Pregnancy. Supplementation
  - 1.2.2. The Importance of Breastfeeding
  - 1.2.3. Most Important Childhood Nutritional Deficits
- 1.3. Nutrition
  - 1.3.1. From 2 Years Onwards: The Harvard Plate
- 1.4. Nutritional Disorders
- 1.5. Mucosal Inflammation Syndrome. Pathophysiology of the Most Prevalent Pediatric Diseases
- 1.6. Dysbiosis and Pediatric Uses of Probiotics
- 1.7. Child Integrative Oncology
- 1.8. School for Parents
- 1.9. Childhood Mental Disorders

#### Module 2. Women's Health in Integrative Medicine

- 2.1. Puberty
- 2.2. Fertility and Pregnancy
  - 2.2.1. Motherhood and its Challenges. Feeding
  - 2.2.2. Complementary Techniques to Support IVF
    - 2.2.2.1. Acupuncture
    - 2.2.2.2. Wellness Therapy (Supplementation, Body-Mind, Balneotherapy)
- 2.3. Recurring Diseases in Gynecology
  - 2.3.1. Candidiasis
  - 2.3.2. Recurrent Cystitis
  - 2.3.3. Myomas
  - 2.3.4. Polycystic Ovary Syndrome
  - 2.3.5. Endometriosis
  - 2.3.6. HPV infection
  - 2.3.7. Dysmenorrhea, Premenstrual Syndrome and Premenstrual Dysphoric Disorder
  - 2.3.8. Fibrocystic Mastopathy
- 2.4. Menopause





### Structure and Content | 23 tech

## **Module 3.** Information and Communication Technologies applied to Integrative Medicine

- 3.1. Use of Biometric Tools
- 3.2. Application of Digital Clinical Self-Questionnaires
- 3.3. Use of Digital Medical History
- 3.4. Platforms and Databases for Health Professionals
- 3.5. Create and Manage Your Own Digital Structure
- 3.6. Positioning: SEO. SEM. Algorithms
- 3.7. Video Consultation
- 3.8. Software Models of Interactions Based on Genomic Medicine



Updating your clinical practice will be an enjoyable task thanks to the dynamism and exhaustive nature of this very complete program"





### tech 26 | Methodology

#### At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.



Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

#### The effectiveness of the method is justified by four fundamental achievements:

- Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
- 2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
- 3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
- Students like to feel that the effort they put into their studies is worthwhile.
   This then translates into a greater interest in learning and more time dedicated to working on the course.





#### Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



### Methodology | 29 tech

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.

This program offers the best educational material, prepared with professionals in mind:



#### **Study Material**

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### **Surgical Techniques and Procedures on Video**

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### **Interactive Summaries**

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".





#### **Additional Reading**

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.

#### **Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### **Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts.

The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### **Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.









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This **Postgraduate Diploma in Pediatrics and Women's Health in Integrative Medicine** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: Postgraduate Diploma in Pediatrics and Women's Health in Advanced Integrative Medicine

Official No of hours: 600 h.



<sup>\*</sup>Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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Course Modality: Online Duration: 6 months

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Official No of hours: 600 h.

