



NATIONAL INSTITUTE OF AYURVEDA

(Ministry of AYUSH, Govt. of India)

Jorawar Singh Gate, Amer Road, Jaipur, Rajasthan, India – 302002.

www.nia.nic.in

P.G. DEPARTMENT OF DRAVYAGUNA

Brochure

CERTIFICATE COURSE ON TRAINING FOR BEAUTY

CARE IN AYURVEDA



IMPORTANT DATES

Commencement of Sale of Application Forms	20.03.2019, 10:00 am
Commencement of Deposit of Filled in Application Forms, Admission and Deposit of Course Fees	20.03.2019, 10:00 am
Last date of Submission of Application Form and Admission and Deposit of Course Fees	05.04.2019, 5:00 pm
Commencement of Class	08.04.2019, 2:00 pm

IMPORTANT DATES& INFORMATION

Application Fee	Rs. 300.00
Course Fees	Rs. 10000.00

ADDRESS FOR COMMUNICATION

Certificate Course on Training for Beauty Care in Ayurveda
C/O The Director
National Institute of Ayurveda
Jorawar Singh Gate,
Amer Road JAIPUR - 302002 (RAJASTHAN) INDIA

Contact:-

Website: www.nia.nic.in

E-mail – dravyaguna.nia@gmail.com

Dr.Anamikagupta – 8715810103

Dr.PoojaDogra - 9459327861



**Certificate
Course on
Training for
Beauty care
in Ayurveda.**

**NIA, Jaipur
2019**

About NIA

National Institute of Ayurveda was established in 1976 by the Government of India as an apex Institute of Ayurveda in the country to develop high standards of teaching, training, clinical services and research in all aspects of Ayurveda with a scientific approach. NIA offers UG, PG and PhD courses in all branches of Ayurveda along with short term courses on various important areas of Ayurveda to both Indian and Foreign nationals. NIA plays a very important role in formulating standards, guidelines and policy making of the AYUSH sector by its technical inputs.

About Dravyaguna Department

Dravyaguna is the most important branch of Ayurveda which deals with the dravya (medicinal substances used in Ayurveda – mainly sourced from medicinal plants) and guna (their properties). P. G. Department of Dravyagunais engaged in various educational, research and clinical care activity involving herbal drug. Department is having a well-run O.P.D. especially known for its eminent work in the field of single drug therapy, lifestyle modification prescription and beauty care related Ayurveda treatments following good clinical practices. Department also suggests different hair and skin packs at its own level. Department has a National Repository and Herbarium of authentic crude drugs used in Ayurveda with more than 250 samples. Departmental Medicinal Plant Museum contains more than 500 drugs samples from different part of the country. A well maintained herbal garden containing more than 300 plant species is present inside the campus. This department has completed different research projects on common beauty ailments of cosmetic concerns like hairfall, skin diseases etc.

About the Course –

The **Certificate Course on ‘Training for Beauty care in Ayurveda’** is a course designed to give hands on training on Ayurvedic beauty care regimens using Ayurvedic herbs and procedures. It is a self-care course designed for people who are willing to use natural and herbal products and procedures in cosmetology.

Advantage with NIA

The candidate gets to learn from the qualified, experienced and best in class faculties in the country in the most premier infrastructure in the country. Every candidate undergoing the course will be confident and trained a class apart from the rest. After successful completion of the course, the candidate will be awarded the certificate from NIA, an institute having best reputation and acceptance at national and international platforms.

Course Scope

This Course will help one to learn, get practically trained on beauty enhancing techniques according to Ayurveda as well as use of different herbal solutions for skin, hair and other cosmetic ailments. The candidate will become confident in this subject along with a deeper insight into beauty enhancement through Ayurveda and its principles. After completing the course, following are the Scope for the technical assistants/Experts:

1. Self-care beauty regimens to be followed for personal and family use.
2. Entrepreneurship and setting up of own herbal beauty parlour.

3. Up gradation of knowledge in Ayurveda herbs and their uses in cosmetology.
4. Value Addition in Ayurvedic clinics.

Course Description

This course will cover Introduction to common Ayurvedic herbs and Medicinal plants used in different ailments related to cosmetics in skin and hair. It will deal in daily care regimens for the same. Participants will also be made to practically perform the procedure techniques and will be made to identify herbs used for this purpose. Methodologies used for the easy procurement of the Ayurveda herbs will be discussed. Particular attention will be given to the unique Ayurvedic principles and their application in references to particular prakriti (Skin type, Hair type etc.) of the individual.

Course Topics

Lesson	Title	Duration
1.	Concept of Skin and skin types, skin growth and metabolism in the body.	1 hour
2.	Practical demonstration about assessment of skin type based on Ayurvedic Prakriti (Body constitution).	1 hour
3.	Skin cleansing, toning, tanning removal and moisturizing techniques based on Ayurveda.	2 hours
4.	Daily routine body care and toning	1 hour
5.	Demonstration of Ayurvedic beauty enhancing procedures such as <i>Swedana</i> , <i>Aalepa</i> etc with different herbs.	2 hours
6.	Practice session for participants	2 hours
7.	Ayurvedic lifestyle suggestions for healthy skin	1 hour
8.	Ayurvedic guidelines about diet and nutrition for healthy skin.	1 hour
9.	Preparation of different <i>Lepa</i> (face packs).	1 hour
10.	Application of <i>mukhabhyanga</i> (Face massage) and <i>mukhalepanam</i> (Face packs)	1.5 hours

11.	Practice session for participants	1.5 hours
12.	Lipcare, eye care, Dental care through Ayurveda.	2 hours
13.	Interactive cum practical demonstration of preparation of different herbal products for eyes, lips, nails, teeth etc.	1 hour
14.	<i>Hasta-paadaprasaadhanam</i> (Ayurvedic manicure and pedicure)	2 hours
15.	Demonstration of eye care, lipcare, teeth care and <i>Hasta-paadaprasaadhanam</i> (Ayurvedic manicure and pedicure)	3 hours
16.	Practice session for participants	3 hours
17.	Concept of <i>Keshayurveda</i> (hair, its types, hair growth and metabolism in the body, recommendation of diet and nutrition for the same).	1 hour
18.	Assessment of hair type according to <i>Prakriti</i> (Constitution)	1 hour
19.	Demonstration about Ayurvedic <i>keshaparakshalanavidhi</i> (hair washing techniques using homemade herbal cleanser)	1.5 hours
20.	Hair conditioning in daily care.	0.5 hour
21.	Practice session for participants	2 hours
22.	Ayurvedic management of Hairfall, Dandruff, Premature greying etc.	1 hour
23.	Homemade Ayurvedic hair spa, Ayurvedic hair dyes and hair packs.	3 hours
24.	Demonstration of <i>Shiroabhyanga</i>	1 hour
25.	Practical demonstration of <i>Swedana</i>	1 hour
26.	Demonstration with interactive session of <i>Shiro-lepam</i>	1 hour
27.	Interactive session cum practical demonstration <i>Dhupana</i> and other hair care techniques.	1 hour
28.	Practice session for participants	3 hours
TOTAL		37 hours

Medium of Instruction: English and Hindi

Seats: 15 Participants Per Batch

Course Duration and Timings – 10 days, 2:00 pm to 6:00 pm.

Course material – Study material related to the course will be provided to the participants.

Eligibility for Admission: Minimum 12th Pass and above.

Selection Procedure: First cum First Serve Basis of the eligible candidates.

Certificate: Theory and Practical Examinations will be conducted after completion of the course. Minimum Passing Marks in Theory as well in Practical will be 50%. Certificates will be awarded to the qualified participants by the Institute.

General Rules and Regulations: As per the rules and regulations of NIA.

Application Fee (by Bank Demand Draft (DD)/NEFT): Applicants have to pay application fee **Rs.300** (for General & OBC) and **Rs. 150** (for SC & ST) candidates in form of DD in favour of “Director, National Institute of Ayurveda” payable at Jaipur / NEFT as per account detail given below. The DD or NEFT receipt should be enclosed along with the duly filled Application Form. Application Fee once paid will not be refunded under any circumstances.

Course Fees: Selected candidates will have to deposit Course fee of **Rs. 10000.00 (Ten thousand only)** by Demand Draft in favour of “Director, National Institute of Ayurveda” payable at Jaipur / NEFT as per account detail given below before the stipulated date. Course Fee once paid will not be refunded under any circumstances.

Account Detail

Name of Account: **Director, National Institute of Ayurveda, Jaipur**

Account no: **3124200215**

Name of Bank and Branch: **Central bank of India, NIA, Jaipur**

IFSC Code: **CBIN0283634**

How to apply/Last Date for Receipt of Applications:

Candidates are required to apply in the prescribed format given herewith. The format should be neatly typed on A4 size paper on one side and should be signed

by the Candidate at the specified space with Date. The Institute will not consider any other format or application performa. Duly filled application form enclosing self-attested copies of all certificates, mark sheets, testimonials in support of age, educational qualifications, caste/community in prescribed format by Govt. of Indiashould be sentby Registered/Speed Post / deposited by hand in an envelope Superscripted **“CERTIFICATE COURSE ON TRAINING FOR BEAUTY CARE IN AYURVEDA”**and should reach the following address on or before5:00pm, 05-04-2019. Applications received after the Closing Date will not be accepted.

**The Director
National Institute of Ayurveda
Jorawar Singh Gate,
Amer Road JAIPUR - 302002 (RAJASTHAN) INDIA**

Invalid Applications:

Candidates are advised to read all instructions carefully before sending their applications otherwise their applications are likely to be rejected on one or more of the following reasons in terms of the notifications.

- Applications received after the closing date.
- Applications not in the prescribed format.
- Candidates not having the required qualifications.
- Applications without latest photo pasted in the space provided.
- Applications without declaration.
- Application without signature.
- Applications without supporting documents.
- Applications, which are incomplete/illegible in any manner.
- Applications without the prescribed Application Fee.

Admission Procedure:

Selection of the candidates will be done as per First come first serve basis. The submitted application forms will be screened and the selected candidates will be intimated by phone / email. The candidate has to deposit the Course fee within 3 days of the intimation to confirm his / her admission. If the course fee is not deposited by the stipulated time, then the right to admission will be forfeited without any further notice. The Director, NIA reserves all right to reject any application form without assigning any reasons.

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Certificate Course on “Training for Beauty care in Ayurveda”

REGISTRATION FORM

Application Fee (Rs.300/150) –

DD/NEFT Number & Date –

Drawn on Bank –

Affix your recent self attested (on front side) Passport Size Colour Photograph here.

Full Name Mr./Ms. (In Capitals) -----

Fathers/ Husband Name -----

Date of Birth ----- Gender -----

Corresponding address -----

Mobile ----- E mail id - -----

Aadhar Number -----

Academic Qualification (Graduation & Onwards, Enclose certified copies of proof)

Examinations Passed	University/Board/Institution	Year of Passing	Subjects	Marks Obtained/ Division/Percentage

Experience:

DECLARATION

I hereby declare that the information mentioned in this Application is correct and true to the best of my knowledge and belief and I understand that furnishing false/improper information will lead to rejection and cancellation of my candidature and also that I am liable for legal and/or disciplinary action as may be initiated by the National Institute of Ayurveda.

Date:

Signature of the Candidate