



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

(Regular Batch-21-25 May, 2019)

Certificate Course on

‘Nutrition & Dietetics in Ayurveda’



IMPORTANT INFORMATION

Regular batch- 21-25 May, 2019

Register yourself early to book your seat

IMPORTANT DATES & INFORMATION

Certificate course starts on 21st of May, 2019 (Tuesday)

Course Fee	Rs. 5000.00 (Till 05:00 p.m., 20 th May, 2019, Monday)
------------	---

ADDRESS FOR COMMUNICATION

“Certificate Course on Nutrition & Dietetics in Ayurveda”

C/o The Director

National Institute of Ayurveda

Jorawar Singh Gate,

Amer Road, JAIPUR - 302002 (RAJASTHAN) INDIA



**Certificate
Course on
Nutrition
&
Dietetics
in
Ayurveda**

**NIA, Jaipur
21-25 May,
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 Doctoral 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 Dravyaguna is 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 Ayurveda treatments following good clinical practices. 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 various health conditions by using single herb or compound formulations.

About the Course –

The **Certificate Course on ‘Nutrition & Dietetics in Ayurveda’** is a course designed to impart practical and academic knowledge of concepts of Nutrition and Dietetics in Ayurveda; primary health care through kitchen spices and local herbs with hands on training of Ayurvedic method of cooking of various recipes mentioned in classics of Ayurveda. Both health and disease originate from diet. It is the first line of defence against diseases as mentioned in Ayurveda, not the medicine. In fact, “diet is the best medicine”. Diet, if properly modified, not only provides nutrition but also protects from several ailments. It is a course designed for those people who are interested in gaining knowledge about the Ayurvedic concepts of diet and nutrition in their daily routine. “Kitchen is the first pharmacy”. In Indian kitchen, many spices are used for cooking but these spices are widely used in Ayurveda for management of many minor and common health issues. Similarly, many medicinal plants are available in our surroundings which can be used for managing common health problems. Knowledge of such uses will help us to reduce hospital visits and consequently give health and monetary benefits. It will also aware the public about the myths and facts related to food habits and junk foods. There are so many hazards of fast food and wrong cooking methods. These concepts of diet will provide health benefits against the lifestyle disorders of the present era like Diabetes mellitus, High blood pressure, Obesity etc. This course is for those who are healthcare professionals, dieticians, nutrition experts, hotel chef, managing hospital kitchens, running healthy restaurants, housewives and for the health conscious people who are interested in Ayurveda.

Who should attend this course?

- Dieticians & Nutrition experts
- Medical Practitioners
- Ayurvedic Practitioners & Students
- Health enthusiasts
- Homemakers
- Peoples associated with food industry

Eligibility criteria: Class 12th pass or with additional qualification.

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 the candidates to learn about the dietary guidelines, diet, its nutritive value and effects on the body, purely in Ayurveda way. The candidate will become confident in assessing different types of food for its merits and demerits through Ayurvedic principles. It will also train the candidates to learn the proper methods of cooking. The proper cooking ensures that the one who consumes that food will get all the health benefits associated with the food. The candidate will learn different spices and herbs and their

common uses for general health, nutritional deficiency, beauty related problems and other small injuries.

After completing the course, scope for the candidates are:

1. Knowledge of Ayurvedic principles of diet and nutrition to maintain health.
2. Practical application of Ayurveda to remove myths and establish facts about our everyday cuisine.
3. To be aware about junk foods and their harmful effects.
4. How to stay healthy is followed through dietary guidelines mentioned in Ayurveda.
5. The proper cooking methods as per Ayurveda.
6. Role of spices in cooking for health benefits.
7. Different recipes for good health.
8. Self and Family care regimens to be followed which comes from kitchen and surroundings.
9. Practically usable primary health care practices through Kitchen and surroundings.
10. Updating of knowledge in Ayurveda from kitchen to surroundings.

Course Description

This course will cover introduction to Ayurvedic dietary guidelines described in ancient classics. It will deal in various dietary regimens for the health benefits. Participants will be made to learn the properties of various foods used in our daily routine. Particular attention will be given to discuss the harmful effects of junk food and their alternatives in Ayurveda for prevention of lifestyle disorders in the society.

It will also give introduction to common Ayurveda herbs and Medicinal plants found in Indian Kitchen and home surroundings. It will deal in daily care regimens for the health benefits i.e. Gastric issues, bruises, skin care etc.

Participants will be made to identify spices and herbs and knowledge will be given on its practical implications. Particular attention will be given to the unique Ayurveda principles and their application for primary healthcare of the individuals.

This course will also cover the various aspects of culinary science as described in Ayurveda. The candidates will get to know about the medicinal properties of various food articles and dishes. The candidates will get to know how to cook various dishes to gain their maximum health benefits. The recipes will include-

- Starter
- Vegetable dishes
- Buttermilk/ curd preparations
- Breads
- Sweet dishes
- Chutneys
- Refreshment
- Recipes for patients

Course Topics

Lesson	Title	Duration
DAY 1		
1.	Basic concepts of Ahara (Diet) and Poshana (Nutrition) in Ayurveda	60 min
2.	Benefits of Ayurvedic Dietary guidelines in present era	60 min
3.	Kitchen spices and their therapeutic uses: Part- I	60 min
4.	Preparation of Narikelkhandpaka, MudgaYusha/ DadimYusha and Kharjuraadimantha	120 min

DAY 2		
5.	Ahara (Diet) according to Desha (Habitat), Kala (Season) and Prakriti (Body Constitution)	60 min
6.	Concept of Agni (Digestive fire) and Ama (Intermediate metabolites) in Ayurveda	60 min
7.	Kitchen spices and their therapeutic uses: Part- II	60 min
8.	Preparation of PatolaShaka / karvellakshaka, Apoop 1 and Ardrakpaka	120 min
DAY 3		
9.	ViruddhaAhara (Incompatible foods)	60 min
10.	Interactive discussion about Junk food and their harmful effects	60 min
11.	Uses of herbal plants surrounding us	60 min
12.	Preparation of Jaali/ Mulakyusha, Kushmandshaka and Preeranmodaka	120 min
DAY 4		
13.	Interactive discussion regarding Myths in society and facts in Ayurveda about Dietary substances	120 min
14.	Identification of common Herbs	60 min
15.	Preparation of Dhanyakaadi Him, Aam/ amlakiraag, Suranshaak, Apoop 2 and Vrishyayavagu	120 min
DAY 5		
16.	Some useful Ahara in Ayurveda for lifestyle disorders	60 min
17.	What to eat: Healthy alternatives in Ayurveda	60 min
18.	AharaKalpana (Food preparations)	60 min
19.	Preparation of DhatriphalaadiPanak, Khalatakra , Rasala and ChaturbeejaLaddu	120 min
TOTAL		25 hours

Medium of Instruction-English and Hindi

Seats- 20 Participants per Batch

Duration –Total 25 hours (5 hours per day)

Date- 21-25 May (Tuesday to Saturday)

Timing- 10:00 A.M. – 04:00 P.M.

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

Selection Procedure:On FirstCome First Serve Basis.

Certificate: Certificates will be awarded to the qualified participants by the Institute.

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

Course Fees:Interested candidates will have to deposit Course fee of **Rs. 5000.00 (Five thousand rupeesonly)** up to **05:00 p.m.,20th May, 2019** by Demand Draft or NEFT in favour of “**Director, National Institute of Ayurveda**” payable at Jaipur or other digital payment options as per account detail given below on or before the stipulated dates.**No spot registration is allowed.Candidates are advised to make payment individually for each candidate. Group payment is not allowed.**

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:

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 in prescribed format by Govt. of India should be sent by mail at dravyaguna.nia@gmail.com or by Registered/Speed Post / deposited by hand in an envelope Superscripted “**CERTIFICATE COURSE ONNUTRITION AND DIETETICS IN AYURVEDA**” and should reach the following address on or before **05:00p.m., 20-05-2019 (Monday)**. 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 prescribed format.
- Candidates not having the required qualifications.
- Applications without the prescribed Course Fee.
- Applications which are incomplete will be summarily rejected.

Admission Procedure:

Selection of the candidates will be done as per First come first serve basis. The candidate has to deposit the Course fee along with fully filled application form. The application forms submitted with Course fee will be screened and the selected candidates will be intimated by phone / email to confirm his / her admission. If the course fee is not deposited with the application form, 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. If a candidate is not selected for the course due to any reason, then his/ her Course fee in the form of Demand Draft /NEFT/other digital payment options will be returned.

Contact:-**Website:** www.nia.nic.in**E-mail –** dravyaguna.nia@gmail.com**Dr.SukharamKhicher- 9462095197****Dr.Neha -7697392756****Dr.Anamika- 8715810103****Dr.Rashmi- 8764204987**
.....



NATIONAL INSTITUTE OF AYURVEDA

(Ministry of AYUSH, Govt. of India)

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

e Course on 'Nutrition & Dietetics in Ayurveda with Ayurvedic Cooking including Kitchen Spices & Local Herbs'

REGISTRATION FORM

Course Fee –
DD/NEFT Number & Date –
Drawn on Bank –

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

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

Father's/ Husband Name -----

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

Corresponding address -----

Mobile -----

Email id -----

Aadhar Number (optional) -----

Academic Qualification (12th & Onwards, Enclose self-certified copies of proof)

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

Experience (if any):

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