



National Institute of Ayurveda  
(Deemed to be University), Jaipur  
**Department of Ayurveda Diet and Nutrition**



क्रमांक :- रफ. (22) / पो. / 253

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परिपत्र

यह सूचित किया जाता है कि आयुर्वेद पोषणाहार विभाग, राष्ट्रीय आयुर्वेद संस्थान मानद विश्वविद्यालय द्वारा आयुष स्नातकों के लिए Two Week Certificate Course in Basics of Ayurveda Nutrition for AYUSH Graduates from 27<sup>th</sup> Jan - 14<sup>th</sup> Feb 2026 तक आयोजित किया जा रहा है। इस हेतु विस्तृत जानकारी के लिए कृपया ब्लॉशर देखें। जो एन. आई. ए. वेबसाइट [nia.nic.in](http://nia.nic.in) पर उपलब्ध है।

CIRCULAR

It is our Pleasure to inform you that Dept. of Ayurveda Diet & Nutrition, (Poshanaahara) NIA, Jaipur is Organizing a Two Week Certificate Course in Basics of Ayurveda Nutrition for AYUSH Graduates from 27<sup>th</sup> Jan - 14<sup>th</sup> Feb 2026 For Detail information please go through the brochure Which is Available at NIA Website [nia.nic.in](http://nia.nic.in).

विभागाध्यक्ष  
पोषणाहार विभाग  
राष्ट्रीय आयुर्वेद संस्थान, जयपुर  
(मानद विश्वविद्यालय)  
31/1/26



MINISTRY OF  
**AYUSH**



## **NATIONAL INSTITUTE OF AYURVEDA**

**DEEMED TO BE UNIVERSITY**

(Ministry of Ayush, Govt.of India)

Jorawar Singh Gate, Amer Road, Jaipur, Rajasthan, India-302002

### **Department of Ayurveda Diet and Nutrition (Poshanahar)**

## **BROCHURE**

**(Batch starts on 27<sup>th</sup>January 2026)**

### **CERTIFICATE COURSE IN BASICS OF AYURVEDA NUTRITION**



## IMPORTANT INFORMATION

**Register yourself to book your seat**

## IMPORTANT DATES AND INFORMATION

<b>Commencement of registration (Online)</b>	<b>3 January 2026</b>
<b>Last date for online registration</b>	<b>8 January 2026</b>
<b>Commencement of classes</b>	<b>27 January 2026 to 14 February 2026</b>
<b>Online mode</b>	<b>27 January 2026 to 6 February 2026</b>
<b>Offline mode (mandatory)</b>	<b>13 - 14 February 2026</b>
<b>Application fee</b>	<b>Nil</b>
<b>Course fee</b>	<b>Rs. 5000/-</b>
<b>Date of fee submission</b>	<b>12 - 15 January 2026</b>
<b>Final list of Candidates will be uploaded</b>	<b>16 January 2026</b>

## COURSEWORK

<b>Mode of classes</b>	<b>Online &amp; Offline (Mandatory)</b>
<b>Medium of instruction</b>	<b>Hindi and English</b>
<b>Total Number of seats</b>	<b>20</b>
<b>Course duration</b>	<b>2 weeks (Monday to Saturday)</b>
<b>Timings</b>	<b>Will be communicated</b>
<b>Course material</b>	<b>Study material related to course will be provided to all the participants.</b>

## ADDRESS FOR COMMUNICATION

CERTIFICATE COURSE IN BASICS OF AYURVEDA NUTRITION

C/O Vice- Chancellor  
National Institute of Ayurveda  
Jorawar Singh Gate, Amer Road, Jaipur

## CONTACT DETAILS

**Website:**[www.nia.nic.in](http://www.nia.nic.in)  
**Email:** [diet@nia.edu.in](mailto:diet@nia.edu.in)

# NATIONAL INSTITUTE OF AYURVEDA

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(Ministry of Ayush, Govt.of India)

Jorawar Singh Gate, Amer Road, Jaipur, Rajasthan, India-302002

### DEPARTMENT OF AYURVEDA DIET AND NUTRITION

#### (POSHANAAHAR)

#### About NIA

Estd. in 1976 by the Government of India as an apex Institute of Ayurveda, National Institute of Ayurveda is dedicated to develop high standards of teaching, training, clinical services and research with a scientific approach.

NIA achieved Deemed to be status in November 2020 and became the first Central Government funded Institute to be declared as Deemed to be University in the field of Ayush.

#### About Department of Ayurveda Diet and Nutrition (Poshanaahar)

Diet plays an important role in sustenance of human life. Diet is considered “Brahma” the creator and hence it is one of the three pillars of human life.

Over the past few decades, the demand for Ayurveda diet intervention has increased and the high demand led to the thought of creating professionals trained dedicatedly in Ayurveda nutrition.

Ayurveda Diet and Nutrition (Poshanaahar) is a newly formed department with one of its kind endeavors to train and develop a career for various graduates and post graduates in Ayurvedic dietetics and nutrition. Department currently carries out MSc in Ayurveda Diet and nutrition where the students are trained in clinical nutrition, and Ayurvedic food product.

### CERTIFICATE COURSE IN BASICS OF AYURVEDA NUTRITION

#### ABOUT THE COURSE

The “Basics of Ayurveda Nutrition” Certificate course is aimed to improve and enhance basic knowledge and abilities of the learners regarding Ayurveda nutrition. It is a course meant to provide learners with understanding of Ayurveda Nutrition Science and making them being able to apply the principles in day-to-day life

This course will include online theory and practical classes. Award of certificate will only be after successful completion of course and assignments

#### Advantages with National Institute of Ayurveda

Candidates will get to learn from qualified, experienced and best in class faculties in the country. The certificate awarded will from National Institute of Ayurveda (Deemed to be University), an institution with a strong national and international reputation and acceptance.

#### Course Scope

This course will assist applicants in understanding Ayurvedic Science of Nutrition. The candidate will be able to understand dietary requirements and intervention methods for various age groups, Prakriti, jobs, genders, climates, and physiological conditions such as pregnancy and breastfeeding.

Following are the prospects for those who have completed the course:

- Knowledge about Ayurveda Nutrition Science.
- Classification and understanding of food items.
- Planning of diet and therapeutic management to various disorders.
- Value addition in Ayurveda clinics



## Ayurvedic Pathya

Food is the prime source for all the life forms. Cooking and eating is a daily part of life and doing it wrongly can lead to many lifestyle disorders.

Eating right is the key to healthy life, we tend to eat wrong without realizing.

To know what to eat, how to eat and how to prepare the right meal is essential.

Pathya is that which is right path, which does not create any trouble, and which is pleasant to the mind, and which is unpleasant to the mind is Apathya

### **DETAILS FOR APPLICATION**

- **Eligibility:** Any graduate of Ayush System
- **BAMS/BHMS/BUMS/BNYS/BSMS/Sowa Rigpa**
- **Scholar perusing Internship can apply**

**Selection procedure:** First come first get basis for the eligible candidates. Short listed candidate list will be uploaded on institute website after scrutiny.

**Certificate:** A short assessment 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.

**Course Fee (Online mode):** Applicants have to pay course fee Rs. 5000 through online mode on Right corner option of website- [nia.nic.in](http://nia.nic.in) named Fee Payment under the heading **certificate course DAN July 2025**. After Successful payment keep **screenshot of transaction** detail for further concern and to be shared on [diet@nia.edu.in](mailto:diet@nia.edu.in). **Course fees once paid will not be refunded under any circumstances.**

**“ONLY SELECTED CANDIDATES WILL HAVE TO PAY THE FEE”**

**Online Application Form-** Applicants have to fill application form through this Google link:

<https://forms.gle/QnCkWT6fsT5YNqZU6>

### **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 or after seats are filled up.
- Applications not in given format.
- Candidates not having the required qualifications.
- Applications without Course Fee.
- Applications which are incomplete will be summarily rejected.

### **ADMISSION PROCEDURE:**

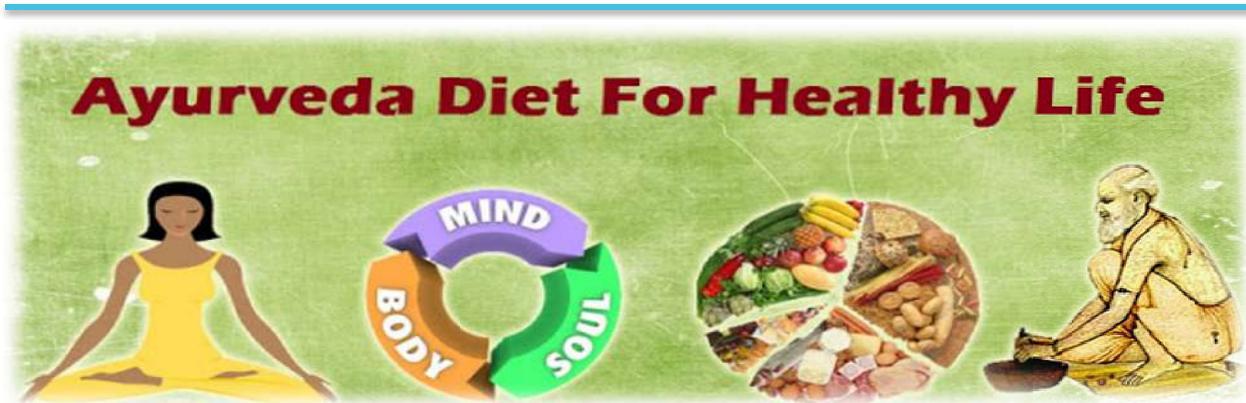
**Selection of the candidates will be done as per First come first get basis.** The submitted application forms will be screened and the selected candidates will be intimated by phone/ email. The candidate has to deposit the Course fee as per mentioned on first page of the intimation to confirm his/ 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 Vice-Chancellor, NIA reserves all right to reject any application form without assigning any reasons.

**Boarding & lodging will be shared by participants own. No TA & DA claim policy for this certificate course is designed.**

### **CONTACT:**

**Dr. Kamla R Nagar**  
(Associate Professor) 9414455797

**Dr. Ayushi Khandelwal**  
(Assistant Professor) 6377551483



### **COURSE TOPICS**

<b>S. No</b>	<b>Title</b>	<b>Time</b>
1	Introduction to the basics of Ayurveda Nutrition Science w.s.r.to Dosha Dhatu & Agni.	60 mins
2	Introduction to food items (Ayurveda and contemporary)	60 mins
3	Introduction to the Basics of factors affecting nutrition w.s.r to Ashta Aahar Vidhi Visheshayatana, Viruddha Ahara (Incompatible foods)	60 mins
4	Diet for different <i>Prakritis</i> (Body constitutions) and <i>Desha</i>	60 mins
5	Diet for different <i>Kala</i> and seasons (Ritu Ahara)	60 mins
6	Myths and facts related to Ayurveda Nutrition	60 mins
7	Basics of Cooking methods	60 mins
8	Millets in daily life (Processing and food techniques)	60 mins
9	Diet for New borns, Infants , School going children and Adolescents	120 mins
10	Diet for Pregnancy and Lactating women Menstruation and Menopause,	120 mins
11	Practical session (offline)	120 mins
12	Interactive and assessment session (offline)	120 mins
	<b>TOTAL</b>	<b>960 Mins (16 hrs)</b>