



NATIONAL INSTITUTE OF AYURVEDA

DEEMED TO BE UNIVERSITY

(Ministry of Ayush, govt. of India)

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



Ministry of
Ayush

DEPARTMENT OF AYURVEDA DIET AND NUTRITION

(POSHANAAHAR)

BROCHURE

(Batch starts on 15 January 2024)

CERTIFICATE COURSE IN BASICS OF AYURVEDA NUTRITION



IMPORTANT INFORMATION

Register yourself to book your seat

IMPORTANT DATES AND INFORMATION

Commencement of registration (Online)	1 week of December 2024
Last date for online registration	25 December 2024
Commencement of classes	15 January 2025 & 15 July 2025
Application fee	Nil
Course fee	Rs. 2500/-
Last date of fee submission	5 January 2025

COURSEWORK

Mode of classes	Online
Medium of instruction	Hindi and English
Total Number of seats	20
Course duration	2 weeks (Monday to Saturday)
Timings	Will be communicated
Course material	Study material related to course will be provided to all the participants in PDF form

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

Email : diet@nia.edu.in



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(POSHANAHAAR)

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 endeavor 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





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, that which is unpleasant to the mind is Apathya

various age groups, Prakritis, jobs, genders, climates, and physiological conditions such as pregnancy and breastfeeding. Following are the prospects for those who have completed the course:

1. Knowledge about Ayurveda Nutrition Science
2. Classification and understanding of food items
3. Planning of diet and therapeutic management of various disorders
4. Personality development
5. Value addition in Ayurveda clinics

DETAILS FOR APPLICATION

- **Eligibility** - Any graduate of AYUSH System, preferably BAMS.
- Or Scholar perusing 3rd prof./ 4th year/ Internship in any stream of AYUSH system.

Selection procedure - first come first get basis for the eligible candidates. Shortlisted candidate list will be uploaded on institute website after scrutiny. After that fee should be submitted.

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. 2500 through online mode on Right corner option of website- nia.nic.in named Fee Payment. After Successful payment keep screenshot of transaction details for further Application Submission. **“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/e6yfgVM2rdGw2HhG9>

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 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 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 Vice-Chancellor, NIA reserves all right to reject any application form without assigning any reasons.

CONTACT

Dr. Durgawati Devi (Professor & HOD)- 7073746600

Dr. Kamla R Nagar (Associate Professor)- 9414455797

COURSE TOPICS

S. No	Title	Time
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 Newborns, 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
	TOTAL	960 Mins (16 hrs)