



NATIONAL INSTITUTE OF AYURVEDA

Deemed to be University (De Novo)

(Ministry of AYUSH, Govt.of India)

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

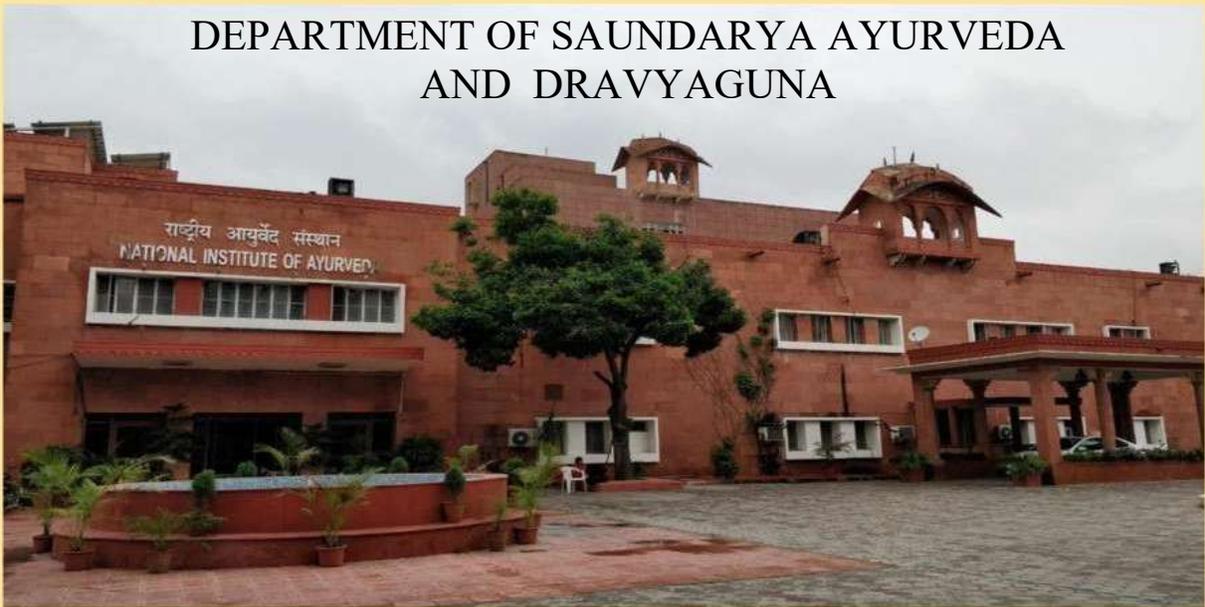
CERTIFICATE COURSE ON TRAINING FOR BEAUTY CARE THROUGH AYURVEDA

(10 days Training Programme)

Brochure

(Batch starts on 20th April to 30th April 2026)

DEPARTMENT OF SAUNDARYA AYURVEDA AND DRAVYAGUNA



Register yourself to book your seat

IMPORTANT DATES & INFORMATION

Brochure and Application Forms available on https://nia.nic.in/ from	1st April 2026
Commencement of Deposit of Filled in Application Forms through Application forms can be filled and submitted only online mode from our website https://nia.nic.in/ Along with Admission Fee	1st April 2026
Last Date of Submission of Application form along with Application Fees	12th April 2026
Final list of selected candidates will be released on	13th April 2026
Deposit of Course Fees by selected candidates	Within 4 days (13th April – 16th April 2026)
Commencement of Classes	20th April 2026
Application Fee	Rs.300.00(General /OBC/EWS Candidates) Rs. 150.00(SC/ ST/PH Candidates)
Course Fees	Rs.10,000.00
Any other information will be updated on institute website https://nia.nic.in/ Candidates are advised to visit the website regularly.	



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

**NIA DU,
Jaipur
2026**

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 Post-Doctoral** courses in all branches of Ayurveda, along with short-term courses on various important areas of Ayurveda for both **Indian and foreign nationals**. NIA plays a very important role in formulating standards, guidelines, and policy-making in the **AYUSH** sector through its technical inputs.

About Department of Saundarya Ayurveda under Dravyaguna Department

Ayurveda is not merely a science of medicine, but it deals with all aspects of better living. **Cosmetology** is a subject having socio-medical importance, which has been accepted since time immemorial.

Nowadays, many people are encashing this demand in the beauty industry. At present, the market is flooded with lots of beauty products. **Ninety percent of those beauty products claim to be of herbal origin or Ayurveda products.** These kinds of products are often full of harmful chemicals like **mineral oil, parabens, sulphates, etc.**

This course aims to prepare **authentic practitioners of Ayurveda** who are well trained in the field of **beauty and cosmetology**. It is the need of the hour that the **principles of Ayurveda should be applied holistically in the field of aesthetic medicine.**

Keeping in view all the above facts, **National Institute of Ayurveda**, an apex institute of Ayurveda, has decided to start various courses like **certificate courses and M.Sc. courses in the field of aesthetic medicine.**

The **Department of Saundarya Ayurveda** is one of the **six new departments formed in the National Institute of Ayurveda**. The department is currently involved in **research, teaching, and training at the postgraduate (M.Sc.) level.**

About the Course

The **Certificate Course on ‘Training for Beauty Care Through Ayurveda’** is a course designed to give hands on training of 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 in Ayurveda cosmetology. 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 procedures. After completing the course, following are the scope and opportunity for the technical assistants/Experts:

- Self-care beauty regimens to be followed for personal and family use.
- Entrepreneurship and setting up of own herbal beauty parlour.
- Updation of knowledge in Ayurvedic herbs and their uses in cosmetology.
- Value addition in Ayurvedic clinics.

Aim of the Course

To provide practical and theoretical training in Ayurvedic beauty care practices, enabling participants to understand and apply natural and Ayurvedic cosmetology techniques for maintaining skin, hair, and overall aesthetic health according to Ayurvedic principles.

Objectives of the Course

1. To introduce the basic principles of Ayurveda related to beauty and cosmetology.
2. To provide hands-on training in Ayurvedic beauty care procedures using herbal preparations.
3. To develop understanding of Ayurvedic herbs and formulations used in skin and hair care.
4. To train candidates in natural beauty enhancement techniques based on Ayurvedic concepts such as Prakriti and Dosha.
5. To promote safe, natural, and herbal approaches in cosmetology and personal care.
6. To encourage entrepreneurship in Ayurvedic beauty care and herbal cosmetic practices.
7. To enhance the knowledge and skills of candidates for application of Ayurvedic cosmetology in clinics, wellness centers, and beauty parlours.

Learning Outcomes

After successful completion of the course, the candidate will be able to:

1. Understand the basic concepts of Ayurvedic beauty care and cosmetology.
2. Identify and utilize some important Ayurvedic herbs used in skin and hair care preparations.
3. Perform basic Ayurvedic beauty procedures such as cleansing, facial treatments, hair care therapies, and basic herbal cosmetic preparations.
4. Apply Prakriti-based beauty care regimens for maintaining healthy skin and hair.
5. Use natural and herbal formulations for common cosmetic concerns.
6. Develop skills to practice Ayurvedic beauty care for personal use and professional purposes.
7. Explore opportunities for self-employment and entrepreneurship in herbal cosmetology and beauty care services.

Course Description

This course will cover basic knowledge to common Ayurvedic herbs and Medicinal plants used in different conditions related to cosmetics in skin and hair. It will also deal in daily care regimens for the same. Participants will get 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, procedures and their application in references to particular prakriti (Skin type, Hair type etc.) of the individual.

COURSE CURRICULUM

DAY WISE MODULE FOR THEORY CLASSES

Day	Module content	Learning Objectives	Expected Outcomes	Hrs
1	MODULE-1,2,3 Concept of beauty according to Ayurveda; Concept of Skin and skin types, skin growth and metabolism in the body. Assessment of skin type based on Ayurvedic Prakriti. Skin cleansing, toning, tanning removal and moisturizing techniques based on Ayurveda.	<ul style="list-style-type: none"> • To introduce students to the concept of beauty according to Ayurveda and its relation to health and lifestyle. • To provide basic knowledge about the structure, functions, and types of skin. • To develop the ability to identify different skin types based on Ayurvedic Prakriti. • To train students in basic Ayurvedic skin care practices such as cleansing, toning, tanning removal, and moisturizing. 	<ul style="list-style-type: none"> • Able to understand the Ayurvedic concept of beauty and its relation to overall health. • Able to Identify different skin types according to Ayurvedic Prakriti. • Able to perform basic Ayurvedic skin care techniques such as cleansing, toning, tanning removal, and moisturizing. 	6 Hrs

2	<p>Ayurvedic lifestyle and diet suggestions for healthy skin</p> <p>Session of Ayurvedic beauty enhancing procedures such as Swedana, Alepa etc with different herbs.</p>	<ul style="list-style-type: none"> Recognize the role of balanced diet (Ahara) in promoting skin glow and preventing common skin problems. Learn basic dietary recommendations for different skin types according to Ayurveda. Understand the effect of seasonal regimen (Ritucharya) on skin health. <p>Learn the basic principles of Swedana (herbal steaming) for skin cleansing and detoxification.</p> <p>Understand the use of Alepa (herbal face packs) for improving complexion and skin health.</p>	<p>Able to List skin-friendly foods and lifestyle habits recommended in Ayurveda.</p> <p>Identify harmful dietary and lifestyle factors affecting skin health.</p> <p>Apply simple daily routines for maintaining skin hygiene and beauty.</p> <p>Able to Prepare basic herbal face packs .</p>	6 Hrs
3	<p>Daily routine body care</p> <p>Application of mukhabhyanga (Face massage) and mukhalepam (Face packs)</p>	<p>Understand the Ayurvedic concept of daily routine (Dinacharya) for maintaining personal hygiene and beauty.</p> <p>Identify the importance of daily body care practices such as bathing, oil massage, skin cleansing, and hair care.</p> <p>Learn the basic steps of facial massage used in Ayurvedic .</p> <p>Understand the concept of Mukhalepam (herbal face packs) and their role in skin nourishment</p>	<p>List basic Ayurvedic body care practices for maintaining hygiene and beauty</p> <p>Demonstrate basic Mukhabhyanga techniques under supervision.</p> <p>Prepare simple herbal face packs (Mukhalepam) using natural ingredients.</p> <p>Identify basic herbs beneficial for different skin types.</p>	6 Hrs

5	<p>Concept of Kesh Ayurveda (hair, its types, hair growth and metabolism in the body, recommendation of diet and nutrition for the same).</p> <p>Assessment of hair type according to Prakriti (Constitution)</p> <p>Homemade Ayurvedic hair spa, Ayurvedic hair dyes and hair packs</p>	<ul style="list-style-type: none"> • Understand the Ayurvedic concept of hair (Kesha) and its importance in beauty and health. • Learn about hair structure, types, and growth cycle in basic terms <p>Learn simple methods for assessing hair type based on Prakriti</p> <p>Understand the concept of Ayurvedic hair spa for hair nourishment and scalp health.</p> <p>Learn preparation of simple homemade herbal hair packs.</p>	<p>Explain the basic Ayurvedic concept of hair health.</p> <p>Prepare simple Ayurvedic hair packs and hair spa formulation under supervision.</p> <p>Identify natural herbal ingredients used for hair dyeing.</p> <p>Demonstrate basic steps of homemade Ayurvedic hair spa under supervision.</p>	6 Hrs
6	<p>Shiroabhyanga, Swedana, Dhupana and other hair care techniques</p> <p>Ayurvedic management of Hair fall, Dandruff, Premature greying etc</p>	<p>Understand the concept and benefits of Shiroabhyanga (head oil massage).</p> <p>Learn the basic procedure of Swedana (herbal steaming) and Dhupana (herbal fumigation) for scalp health.</p>	<p>Able to Explain the importance of Ayurvedic scalp therapies.</p> <p>Demonstrate basic Shiroabhyanga techniques under supervision.</p> <p>Demonstrate Swedana and Dhupana in hair care under supervision.</p>	6 Hrs

		<p>Identify commonly used oils and herbs for these procedures.</p> <p>Identify common hair disorders such as Hair fall (Khalitya), Dandruff (Darunaka), Premature greying (Palitya).</p> <p>Learn simple Ayurvedic preventive measures and remedies.</p>	<p>Able to recognize important medicinal plants used in hair care.</p> <p>Promote natural Ayurvedic methods for maintaining healthy hair.</p>	
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Course Topics

Lesson	Title	Duration
	Welcome & Inauguration	
1	Concept of skin and skin types, skin growth and metabolism in The body.	1 hour
2	Assessment of skin type based on Ayurvedic Prakriti (Body constitution).	1 hour
3	Skin cleansing, toning, tanning removal and moisturizing techniques based on Ayurveda.	1 hours
4	Daily routine body care and Toning	1.5hour
5	Ayurvedic lifestyle and diet suggestions for healthy skin	1.5hours
6	Session of Ayurvedic beauty enhancing procedures such as Swedana, Alepa etc with different herbs.	1.5hours
7	Application of mukhabhyanga (Face massage) and mukhalepam (Face packs)	1.5hour
8	Lip care, eye care, nail care through Ayurveda	1.5hour
9	Hasta – pada prasadanam (Ayurvedic manicure and pedicure)	1.5hour

10	Concept of Kesh Ayurveda (hair, its types, hair growth and metabolism in the body, recommendation of diet and nutrition for the same).	1hour
11	Assessment of hair type according to Prakriti (Constitution)	1hour
12	Homemade Ayurvedic hair spa, Ayurvedic hair dyes and hair packs	1 hour
13	Shiroabhyanga, Swedana, Dhupana and other hair care techniques.	1.5hours
14	Ayurvedic management of Hair fall, Dandruff, Premature greying etc	1.5hours
15	Prakriti analysis practical session.	1hours
16	Demonstration and Practical session on Ayurvedic skin cleansing, toning and moisturizing techniques	2hours
17	Demonstration and Practical session on Ayurvedic facial including mukhswedana, mukhabhyanga and mukhalepam.	3hours
18	Demonstration and Practical session of different herbal procedures for eyes, lips, nails.	1.5hour
19	Demonstration and Practical session of Hasta-pada prasadanam (Ayurvedic manicure and pedicure)	3hours
20	Demonstration of preparation of Ayurvedic lip balm , kajal, Soap etc	1.5hour
21	Demonstration and Practical session Ayurvedic hair spa including shiroabhyanga, shiroswedana.	3hours
22	Demonstration and Practical session for hair dye and hair packs and kesh prakshalanvidhi (hair washing techniques)	3hour
23	Evaluation & Assessment	3hours
24	Valedictory Session	1hour
TOTAL		40 hours

Medium of Instruction: English and Hindi

Seats:30 Participants

Batch Duration: 40 hours

Online classes : Six days-10 am to 1pm (20th April–30th April 2026)

Except Sunday.

Offline practical sessions: Will be conducted in two batches of 15 participants

First batch : Four days–10 am to 4 pm (**27thApril – 30thApril**)

Second batch : Four days – 10 am to 4 pm (**4thMay-7thMay**)

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

Eligibility for Admission: Those who have completed their 10+2 in any subjects.

Selection Procedure: First come First Serve Basis of the candidates.

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

Student performance & remedial policy:

- Theory and Practical Examinations will be conducted after completion of the course.
- Minimum Passing Marks will be 50%.
- If the candidate leaves the course in the middle for unavoidable reasons, they will be permitted to rejoin the course within one year tenure to complete the course and after completion, the examination will be conducted.
- The unsuccessful candidates will be trained again and permitted for Supplementary exam; Certificate will be awarded after qualifying exam.

Intervention plan: For Low performing participants faculty will provide structured constructive feedback on areas needing improvement.

Code of conduct:

All participants are expected to uphold the highest standards of professional behavior during the course. The following code of conduct shall be observed:

- Attend all sessions on time and in appropriate attire.
- Maintain respectful communication with faculty, peers, and patients.
- Use institute resources responsibly and ethically.
- Minimum 75% attendance for online classes and 100% attendance for offline classes is mandatory to receive the certificate.
- Active participation in both theoretical and practical sessions is expected.
- Photography or videography during therapies without permission is prohibited.
- Harassment, discrimination, or misconduct in any form will not be tolerated.
- Any violation may lead to disciplinary action including removal from the course.

Post-Course Feedback Plan

To promote continuous improvement and maintain academic excellence, all participants are encouraged to share their experiences and suggestions after completing the course.

- The form includes evaluation of teaching quality, infrastructure, course content, and overall satisfaction.
- Both rating-based and open-ended responses will be collected for meaningful analysis.
- Constructive suggestions for enhancement will be welcomed and anonymized.
- Feedback will be compiled and reviewed by the course coordinator and insights from the feedback will guide curriculum upgrades, faculty training, and further improvements.

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

Application Fee: Applicants have to pay application fee **Rs.300** (General/OBC/EWS) and **Rs. 150** (SC/ST/PH Candidates) through online mode on Right corner option of website- www.nia.nic.in named Fee Payment. After Successful payment keep screenshot of transaction detail for further Application Submission. Application Fee once paid will not be refunded under any circumstances.

Online Application Form: Applicants have to fill application form after fee payment through this www.nia.nic.in

Course Fees: Selected candidates have to deposit Course fee of **Rs. 10,000.00** (**Ten thousand only**) within given time period through online mode on Right corner option on website www.nia.nic.in named as Fee Payment. Course Fee once paid will not be refunded under any circumstances.

Course Fee Details

The course fee includes a comprehensive registration kit, beauty kit, study materials, individual hands-on training, eight tea breaks, and four working lunches.

Participants will also receive a certificate upon successful course completion, with an appreciation prize awarded to the top three performers. Please note that accommodation and travel expenses are not covered. However, up on prior request, arrangements for stay at the Institute's guest house can be made on a self-payment basis as per availability.

How to apply/Last Date for Receipt of Applications:

Candidates are required to apply through www.nia.nic.in 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 India uploaded in given link www.nia.nic.in before 5 pm, 12-04-2026. Applications received after the Closing Date will not be accepted.

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 latest uploaded photo.
- Applications without declaration.
- Application without signature.
- Applications without supporting documents.
- Applications, which are incomplete.
- 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 4 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: - Monday to Friday (9:00 AM to 4:00 PM)

Website: <https://nia.nic.in/>

E-mail – ayubeautycare@nia.edu.in

Dr. Jagriti Sharma -9461162206

Dr. Laxmi Sharma - 7976402241

Dr Abhishek Singh - 9024260235

Dr. Laxmi – 7025662917

Organizing Committee for Beauty Course

Designation	Committee Designation
Chief Patron	Honorable vice chancellor
Patron	Registrar
Chairperson	Head of Department
Administration	JDA/DDA/ADO
Accounts	To be nominated by the Account officer
JSA/SSA	To be nominated by HOD
Co-ordinator	Member Secretary

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