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.

www.nia.nic.in

DEPARTMENT OF SAUNDARYA AYURVEDA and DRAVYAGUNA JOINTLY ORGANISE

CERTIFICATE COURSE ON TRAINING FOR BEAUTY CARE THROUGH AYURVEDA

(10 days Training programme)

Brochure

(Batch starts on 16th September to 9th October 2025)

Register yourself to book your seat.

IMPORTANT INFORMATION

IMPORTANT DATES & INFORMATION

Brochure and Application Forms available on https://nia.nic.in/ from	22nd August 2025
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	22nd August 2025
Last Date of Submission of Application form along with Application Fees	05th September 2025
Final list of selected candidates will be released on	08th September 2025
Deposit of Course Fees by selected candidates	Within 4 days (08th September – 11th September 2025)
Commencement of Classes	16th September 2025
Application Fee	Rs. 300.00 (General /OBC/EWS Candidates) Rs. 150.00(SC/ ST/PH Candidates)
Course Fees	Rs. 10000.00
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.

NIADU, Jaipur 2025

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 on 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 Department of Saundarya Ayurveda under Dravyaguna Department

Ayurveda is not merely a science of medicine, but it deals with all aspects of a better living. Cosmetology is a subject having socio-medical importance, which has been accepted since time immemorial. Now a day, a lot of peoples are encashing this demand in 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 full of harmful chemicals like mineral oil, parabens, sulphates etc. This course aim to prepare authentic practitioners of Ayurveda well trained in the field of beauty and cosmetology. It is the need of hour that the principles of Ayurveda should be applied holistically in 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 course and M.Sc. Course in the field of aesthetic medicine. Department of Saundarya Ayurveda is one of the six new departments formed in National Institute of Ayurveda. Department of Saundarya Ayurveda is essentially involved currently with the research, teaching & training at post graduate (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:

1. Self care beauty regimens to be followed for personal and family use.
2. Entrepreneurship and setting up of own Herbal beauty parlour.
3. Updation of knowledge in Ayurveda herbs and their uses in cosmetology.
4. Value Addition in Ayurvedic clinics.

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 Topics

Lesson	Title	Duration
	Welcome & Inauguration	**0.5 hour**
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.	1.5 hours
4	Daily routine body care and Toning	1 hour
5	Demonstration of Ayurvedic beauty enhancing procedures such as *Swedana*, *Aalepa* etc with different herbs.	1.5 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 *Lepa* (face packs).	1 hour
10	Application of *Mukhabhyanga* (Face massage) and *Mukhalepanam* (Face packs)	1.5 hours
11	Practice session for participants	1.5 hours
12	Lipcare, Eye Care, Nailcare & Dental Care through Ayurveda.	2 hours

13	Interactive cum practical demonstration of preparation of different herbal products for Eyes, Lips, Nails, Teeth etc.	1.5 hours
14	*Hasta–Paada Prasaadhanam (*Ayurvedic manicure and pedicure)	2 hours
15	Demonstration of Eye care, Lip care, Teeth care	1 hours
16	Practice session for participants	3 hours
17	Concept of *Keshayurveda* (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 *Prakriti* (Constitution)	1 hour
19	Demonstration about Ayurvedic *Keshaprakshalana Vidhi* (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	Demonstration of Ayurvedic hair spa, Ayurvedic hairdyes and hairpacks.	3 hours
24	Demonstration of *Shiro Abhyanga*	1 hour
25	Practical demonstration of *Swedana*	1 hour
26	Demonstration with interactive session of *Shiro-lepam*	1 hour
27	Interactive session cum practical demonstration of *Dhupana* and other hair care techniques.	1 hour
28	Practice session for participants	3 hours
	Evaluation & Valedictory	1 hour
TOTAL		**42 hours**

Medium of Instruction: English and Hindi

Seats: 30 Participants

Batch Duration: 42 hours

Online classes: Six days - 10 am to 1 pm (**16th September - 22nd September 2025**) except Sunday.

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

First batch: Four days–10 am to 4 pm (**24th September – 27th September**)

Second batch: Four days –10 am to 4 pm (**6th October - 9th October**)

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.

Certificate: 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.

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

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. 10000.00 (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, upon prior request, arrangements for stay at the Institute's guesthouse 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 5pm, 05-09-2025. 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 5 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. Anjana – 7025662917

Dr. Shreya– 9015346675

<u>Organizing Committee for Beauty Course</u>

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