

# NATIONAL COLLEGE OF AYURVEDA AND HOSPITAL

## DHANI GARAN ROAD BARWALA HISAR HARYANA



## PROSPECTUS



**Certificate course on Yoga and Ayurveda Lifestyle for wellness  
2026**

### **Department of Swasthavritta and Yoga**

**National College of Ayurveda and Hospital**

**Dhani Garan Road, Barwala (Hisar) Haryana-125121**

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## PRÉFACE

Certificate Course on Yoga and Ayurveda Lifestyle for Wellness is designed to benefit the community for achievement of Holistic Health. In an era where holistic wellbeing is increasingly recognized as essential to a balanced life, this course brings together the profound wisdom of Yoga and Ayurveda—two ancient Indian sciences dedicated to promoting health, harmony, and vitality.

This course has been thoughtfully designed to guide you through the principles and practices that nurture the body, mind, and spirit. Whether you seek to enhance your personal wellness or aspire to support others in their journey towards better health, you will find valuable knowledge and practical tools here.

Grounded in time-tested traditions and enriched by contemporary insights, the program explores how integrating Yoga postures, breathing techniques, meditation, and Ayurvedic lifestyle habits can foster deep wellbeing. It is an opportunity to discover a lifestyle that aligns nature and brings outer and inner balance .

**Date:**

**Place:**

**Dr. Preeti**  
**Chairman, Syllabus Drafting Committee**  
**Department of Swasthavitta and Yoga**  
**National College of Ayurveda and**  
**Hospital, Barwala, Haryana**

## Title of the course- Certificate course on Yoga and Ayurveda Lifestyle for wellness

Duration - 6 months (200 hours)

- **30 days hands on training (3 hours daily i.e. 90 hours)**
- **110 hours online and offline lectures**

Eligibility - 10+2

- Mode: Hybrid mode. Online courses include live sessions, , while residential courses provide an immersive, hands-on experience.

Capacity - 30

## Course Introduction

A certificate course in Yoga and Ayurveda Lifestyle typically integrates the philosophical and practical elements of both disciplines. The curriculum is designed to teach students how to apply these ancient sciences to promote holistic wellness in daily life.

## Core curriculum

### I. Foundations of Yoga and Philosophy

This module provides a theoretical understanding of the principles behind yogic practices.

- **Introduction to yoga:** Explore its history, origins, and philosophical background.
- **The Four Paths of Yoga:** Study the core concepts of Karma (action), Bhakti (devotion), Jnana (knowledge), and Raja (meditation) Yoga.
- **Ashtanga Yoga:** Examine the "Eight Limbs of Yoga" from Patanjali's Yoga Sutras, including ethical principles and meditation.

- **Hatha Yoga Principles**
- **Introduction of Cleansing Process (Shat Shuddhi)**

## II. Yogic Practices (Practical and Theory)

This module covers the hands-on aspect of yoga, teaching students proper techniques and applications.

- **Asana:** Learn the performance, benefits, modifications, and contraindications of various postures, including Surya Namaskar (Sun Salutation).
  - **Standing postures**
  - **Sitting postures**
  - **Supine posture**
  - **Prone posture**
- **Pranayama:** Study the science of breath control and practice different techniques like Nadi Shodhana
  - **Astha Kumbhaka**
  - **Various breathing techniques mentioned in recent days**
- **Shatkarma:** Be introduced to yogic cleansing techniques .
  - **Dhauti** – Vaman Dhauti, Vaarisaar Dhauti
  - **Neti** – Sutra Neti, Rubber Neti, Jala Neti
  - **Nauli Chalan**
  - **Kapaal Bhati**
  - **Tratak**
- **Dhyana (Meditation and Relaxation)** : Different Type Of meditation technique , Yoga Nidra
  - **Shat Chakra Dhyan**

## III. Foundations of Ayurveda

This module introduces the basic principles of Ayurveda, which views the body as a microcosm of nature.

- **Introduction to Ayurveda:** Concept of health, Criteria of positive Health and Determinants
- **Introduction of Pancha Mahabhoota:** Learn about the Panchamahabhuta (Earth, Water, Fire, Air, and Ether) and how they manifest in the human body.
- **Theory of Three Doshas:** Gain a detailed understanding of Vat Pitta and Kapha , their manifestation and function in body.
- **Theory of Agni** – 13 types of Agni and their action in body.

## IV. Ayurvedic Lifestyle

This section teaches students how to apply Ayurvedic principles to their daily routine and their patients to achieve balance.

- **Dinacharya and Ritucharya:** Daily and seasonal routines recommended by Ayurveda.
- **Ayurvedic Nutrition (Ahara):** knowledge of Shad Rasa , different food composition, How to eat according to Prakriti and Doshas
- Concept of Pathya- Apathya general and specific according to various conditions
- Nitya Sevniya - Asevniye Dravyasa

## V. Integrated Wellness

This module focuses on the synergy between Yoga and Ayurveda.

- **Tailoring Yoga Practices:** Learn to modify yoga asanas and breathing techniques to balance specific doshas. And specific conditions
- **Ayurvedic Psychology:** Understand the mind-body connection from both a yogic and Ayurvedic perspective.
- **Mindful Living:** Develop strategies for stress management and fostering a healthy psychosocial environment.
- **Balanced diet :** according to season and daily routine
- **Daily and Seasonal recommendation :** life style modifications as per requirements

## Course structure and assessment

- Mode: Hybrid mode. Online courses include live sessions, Theory lecture
- Offline – includes Practical Training and live sessions, hands-on experience.
- **Assessment:**
  - **Written Examination:** A theory test 100 marks, minimum Passing 50%
  - **Practical Examination:** A Practical demonstration of all Yogic postures, cleansing process, Pranayama etc, along with preparation of Pathya Apathya for given conditions and life style guidance according to Dincharay and Ritucharya
  - **Assignments/Projects:**
    - developing diet plans, sequencing a yoga class

## Fee Structure

Fee structure : candidates found eligible and selected for the course will be admitted only after payment of Course fee

For Indian candidates : total Fee 30000 INR

For International Candidates : total Fee 700 USD

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## APPLICATION FORM

### Certificate Course in Yoga and Ayurveda Lifestyle for wellness

#### **A. PERSONAL INFORMATION-**

1. Name (CAPITAL letters):
2. Age -
3. Gender
4. Date of Birth
5. Father's/Husband's Name:
6. Address..... Pin code.....
7. Email-ID-
8. Registration No.
9. State Board of Registration:
10. Nationality-(Govt.ID)
11. Category (Foreign National/General/SC/ST/OBC/PH/EWS/ Ex. Serviceman
12. Mobile No:

#### **B. EDUCATIONAL QUALIFICATION:**

Exam	Specialization	Institute/University	Year of Passing	% Marks/CGPA
10TH				
12TH				
UG				
PG				
Others				

#### **C. DETAILS OF EMPLOYER (IF WORKING):**

#### **Type of current employer**

#### **D. UPLOAD DOCUMENTS:**

Candidate image, Sign image, 10th marksheet, 12th marksheet, UG, Residence proof, Valid Govt ID ,Proof, Registration certificate, category certificate, NOC/Recommendation from current employer(if applicable)

Application Fee- 1000/

Course Fee – 30000/INR