

Institute ID - AYU0389

NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

A COMMITMENT TO COMMUNITY

Dhani Garan Road, Barwala (Hisar) Haryana - 125121

Affiliated to: Shri Krishna AYUSH University, Kurukshetra
Approved by: NCISM, Ministry of AYUSH (Govt. of India)

82228-96628

95807-00028

ncahospitalbarwala@gmail.com

nationalcollegeofayurveda.in



9001
ISO CERTIFIED

NABL

PROSPECTUS



Certificate course on Yoga and Avurveda Lifestyle for wellness

Department of Swasthavritta and Yoga

National College of Ayurveda and Hospital

Dhani Garan Road, Barwala (Hisar) Haryana-125121

Website: <https://nationalcollegeofayurveda.in/> E-mail: ncahospitalbarwala@gmail.com

Phone: 9580700028, 8222896628

Medical Superintendent
National College of Ayurveda & Hospital
Dhani Garan Road, Barwala (Hisar)

PREFACE

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, Hisar, 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 Dhyana

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 Vata, 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 Sevaniya – Asevaniye 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 25000 INR

For International Candidates : total Fee 600 USD

NATIONAL INSTITUTE OF AYURVEDA & HOSPITAL

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 – 25000/-

Signature
Medical Superintendent
National College of Ayurveda & Hospital
Dhani Garan Road, Barwala (Hisar)



NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

A COMMITMENT TO COMMUNITY

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NABL

PROSPECTUS



Certificate Course in Panchakarma Technician 2025

Department of Panchakarma

National College of Ayurveda and Hospital

Dhani Garan Road, Barwala (Hisar) Haryana-125121

Website: <https://nationalcollegeofayurveda.in/> E-mail: ncahospitalbarwala@gmail.com

Phone: 9580700028, 8222896628

Prabhakaran
Medical Superintendent
National College of Ayurveda & Hospital
Dhani Garan Road, Barwala (Hisar)

1. Introduction

Panchakarma is a core therapeutic branch of Ayurveda that focuses on detoxification, rejuvenation, and restoration of body balance through specialized procedures. With the increasing demand for Ayurvedic wellness services in hospitals, health retreats, naturopathy centers, medical tourism, and spa industries, trained Panchakarma Technicians are in high demand. This certificate course aims to provide students with professional-level skills in administering Panchakarma therapies safely and effectively under the supervision of certified Ayurvedic physicians.

2. Objectives of the Course

- To provide foundational and practical knowledge in Ayurvedic Panchakarma therapies.
- To train students in safe and effective participation in Panchakarma detoxification and rejuvenation procedures.
- To develop competency in patient handling, therapy setup, documentation, and hygiene protocols.
- To prepare students for employment in Ayurvedic hospitals, wellness centers, naturopathy units, and health spas.
- To promote holistic and traditional approaches to health care and wellness.

3. Course Structure

- Theory Classes: For 6 months course :2-3 Months(Hybrid mode)

For 1 year course : 6 Months (Hybrid mode)

- Practical Training: 2 Months (6 months course) and 3 months for 1 Year course
- Clinical Internship: 1 Month (6 months course) and 3 months for 1 Year course

4. Fundamental Concepts (Theory Modules)

I. Basics of Ayurveda

- Panchamahabhuta (Five Elements)
- Tridosha Theory (Vata, Pitta & Kapha)
- Dhatu, Mala, Agni & Ojas
- Prakriti & Vikriti Assessment

II. Introduction to Panchakarma

- Meaning, Scope, and Benefits
- Detoxification and Rejuvenation Concepts
- Indications and Contraindications

III. Pre-Panchakarma Procedures

- Snehana (Internal & external oleation)
- Swedana (Types of sudation therapy)

IV. Main Panchakarma Therapies

- Vamana (Therapeutic Emesis)
- Virechana (Therapeutic Purgation)
- Basti (Medicated Enema)
- Nasya (Nasal Medication Therapy)
- Raktamokshana (Bloodletting Techniques)

V. Patient Preparation & Record Keeping

- Patient Constitution Analysis
- Pre- and Post-Therapy Care Instructions
- Hygiene, Sterilization & Safety Protocols

4. Practical Application and Therapies (Hands-On Training)

- Abhyanga – Full body medicated oil massage
- Shiro Abhyanga & Padabhyanga – Head & foot massage
- Shirodhara – Oil streaming therapy technique
- Swedana – Steam therapies & localized sweating procedures



- Basti Administration – Preparation & application under physician supervision
- Nasya Therapy – Nasal medication administration
- Kati Basti, Janu Basti, Greeva Basti – Local oil retention therapies
- Udvartana – Herbal powder massage for toning
- Patient Documentation & Observation
- Therapy Room Setup and Equipment Maintenance

5. Advanced and Special Topics

- Panchakarma Diet Guidelines (Pathya & Apathya)
- Yoga & Breathing Supportive Techniques
- Panchakarma in Lifestyle Disorders
- Stress and Emotional Balance Techniques
- Basics of Panchakarma Unit Management
- Patient Counseling and Communication

6. Course Assessment

- Written Examination: Minimum passing marks 50%.
- Practical Examination: Demonstration of therapy procedures, minimum passing marks 50%.
- Internship / Case Logs: - Clinical Internship Logbook Verification
- Final Viva Examination
Minimum 30–45 Days of Clinical Training.

7. Career Opportunities

- Panchakarma Technician / Therapy Assistant
- Wellness & Spa Therapist (Ayurvedic Centers)
- Ayurvedic Hospital Panchakarma Unit Staff
- Therapist at Yoga & Wellness Retreats
- Home-based Panchakarma service provider (under physician supervision)

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

For Indian candidates : total Fee 25000 INR

For International Candidates : total Fee 600 USD



NATIONAL College OF AYURVEDA & HOSPITAL APPLICATION FORM

Certificate Course in Ayurveda Panchakarma Technician

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.
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10. Nationality-(Govt.ID)
11. Category (Foreign National/General/SC/ST/OBC/PH/EWS/ Ex. Serviceman
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Exam	Specialization	Institute/University	Year of Passing	% Marks/CGPA
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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(ifapplicable)

Application Fee- 1000/

Course Fee – 25000/-

[Signature]
Medical Superintendent
National College of Ayurveda & Hospital
Dhani Garan Road, Bhatinda (Hisar)



NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

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Institute ID - AYU0389

Prospectus



**Diploma in Ayurvedic Nursing & OT Assistance
2025**

Department of Shalya Tantra

National College of Ayurveda and Hospital

Dhani Garan Road, Barwala (Hisar) Haryana-125121

Website: <https://nationalcollegeofayurveda.in/> E-mail: ncahospitalbarwala@gmail.com

Phone: 9580700028, 8222896628

Signature
Medical Superintendent
National College of Ayurveda & Hospital
Dhani Garan Road, Barwala (Hisar)

PREFACE

The Diploma in Ayurveda Nursing Assistant and Occupational Therapy Assistant (OTA) is designed to equip students with essential knowledge and practical skills required to support holistic healthcare using traditional Ayurveda principles and modern rehabilitation techniques. This program bridges time-honored Ayurvedic healing methods with contemporary approaches in occupational therapy to foster comprehensive patient care and rehabilitation.

Ayurveda, one of the world's oldest holistic medical systems, emphasizes balance in body, mind, and spirit to promote health and well-being. Nursing assistants trained in Ayurveda play a vital role in assisting practitioners in delivering personalized care that aligns with these principles. Meanwhile, Occupational Therapy Assistants contribute by helping patients regain, develop, or maintain functional abilities, thereby improving their quality of life.

This diploma program prepares learners for diverse healthcare settings, emphasizing hands-on training and ethical practice. Graduates emerge as competent professionals capable of facilitating effective patient care, encouraging preventive health practices, and collaborating within multidisciplinary teams.

The curriculum integrates theory, clinical practice, and community health outreach, fostering a deep understanding of both Ayurveda and occupational therapy's supportive roles. This foundation empowers students not only to assist skilled practitioners but also to promote holistic health approaches in the evolving healthcare landscape.

Date:

Place:

Dr. Ranjit M Solankar
Chairman,
Syllabus Drafting Committee
Department of Shalya Tantra,
National College
of Ayurveda and Hospital, Barwala HR

Title of the course- Diploma in Ayurvedic Nursing & OT Assistance

Objectives-

1. To train students as skilled Ayurvedic Nursing and Operation Theatre Assistants.
2. To impart knowledge of Ayurvedic and modern surgical asepsis, sterilization, and OT protocols.
3. To develop practical ability in assisting during Shalya Tantra procedures including Kshara Sutra, Agnikarma, Raktamokshana, and Vrana Chikitsa.
4. To integrate nursing principles with Ayurvedic Snehana, Swedana, Lepana, and wound management techniques.
5. To prepare competent assistants for Ayurvedic hospitals, Panchakarma & surgical units.

- **Duration** - 1 year
1200 Hours (Theory – 480,
Practical – 720)

- **Eligibility** - 10+2 (Science stream –
Physics, Chemistry, Biology)

Capacity - 30

Course Duration & Structure

Semester	Duration	Focus Area
Semester I	6 months	Basic Ayurveda, Anatomy, Physiology, Fundamentals of Nursing
Semester II	6 months	OT Techniques, Surgical Asepsis, Shalya Tantra Fundamentals
Semester III	6 months	Ayurvedic Surgical Procedures, Para-surgical Skills
Semester IV	6 months	Wound Care, Patient Care, Internship & Evaluation

Course Structure (Subject-wise Distribution)

Subject	Theory Hours	Practical Hours	Total Hours
Basic Principles of Ayurveda & Sharira Rachana	60	40	100
Sharira Kriya & Basic Pathology	60	40	100
Fundamentals of Nursing & Patient Care	60	80	140
Principles of Asepsis & Sterilization	60	80	140
Operation Theatre Management	60	120	180
Shalya Tantra & Para-surgical Procedures	60	120	180
Ayurvedic Nursing Practices & Vrana Chikitsa	60	100	160
Record Keeping, Communication, Ethics	30	20	50
Internship & Case Documentation	—	120	120
Total	450	720	1170 Hours (~1200)

Detailed Syllabus (Module-wise)

Module I – Basic Principles of Ayurveda & Human Body (100 hrs)

Theory:

- Introduction to Ayurveda: *Tridosha, Dhātu, Mala, Agni, Srotas*
- Basic Rachana Sharira (Anatomy) – with special reference to Guda and Marmas
- Basic Kriya Sharira (Physiology) – Digestion, circulation, excretion, nervous system

Practical:

- Identification of anatomical structures (models/charts)
- Basic physiology experiments
- Introduction to Ayurvedic terminology

Module II – Fundamentals of Nursing (140 hrs)

Theory:

- Definition, principles, and ethics of nursing
- Roles & responsibilities of a nurse/OT assistant
- Patient hygiene, bed making, vital signs, and first aid

Record keeping, communication with patients, and empathy in Ayurveda

Practical:

- Measurement of BP, pulse, temperature, respiration
- Preparation of patient for minor/major procedures
- Dressing, bandaging, and emergency response drills

Module III – Principles of Asepsis & Sterilization (140 hrs)

Theory:

- Concept of *Suddhi* and *Shaucha* in Ayurveda
- Modern concepts of asepsis, sterilization, and disinfection
- Instruments, autoclave, boiling, fumigation methods
- Handling surgical linen and OT waste management

Practical:

- Demonstration of sterilization and cleaning procedures
- Arrangement of surgical trays and OT setup
- Maintenance of sterile field and use of PPE

Module IV – Operation Theatre Management (180 hrs)

Theory:

- Layout and zoning of Ayurvedic OT
- Equipment: suction apparatus, cautery unit, lights, tables
- OT protocols before, during, and after surgery
- Role of OT assistant in minor and major operations

Practical:

- Preparation of OT table and trolleys
- Assisting in anesthesia setup
- Monitoring vital signs during procedures
- Maintenance of operation records

Module V – Shalya Tantra & Para-surgical Procedures (180 hrs)

Theory:

- Introduction to *Shalya Tantra* – historical background, Sushruta's contributions
- Description of surgical instruments (*Yantra*, *Shashtra*)
- Principles of Kshara Sutra, Kshara Karma, Agnikarma, Raktamokshana
- Preoperative and postoperative Ayurvedic management

- Hands-on training in minor procedures under supervision
- Preparation and assistance in Kshara Sutra application
- Practice of Agnikarma on models and minor cases
- Raktamokshana by Jalauka (leech therapy) demonstration

Module VI – Ayurvedic Nursing Practices & Wound Care (160 hrs)

Theory:

- *Vrana Chikitsa* – types of wounds, healing process, Ayurvedic principles
- Local therapies – *Lepana, Upanaha, Prakshalana, Parisheka*
- Role of herbal formulations – *Jatyadi Taila, Madhu, Ghrita* etc.
- Nutrition and post-operative *Pathya-Apathya*

Practical:

- Dressing techniques using Ayurvedic materials
- Preparation of herbal formulations for wound care
- Observation of wound healing and documentation

Module VII – Record Keeping, Communication & Professional Ethics (50 hrs)

Theory:

- Documentation of surgical cases and OT records
- Ethical and legal responsibilities
- Patient communication, counseling, and confidentiality
- Teamwork and leadership in hospital environment

Practical:

- Maintenance of daily OT and ward records
- Reporting of complications and follow-up

Module VIII – Internship / Clinical Posting (120 hrs)

At: Department of Shalya Tantra / OT Unit / IPD / Panchakarma Unit
Activities:

- Assist in at least 20 minor and 10 major OT procedures
- Participate in daily dressing and postoperative care
- Submission of 5 complete case reports

Evaluation Pattern

Component	Marks
Theory Examination	300
Practical & Viva	400
Case Records / Internship Report	100
Attendance & Internal Assessment	100
Total	900 Marks

Passing Criteria: Minimum 50% in each section (Theory & Practical separately).

Certification

After successful completion, the student will be awarded:

**“Diploma in Ayurvedic Nursing & OT Assistance (Shalya
Tantra Focused)”**

Issued by: *National College of Ayurveda*

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 15000 INR/ Semester i.e.
60,000INR

For International Candidates : total Fee 500 USD/ Semester i.e.
2000 USD

NATIONAL INSTITUTE OF AYURVEDA & HOSPITAL APPLICATION FORM

Certificate Course in Ayurvedic Nursing & OT Assistance

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):

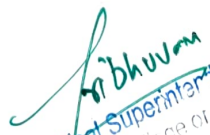
Type of current employer

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 – 15000/Semester i.e. 60,000 total


 Medical Superintendent
 National College of Ayurveda & Hospital
 Dharam Garh, Sonwala (Hisar)



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A COMMITMENT TO COMMUNITY

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PROSPECTUS



Certificate course in Ayurveda cosmetology
2025

Department of Swasthavritta and Yoga

National College of Ayurveda and Hospital

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Website: <https://nationalcollegeofayurveda.in/> E-mail: ncahospitalbarwala@gmail.com

Phone: 9580700028, 8222896628

Medical Superintendent
National College of Ayurveda & Hospital
Dhani Garan Road, Barwala (Hisar)

PREFACE

Beauty is however lies in the eyes of the Beholder but willingness of the individual to look good and feel good comes with emergence of cosmetology. Beauty and wellness comes Hands in Hands. India is emerging as market to work now on beauty standards with the help of Ayurveda.

Now a days the beauty industries is filled with lots of tools, techniques, parlors and by the name of herbal or Ayurveda cosmetic products low quality products are sold in the market.

This course aim to prepare authentic practitioners of Ayurveda well trained in the field of beauty and cosmetology. With the concept of preparation of cosmetic product with standardized procedures, lifestyle changes, daily practices, various procedures and drugs mentioned in ayurveda and formulations.

Also Ayurveda physician believes that toxic materials inside our body make a person ugly and diseased. Sodhana (Purification) and Shamana (palliative therapy) are the therapeutic interventions to eliminate body toxins. Classics of Ayurveda describes about various cosmetics Herbs e.g. Varnya, Kushthagna, Kandugna, vayasthapak, udardaprasamana, etc. and many alepam (poultice). Contemporary approach of medifacilas with ayurveda herbs and procedures

At present, many institutes are offering degree, diploma and certificate courses in the field of beauty and cosmetology. Many of these courses have mentioned Ayurveda as a part of their curriculum, but there is lack of uniformity and authenticity. One of the main principles of Ayurveda - Principle of personalized treatment is often ignored at these places.

It is the need of hour that the principles of Ayurveda should be applied holistically in field of aesthetic medicine. Along with the knowledge of contemporary methods as well. Keeping in view all the above facts, National college of Ayurveda and Hospital decided to start a certificate course in Ayurveda cosmetology.

Date:

Place:

Dr. Preeti
Chairman, Syllabus Drafting Committee
Department of Swasthavritta and Yoga
National College of Ayurveda and
Hospital , Barwala, Hisar, HR

Title of the course- Certificate course in Ayurveda cosmetology

Objectives- main objectives of the course is to blend traditional Ayurvedic principles with modern cosmetology for Holistic beauty and Wellness management

To develop the competency in inside out beauty practices according to the Ayurveda principals

Duration - 6 months

Eligibility - 10+2, BAMS

Capacity – 30
Candidates/ Batch

Course structure

Theory : fundamentals of Ayurveda, fundamentals of cosmetology, anatomy and physiology of skin, Doshik assessment of skin and hair, along Lifestyle practices
practical trainings :

A certificate course in Ayurvedic cosmetology integrates traditional Ayurvedic principles with modern cosmetic practices. The curriculum blends theoretical knowledge of Ayurvedic concepts, such as doshas (body constitutions), with hands-on training in natural beauty treatments and herbal product formulation.

Foundational concepts

- **Ayurvedic fundamentals:** Introduces core concepts like the Panchamahabhuta (five elements) and the Tridosha (Vata, Pitta, and Kapha) theory and their specific effects on skin and hair.
- **Anatomy and physiology:** Covers the basic anatomy and function of skin, hair, and nails from both Ayurvedic and modern perspectives.
- **Diet and lifestyle:** Educates on how nutrition, daily routine (Dinacharya), and seasonal routines (Ritucharya) influence skin and hair health.
- **Ayurvedic Saundarya Vigyan:** Explores the Ayurvedic concept of beauty, the internal and external factors that affect it, and the importance of overall wellness (Swasthya).

Practical applications and therapies

- **Herbal formulations:** Teaches the identification, properties, and use of various herbs, plant extracts, and natural ingredients in cosmetic preparations.
- **Herbal skincare:** Covers the preparation and application of natural cleansers, scrubs (Ubtan), face packs (Mukhalepan), and oils for different skin types and conditions. Includes treatments for common skin issues like acne, pigmentation, and dryness. Medi Facials
- **Ayurvedic hair and scalp care:** Explores hair types according to doshas and provides remedies for hair problems like hair fall, dandruff, and premature greying. Covers the preparation of herbal hair oils and masks.
- **Beauty therapies:** Provides hands-on training for various Ayurvedic cosmetic procedures, which may include:
 - **Mukhabhyanga:** Ayurvedic facial massage.
 - **Shiro Abhyanga:** Traditional head massage.
 - **Shirodhara:** A continuous stream of medicated oil poured over the forehead for deep relaxation.
 - **Udvaartana:** Herbal powder massage for exfoliation and toning.
 - **Nasya:** Nasal instillation of herbal oils for holistic facial health.
 - **Medi Facials :** a complete procedure with facial rejuvenation
 - **Basic Knowledge of Collagen Induction Therapies :** Microneedling, Mesotherapy etc
- **Product creation:** Instructs on the preparation of various Ayurvedic cosmetic products, such as soaps, shampoos, lip balms/ Lip sticks, Serum, Tooth paste, Face Packs , lotion , creams, face wash etc

Advanced and special topics

- **Cosmetology and modern practices:** Some advanced courses may incorporate knowledge of modern cosmetology equipment and integrate them with Ayurvedic treatments.
- **Ayurvedic psychology:** Addresses the mind-body connection and how emotional health impacts external beauty, incorporating lifestyle and stress management techniques.
- **Business and regulations:** Includes topics on the legal and regulatory aspects of selling Ayurvedic products, entrepreneurship in cosmetology, and basic product quality control.
- **Face Yoga**
- **Anatomy physiology of skin**

Course assessment

Certification is typically awarded after successfully completing a course that involves:

- A written examination to test theoretical knowledge. 100 marks with minimum 50% Passing Marks
- A practical examination to assess hands-on skills in performing Ayurvedic cosmetic procedures. Live demonstration of the Procedures and skill by the candidate and Viva. 100 marks with minimum 50% Passing Marks.

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 25000 INR

For International Candidates : total Fee 600 USD

APPLICATION FORM

Certificate Course in Ayurveda Cosmetology

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 – 25000/-

Arbhuvan
Medical Superintendent
National College of Ayurveda & Hospital
Dhani Garh, Barwala (Hissar)



Institute ID - AYU0389

NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

A COMMITMENT TO COMMUNITY

Dhani Garan Road, Barwala (Hisar) Haryana - 125121

Affiliated to: Shri Krishna AYUSH University, Kurukshetra

Approved by: NCISM, Ministry of AYUSH (Govt. of India)

82228-96628

95807-00028

ncahospitalbarwala@gmail.com

nationalcollegeofayurveda.in



PROSPECTUS



Certificate Course In GARBHA SANSKARA

(Preconception and Antenatal Ayurvedic Practices)

Signature
Medical Superintendent
National College of Ayurveda & Hospital
Dhani Garan Road, Barwala (Hisar)

Department of Prasuti Tantra and Stree Roga

National College of Ayurveda and Hospital

Dhani Garan Road, Barwala (Hisar) Haryana-125121

Website: <https://nationalcollegeofayurveda.in/> E-mail: ncahospitalbarwala@gmail.com

Phone: 9580700028, 8222896628

PREFACE

The growing interest in holistic and ancient wellness approaches has brought Ayurvedic practices into focus, especially in the crucial phases of preconception and antenatal care. The Certificate Course in Garbha Sanskara—focusing on Preconception and Antenatal Ayurvedic Practices—has been designed to provide comprehensive knowledge and practical insights into nurturing life from its very inception.

This course aims to bridge the profound wisdom of Ayurveda with contemporary understanding of maternal and fetal health. It delves into the ancient Indian science of Garbha Sanskara, which emphasizes not only physical health but also the mental and spiritual well-being of both mother and child during the phases before and during pregnancy.

Learners will explore authentic Ayurvedic principles, dietary guidelines, lifestyle practices, and specialized therapies that support optimal reproductive health, fetal development, and positive pregnancy outcomes. This course is ideal for healthcare professionals, Ayurvedic practitioners, wellness educators, and anyone passionate about integrating time-tested Ayurvedic methods into modern maternity care.

By awakening awareness of these practices, the course aspires to empower individuals and practitioners to foster an environment of holistic nurturing, ensuring that the journey from conception to birth is aligned with balance, harmony, and vitality.

May this course serve as a meaningful step toward preserving and promoting the wisdom of Garbha Sanskara for healthier generations to come.

By awakening awareness of these practices, the course aspires to empower individuals and practitioners to foster an environment of holistic nurturing, ensuring that the journey from conception to birth is aligned with balance, harmony, and vitality.

May this course serve as a meaningful step toward preserving and promoting the wisdom of Garbha Sanskara for healthier generations to come.

Dr. Bhushan Chowgle Chairman,
Syllabus Drafting Committee
Department of Prasuti and Stree Roga,
National College of Ayurveda and Hospital Barwala

CERTIFICATE COURSE IN GARBHA SANSKARA**(Preconception and Antenatal Ayurvedic Practices)****Objectives-**

1. To understand Ayurvedic concepts of Garbhotpatti, Garbha Vriddhi, and Garbha Paricharya.
2. To inculcate practical skills for Garbha Samskara procedures and counseling.
3. To correlate classical knowledge with modern reproductive science.
4. To develop ethical, holistic antenatal care practitioners.

- **Duration** -3 Months (12 Weeks)

- **Eligibility** - 10+2 (Science stream – Physics, Chemistry, Biology) B.A.M.S

Capacity - 30

Course Curriculum

	Title	Key Content	Hours
1	Introduction to Garbha Sanskara	Philosophical foundation, importance, classical references	10
2	Pre-conceptual Care (<i>Beeja Shuddhi & Beeja Samskara</i>)	Ritu, Kshetra, Ambu, Beeja concepts; lifestyle & diet	10
3	Garbhadhan Vidhi & Role of Dharma Achara	Pre-conception rituals, spiritual and psychological preparation	8

	Title	Key Content	Hours
4	Garbhini Paricharya (Antenatal Regimen)	Month-wise diet, yoga, medicines, and restrictions	20
5	Psychological & Behavioral Conditioning	Manasika Samskara, music therapy, meditation, counselling	8
6	Maternal-Fetal Communication & Modern Correlates	Fetal psychology, maternal well-being, epigenetics	8
7	Practical Sessions	Diet preparation, yoga demonstration, counseling simulation	16
8	Clinical Observation	Garbhini OPD posting, case discussion, record maintenance	12
9	Project / Field Work	Case report, community awareness program	6
10	Revision & Assessment	Theory + Viva + Practical evaluation	2 total hours -100

Evaluation and Assessment

Continuous Assessment: 40% (Attendance, assignments, case study, presentation)

Final Assessment: 60% (Written + Viva + Practical)

Passing Criteria: Minimum 50% in both internal and final evaluation

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 25000 INR

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NATIONAL INSTITUTE OF AYURVEDA & HOSPITAL

APPLICATION FORM

Certificate Course in Garbha Sanskaar

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