



# **NATIONAL INSTITUTE OF AYURVEDA DEEMED TO BE UNIVERSITY**

(Ministry of AYUSH, Govt. of India)

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

[www.nia.nic.in](http://www.nia.nic.in)

**P.G. DEPARTMENT OF DRAVYAGUNA**

**Brochure**

**(Online Training July-August, 2021)**

**CERTIFICATE e-COURSE ON TRAINING FOR**

**BEAUTY CARE IN AYURVEDA**

**(Online & Practical Sessions Separately)**



## IMPORTANT DATES& INFORMATION

Application & Fees Deposit Start Date	15-07-2021, 9 am
Application & Fees Deposit End date	21-07-2021, 5 pm
Classes Start Date	26-07-2021; 10.00am- 1.00pm
Course Fees	Rs. 10000.00

**The entire amount received as course fees from this course "Certificate e-Course on Training for Beauty Care through Ayurveda" shall be exclusively utilized for the "Prevention & Management of COVID 19" particularly for the weaker sections of the society as a charity.**

**Application Forms available at - <https://forms.gle/QRacLGy1mDmvD6Un6>**

### ADDRESS FOR COMMUNICATION

**Certificate e-Course on Training for Beauty Care in Ayurveda**

**C/O The Director**

**National Institute of Ayurveda**

**Deemed to be University**

**Jorawar Singh Gate,**

**Amer Road JAIPUR - 302002 (RAJASTHAN) INDIA**

**Mobile – Dr. Rooprndra (M.D Scholar) – 9929957638**

**Dr.Shweta (M.D. Scholar)- 8504000613**

**(Please call during 9 am – 5 pm)**



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

**NIA, Jaipur  
2021**

## **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 Dravyaguna Department**

Dravyaguna is the most important branch of Ayurveda which deals with the dravya (medicinal substances used in Ayurveda – mainly sourced from medicinal plants) and guna (their properties). P. G. Department of Dravyagunais engaged in various educational, research and clinical care activity involving herbal drug. Department is having a well run O.P.D. especially known for its eminent work in the field of single drug therapy, lifestyle modification prescription and beauty care Ayurveda treatments following good clinical practices. Department also suggests different hair and skin packs at its own level. Department has a National Repository and Herbarium of authentic crude drugs used in Ayurveda with more than 250 samples. Departmental Medicinal Plant Museum contains more than 500 drugs samples from different part of the country. A well maintained herbal garden containing more than 300 plant species is present inside the campus. This department has completed different research projects on common beauty ailments of cosmetic concerns like hairfall, skin diseases etc.

## About the Course –

The Certificate Course on 'Training for Beauty care in Ayurveda' is a course designed to give hands on training on 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. **This course will be completed in two parts. The theoretical training will be given online. The participants will have to attend the practical session in NIA. The practical sessions will be organized after online theory classes for 3 days. The certificate will be awarded only after the completion of practical training.**

## 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 a class apart from the rest. 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 principles. After completing the course, following Scope 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/ clinic.
3. Updation of knowledge in Ayurveda herbs and their uses in cosmetology.
4. Value Addition in Ayurvedic clinics.

## Course Description

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

## Course Topics

Lesson	Title	Duration
<b>Day 1</b>		
1	Concept of Beauty according to Ayurveda Concept of Skin and skin types, skin growth and metabolism in the body.	2 hours
2	Assessment of skin type based on Ayurvedic Prakriti (Body constitution).	1 hours
<b>Day 2</b>		
3	Skin cleansing, toning and moisturizing techniques and tan removal techniques based on Ayurveda.	1.5 hours
4	Daily routine body care and toning	1.5 hours
<b>Day 3</b>		
5	Ayurvedic lifestyle and diet suggestions for healthy skin	1.5 hours
6	Session of Ayurvedic beauty enhancing procedures such as Swedana, Alepaetc with different herbs.	1.5 hours
<b>Day 4</b>		
7	Application of mukhabhyanga (Face massage) and mukhalepam (Face packs)	1 hour

8	Lip care, eye care, nail care through Ayurveda	1.5 hours
<b>Day 5</b>		
9	Concept of Kesh Ayurveda (hair, its types, hair growth and metabolism in the body, recommendation of diet and nutrition for the same).	2 hours
10	Assessment of hair type according to Prakriti (Constitution)	½ hour
<b>Day 6</b>		
11	Ayurvedic management of Hair fall, Dandruff, Premature greying etc	1.5 hours
12	Homemade Ayurvedic hair spa, Ayurvedic hair dyes and hair packs	1.5 hours
<b>Day 7</b>		
13	Shiroabhyanga, Swedana, Dhupana and other hair care techniques	1.5 hours
14	Hasta-pada prasadanam (Ayurvedic manicure and pedicure)	1.5 hours
		20 hours = 1200 minutes

### Practical Session Schedule

Lesson	Title	Duration
<b>Day 1</b>		
1	<b>Face session-</b>	
	<b>A-</b> Prakriti analysis practical session.	½ hour
	<b>B-</b> Ayurvedic skin cleansing, toning and moisturizing techniques.	3 hours
	<b>C-</b> Ayurvedic facial including mukhswedana, mukhaabhyanga and mukhalepam.	3 hours

<b>Day 2</b>		
2	<b>Hair session-</b>	
	<b>A-</b> Practice of Ayurvedic hair spa including shiroabhyanga, shiroswedana.	3 hours
	<b>B-</b> Demo session for hair dye and hair packs and kesh prakshalan vidhi ( hair washing techniques)	3 hours
<b>Day 3</b>		
3	<b>Other-</b>	
	<b>A-</b> Practical demonstration of different herbal procedures for eyes, lips, nails.	3 hours
	<b>B-</b> Practical session for Hasta–pada prasadanam (Ayurvedic manicure and pedicure)	3 hours
	<b>C-</b> Preparation of Ayurvedic lip balm and kajal.	1.5 hours
		20 hours = 1200 min

**Mode of Classes –**

**Online Video Calling App (for theoretical training)**

**Contact Classes for Practical Training**

**Medium of Instruction:**

**English and Hindi**

**Seats:**

**15 Participants per Batch**

**Duration–**

**Total 20 hours of online training (03 hours per day)**

**Total 20 hours of practical training (in 3 days)**

**Date-**

**Theory – 26<sup>th</sup> July to 1<sup>st</sup> August 2021 (Monday to Sunday)**

**Practical – 5<sup>th</sup> to 7<sup>th</sup> August 2021 (Thursday to Saturday)**

**Time –** **10.00 am to 1.00pm for online theory sessions**  
**10.00 am to 5.00 pm for offline practical sessions**

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

**Eligibility for Admission:** Minimum Twelfth Pass and above.

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

**Certificate:** Certificates will be awarded to the qualified participants by the Institute only after completion of both online training and practical sessions.

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

**Course Fees:** Interested candidates will have to deposit Course fee of **Rs.10,000.00 (Ten thousand rupees only) up to 05:00 p.m., 21<sup>st</sup> July 2021** by NEFT in favour of “**Director, National Institute of Ayurveda**” payable at Jaipur or other digital payment options as per account detail given below on or before the stipulated dates. Candidates are advised to make payment individually for each candidate and upload the proof of payment along with the application form given in the link below. Group payment is not allowed.

**Account Detail**

**Name of Account: Director, National Institute of Ayurveda, Jaipur**

**Account no: 3124200215**

**Name of Bank and Branch: Central bank of India, NIA, Jaipur**

**IFSC Code: CBIN0283634**

**How to apply:**

Candidates are required to apply in the prescribed format given in the link below.

<https://forms.gle/QRacLGv1mDmvD6Un6>

The institute will not consider any other format or application performa.

The candidate is required to fill the google form **on or before 05:00 p.m., 21-07-2021 (Wednesday)**. **NIA will close receiving the application forms before stipulated time if 15 seats are filled.**



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 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 candidate has to deposit the Course fee along with fully filled application form. The application forms submitted with Course fee will be screened and the selected candidates will be intimated by phone /email to confirm his / her admission. If the course fee is not deposited with the application form, then the right to admission will be forfeited without any further notice. The Director, NIA reserves all right to reject any application form without assigning any reasons. If a candidate is not selected for the course due to any reason, then his/her Course fee in the form of NEFT/other digital payment options will be refunded.

**Contact:-**

**Website: [www.nia.nic.in](http://www.nia.nic.in)**

**E-mail – [dravyaguna.nia@gmail.com](mailto:dravyaguna.nia@gmail.com)**

**Dr. Roopendra (M.D. Scholar)- 9929957638**

**Dr. Shweta (M.D. Scholar)- 8504000613**

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