



NATIONAL INSTITUTE OF AYURVEDA

(Ministry of AYUSH, Govt. of India)

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

www.nia.nic.in

P.G. DEPARTMENT OF DRAVYAGUNA VIGYAN

Brochure

**CERTIFICATE COURSE FOR TRAINING ON AYURVEDIC
METHODS OF COOKING**

(28th -30th June 2018)



IMPORTANT DATES & INFORMATION

Commencement of Sale of Application Forms	01.06. 2018
Last date of Submission of Application Form	20.06.2018
Training Dates and Time	28 June-30 June 2018, 11am-2pm
Course Fee	Rs 800 (till 15th June) Rs. 1000 (till 20th June)

ADDRESS FOR COMMUNICATION-

**Certificate Course for training on Ayurvedic Methods of
Cooking C/O The Director**

National Institute of Ayurveda

Jorawar Singh Gate,

Amer Road JAIPUR - 302002 (RAJASTHAN) INDIA



**Certificate
Course for
Training on
Ayurvedic
Methods of
Cooking**

**NIA, Jaipur
28-30 June,
2018**

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 Dravyaguna is 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 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 various health conditions by using single herb or compound formulations.

About the Course –

The **Certificate Course for Training on Ayurvedic Methods of Cooking** is a course designed to give hands on training about the cooking procedures of various recipes mentioned in classics of Ayurveda. As per Ayurveda, food is the best medicine. The course is designed for those who are working in health sector, managing hospital kitchens, running healthy restaurants and for the health conscious people who are aware of hazards of fast food and wrong cooking methods.

Who should attend the course:

- **Homemakers,**
- **Health care professionals,**
- **Peoples associated with food industry.**

Eligibility criteria: Intermediate or with additional qualification.

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 the candidates to learn the proper methods of cooking. As per Ayurveda food is the root cause of health and disease. The proper cooking ensures that the one who consumes that food will get all the health benefits

associated with the food. After completion of the course, the candidates will have knowledge about-

- The proper cooking methods as per Ayurveda.
- Role of spices in cooking for health benefits.
- Different recipes for good health.

Course Description

This course will cover the various aspects of culinary science as described in Ayurveda. The candidates will get to know about the medicinal properties of various food articles and dishes. The candidates will get to know how to cook various dishes to gain their maximum health benefits. The total duration of course will be 9 hours. In this course, candidates will get to learn about twenty recipes. Each and every recipe will be prepared in front of the candidates, describing the procedure precisely. The recipes will include-

- Starter
- Vegetable dishes
- Buttermilk/ curd preparations
- Breads
- Sweet dishes
- Chutneys
- Refreshment
- Recipes for patients

Course Topics

S. No.	Recipes
Day-1	
1	Mudga Yusha/ Dadim Yusha
2	Patol Shaak / karvellak shaak

3	Khala takra
4	Apoop 1
5	Narikel khand paak
6	Kharjuraadi manth
Day-2	
1	Dhanyakaadi Him
2	Kushmand shaak
3	Preeran modaka
4	Apoop 2
5	Aam/ amlaki raag
6	Vrishya yavagu
7	Jaali/ Mulak yusha
Day-3	
1	Dhatrphalaadi Panak
2	Rasala
3	Manda-Peya-Vilepi
4	Chaturbeej Laddu
5	Suran shaak
6	Ardrak paak
7	Panchmushti Yusha

Medium of Instruction: English and Hindi

Seats: 10 Participants per Batch

Course Duration – 9 hours

Date- 28-30 June 2018 (Thursday to Saturday)

Timing- 11 A.M. – 02 P.M.

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

Selection Procedure: On First Come First Serve Basis.

Certificate: Certificates will be awarded to the participants by the Institute.

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

Course Fees: Interested candidates will have to deposit Course fee of **Rs. 800.00 (Eight hundred only) up to 15th June, 2018 and Rs.1000.00 (One thousand only) up to 20th June, 2018** by Demand Draft or NEFT in favour of “**Director, National Institute of Ayurveda**” payable at Jaipur as per account detail given below on or before the stipulated dates. No spot registration is 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 herewith. Candidates are required to apply in the prescribed format given herewith. The candidates can download the form from N.I.A. website or can purchase form directly from Department of Dravyaguna Vigyan, National Institute of Ayurveda. Duly filled application form enclosing payment details and self-attested copy of 12th mark sheets should be sent to mail id- dravyaguna.nia@gmail.com or deposited by hand in an envelope Superscripted “**CERTIFICATE COURSE FOR TRAINING ON AYURVEDIC METHODS OF COOKING**” and should reach the following address on or before **5 pm, 20-06-2018**. Applications received after the Closing Date will not be accepted.

Department of Dravyaguna Vigyan C/o

The Director

National Institute of Ayurveda

Jorawar Singh Gate,

Amer Road, JAIPUR - 302002 (RAJASTHAN) INDI

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 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 Demand Draft / NEFT will be returned.

Contact:-

Website: www.nia.nic.in

E-mail – dravyaguna.nia@gmail.com

Dr. Anubha Chaudhary- 9649318074

Dr. Sabita Sapkota- 9587112737

Dr. Hemvati Grujar-7734989299



NATIONAL INSTITUTE OF AYURVEDA

(Ministry of AYUSH, Govt. of India)

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

Certificate Course on 'Nutrition and Dietetics in Ayurveda' REGISTRATION FORM

Course Fee (Rs.800/1000) –

DD/NEFT Number & Date –

Drawn on Bank –

Affix your recent
self attested (on
front side)
Passport Size
Colour
Photograph
here.

Full Name Mr./Mrs./ Ms. (In Capitals) -----

Father's/ Husband Name -----

Date of Birth ----- Gender -----

Corresponding address -----

Mobile -----

Email id - -----

Aadhar Number (optional) -----

Academic Qualification (12th & Onwards, Enclose self certified copies of proof)

Examinations Passed	University/Board/Institution	Year of Passing	Subjects	Marks Obtained/ Division/Percentage

DECLARATION

I hereby declare that the information mentioned in this Application is correct and true to the best of my knowledge and belief and I understand that furnishing false/improper information will lead to rejection and cancellation of my candidature and also that I am liable for legal and/or disciplinary action as may be initiated by the National Institute of Ayurveda.

Date:

Signature of the Candidate