



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

Brochure

CERTIFICATE COURSE ON **PRIMARY HEALTHCARE THROUGH KITCHEN** **SPICES AND LOCAL PLANTS**

(17th -18th June 2018)



IMPORTANT INFORMATION

(17th -18th June 2018)

Register yourself early

IMPORTANT DATES & INFORMATION

Course Fees	
On or Before 10 th of June(up to 5 pm)	Rs. 800.00
11 th June to 15 th June (up to 5 pm)	Rs. 1000.00

ADDRESS FOR COMMUNICATION

Certificate Course on Primary Healthcare through Kitchen spices and Local Plants

C/O The Director

National Institute of Ayurveda

Jorawar Singh Gate,

Amer Road JAIPUR - 302002 (RAJASTHAN) INDIA



**Certificate
Course on
Primary
Healthcare
through
Kitchen
Spices and
Local Plants**

**NIA, Jaipur
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 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 various health conditions by using single herb or compound formulations.

About the Course –

This certificate course is designed to impart practical and academic knowledge about use of kitchen spices and locally available medicinal plants for primary health management of family based on the knowledge of ayurveda, as the saying goes “kitchen is the first pharmacy”. In Indian kitchen many spices are used for cooking but these spices are widely used in ayurveda for management of many minor and common health issues. Similarly many medicinal plants are available in our surroundings which can be used for managing common health problems. Most of our kitchen masters know few common uses of these spices and medicinal plants from traditional wisdom. But there are many other uses of these spices and plants and these uses have logical ayurvedic basis as well. Knowledge of such uses will help us to reduce hospital visits and consequently give health and monetary benefits. The candidates enrolling in this course will learn what, where and how to use kitchen spices and locally available medicinal plants at their own level.

Who to attend the course:

- Homemakers
- Health enthusiasts

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 different spices and herbs and their common uses for general health, skin, hair and other small injuries. The candidate will become confident in this area along with a deeper insight from Kitchen and surroundings through Ayurveda and its principles. After completing the course, following Scope for the candidates:

1. Self and Family care regimens to be followed which comes from kitchen and surroundings.
2. Practically usable primary health care practices through Kitchen and surroundings.
3. Updating of knowledge in Ayurveda from kitchen to surroundings.
4. How to stay healthy is followed through Indian kitchen and surroundings.

Course Description

This course will cover Introduction to common Ayurveda herbs and Medicinal plants found in Indian Kitchen and home surroundings. It will deal in daily care regimens for the health benefits i.e. Gastric issues, cuts, bruises, skin care etc.

Participants will be made to identify spices and herbs and knowledge will be given on its practical implications. Particular attention will be given to the unique Ayurveda principles and their application for primary healthcare of the individuals.

Course Topics

	Title	Duration
DAY 1		

1.	Basic concepts of Ayurveda (Dosha and Prakriti)	30 min
2.	Knowledge of kitchen spices and identification: Part- I	90 min
3.	Practical uses of spices and interactive discussion	60 min
4.	Preparation of different recipes using spices for health	60 min
DAY 2		
5.	Knowledge of kitchen spices and their practical uses: Part- II	30 min
6.	Surrounding herbal plants information and practical uses	90 min
7.	Common Herb identification and different preparations using surrounding plants	60 min
8.	Discussion and Summarization	60 min
TOTAL		8 hours

Eligibility: Indian citizens with any educational qualification

Medium of Instruction: English and Hindi

Seats: 15 Participants per Batch

Course Duration – 8 hours

Sunday & Monday (Timings: 2pm to 6pm)

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

Selection Procedure: First Come First Serve Basis of the candidates.

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

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

Course Fees: Candidates have to deposit Course fee of **Rs. 800.00 (Eight hundred only) on or before 10th of june and after that registration fees of Rs. 1000.00 (one thousand only) will be charged. Registration will be closed after 15th of june.** Applicants have to pay fee by Demand Draft in favour of “Director, National Institute of Ayurveda” payable at Jaipur or NEFT as per account detail given below before the stipulated date. Course Fee once paid will not be refunded under any circumstances.

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/Last Date for Receipt of Applications:

Candidates are required to apply in the prescribed format given herewith. 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 ON ‘PRIMARY HEALTHCARE THROUGH KITCHEN SPICES AND LOCAL PLANTS’**” at the following address on or before 5pm, 15-06-2018. Applications received after the Closing Date will not be accepted.

The Director

National Institute of Ayurveda

Jorawar Singh Gate,

Amer Road JAIPUR - 302002 (RAJASTHAN) INDIA

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.
 - Applications without latest photo pasted in the space provided.
- Incomplete Applications
- Applications without the prescribed Application Fee.

Contact :-

Website: www.nia.nic.in

E-mail – dravyaguna.nia@gmail.com

Dr. Dipti – 8076413336

Dr. Pushpa chamoli – 9760324248

Dr. Ankita –9024322311



NATIONAL INSTITUTE OF AYURVEDA

(Ministry of AYUSH, Govt. of India)

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

Certificate Course on 'Primary Healthcare through Kitchen Spices and Local Plants'

REGISTRATION FORM

Application 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./Ms. (In Capitals) -----

Fathers/ Husband Name -----

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

Corresponding address -----

Mobile -----

E mail id - -----

Aadhar Number -----

Academic Qualification

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