

ONLINE CERTIFICATE COURSE IN AYURVEDIC DIET & NUTRITION



ELIGIBILITY CRITERIA

10+2 and Above



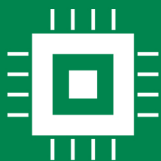
DURATION

One Month



MEDIUM

Online & Recorded
Sessions



TECHNOLOGIES REQUIRED

Laptop/Smart
Phone & Internet



FEES

~~12,000~~ Rs. 6,000 After 50%
OFF (Including GST)



**LEARN PRAKRITI
ANALYSIS
(KNOW YOUR
BODY COMPOSITION)**



**LEARN DOSHA'S & DO'S &
DON'TS ACCORDING TO
DOSHA'S**



**KNOWLEDGE OF
AYURVEDIC CONCEPTS,
TREATMENTS, RECIPES**



**MODERN NUTRITION.
MACRO & MICRO
NUTRIENTS**



**NUTRITION DURING
DIFFERENT
LIFE STAGES.
FITNESS NUTRITION.**



**THERAPEUTIC DIET
PLANNING
IN VARIOUS DISEASES
& CONDITIONS**



S.No.	Curriculum
1	Introduction & Relationship between Ayurveda & modern Nutrition
	Introduction to nutrition
2	Basics of Ayurveda Tridosha, saptdhatu & Ojas
	Macronutrients
3	Role of Prakriti in relation to diet
	Micronutrients
4	Concept of Agni & Ama
	Fiber & water & energy
5	INTERACTIVE SESSION
6	Dincharya in relation to ahar
	BMI, BMR, RDA & nutrition assessment
7	Ritucharya in relation to ahar
	Nutrition during Lifecycle
8	Ayurvedic food concept (Aharvidhi-1)
	Sports & Fitness nutrition
9	Ayurvedic food concept (Aharvidhi -2)

10	INTERACTIVE SESSION
11	Ayurvedic concept of treatment
	Obesity
12	Basic health issue & their ayurvedic remedies-lifestyle disorders-obesity, HTN diabetes
	Cardiovascular
13	Joint pain, cervical/spondylitis, back pain, knee pain
	Thyroid & PCOD
14	Infertility & Vajikarana
	Pregnancy & lactation Nutrition
15	INTERACTIVE SESSION
16	Allergies : respiratory, skin, food
	Fatty liver, Anemia
17	Natural urges (veg dharan)
	Gut health/pre probiotics
18	Kitchen spices, herbs & their therapeutic uses
	Renal diet
19	Some ayurvedic recipes
	Cancer & Aids
20	INTERACTIVE SESSION

STUDY MATERIAL



- PPT of each topic discussed in class
- Recording of the live session

NUMBER OF HOURS



- Total 40 hours.
- 2 hours daily class. (5 days/week)
- Monday to Thursday theory & interactive session on Fridays

COMPLIMENTARY CLASSES



- Recorded class on online marketing.
- Free online medical consultation during & after the course by our expert ayurvedic doctors

OUR USP



- Live & Recorded sessions.
- Hindi & English medium mix classes.
- Experienced teachers who focus on giving practical knowledge.
- Dedicated coordinators for each batch

DOCUMENTS REQUIRED FOR REGISTRATION



- Photo of 10+2 certificate.
- Passport size Photo (clicked with camera/mobile camera in straight pose).
- Any id proof with your photograph.
(Aadhar card/driving licence/passport)



ONLINE CONTESTS/GIFT HAMPERS TO MOTIVATE YOU

- Meritorious students are awarded with digital trophies.
- Various contests during the course where you win free courses & gift hampers.

IMPORTANT NOTE



- The certificate will be given to those students who have successfully complete the classes and passed the examination/assessment conducted by arogyam institutes.
- AICC does not guarantee placement to the students who enroll & complete the certification course.
- On completion of AICC, students will be able to offer support in line with their official recommended advice to those who are generally healthy in order to help them make healthy food & life style choices. Students can work as nutritionists & guide people

CONTACT US



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