

26/8/22
as told by Principal
in the meeting dated 5/8/22
1

Information for online Basic Course in Ayurveda & Yoga for International Students

Courses conducted by PDEA's College of Ayurveda & Research Center
,Nigdi ,Pune (MS,India) -

1. Basic Course In Ayurveda

2. Yoga for Health

Medium of Instructions : English

Faculties – highly experienced post graduate faculties of our institution
will take the lectures

3. Eligibility : candidate who is keen to learn Ayurveda & Yoga

➤ Fee structure for basic course on Ayurveda : 70 \$

➤ Fee structure for Yoga Course : 70\$

➤ Mode of Payment ; NEFT (Account Details) → IDBI Bank
Branch - Nigdi, Pune
A/c No. 0087104000307925
IFSC - IBKL0000087
MICR - 411259004

Duration of the Courses – 10 hours

(5 Saturdays of the months below)

Commencement of the courses :

- February
- June
- September

Email id for Correspondence – carcinternationalcell@gmail.com

Need of the time: Online basic course of Ayurveda & Yoga

- People around the world of every profession are becoming curious about our very own ancient Ayurveda for better health and lifestyle natural way!!!
- But due to many reasons people intending to learn Ayurveda cannot physically visit India. Lack of time, visa problems, finance are the few reasons of India visit for learning Ayurveda.
- Not only doctors but scientists, engineers, even home makers want to learn basics of Ayurveda for better health and life.
- So PDEA's College of Ayurveda & Research centre, Nigdi, Pune (Maharashtra State, INDIA) has designed online basic Ayurveda Course for people all over the world who are interested to learn Ayurveda.
- Our intention to start Online Ayurveda course is very noble because this type of course will definitely help to receive global acclamation to Ayurveda.

About Ayurveda :

- Ayurveda comprises of two words- Ayu (Life) & veda (Knowledge). Medicinal science which gives us knowledge of health and disease is Ayurveda.
- Ayurveda is the most ancient medicinal science, existing on the earth since 2500 B.C. Ayurvedic literature is scripted in Sanskrit Language which our eminent faculty has decoded it in very simple English language for our international students.
- More than medicinal science Ayurveda is the science of life which encompasses health, diseases, therapeutics, code of conduct, daily & seasonal regime, dietetics and spiritual base for better living.

- Ayurveda has a divine origin and it is evolved from the nature. Ayurvedic principles comprises of panchamahabhuta (5 great elements), Tridosha, Dhatu & Mala. Ayurveda defines health in the most appropriate way and emphasize on balance among Dosha-Dhatu-Mala, Mind and Soul.
- With Ayurveda you learn to know your self - your constitution (Prakruti), so that you can select the correct food, herbs and exercises and lifestyle with which you can maintain health and prevent diseases.
- Every person all over the globe specially after covid-19 pandemic is eager to know & learn about Ayurveda & yoga.

What Changes Ayurveda & Yoga can bring within you ?

- If learn and follow the principles of Ayurveda & yoga ,you will be happier, healthier and spiritually balanced.
- Basic course of Ayurveda provides a clear understanding of the fundamental principles of Ayurveda including basic body constituents –Dosha, Dhatu, and Mala with which you can modulate your diet & life style and stay healthy.

Outstanding Features Of Online "Basic Course In Ayurveda" & Yoga For Health

- Certified online "Basic course in Ayurveda" and Yoga are designed by PDEAs College of Ayurveda & Research centre (PDEAs CARC), Nigdi, Pune, (Maharashtra State, India).
- PDEAs CARC is recognized by AYUSH Ministry, NCISM, New Delhi, India
- PDEAs CARC is affiliated to Maharashtra University of health Sciences, Nashik, Maharashtra, India
- We provide wide knowledge about Ayurveda & Yoga

- Information about basic principles of Ayurveda and its application in daily life to maintain health and quality of life.
- Curriculum is designed by highly experienced faculties.
- PDEAs CARC (Recognized by AYUSH Ministry & Affiliated to Health University, Nashik,India) will confer a certificate after completion of the course
- Very reasonable course fees.

How to register for the course:

- Select the course of your interest and fill the details in the registration form.
- after registration you will receive remittance/Payment Method details through Email.

Fill the form ,attach photograph, passport details along with full remittance.

Teaching Learning Method :

- Once your registration is complete, our faculty will take 60 minutes online lecture on Zoom
- Modules and weekly assignment as per schedule will be send via Email.
- The student is supposed to send his or her doubts via email by Wednesday).

Method of Evaluation

Multiple choice questionnaire will be provided at the end of each module, on the particular topic.

- Candidates are supposed to write down the answers to these questions and send them to the Faculties for evaluation
Course will be complete after you send answers to questions on all 15 modules.
- No other examination is conducted.

Course Completion Certificate

- Certificate of appreciation will be provided after completion of the course & examination

I Curriculum of the Online "Basic course in Ayurveda"

Modules of "Basic course in Ayurveda" -

1. History of Ayurveda
2. Basic Principles of Ayurveda
3. Concepts of Tridosha
4. Concept of Dhatu
5. Concept of Mala
6. Concept of Prakruti –Body Constitution
7. Ayurvedic Concept of blood circulation, blood pressure
8. Anatomy In Ayurveda
9. Ojus
10. Concept of Agni & Koshtha
11. Concept of Health in Ayurveda
12. Digestion & Metabolism
13. Different Channels –Srotasas
14. Ayurvedic Herbology – Six Rasas (Tastes), Virya (Potency), Vipaka (Post Digestive Effect)
15. Kitchen Pharmacy

II Curriculum of the Online Yoga for health Course

Modules of Yoga Course

Theory

1. Introduction to science of Yoga
2. Ayurveda-Yoga relation
3. Eightfold steps of Yoga (Ashtanga Yoga) & its importance.

Practicals

1. Solar salutes
2. Standing yoga postures
3. Sitting yoga postures
4. Supine prone posture
5. Prone yoga postures
6. Breathing exercises

Registration Form

Name

First name

Middle name

last name

Date of Birth

Gender Male / Female

Nationality

E Mail

Mobile Phone No-

Interested Course – Basic Ayurveda / Yoga

Educational Qualification

Languages spoken & understood

Reason for Pursuing knowledge of Ayurveda & yoga

Occupation

Details about occupation

Upload /Email attachments

Nationality proof – Passport/ UID

Passport size latest photograph