**Short Term Introductory (3 Days) Ayurveda Course For Beginners**

**COURSE SYNOPSIS**

The course has been specially designed with the aim to introduce the basic concepts of Ayurveda viz. Anatomical and Physiological components of human body like *Dosha, Dhatu, Mala, Ojas, Agni* etc. Special consideration has been given to describe *Prakriti* (Psycho-somatic constitution) of an individual along with its applied aspect. The issue of *Swasthya* (Total Health) including its psychological and spiritual components has been addressed under the description of *Mana* (Mind) and *Atma (Soul)*. The key principles of Ayurvedic management with the basic understanding of concept of disease have been included in the curriculum. Adopting a holistic approach, the study hours have been divided into theory classes for 03 days (03 hours/Day) with interactive sessions. The overall concept is well focused to deliver the best outcomes.

**TARGET AUDIENCE**

International health personnel and seekers of knowledge about Ayurveda.

**EXPECTED OUTCOMES**

* Global Projection and promotion of Ayurveda.
* Basic understanding of fundamental principles of Ayurveda
* To establish role of Ayurveda to meet global needs.

**ELIGIBILITY**

The minimal eligibility for the participants should be-

* Good knowledge of English.
* It will be preferable if they are having first-hand knowledge of Ayurveda.
* Participants should be at least graduates.

**Short term introductory (3 day) Ayurveda Course**

**Course Duration**: 9-11 November, 2020 (03 days.)

**Area of Interest**: Basic understanding of Ayurveda.

**Mode of Teaching**: Online Course modules.

Duration : 09 Classes (9 Hours) (03 hrs/ day). (1300-1600 Hrs. IST)

**Schedule**

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| **Sr. No.**  | **Topic** | **Contents** | **Class/Hours** |
|  | Introduction to Ayurveda  | DefinitionOrigin of Ayurveda Objectives of Ayurveda Branches of AyurvedaMain Texts and Pioneers (Bruhtrayi&Laghutrayi) | 01 |
|  | Concept of Dosha | DefinitionTypes of DoshaBasic constitution (Panchbhautika)PropertiesGeneral FunctionsClinical applications | 01 |
|  | Concept of Dhatu and Mala | DefinitionTypes Basic constitution (Panchbhautika)General FunctionsClinical applications | 01 |
|  | Concept of Ojus and Vyadhikshamatva  | DefinitionclassificationGeneral FunctionsClinical applications | 01 |
|  | Concept of Agni | DefinitionTypes of AgniGeneral FunctionsClinical applications | 01 |
|  | Concept of Mana and Aatma | DefinitionTypes PropertiesGeneral FunctionsClinical applications | 01 |
| 7. | Concept of Prakriti | DefinitionTypes of PrakritiClinical applications | 01 |
| 8. | Swasthya (Ultimate Health) | DefinitionDincharyaRatricharyaRitucharyaSadvruttaAacharaRasayana | 01 |
| 9. | Concept of Disease and Principles of Treatment | DefinitionTypes Besic principles | 01 |

**Theory** – 09 Classes (09 Hrs)