

Curriculum on Saundarya Ayurveda - NIA

Essential Requirements:

Serial No.	Criteria	Requirement	Remarks (If any)
1	Basic eligibility of participants	12 TH Pass	
2	Duration of the Course	150 hours/1month	
3	Number of trainees per Batch	Min.-10 Max.-20	
4	Trainer Qualification	PG in Dravyaguna, Swasthavrutta, RSBK	
5	Number of Trainers required (Theory)	Min.- 4	
6	Number of Guest faculty required	Min.- Panchakarma, yoga, Phytochemist, cosmetologist	
7	Number of working Technician (Skill expert) required for practical training	Min.-	
8	Infrastructure Technical specification requirement	Min.- As per NCISM, Massage tables, Shampoo station	
9	Assessment Method	Theoretical & Practical Evaluation	

Course Topics

Lesson	Title	Duration
1	Introduction to Ayurveda Saundarya therapy	2 hr
2	Basic information about Ayurveda principals	8 hrs
3	Concept of Skin and skin types, skin growth and metabolism in the body.	3 hrs
4	Practical demonstration about assessment of skin type based on Ayurvedic <i>Prakriti</i> (Body constitution).	1hr
5	Knowledge of different medicinal plants which can be useful in beauty care and collection and storage	15 hrs
6	Skin cleansing, toning, tanning removal and moisturizing techniques based on Ayurveda.	3 hrs theory + 5 hrs practical
7	Daily routine body care (Concept of Dincharya related to beauty)	2 hrs
8	Ayurvedic lifestyle suggestions for healthy skin	2 hrs
9	Ayurvedic guidelines about diet and nutrition for healthy skin.	2 hrs
10	Demonstration of Ayurvedic beauty enhancing procedures such as <i>Swedana</i> , <i>Aalepa</i> etc with different herbs.	3 hrs theory + 5 hrs practical
11	Preparation of different <i>Lepa</i> (face packs).	1 hr
12	Application of <i>mukhabhyanga</i> (Face massage) and <i>mukhalepanam</i> (Face packs)	2 hrs Theory + 2 hrs practical
13	Lipcare, eye care, Dental care through Ayurveda.	2 hrs theory + 2 hrs practical
14	Interactive cum practical demonstration of preparation of different herbal products for eyes, lips, nails, teeth etc.	2 hrs
15	<i>Hasta-paada prasaadhanam</i> (Ayurvedic manicure and pedicure)	3 hrs theory + 3 hrs practical
16	Concept of <i>Keshayurveda</i> (hair, its types, hair growth and metabolism in the body, recommendation of diet and nutrition for the same).	3 hrs

17	Assessment of hair type according to <i>Prakriti</i> (Constitution)	2 hrs
18	Demonstration about Ayurvedic <i>keshaprasnalana vidhi</i> (hair washing techniques using homemade herbal cleanser)	2 hrs theory + 2 hrs practical
19	Hair conditioning in daily care.	1 hr theory + 1 hr practical
20	Ayurvedic management of Hair-fall, Dandruff, Premature greying etc.	2 hrs
21	Homemade Ayurvedic hair spa, and hair-packs	2 hrs Theory + 2 hrs practical
22	Homemade Ayurvedic hair-dyes	2 hrs theory + 2 hrs practical
23	Demonstration of <i>Shiro abhyanga and Shiro-Swedana</i>	2 hrs theory + 2 hrs practical
24	Interactive session cum practical demonstration <i>Dhupana</i> and other hair care techniques.	2 hrs
25	Yoga for Beauty enhancement	6 hrs
26	Introduction to some panchkarma therapies related to saundarya therapy (Abhyanga and Swedana)	5 hrs
27	Primary information related to some instruments	2 hrs
28	Some Herbal cosmetic preparation (Gel, soap, Dyes)	4 hrs
29	Communication skills	2 hrs
30	Personality development	2 hrs
31	Record maintenance	2 hrs
32	Herbal garden Visit	3 hrs
33	How to develop an Ayurveda beauty care Centre	2 hrs
34	Visit to an Ayurveda Beauty Clinic	3 hrs
35	Practice session for participants	6 hrs in every week (24 hr)
36	Theoretical and Practical Evaluation, Feedback and Valedictory	6 hrs
TOTAL		150 hrs