



Estd. 1949
Accredited Grade "A+" by NAAC

The Maharaja Sayajirao University of Baroda

Faculty of Arts

Introduces a Certificate Course



AYURVEDA- HOLISTIC HEALTH & WELLNESS



About the programme

The proposed certificate course in Ayurveda highlights the importance of adopting preventive and health-promoting strategies which are in practice for over 5000 years. This course aims to promote and preserve the principles, ancient knowledge and practices of Ayurveda. Renowned experts on the subject will conduct the course and will facilitate the hands on training to the learners.



COURSE OUTCOME

- Creating awareness about Ayurveda practices and Yoga
- Discover Ayurveda's transformative dietary and herbal insights
- Improving Holistic health by keeping balance between body, mind and spirit with Ayurveda principles
- Embrace preventive and health-promoting strategies of Ayurveda

Course Duration:

3 months: 2 months (theory) + 1 month (practical)

Course Fee: Rs 2500/- per student

Medium: English, Hindi and Gujarati

Launch Date: 15th August 2024

Registration Period: 16th Aug. - 17th Sept. 2024

Course Start Date : 19/09/2024

Every Thursday, Friday & Saturday

Timings: 4:00pm to 6:00pm



Number of Seats :45

Age: 18 years and above

Minimum qualification:12th pass.

Registration Link:<https://forms.gle/2FGdM3hwJbKWAdwG9>

For enquiry contact:

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