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# राष्ट्रीय आयुर्वेद विद्यापीठ RASHTRIYA AYURVEDA VIDYAPEETH

( NATIONAL ACADEMY OF AYURVEDA )

( आयुष मंत्रालय, विभाग, भारत सरकार के अधीन )

(An autonomous organization under Ministry of AYUSH, Govt. of India )

धन्वन्तरि भवन, मार्ग संख्या-66, पंजाबी बाग (पश्चिम), नई दिल्ली-110 026

Dhanwantari Bhawan, Road # 66, West Punjabi Bagh, New Delhi – 110026

F.No.-75-1/2020-21/RAV-Accred.

Dated- 2<sup>nd</sup> Dec., 2021

## NOTICE

Rashtriya Ayurveda Vidyapeeth, an autonomous organization under Ministry of Ayush, Government of India has been notified as the accrediting agency for various Ayurveda professional courses being run in various countries and for Ayurveda professionals not covered under IMCC Act, 1970 including for therapists /counselors etc.

2. As part of the Scheme Draft on Ayurveda Counselors has been prepared through consultative process.

3. The comments/ suggestions, on the Draft on Ayurveda Counselors are invited from public at large, including the stakeholders like training providers, Ayurveda industry, consumer groups, etc. The comments if any, may kindly be shared on the draft document on email address "ravaccred@gmail.com" on the website. **The last date for sending the comments has been extended till 15th Dec, 2021.**

This issue with the approval of the competent authority.

(N. Ramakrishnan)  
Administrative Officer

Website: [www.ravdelhi.nic.in](http://www.ravdelhi.nic.in)

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**CERTIFICATE COURSE  
FOR AYURVEDA HEALTH  
COUNSELLORS**



**2021**

# AYURVEDA TRAINING ACCREDITATION BOARD (ATAB)

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**AYURVEDA TRAINING ACCREDITATION BOARD (ATAB)**  
**CERTIFICATE COURSE FOR AYURVEDA HEALTH COUNSELLOR**

<b>COURSE TITLE:</b> Certificate Course For Ayurveda Health Counsellor
<b>COURSE CODE:</b> HC 01
<b>COURSE DESIGNER :</b> Ayurveda Training Accreditation Board (ATAB) under Rashtriya Ayurveda Vidyapeeth (RAV)
<b>DURATION OF THE COURSE</b> –500 Hours
<b>COURSE DESCRIPTION :</b> This course will cover the fundamentals of Ayurveda medical science its basic principles and Philosophy, Introductory Anatomy and Physiology of Ayurveda, including basics understanding of Ayurveda. It will also deliver the common counselling techniques. This course will be delivered through lectures, discussions practical classes and self-learning. The course will be assessed through in-course continuous assessment and final examination. Successful candidate will be awarded a certificate.
<b>COURSE RATIONALE:</b> Ayurveda is a traditional Indian medicine system that has a long, rich history of use, as per Ayurveda, it is believed that the five elements of the world have a huge impact on a person's health. Certificate Course on Ayurveda Health Counsellor provides required basic knowledge about Ayurveda in relation to the health counseling using Ayurveda.
<b>COURSE PRE-REQUISITES AND MINIMUM ELIGIBILITY FOR JOINING THE COURSE</b> For joining this course scholar should have passed minimum Graduation or above.
<b>TEACHER PRE-REQUISITES AND MINIMUM ELIGIBILITY FOR TEACHING THE COURSE</b> Ayurveda Graduate + 5 years' experience in Ayurveda or Post Graduate Ayurveda / Kayachikitsa/ Manas Roga with prior knowledge of counseling techniques or Psychologist
<b>GENERAL AIMS OF THE COURSE:</b> After completing the course one may achieve the knowledge about –

## AYURVEDA TRAINING ACCREDITATION BOARD (ATAB)

Practical Knowledge and experiences of providing counseling to various individuals for various psycho-somatic ailments. Karmas

### SPECIFIC LEARNING OUTCOMES:

After successful completion of this course, student will be able to :

#### Knowledge

1. Basics of Ayurveda
2. Concept of providing counseling.

#### Skills

1. Analyze the concept of Ayurveda
2. Analyze the Body constitution of an Individual
3. Analyze at which level counseling helps the individual in his/ her disease
4. Conduct Ayurvedic lifestyle consultations
5. Give Ayurvedic guidance on Daily Routines, Pranayama and Meditation
6. Offer guidance on special Ayurvedic therapies and home remedies

#### Attitude

1. Promote the peoples to use Ayurveda for various ailments
2. Apply basic principles of Ayurveda and counseling.

### COURSE CONTENTS :

Sl.No	Topic	Theory	Practical	Self Learning	Total Hours
1	History & philosophical introduction of Ashtanga Ayurveda (Darshans)	5	-	15	20
2	Ayurvedic philosophy (PadarthVigyan, Guna, Karma, etc)	5	5	10	20
3	Human Physiology (Concept of Doshas, Dhatu, updhatus, Ojus and Mala)	8	5	17	30
4	Ayurvedic Assessment and Constitutional Analysis - Prakriti	5	5	10	20

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5	Basic concepts of Ahara (Food), general rules for taking food (Aharavidhivisesaayatani)	10	5	10	25
6	Dincharya & Ritucharya	5	5	5	15
7	Basic concepts of Vihara (Daily Regimens)	5	10	10	25
8	Tri Upsthamba (Concept of Supporting pillars of Ayurveda)	5	-	10	15
9	Concept of Agni (biological fire) and Ama (the undigested elements) and Koshta	5	-	10	15
10	Basic Understanding of Satva Rajas and Tamas	2	-	3	5
11	Ayurvedic History taking, Diagnosis, Ayurvedic Nutritional & Lifestyle consultations	5	5	10	20
12	Concept of Mansika Roga and Diagnosis of mansika Roga and its relation with Shararik Doshas	5	5	5	15
13	Understanding of Human Psychology	2	10	10	22
14	Vedic Psychology and Counselling	3	10	10	23
15	Basic knowledge and identification of Ayurvedic herbs, spices and Ayurvedic herbal supplements	5	10	10	25
16	How to take Health talks on various concepts on Ayurveda.	2	5	10	17
17	How to conduct cooking classes giving simple cooking tips.	3	5	10	18
18	Knowledge of asatmya, viruddhaahaara & food incompatibilities	5		5	10
19	How to conduct simple oil therapies, like shirodhara, abhyanaga and lepa	5	10	10	25

## AYURVEDA TRAINING ACCREDITATION BOARD (ATAB)

20	Health Coaching Skills	5	10	10	25
21	Research Methods and Health Management Techniques	5	5	15	25
22	Maintenance of Health with Diet and Lifestyle	5	5	15	25
23	Various Techniques to maintain mental Health like Pranayam, Dyan etc.	5	5	5	15
24	Global Disease burden	2		5	7
25	Introduction to Non-communicable diseases/disorders	3		5	8
26	Knowledge of lifestyle disorders	2		5	7
27	Knowledge of global diversification of lifestyles	3		5	8
28	Counselling Case Studies	5	5	5	15
Total		125	125	250	500

### INSTRUCTIONAL STRATEGIES

This course will be delivered through lectures , discussions, practical demonstrations and self study .

### ASSESSMENT MODALITIES

#### Modes of Assessment weight age

i)	Continuous assessment (theory And practical demonstrations)	-	50%
ii)	Final examination	-	50%
	Total	-	100%

### ACADEMIC INTEGRITY:

Please strictly adhere to the etiquette of academic integrity and observe the rules and regulations regarding cheating, plagiarism, academic misconduct, and misrepresentation of facts. Violations of academic integrity stipulations will be dealt seriously.

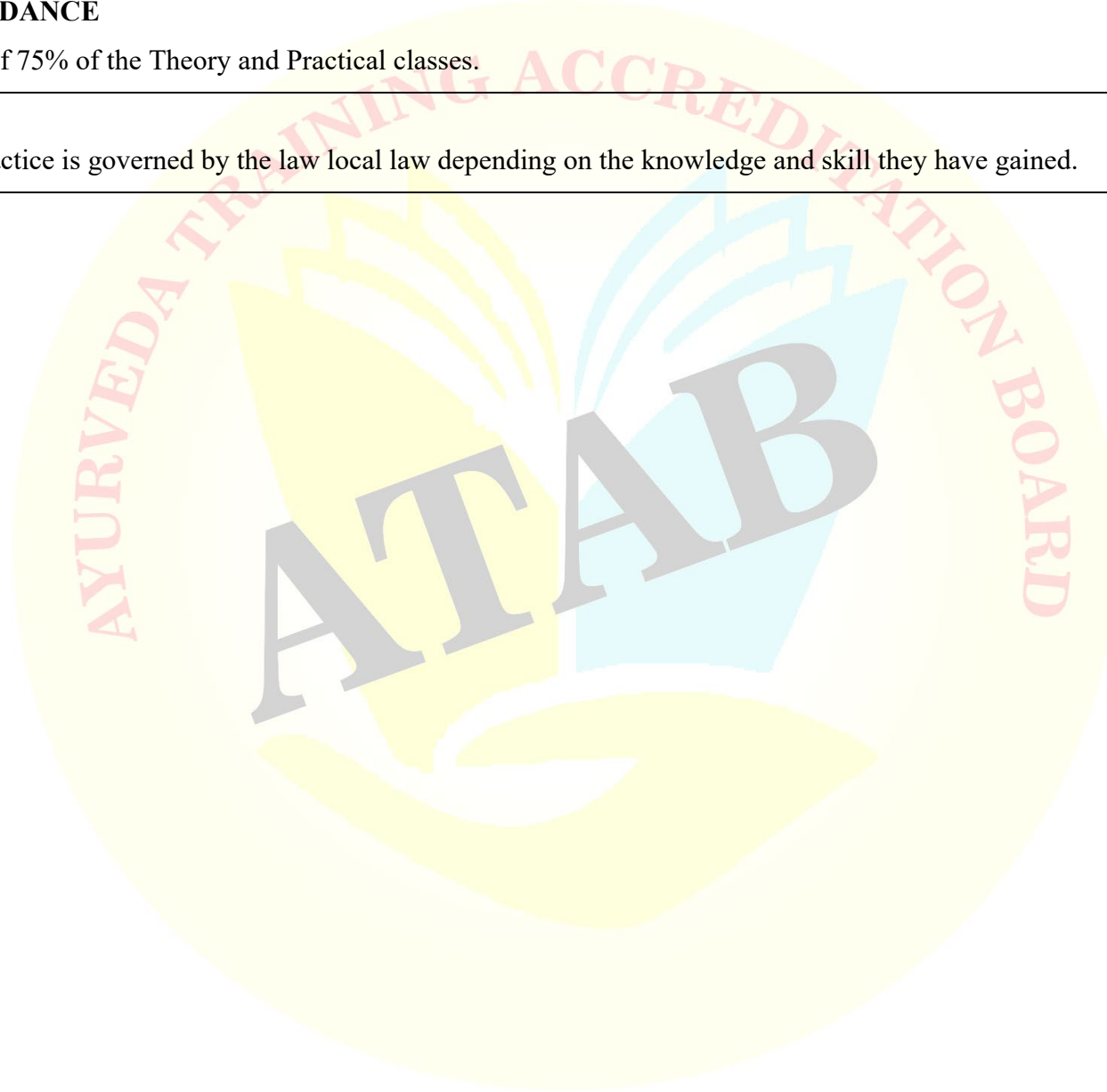
## **AYURVEDA TRAINING ACCREDITATION BOARD (ATAB)**

### **POLICY OF ATTENDANCE**

Minimum attendance of 75% of the Theory and Practical classes.

### **NOTE**

1. The right of practice is governed by the law local law depending on the knowledge and skill they have gained.







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(भारत सरकार, आयुष मंत्रालय के अधीन एक स्वायत्त संगठन)

(An autonomous organisation under Ministry of AYUSH, Govt. of India)

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Dhanwantari Bhawan, Road # 66, West Punjabi Bagh, New Delhi – 110026

F.No.-75-1/2020-21/RAV-Accred.

Date- 21<sup>st</sup> Oct, 2021

To,

**NI Section, MoA/ ITRA, Jamnagar/ NIA, Jaipur/ AIIA, New Delhi/  
CCRAS, Jankpuri**

**Sir/Madam,**

Rashtriya Ayurveda Vidyapeeth, an autonomous institution under Ministry of AYUSH has been notified as the accrediting agency for various Ayurveda professional courses being run in various countries and for Ayurveda professionals not covered under IMCC Act, 1970 including for therapists /counselors etc.

2. As part of the scheme **Draft on Ayurveda Counselors** has been prepared through consultative process.
3. Ministry of Ayush has considered the proposal for placing the draft scheme on the websites of Ministry of Ayush and National institutes, council etc. for the purpose of wider publicity and inviting comments on the draft.
4. You are, therefore, requested to kindly place the draft scheme along with the letter on your website for circulation purpose for 30 days.

Yours faithfully,

*Uj*  
21/10/21  
**(N. Ramakrishnan)**  
**Administrative Officer**