



# Certificate Programs In Integration of Nutrition and Ayurveda for Health and Disease

# Overview of the Program

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## Foundation and Advanced Certificate program in 'Integration of Nutrition and Ayurveda for Health and Diseases

Sir Vithaldas Thackersey College of Home Science (Autonomous)', SNDT Women's University, Mumbai in academic collaboration with One Health- Nutriwel Health (India) Pvt Ltd, New Delhi is pleased to announce the launch of a contemporary, one -o-f its- kind evidence backed program in 'Integration of Nutrition and Ayurveda for Health and Diseases'.

**The Foundation and Advanced programs** are self-paced online certificate courses aimed to enable the students to develop professional competencies in areas related to integration of ayurvedic principles with the nutrition science for holistic wellbeing and effective management of various diseases and medical conditions.

This **twelve module- three months online certificate course** provides an intensive, advanced learning in the field of **Ayurveda and Nutrition**. The course is designed by academicians, specialised nutritionists and ayurvedic physicians from across the country. This course uses innovative methodologies which is the right blend of scientific information, research-based recommendations and practical training through virtual presentations, monthly webinars and assessments.



## Topics to be covered

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1. Integrated and Holistic Health and Nutrition: Course Overview
2. Human Anatomy and Physiology: Modern and Ayurvedic Concept
3. Concept of Tridosha- Overview
4. How to do Phenotype (Prakriti) Analysis (Practical Training)
5. Vata Prakriti Details
6. Pitta Prakriti Details
7. What is Metabolism as per Ayurveda
8. Nutrition as per Phenotype (Prakriti)
9. Food as Medicine
10. Fundamentals of Nutrition Management Practice Sessions on 8Well Nutrition Software
11. Assessments

## Why should you opt for this course?

Today, more and more people are choosing traditional and holistic systems of medicine over conventional medicine. This makes it even more important for health care professionals to have an understanding of traditional branches of medicine like Ayurveda, Unani, Siddha, etc. Moreover, integrative healthcare looks at the individual as a whole and tries to address not only the disease symptoms, but also the root cause of an ailment. This approach takes into account the care seekers' physical, mental, social and spiritual health, thus encouraging population to adopt holistic sustainable lifestyle modifications for overall wellbeing. This holistic wellness can be achieved through a focus on healing through whole foods, herbs, mindfulness, aligning the body to the nature's circadian rhythm, and relieving stress and anxieties.

If you are someone who is looking to learn more about individualised, sustainable and holistic diet therapy, this course on Integration of Nutrition and Ayurveda for Health and Diseases is surely for you!

### Eligibility criteria:

- BSc in Applied sciences/Life sciences/Nutraceuticals/Home Science/Nutrition and Dietetics.
- MSc Nutrition and Dietetics/Clinical Nutrition/Specialised Dietetics or equivalent.
- Post graduate diploma in Nutrition/Dietetics or equivalent.
- Any other with prior approval from the academic committee.

**Please Note:** Since the Advanced Programs builds upon the initial learnings from the Foundation Program, a successful completion of Foundation Program is pre requisite to enrol for the Advanced Program

**Course Fees:** Foundation Program- **5000 INR**; Advanced Program- **10000 INR**

Special discounted rates for **SVT** (present students)

**Admissions are open throughout the year on a rolling basis. For further details about the program please refer to below mentioned links.**

**Email ID:-** [svt.onehealthonlinecourse@onehealthplatforms.com](mailto:svt.onehealthonlinecourse@onehealthplatforms.com)

**Payment Link:-** <https://mis.svt.edu.in/mis/payment-links/common-custom/bQ==/mKGdIJmYZw==/2/1>

**Programs Page Link:-** <https://svt.edu.in/svt-online-programs/certificate-programs-in-integration-of-nutrition-and-ayurveda-for-health-and-diseases/>