



Ayurved Seva Sangh, Ayurved Mahavidyalaya Nashik
Department of Rognidan Evum Vikruti Vigyan
3 Days Workshop in Ayurvedic Cosmetology
Hands on training
Ayurveda Saundaryashatra

Course scope

This course will help one to learn, get practically trained on beauty enhancing techniques according to Ayurveda. The candidate will become confident in Dermatology subject along with a deeper insight into skin care and cure through Ayurveda and its principles after completing the course.

Following scope

- 1) Enhanced knowledge in cosmetology through Ayurveda.
- 2) Important role of Ayurvedic herbs, cosmetic preparation and application in dermatology
- 3) Additional expertise in Tricology in day to day practise.

Course content

Theoretical session

- 1) Concept of skin, skin types, skin growth and metabolism in the body
- 2) Classical references of skin disease (Nidan Panchak of Kustharoga, Kshudrarog) from samhitas.
- 3) Ayurvedic lifestyle suggestions for healthy skin.
- 4) Keshyayurved (hair types, hair growth and metabolism in the body, recommendation of diet and nutrition for the same).
- 5) Nidananchak of Keshyaroga (Darunak, Khalitya, Palitya, Endralupta).
- 6) Assessment of skin and hair type according to Prakriti (Constitution).

Practical session

- 1) Skin cleansing, toning and moisturizing techniques based on Ayurveda.
- 2) Demonstration of Ayurvedic beauty enhancing procedures such as Swedana, Aalepa etc with different herbs.
- 3) Preparation of different Ayurvedic Lepa (face packs), Pralepa, Peels. Lotions, Cream, Herbal Soap, Lipbalm, hair pack, Varnya Ghrut, Shatdauth Ghrut, hair oil, hair gel, hair serum, Facewash, Herbal Shampoo, Face serum, Scrub etc.
- 4) Application of mukhabhyanga (Face massage) and mukhalepanam (Face packs), Ayurvedic medifacial formulation.
- 5) Ayurvedic management of various skin disease (Twakvikar), Acne, eczema, psoriasis, vitiligo, facial melanosis etc.
- 6) Demonstration of eye care, lip care, Hasta-paada prasaadhanam (Ayurvedic manicure and pedicure)
- 7) Ayurvedic management of Vangya, dark Spot, Acne, Hair fall, Dandruff, Premature greying etc.

- **Medium of Instruction:** English, Hindi and Marathi
- **Intake capacity:** 100 Participants Per Batch
- **Course duration :** 20 hours/ 3 days

- **Eligibility for candidate** – BAMS UG, PG, Intern, Practitioner, Any graduate

Course Fees

- 1. If Registration is done before 21st April 2025,
Fees for, Online mode - 4000; Offline Mode - 5000**
- 2. After 21st April 2025,
Fees for Online Mode - 4500, Offline Mode - 5500**

So Hurry Up, grab your seats now!

Future prospects and Placement

- 1) To establish the clinical practice in Ayurvedic Saundarya Shastra.
- 2) Expert consultant for pharmaceutical industries for manufacturing Ayurvedic Cosmetic Preparation.
- 3) Placement in wellness clinics and polyclinics.
- 4) Scope in Research and Development sectors of herbal cosmetics.

Admission Procedure

Selection of the candidates will be done as per first come first serve basis. The submitted application forms will be screened and the selected candidates will be added in pre-formed Whatsapp group where he will receive notifications & time-table regarding course.

Certificate will be provided after completion of course.

Contact

Website - www.ayurvedcollege.in

Email - ayurvedpathology@gmail.com

Dr. Sheetal Chavan-9272642873

Dr. Anuradha Bhalerao-9923419807

Organiser

1. Dr. Ashutosh Yardi - Prof and HOD Rognidan , Ayurved Mahavidyalay Nashik
2. Dr. Sheetal Chavan - Asso Prof Rognidan , Ayurved Mahavidyalay Nashik
3. Dr. Anuradha Bhalerao - Assi. Prof Rognidan , Ayurved Mahavidyalay Nashik.

Patrons

1. Dr. Ashutosh Yardi - (President of Ayurved Seva Sangh, Nashik)
2. Dr. Abhay Kulkarni - (Secretary of Ayurved Seva Sangh, Nashik)
3. Dr. Abhay Sukhatme - (Chairman College committee, A.S.S. Ayurved Mahavidyalay Nashik).
4. Dr. Madhukar Acharya - (Chairman Hospital Committee, Arogyashala, Rugnalaya, Nashik)
5. Dr. Vinay Sonambekar - (Principal. A.S.S. Ayurved Mahavidyalay Nashik)
6. Dr. Pankaj Dixit - (Superintendent ,Arogyashala Rugnalaya Nashik)
7. Dr. Laxmikant Joshi - (Vice -Principal. A.S.S. Ayurved Mahavidyalay Nashik)

Venue

Address - Auditorium Hall, Ayurved Seva Sangh, Ayurved Mahavidyalaya Nashik

Date - 28, 29, 30 April 2025

Time - 9:00 am to 5:00 pm

Payment Details

Account Name - Principal Ayurved Mahavidyalaya Etar Courses Nashik

Account No - 187401001323

IFSC Code - ICIC0001874

Bank Name - ICICI Bank

Branch - Indiranagar Nashik

Enroll Now

Ready to begin your journey with us?

Fill out the registration form to secure your seat in the course. Click/Copy link to browse and fill form to register

<https://forms.gle/XWTmgN8UAp4vSWbE7>

Please share the receipt of your paid fees including the payment date and UTR number, to the following email : jaybhav.sakshi@gmail.com