

PROSPECTUS HEALTH PROMOTION

through

AYURVEDA AND YOGA

50 Hours Certificate Course
(3 Months, Part Time Programme)



Central Council for Research
in Ayurveda and Siddha (CCRAS),
New Delhi

Supported by



Department of Ayush
Ministry of Health and Family Welfare
Government of India



Morarji Desai
National Institute of Yoga
New Delhi



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Health Promotion Through Ayurveda And Yoga

Introduction

Ayurveda and yoga are age old complementary Vedic sciences which have been growing and enriching people's lives for thousands of years. Generally speaking, Ayurveda deals more with the health of the body, while yoga deals with purifying the mind and consciousness. Both the sciences share a strong philosophical foundation, mutually support and offer many ways to prevent and heal various disorders to cleanse and rejuvenate the body.

Ayurveda involves more than just taking herbal remedies. Students will be introduced to methods of diagnosis, including the pulse and condition of various parts of the body, for example: the tongue, nails and hair etc. and techniques for cleaning toxins from different parts of the body. Herbal treatments required to stimulate or suppress specific functions in the body are also taught.

Yoga is one of the most important facets of the Indian culture. With a living tradition of more than five thousand years, Yoga has grown to be accepted as a science of spiritual development and health. The awareness about yoga practices is increasing amongst people from different walks of life not only for preservation and promotion of health, but also for prevention and management of diseases. In the modern day, the techniques of Yogic Science are extremely useful in the management of stress and stress related disorders and to promote positive health of an individual.

Keeping these immense benefits and scientific wellness benefits in mind, the Indian Red Cross Society has formulated a highly effective course in Ayurveda and Yoga to promote general well-being and fitness.



India is a country of more than a billion people with a rich heritage and a bright future. It is constantly marching ahead with new ideas and technologies after its independence from the colonial rule. The lifestyle of people has become more stressful and lifestyle disorders like obesity sleep disturbances, high blood pressure, psychosomatic diseases, diabetes, and heart diseases are on the rise. India has acquired the infamous status as the diabetic capital of the world. To combat the lifestyle disorders and diseases, Indian Red Cross Society (IRCS) has designed a short- term course through the ancient science of Ayurveda and Yoga for health promotion for the individual and at community level.



About the Organization

Indian Red Cross Society (IRCS)

Apart from promoting humanitarian principles and values, the Indian Red Cross Society (IRCS) is actively involved in disaster response, relief, disaster preparedness and health care in the community. The IRCS is a national federation of more than 700 branches spread all over the country and is one of the largest National Societies in the world. Established in 1920 by ACT XV of Parliament, the Indian Red Cross Society has wide and varied experience in disaster relief work ranging from Bihar earthquake (1934) to super cyclone in Orissa (1999), Gujarat earthquake (2001), Indian ocean Tsunami (2004), J&K earthquake in 2005, Uttarakhand cloud burst (2013) and J&K floods (2014) to quote a few.

IRCS has a network of 700 branches having 12 million members and volunteers all over the country. The IRCS being a member of the Red Cross movement has close links with the International Federation of Red Cross and Red Crescent Societies (IFRC) and the International Committee of the Red Cross (ICRC). These are non-political, humanitarian organizations having wide exposure and experience in humanitarian fields. The IRCS has also established good working relationships with partner National Red Cross and Red Crescent Societies. The IRCS benefits immensely from these organizations technically and financially in times of need and for the purpose of capacity building. In addition IRCS also works with a number of other organizations and corporates like World Health Organization, National Institute of Disaster Management, and others.

Management Structure

Course Director:

Prof (Dr.) S.P. Agarwal Secretary General, IRCS

Course Steering Committee:

| | | |
|----|---|------------------|
| 1. | Secretary General, IRCS | Chairman |
| 2. | Joint Secretary, Ministry of AYUSH | Member |
| 3. | Joint Advisor, Ayurveda, Misnistry of AYUSH | Member |
| 4. | Director General, CCRAS | Member |
| 5. | Advisor(Health), IRCS | Member Secretary |

Course Executive Committee:

| | | |
|----|-----------------------------|------------------|
| 1. | Joint Secretary, IRCS | Chairman |
| 2. | Health Advisor, IRCS | Member Secretary |
| 3. | Director, MDNIY | Member |
| 4. | DD, CCRAS | Member |
| 5. | Assistant Advisor, Ayurveda | Member |

Course Coordinators:

IRCS:

1. Advisor(Health), IRCS

Ayurveda :

1. Deputy Director (Tech), CCRAS
2. Asstt. Advisor (Ayurveda), Ministry of AYUSH

Yoga :

1. Director, Morarji Desai National Institute of Yoga

The Course Structure and Schedule

The purpose of this course is to improve the lifestyle management through the ancient science of Ayurveda and Yoga for better healthy living at the individual and community level. The programme is spread over 50 hours i.e. two hours each day on Tuesday and Thursday from 6pm to 8pm for a period of three months. The medium of instruction is English. The primary emphasis of the course on Ayurveda and Yoga will include the history, definition of health, objective and cosmology; the concept of three Gunas of life; the biological humors of Vatta, Pitta and Kapha, diet and sleep, the pillars of life; the community based Ayurvedic medicinal plants, Ayurvedic preparations and some effective therapies of Ayurveda for common ailments for preventive health care etc.

The yoga session will give an exposure to practices such as, Surya Namaskar, Standing Asanas, Sitting Asanas, Lying down Asanas, Pranayama, practice and benefits of selected Asanas, Mudras, Meditation techniques and therapeutic aspects of Yoga.

The course content will include lectures, demonstrations, discussions and yogic exercises. At least 75% attendance at activity sessions, lectures, workshops, and Asana classes is mandatory.

Course Admission Details

The Indian Red Cross welcomes the participants who desire to lead a healthy life; are open to new ideas, wish to become an exponent of Ayurveda and Yoga through self-discipline and personal commitment to the course. This course only aims to impart basic knowledge about Ayurveda and Yoga towards health promotion and fitness. A participation certificate will be issued after successful completion of the course.

Periodically an advertisement will be given in local leading newspapers in hindi and english and on the IRCS website

Eligibility:-

Graduation from a recognized University. Preference will be given to employees of Government/Partner Societies, IRCS and collaborators /PSU/Autonomous Bodies, NGO/Private Sector. The candidate will be required to produce the original certificates

Age Limit:-

21 years to 65 years

1. Last date for submission of application direct & online : shall be intimated in the advertisement and on the website
2. Discussion if required : shall be intimated in the advertisement and on the website
3. The selection process will be undertaken by the committee constituted for this purpose.
4. The list of shortlisted candidate is displayed on the notice board at the Disaster Management Centre (DMC). : shall be intimated
5. Inauguration and commencement of the course : shall be intimated
6. Venue - DMC building, Indian Red Cross Society, 1 Red Cross Road, New Delhi
7. No. of seats -50
8. Time - 6pm to 8 pm (Tuesdays & Thursdays)
9. Duration - 3 months, 50 hours

Course Fee:-

Rs. 3000 (Rupees three thousand only). Payment is to be made in a single installment through demand draft, drawn in favour of Indian Red Cross Society payable at New Delhi. If any candidate withdraws, no refund can be claimed. The course fee is to be remitted after the final selection of the candidates.

Note:-

No TA/DA will be provided for personal discussion.

The decision of the selection committee will be final.

Facilities For Course Participants :

- Large-screen video projector
- 12 desktop computer workstations (24 seats)
- 1 software application server
- A3 colour printer
- 1 AO 42" topo map printer
- Network LAN
- 24-seat conference table
- Dedicated 6-seat tutorial room
- Library

Broad Curriculum

Pre Course Health Check Ups

Unit 1: History, Philosophy and Basic Principles of Ayurveda

Unit 2: Concepts of Positive Health

Unit 3: Ayurvedic Healing Methods-Diets and Herbs

Unit 4: Yoga (Theory)

- ❖ Foundation of yoga and scientific aspect of Yoga
- ❖ Yogic Practices and principles for Healthy Living

Unit 5: Yoga (Practicals)

- ❖ Suryanamaskar
- ❖ 12 basic Asanas and variations
- ❖ Yoga Nidra-Relaxation
- ❖ Pranayama-Nadi
- ❖ Suddhi
- ❖ Kapalabhati
- ❖ Meditation
- ❖ Mudras and
- ❖ Bandhas



Indian Red Cross Society

Application form for Participatory Course on
Health Promotion Through Ayurveda and Yoga
(.....th course)

| | | |
|----------------------------------|-----------------------|--|
| Name in Full (in Block Letters): | | Recent passport size photograph of the candidate |
| Father's Name: | | |
| Mother's Name: | | |
| Date & Place of Birth: | | |
| Address for Correspondence: | | |
| | | |
| Official | Residential | |
| Phone Office- Email- | Phone Res- Mobile- | |
| | | |



Indian Red Cross Society

Application form for Participatory Course on Health Promotion Through Ayurveda and Yoga

| Examination | Board/University | Year | Name of the Institution/ University | Subject |
|-----------------------------|------------------|------|-------------------------------------|---------|
| 12th | | | | |
| Graduation Course | | | | |
| Certificate/ Diploma Course | | | | |
| Post Graduation Course | | | | |
| Specialized Course | | | | |
| Others | | | | |

Current Occupation Details.....

Date:

Place:

Signature of the Candidate



Indian Red Cross Society

National Headquarters
(Constitutional)

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SAMPLE

This is to certify that Shri/Mrs./Ms./Dr. has participated in the course on Health Promotion through Ayurveda and Yoga conducted by Indian Red Cross Society, (fifty hours program) in collaboration with Central Council for Research in Ayurveda and Morarji Desai National Institute of Yoga, New Delhi during the period month of from 6pm to 8pm on every Tuesday and Thursday. This is a Fifty Hour training programme for the promotion of Health.

**Course Coordinator
Ayurveda**

**Course Coordinator
Yoga**

**Secretary General
Course Director
IRCS (NHQ)**

Date:

Place: New Delhi



Indian Red Cross Society

National Headquarters

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