



PG DIPLOMA IN AYURVEDIC NUTRITION

www.britishlearning.uk

COURSE OVERVIEW:

Step into a prestigious and fast-growing field of Ayurveda and Nutrition with British Learning's PG Diploma in Ayurvedic Nutrition. With over 25 years of experience and students in more than 35 countries, British Learning brings you an Internationally Accredited Post Graduate Diploma that blends the time-honored wisdom of Ayurveda with modern Nutritional Science. This comprehensive Post Graduate Diploma is designed to equip you with everything you need to succeed as an Ayurvedic Nutritionist!

Ayurveda, a 5,000-year-old Indian science of life, offers a Unique Perspective on Wellness, emphasizing Balanced Nutrition to maintain harmony among the body's energies, or doshas—Vata, Pitta, and Kapha. In response to the rising demand for natural, personalized healthcare, nutritionists trained in Ayurvedic principles are becoming most sought-after worldwide.

This Internationally Accredited Post Graduate Diploma is your pathway to joining this prestigious profession, offering an in-depth curriculum designed by experienced Ayurvedic doctors who cover foundational and advanced topics, including dosha-specific nutrition, detoxification, and mindful eating practices.



COURSE OVERVIEW:

As a student, you'll experience live online classes led by expert Ayurvedic doctors, where you'll gain insights into core Ayurvedic concepts like Agni (digestive fire) and Ama (toxins) and learn how these principles apply to diet planning. You receive personalized guidance in Ayurvedic diet planning for various health conditions from expert dietitians and doctors. Our doctors and dietitians are always there to solve all your doubts and queries till the completion of your course.

If you're passionate about a career that combines Ayurveda with modern nutrition, British Learning's PG Diploma in Ayurvedic Nutrition is the ideal choice. Enroll now to take your first step into a fulfilling, globally respected profession where you can make a real impact on people's health and well-being.



WHY BRITISH LEARNING?

Registered Company
in **USA & India**

Registered Subsidiary
Company in **England & Wales**

Trusted by Students in
35+ Countries

Over **850+** ★★★★★
Google Reviews

Confirms to **International
Standards for Accreditation**

A Part of **London College
of Learning (UK)**

Academic Advisory Council
comprised of **Top Professionals**

Registered with **FSSAI**

Quality Standards as per **UK Certification & Inspection**

INTERNATIONALLY VERIFIABLE CERTIFICATE

Learning Made Easy,

**Future Made
Secure**



WHAT WILL YOU LEARN?

British Learning offers the most comprehensive PG Diploma in Ayurvedic Nutrition which covers the following topics:

1. Introduction to Ayurveda

- Origin, History & Philosophy of Ayurveda
- Key Concepts in Ayurveda
 - ▶ Doshas ▶ Pancha Mahabhuta
 - ▶ Prakriti ▶ Vikruti
 - ▶ Agni ▶ Ama
- The Concept of Doshas: Vata, Pitta, Kapha

2. Introduction to Ayurvedic Nutrition

- The Relationship Between Ayurveda and Food, Mind, Body & Soul
- The Role of Natural and Organic Foods in Ayurveda
- The Six Tastes (ShadRasa) in Ayurveda and Their Importance

3. Dosha Specific Nutrition

- Understanding Doshas
- Creating Personalized Meal Plans Based on Dosha
- Case Studies and Practical Examples
- Integrating Lifestyle Practices

4. Ayurvedic Cooking Principles

- Ayurvedic Cooking Methods with Practical Examples
- Key Guidelines for Eating in Ayurveda
- Importance of Seasonality in Ayurvedic Cooking
- Cooking for Digestion: Simple Techniques to Enhance Agni
- Using Spices and Herbs for Balance the Dosha's and Health
- Case Study

5. Advanced Concepts in Ayurvedic Nutrition

- Understanding Doshas and Their Types
 - ▶ Dhatu ▶ Mala ▶ Koshta
 - ▶ Ojas ▶ Srotas
- Ayurvedic Guidelines for Detoxification and Cleansing (Ama Reduction)
- Pathya and Apathya

6. Diet Related Disorders

- Modern Epidemic of Diet-Related Disorders
- Significance of Diet in Ayurveda
- Integrating Ayurveda with Modern Practices
- Ayurvedic perspective on Digestive Disorders
- Diabetes Mellitus from an Ayurvedic Perspective
- Ayurvedic Diet for Weight Management
- Understanding the Ayurvedic Perspective on Stress

7. Counseling and Consultation Techniques

- Understanding Client Needs
- Understanding the Doshas
- Steps in Dosha Assessment
- Dietary History & Questionnaire
- Analyzing Dietary Patterns
- How to Listen and Respond to Client Concerns
- Cultural and Social Factors in Dietary Choices
- Integrating Cultural and Social Factors in Ayurvedic Counseling
- Creating Customized Ayurvedic Diet Plans
- Follow-Up schedule & Monitoring

8. Ethics and Scope of Ayurvedic Nutrition

9. Sample Diet Plans



Course Duration 200 Hours
Valid For 1 Year

WORLD-CLASS FEATURES



Content Developed by the very best of the Ayurvedic Doctors



Live Online Lectures by Ayurvedic Doctors



Personalised Training for Preparation of Diet Plans by Ayurvedic doctors



Live Webinars & Doubt-clearing Support by Ayurvedic Doctors



British Learning Certified Ayurvedic Nutritionist ID-Card



Internationally Verifiable certificates.



British Learning Employment Reference Letter



A world-class mobile app.



A world-class server ensuring 99.9% uptime.



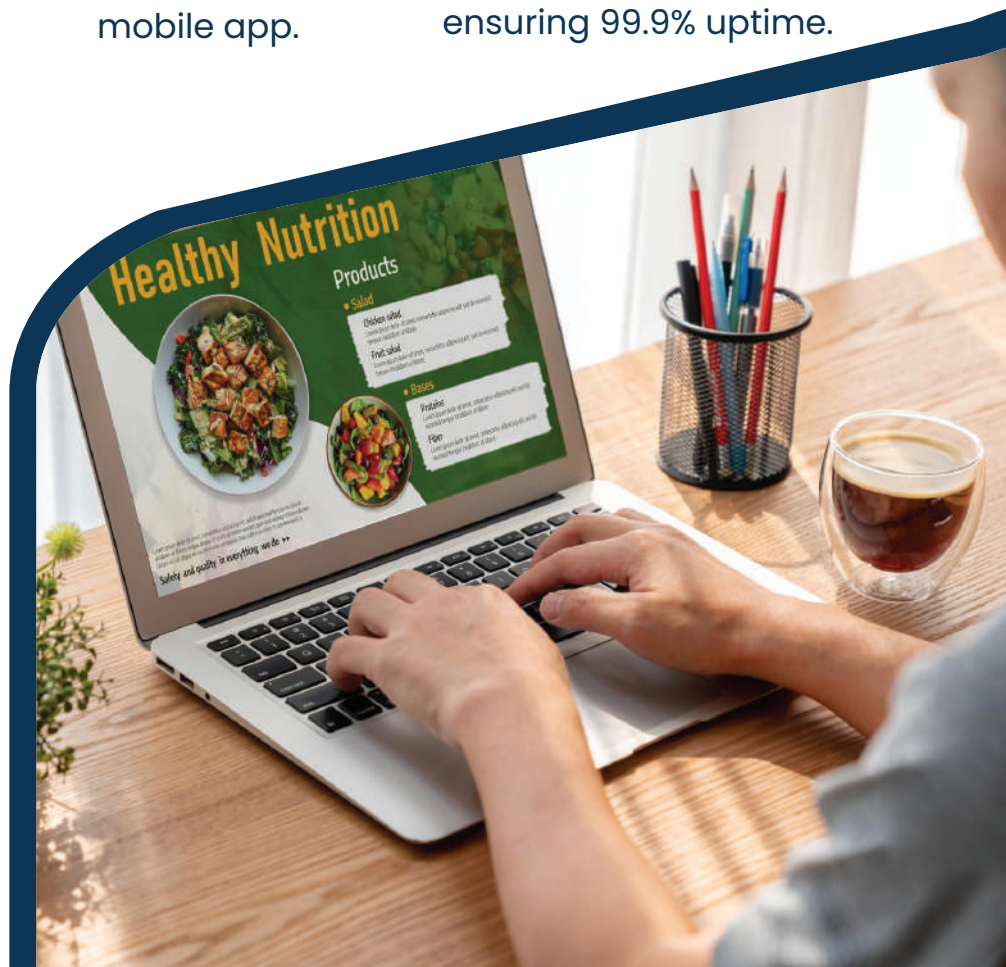
Dedicated placement support.



Self-paced learning.



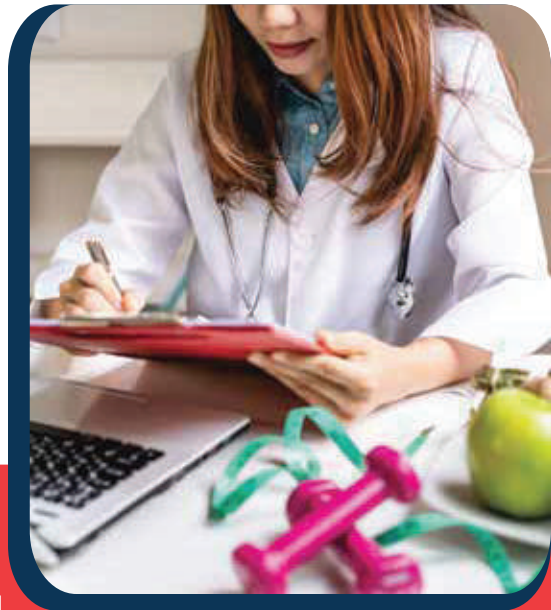
Course Validity for 1 year post-purchase





WHO SHOULD ENROLL:

- Individuals planning a career in the Health & Wellness Industry.
- Health Enthusiasts & Aspiring Nutritionists.
- Gym, Yoga, & Zumba Instructors.
- Fresh graduates from any stream.
- Health-conscious Individuals.



CAREER OPPORTUNITIES:

- Sports Nutritionist
- Health Coach
- Holistic Ayurvedic Nutritionist
- Ayurvedic Nutrition Specialist
- Nutritional Therapist
- Personal Nutritionist
- Corporate Wellness Consultant
- Nutrition Educator

STEPS FOR SUCCESS:

Our online platform offers a seamless learning experience, allowing you to begin your learning journey with just a few clicks.



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Attend live online classes by top doctors



Access videos and content prepared by top doctors.

Join live classes scheduled by our doctors to address any doubts that you may have.



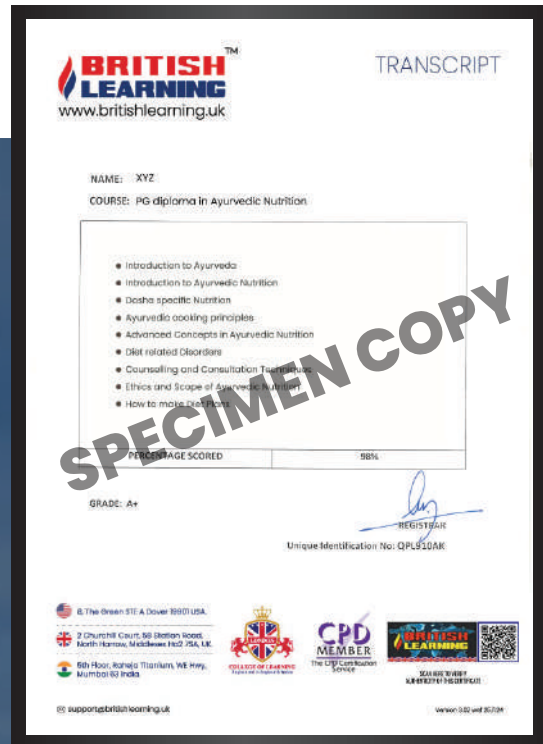
After course completion within 1 year, you can appear for a simple MCQ test.

After successfully passing the exam, you can download a soft copy of your Provisional Certificate from your account.



Your original hard copy of the Certificate, Transcript, British Learning Certified Professional ID-Card, Employment reference Letter will be couriered to you.

GET AN INTERNATIONALLY VERIFIABLE CERTIFICATE, TRANSCRIPT, EMPLOYMENT REFERENCE LETTER & BRITISH LEARNING CERTIFIED PROFESSIONAL ID-CARD



Open a World of Opportunities with an Internationally Accredited Certificate jointly issued with London College of Learning from **British Learning**.

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BHARATHY VENKATESH

Adequate information with clear explanation. Supportive team. Glad to have enrolled for the course at British Learning. One the beautiful & best platforms that I enjoyed learning.



BHARTI KHANZODE

It was good ma'am has thought very nicely. Each & every content is explained by ma'am. Thank you so much.



SHIVANI ARYA

Very good experience life changing decision to join courses Thanks alot team of British Learning.



PRACHI MYAKA

My experience with this institute was very good.. Good content, easy to understand, people willing to help. A big thumbs up from me.



CHITRA RAMAKRISHNAN

Immediate response to all the queries. Never found it difficult to complete the course.



SENTHIL VELU

Nice learning experience through online like notes, ppt, & video lectures. Excellent support & guidance from our Indian staff's office/online.



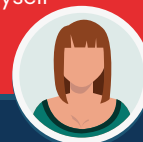
KANWALJIT KAUR

Great learning experience with British Learning. They made everything so easy. I love learning with them.



SWETA MOOHA

It's really worth doing a course from British Learning & new learning experience & educating myself in a smart way.



IN THE MEDIA



THE TIMES OF INDIA

Teachers get lesson in helping kids deal with post-Covid pandemic trauma, mental issues

Mohammed Wejhuddin / Mumbai Mirror / Jan 29, 2023, 10:10 IST



The course is conducted by Rotary Club of Mumbai in association with British Learning.

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