



# ALL INDIA INSTITUTE OF AYURVEDA (AIIA) GOA.

(An Autonomous Institute Under Ministry of AYUSH, Govt of India.)

## INFORMATION BROCHURE 2024-25

# AYURVEDA WELLNESS SENSITIZATION PROGRAM

FOR INTERNATIONAL  
VISITORS



APPROVED AND RUN BY

All India Institute of  
Ayurveda (AIIA), GOA Campus

IN COLLABORATION WITH

Department of Tourism (DOT),  
Government of Goa.

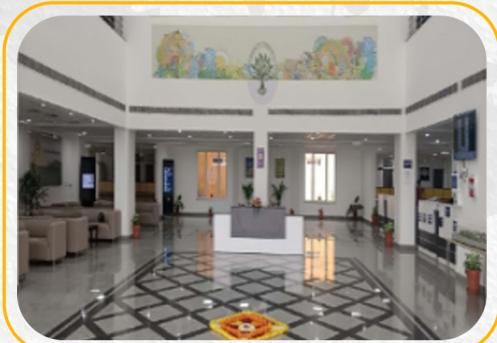
## **AYURVEDA WELLNESS SENSITIZATION PROGRAM, (AWSP), ALL INDIA INSTITUTE OF AYURVEDA, GOA CAMPUS**

- AWSP Program President: Prof. Dr. Tanuja Manoj Nesari.
- Chief Advisor of AWSP Program: Prof. Dr. SH Acharya.
- Organizing Secretary of AWSP Program: Prof. Dr. Sujata D. Kadam
- Convenor of AWSP Program: Dr. Yogesh B. Shinde

### **ABOUT ALL INDIA INSTITUTE OF AYURVEDA (AIIA)**



**AIIA, GOA CAMPUS**



**AIIA, GOA HOSPITAL**



# ABOUT THE PROGRAM

The Ayurveda Wellness Sensitization Program, (AWSP), is designed under the light of MOU signed between AIIA, Goa Campus under the Ministry of AYUSH and Department of Tourism, Goa State.

## A Aim

- To create awareness and interest about traditional Indian wisdom of Ayurveda and Yoga amongst the global community.
- To provide introductory knowledge and practical experience of Ayurveda and Yoga to the International visitors.

## B Duration

- 30 Hours course (6 hours/day for 5 days)

## C Medium of Instruction

- English Language

## D Outcome of Program:

After completion of the course the participants will know and experience:

- Authentic and scientific method of Ayurvedic Abhyanga along with Shiroabhyanga. (Oil massage of whole body and head).
- Various available facilities and activities conducted in AIIA Goa Campus including Hospital, Herbal Garden, Library and Academic museums.
- Steps to follow daily Havana (Fire offering sacred ritual) and Yoga practice
- Importance of Healthy Life Style
- Preparation method of Ayurvedic Healthy Recipes.
- Basics concepts of Ayurveda and Yoga.
- A model of Ideal Healthy Ayurvedic food.



## **E | Program Package Contents**

The Total 30 hours of AWSP Program, at AIIA, Goa will include -

### **Experience of the Ayur-Wellness Bliss:**

- Experience of Ayurvedic Wellness Therapy Sessions of Abhyanga & Shiroabhyanga.
- Daily traditional Havana, Yoga and Pranayama Sessions.

### **Campus Visits:**

- Interactive educational visit to AIIA, Goa Campus, Hospital, Herbal Garden, Library and Museums.

### **Ayurvedic Counselling Session:**

- Personalized Ayurvedic Counselling session in Swasthya Rakshana OPD.

### **Learning Experience:**

- Theory Lectures on basic principles of Ayurveda, Ayurvedic and Yogic view of Swasthya, Holistic health and wellness, Healthy Ayurvedic diet and nutrition, Ayurveda medicinal plants and Panchakarma therapy.

### **Ayurvedic Recipe Preparation:**

- Hands-on training for preparation of Ayurvedic healthy recipes in Pathya Ahar Kendra (Dietary Centre).

### **Healthy Ayurvedic Food:**

- A Model of ideal diet plan of healthy Ayurvedic food including breakfast with milk, lunch, high tea with snacks, and dinner will be provided for 5 Days.
- Working lunch for those coming from outside the campus may be provided on payment basis.

### **Certificate of Participation:**

- The certificate of participation will be given after the completion of the AWSP program.

### **Accommodation:**

- 5 days accommodation can be provided on payment basis, will be subjected to the availability in the PG Hostel of the AIIA Goa campus.



#### **Program Fees:**

- Registration Fee : \$50 US
- Tuition Fee: \$100 US
- Total Fees: \$150 US
- Note : Program Registration Fee is Non-Refundable.

#### **Program Accommodation and Food Charges for 5 Days:**

- Accommodation Charges for 5 Days: \$ 25 US Per Day
- Total charges- \$ 125 US

#### **Program 5 Days Package:**

- AWSP Program Fee = \$150 US
- AWSP Program Accommodation with Food Charges= \$ 125 US
- Total amount to be deposited at the time of Admission- \$ 275 US

#### **Program Admission Procedure:**

- Eligibility for Admission: Non-Indian citizens only
- Health Status: Participant must be physically fit with good physical & mental endurance.
- Selection Procedure: Based on documental clearance, Registration completion and first come first basis.
- Admission confirmation: After successful submission of Registration Fee of \$ 150 US

**Note: The admission of the minimum 5 participants is anticipated for running the program.**

#### **Visa:**

- It is mandatory that participant should poses a valid Visa to stay in India.
- Persons holding any valid Visa to India are eligible to attend the course.

#### **How to Apply:**

- The Application Form can be downloaded from official website: [www.aiagoa.org](http://www.aiagoa.org)
- Interested applicants must deposit a Tuition Fee of \$ 100 US before joining the program.
- Course Fee once paid will not be refunded under any circumstances.
- Transaction Details : Will be conveyed over Email Id

#### **Contact Details:**

- AWSP Program Convenor: Dr. Yogesh Shinde
- Contact Number: +91-9028383505.
- Email ID: [goa-office@aiia.gov.in](mailto:goa-office@aiia.gov.in)

