



NATIONAL INSTITUTE OF AYURVEDA

Deemed to be University (De Novo)

(Ministry of AYUSH, Govt. of India)

Jorawar Singh Gate, Amer Road, Jaipur, Rajasthan, India – 302002.

www.nia.nic.in

DEPARTMENT OF AYUR – YOGA PREVENTIVE CARDIOLOGY

Brochure

(Batch starts on 14th September to 30th September 2026)

Integrative Preventive Cardiology: Combining Ayurveda, Yoga, and Modern Aspects for Heart Health

(15 days Hybrid mode Training programme -12 days online & 3 days offline)





Certificate Course on Integrative Cardiology

NIA DU,
Jaipur
2026

About NIA

National Institute of Ayurveda (Deemed University) is an apex Institute under the Ministry of AYUSH, Government of India for promoting the growth and development of Ayurveda as a model Institute for evolving high standards of Teaching, Training, Research, Patient Care and also to invoke scientific outlook to the knowledge of Ayurvedic System of Healthcare. The City of Jaipur was established 288 years back and by linking with it, the Institute has a glorious tradition of about 151 years when the Department of Ayurveda was started in 1865 in the Maharaja Sanskrit College, Jaipur which gained popularity as the "Jaipur School of Thought". An independent Ayurvedic College was established in August 1946 by the Government of Rajasthan and this College was merged to form National Institute of Ayurveda, known as NIA, in Ayurveda fraternity on 7th February 1976. This was one of the very few Ayurvedic Colleges in the country to introduce Post- Graduate Education in Ayurveda as early as in 1970. Now it has achieved as Deemed to be University status w.e.f. 09/11/2020. After its establishment in

1976, the Institute has grown tremendously in the field of Teaching, Training, Research, Patient Care etc., as a result of which it has now 20 specialties for Post-Graduate Education (14 M.D/M.S.(Ayu) & 6 M.Sc. Interdisciplinary) as well as Regular Fellowship Program leading to Ph.D. Apart from this, Graduation Course, Diploma Course in AYUSH Nursing & Pharmacy and various certificate courses are also there. Since its existence, it has continuously been engaged in promoting reforms and developments in Ayurveda System of Health care at National and International level. The Institute is not only a premier Institute under the Central Government but also amongst apex Institutions in the field of Ayurvedic education and training in the country and comparable to none as far as Ayurveda is concerned. NIA has made a name of excellence in teaching, training and patient care activities and having incomparable academic standards in the field of Ayurveda at Graduation, PostGraduation, Fellowship (Ph.D.), Diploma and Certificate levels. The 50th Golden Jubilee of NIA's founding day has been celebrated on 7th February 2026.

CAMPUS

The Main Campus of the Institute consists of a number of multi-storied buildings of Academic and Hospital complex. Academic complex is one of the housing 20 Teaching Departments, their attached Laboratories, Chambers of Teachers, Offices, Seminar Halls, Museums, Lecture Theaters and Classrooms fitted with modern teaching aids like DLP Projector, Audio-



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Visual Aids, Library, Advanced Simulation Lab, and college is NAAC accredited etc. whereas Hospital Complex is the other one housing 300 Bedded NABH accredited Hospital and IPD services, OPDs, Special OPDs as Cancer Unit, De Addiction Unit, Manas Rog Unit, Garbhasanskar Unit, Panchakarma Unit, NABL accredited Central Laboratory, Drug Discovery and Development Unit, Deluxe Wards, Cottage Wards, Yoga Unit etc.

About Department of Ayur-Yoga Preventive Cardiology

The importance of preventing cardiovascular disease is clear, yet this very clarity makes it challenging to put into practice. We all recognize the key elements of heart health: avoid smoking, maintain a healthy weight, stay active, manage stress, eat a balanced diet, and regularly monitor your blood sugar, cholesterol, and blood pressure with your doctor. However, these seemingly straightforward steps are often overlooked by the average person and are frequently neglected or not fully addressed by many healthcare practices. Similarly, the inherited form, familial hypercholesterolemia, is commonly unrecognized and under treated.

With such a cavalier approach to risk factor management, cardiovascular disease will continue to be the number one cause of death and disability worldwide

Ayurveda, the traditional system of medicine from India, has a holistic approach to health, focusing on balancing the mind, body, and spirit. Preventive cardiology in Ayurveda emphasizes maintaining heart health through diet, lifestyle, and natural therapies, often aimed at balancing the doshas (Vata, Pitta, and Kapha) and promoting overall wellness.

To develop public awareness about how to prevent heart diseases among the general public, Ayur-Yoga Preventive Cardiology Department has been started from the year 2020. In this department M.Sc. In Ayur-Yoga Preventive Cardiology, a 2-year course is conducted. A dedicated OPD of the department is also being run at the NIA Hospital.

Introduction of the Course & Rationale:

Cardiovascular diseases (CVDs) are the leading cause of death worldwide, largely driven by lifestyle-related risk factors such as poor diet, sedentary habits, stress, hypertension, diabetes, and dyslipidemia. Although modern cardiology has significantly improved diagnostic and treatment approaches, prevention through lifestyle modification and early risk identification remains the most effective strategy for reducing the global burden of heart disease.

The Certificate Course on Integrative Preventive Cardiology: Combining Ayurveda, Yoga, and Modern Aspects for Heart Health is designed to provide healthcare professionals with a comprehensive understanding of cardiovascular health through an integrative perspective. The course integrates modern preventive cardiology concepts with Ayurvedic principles related to Hrudaya (heart), Dosha balance, Agni, and Srotas, along with evidence-based approaches such as Ayurvedic diet and herbal support, detoxification therapies, yoga practices, stress management, and lifestyle modification.

Through structured theoretical sessions, practical training, and clinical insights, the program equips participants with the knowledge and skills required to identify cardiovascular risk factors early and implement holistic preventive strategies. By combining traditional Ayurvedic wisdom with modern scientific insights, the course promotes a multidisciplinary approach to cardiovascular wellness and preventive healthcare.

Course Title:

•Integrative Preventive Cardiology: Combining Ayurveda, Yoga, and Modern Aspects for Heart Health

Course Aim

The primary aim of this course is to orient candidates and provide foundational knowledge of cardiac disorders and their prevention through Ayurveda. Participants will gain insights into Ayurvedic approaches to preventive cardiology, blending classical knowledge with contemporary relevance.

Course Objectives

- Understand the fundamental principles of Ayurvedic cardiology and their relevance in modern cardiovascular care.
- To train healthcare professionals in identifying early risk factors of cardiovascular diseases and applying preventive strategies.
- Learn how Ayurvedic herbs, diet, and detox therapies can support heart health.
- To develop understanding of yogic practices, pranayama, and meditation in managing stress and improving cardiovascular health
- Develop evidence-based protocols for combining Ayurveda and conventional treatments in cardiovascular practice.
- Recognize the importance of stress management, emotional well-being, and lifestyle modifications in preventing heart disease.

Learning Outcomes

After successful completion of the course, participants will be able to:

1. Understand Cardiovascular structure and function of the cardiovascular system from both modern medical and Ayurvedic perspectives.
2. Interpret Ayurvedic Concepts of Heart Health and Integrate knowledge of Ayurveda, Yoga, and modern cardiology to support preventive cardiology in clinical and community healthcare settings.
3. Identify Major Risk Factors for Cardiovascular Diseases including Hypertension, Diabetes, Obesity, Sedentary lifestyle, Stress and poor dietary habits
4. Apply Preventive Strategies and design integrative preventive plans including: Ayurvedic dietary guidelines, Lifestyle interventions, Yoga and breathing practices, Stress management techniques
5. Implement appropriate Yoga, Pranayama, and relaxation techniques for prevention and supportive management of cardiovascular disorders.
6. Educate patients on holistic lifestyle practices that improve heart health and reduce cardiovascular risk.

Course Details:

- **Eligibility:** Graduates and Postgraduate in AYUSH systems (BAMS, BHMS, BUMS, BNYS, BSMS), or Scholar pursuing 3rd prof./4th year/internship in any stream of Ayush system, AYUSH Practitioners.
- **Duration:** 15 days,
- **Mode of Instruction:** First 12 days online classes –1.5 hours per day, Remaining three days offline practical sessions – 10 am to 4 pm.
- **Medium of Instruction:** English and Hindi
- **Batch Size:** 25 participants per batch (to ensure personalized learning and attention).
- **Selection Procedure:** On first come first serve basis of the eligible candidates.
- **Course Material**– Study material related to the course will be provided to the participants.
- **Certificate:** A certificate will be awarded upon successful completion of the course. Minimum Passing Marks in Evaluation will be 50%. Certificates will be awarded to the qualified participants by the Institute.
- **General Rules and Regulations:** As per the rules and regulations of NIADU.

Evaluation-:

- Pre-test and Post-test will be conducted in the beginning and end of the course respectively.
- Final assessments will be done on 15th day.
- Minimum Passing Marks in will be 50%.
- Certificates will be awarded to the qualified students by the Institute.

The following tools would be used for final assessment:

1. **Practical Assessment:** This comprises of assessing candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. and is ascertained by observation in procedure rooms, OPD, IPD.
2. **Written Test:** Question paper consisting of 50 MCQs with questions from each element of course curriculum.

Policy for Faculty Engagement:

The theory and practical classes will be taken by the guest faculty and regular faculty of NIA.

Roles and Responsibilities of faculty members:

- Facilitate theory and practical sessions as per the curriculum
- Conduct hands-on training in procedure rooms with NABH safety protocols.
- Assist in designing and evaluating internal assessments and case presentations
- Guide participants through clinical exposure and patient interactions.
- Maintain records of attendance, evaluation and feedback.

Policy for Low Performing Attributes:

- Written test will be conducted after completion of the course.
- Minimum Passing Marks will be 50%.
- If the candidate leaves the course in the middle for unavoidable reasons, they will be permitted to rejoin the course within one year tenure to complete the course and after the completion the examination will be conducted.

- The unsuccessful candidates will be permitted again to join the next batch and will be trained again and permitted to take final assessment.
- **Intervention plan:** For Low performing participants faculty will provide structured constructive feedback on areas needing improvement.

Student Appeal Process:

To ensure fairness and transparency in academic evaluations, the course offers a formal appeal process for participants who wish to contest decisions related to assessment, attendance, or certification eligibility. Participants may submit an appeal based on:

Discrepancy in marks or evaluation:

- Misinterpretation of attendance or participation
- Perceived bias or unfair treatment during assessments
- Any other valid academic concern

Procedure of submission: Submit a written appeal addressed to the Course Coordinator within 7 working days of receiving the evaluation result. Include relevant supporting documents (e.g., assignment copies, attendance records). Clearly state the issue and the resolution being sought.

Review Mechanism: Appeals will be reviewed by the Grievance Addressal Committee of the institute and final decision will be made within 10 working days of submission. Participants will be notified in writing regarding the outcome of their appeal.

General Rules and Regulations: (As per the rules and regulations of NIA)

Hostel facility: No hostel facility shall be provided by NIA for the students enrolling for this certificate course.

Boarding and Lodging: Participants will arrange by their own.

Dress: White Apron is mandatory during practical classes.

Code of conduct: All participants are expected to uphold the highest standards of professional behavior during the course. The following code of conduct shall be observed:

- Attend all on-line sessions on time.
- Attend all off-line sessions on time and in appropriate clinical attire •Maintain respectful communication with faculty, peers, and patients.
- Use institute resources responsibly and ethically.
- Minimum 75% attendance is mandatory to receive the certificate.
- Active participation in both theoretical and practical sessions is expected.
- Photography or videography during the procedures without permission is prohibited
- Follow NABH safety protocols and institutional SOPs in all clinical settings.
- Report any adverse events or complications promptly to the faculty.
- Harassment, discrimination, or misconduct in any form will not be tolerated.
- Any violation may lead to disciplinary action including removal from the course.

Post-Course Feedback Plan:

To promote continuous improvement and maintain academic excellence, all participants are encouraged to share their experiences and suggestions after completing the course.

- The form includes evaluation of teaching quality, clinical exposure, infrastructure, course content, and overall satisfaction.
- Both rating-based and open-ended responses will be collected for meaningful analysis.
- Constructive suggestions for enhancement will be welcomed and anonymized
- Feedback will be compiled and reviewed by the course coordinator and insights from the feedback will guide curriculum upgrades, faculty training, and logistical improvements.

Scope of the Course:

- **Understanding Cardiac Disorders:** Learn the Ayurvedic perspective on the pathogenesis and management of common cardiac disorders.
- **Preventive Strategies:** Explore preventive measures through diet, lifestyle modifications, yoga, and herbal formulations.
- **Practical Exposure:** Hands-on sessions on diagnostic and preventive techniques in Ayurveda.
- **Skill Development:** Equip participants to incorporate preventive cardiology practices into their professional repertoire.

Why Enroll?

- Learn from experienced faculty at a premier institute in Ayurveda.
- Acquire a unique blend of classical and practical knowledge.
- Develop skills to promote preventive cardiology in clinical practice.
- Network with like-minded professionals in the field of AYUSH.

Highlights of the Curriculum

- **Balanced Approach:** Equal focus on Ayurvedic principles and modern cardiology.
- **Hands-On Training:** Diagnostic and therapeutic skills for clinical application.
- **Community Focus:** Strategies to promote cardiac health at the grassroots level.
- **Research Integration:** Encouragement of evidence-based Ayurvedic practices

Proposed Curriculum

Days	Course content	Learning Objectives	Expected outcomes	Duration
Day 1	Introduction to the course (includes online inauguration, introduction of participants, Pretest)	1. Understand the structure, objectives, and scope of the course. 2. Familiarize participants and conduct baseline knowledge assessment through a pretest.	1. Understand the structure, objectives, and scope of the course. 2. Familiarize participants and conduct baseline knowledge assessment through a pretest.	60 min
	Principles of Preventive Cardiovascular Medicine: • Understanding current trends in CVD prevalence, epidemiology and its global burden • Principles of Preventive Cardiovascular Medicine (Levels of Prevention, Traditional and emerging Risk Factor Identification & Modification as well as emerging methods of risk calculation, Core Preventive • Strategies, Key Targets in Preventive Cardiology) • Preventive Cardiology Principles Aligned with Ayurveda Concepts.	1. Understand the epidemiology, prevalence, and global burden of cardiovascular diseases (CVD). 2. Learn the principles of preventive cardiology including levels of prevention and risk factor management.	1. Identify major cardiovascular risk factors and preventive strategies. 2. Apply population-based and high-risk approaches for cardiovascular disease prevention.	90 min

Day 2	Understanding Cardiovascular System According to Ayurveda: - The heart in Ayurvedic texts and modern cardiology. - Role of doshas (Vata, Pitta, Kapha) in heart function - Ayurvedic view on <i>Srotas</i> (channels) and their role in cardiac health and principles of Ayurveda related to the heart (Hrudaya) and circulatory system. <i>Ama</i>, <i>Agni</i>, and <i>Dosha</i> imbalances leading to cardiovascular diseases	1. Understand the Ayurvedic concept of Hrudaya, Doshas, and Srotas in relation to cardiovascular function. 2. Learn the role of Agni, Ama,	1. Explain the Ayurvedic perspective of heart function and circulation. 2. Identify Ayurvedic factors contributing to CVD. and Dosha imbalance in the development of cardiovascular diseases.	90 min
Day 3	Integrated Understanding of Hypertension: - Modern Pathophysiology & Ayurvedic Perspective - Diagnostic Evaluation through Modern Diagnostics and Ayurvedic Assessment - Ayurvedic Management Principles - Integrated Lifestyle Management - Future Targets in Hypertension - Integrated Clinical Model	1. Understand the integrated pathophysiology and diagnostic evaluation of hypertension from dual perspectives. 2. Learn Ayurvedic management principles and integrated lifestyle approaches for hypertension.	1. Explain the integrated clinical understanding of hypertension. 2. Apply Ayurvedic and lifestyle-based strategies for hypertension management.	90 min
Day 4	Integrated Understanding of Lipid Metabolism & Dyslipidaemia: - Modern Science and Ayurvedic Perspective - Develop a comprehensive understanding of lipid metabolism in health and disease. - Critically evaluate familial hypercholesterolaemia (FH) and inherited dyslipidaemias. - Understand modern and emerging diagnostic techniques. - Critically appraise	1. Understand lipid metabolism and dyslipidaemia from modern and Ayurvedic perspectives. 2. Learn diagnosis and management strategies including lifestyle, pharmacological, and Ayurvedic approaches.	1. Explain the mechanisms and clinical aspects of dyslipidaemia including inherited lipid disorders. 2. Apply integrated strategies for prevention and management of lipid disorders.	90 min

	management strategies • (non-pharmacological & pharmacological). • Integrate Ayurvedic concepts in lipid disorders and preventive cardiology.			
Day5	Integrated Understanding of Cardiac Disorders with special conditions: • The Cardio-Metabolic Nexus- Diabetes Mellitus (DM):Accelerated Atherosclerosis,Diabetic Cardiomyopathy, • Silent Ischemia, Microvascular Dysfunction • The Cardiorenal Syndrome:BidirectionalDysfu nction,Volume • Overload and RAAS Activation,Electrolyte Imbalances, Pulmonary-Cardiac Interaction: CorPulmonale:Right Ventricular (RV) Failure,Chronic Obstructive Pulmonary • Disease (COPD),Diagnostic Overlap • Risk Stratification and Preventive Screening	1. Understand the interaction between cardiac disorders and special conditions such as diabetes, renal, and pulmonary diseases. 2. Learn integrated management strategies and risk stratification for preventive cardiology.	1. Explain the cardio-metabolic, cardiorenal, and pulmonarycardiac interactions in cardiovascular disorders. 2. Apply integrated screening and preventive strategies for high-risk patients.	90 min
Day 6	Ayurvedic Diet and Nutrition for Heart Health: • Importance and Application of Diet & Nutrition in Cardiac Disease • Foods that balance heart health • (antioxidants, anti-inflammatory foods etc.). • Ayurvedic dietary guidelines and modern nutrition insights. • Role of specific herbs (Arjuna, Ashwagandha, Guggulu) for managing cholesterol, blood pressure, and heart function and there	1. Understand the role of Ayurvedic diet, nutrition, and herbs in maintaining heart health. 2. Learn integrated dietary principles based on Prakriti, Satmya, and modern nutritional insights.	1. Explain the importance of diet, herbs, and personalized nutrition in cardiovascular prevention. 2. Apply Ayurvedic and modern dietary strategies for maintaining heart health.	90 min

	evidence-based reviews • The importance of seasonal and personalized • diet based on Prakriti			
Day7	Yoga for Cardiovascular wellness: • Mechanisms of Yoga in Heart Health • Asanas for improving circulation and strengthening the heart. • Pranayama techniques to reduce stress and lower blood pressure (e.g., Anulom-Vilom, Ujjayi) • Yoga in Cardiac Rehabilitation.	1. Understand the role and mechanisms of yoga in cardiovascular health. 2. Learn specific beneficial asanas and pranayama techniques	1. Explain the physiological benefits of yoga for cardiovascular wellness. 2. Apply yoga practices for prevention and cardiac rehabilitation.	90 min
Day 8	Ayurvedic Therapies for Preventive Cardiology: • Ayurvedic detoxification therapies like Virechana and Basti. • Benefits of detoxification in improving blood circulation and reducing toxicity • Detox techniques at home.	1. Understand the role of Ayurvedic detox therapies in preventive cardiology. Learn the benefits of detoxification and simple homebased detox practices for cardiovascular health.	1. Explain the importance of Ayurvedic detoxification in improving circulation and reducing toxins. 2. Apply basic detox practices for maintaining cardiovascular wellness.	90 min

Day09	Integrating Ayurveda with Modern Cardiological Practices: - Working with cardiologists and integrating Ayurvedic remedies with conventional treatments - Evidence-based Ayurvedic treatments for hypertension, hyperlipidemia, and diabetes - Case studies and examples of successful integrative care.	1. Understand the integration of Ayurveda with modern cardiology in clinical practice. Learn evidence-based Ayurvedic approaches for conditions like hypertension, hyperlipidemia, and diabetes	1. Ability to collaborate with cardiologists for integrative patient care. 2. Apply Ayurvedic interventions alongside conventional treatment using case-based understanding.	90 min
Day10	Cardiac Rehabilitation: - Definition and Core Objectives - The Three Phases of Cardiac Rehabilitation - Key Components of Clinical Management - Benefits and Physiological Adaptations - Barriers to Participation and Modern Solutions	1. Understand the definition, objectives, and phases of cardiac rehabilitation. 2. Learn the key components, benefits, and challenges	1. Explain the clinical importance and physiological benefits of cardiac rehabilitation. 2. Identify barriers to participation and strategies to improve patient adherence.	90 min
Day11	Cardiopulmonary resuscitation: - Introduction and Survival Chain - Basic Life Support (BLS): The Foundation - Advanced Cardiac Life Support (ACLS) - Post-Resuscitation Care (ROSC) - Special Circumstances and Ethics - Quality Improvement and Debriefing	1. Understand the principles of cardiopulmonary resuscitation (CPR) including BLS and the chain of survival. Learn the key aspects of postresuscitation care, special circumstances, and quality improvement in resuscitation.	1. Identify the steps of effective CPR and emergency cardiac life support. Recognize the importance of post-resuscitation care and continuous quality improvement in resuscitation practice.	90 min

Day 12	“Coronary Artery Disease: Early Risk Detection, Preventive Strategies, and Post-Intervention Management – A Clinician’s Perspective” • Early Risk Identification in Coronary Artery Disease: Key Investigations (ECG, 2D Echo, TMT, CT Calcium Scoring, CTCA, Invasive Coronary Angiography, Biomarkers) and Limitations of These Investigations • Avoidable Cases for Surgical Cardiac Intervention • Role of Cardiac Medications Post Surgery / Intervention – Antiplatelet Therapy, Statins, Beta-blockers, ACE Inhibitors / ARBs, Nitrates & Antianginals • Practical Clinical Experience in CAD Management – Common Real-World Challenges, Clinical Pearls, Case-Based Discussion	1. To understand the principles of early risk identification, diagnostic evaluation, and preventive management of Coronary Artery Disease (CAD). 2. To understand the role and limitations of key cardiac investigations and the appropriate use of pharmacological therapy following cardiac surgery/intervention. 3. To develop practical clinical understanding of CAD management through real-world challenges and case-based discussions	1. Identify major risk factors, diagnostic investigations, and preventive strategies relevant to CAD. 2. Explain the basic role of commonly used cardiac medications and understand their relevance in post-intervention management. 3. Apply the concepts discussed to clinical case scenarios and real-world CAD management challenges.	90 min
Day 13	Offline practical session/Hands on Training	---	---	360 min
Day 14	Offline practical session/Hands on Training	---	---	360 min
Day 15	Offline practical session/Hands on Training/Valedictory	---	---	360 min
TOTAL				37 Hours

Filling up of Application Form

- Application forms can be filled and submitted only online mode from our website <http://www.nia.nic.in>
- Forms submitted in any other mode will not be considered and summarily rejected.
- Application Fee Rs.300 (General/OBC/EWS) and Rs. 150 (SC/ST/PH Candidates)
- After Successful payment keep screenshot of transaction detail for further Application Submission.
- Application Fee once paid will not be refunded under any circumstances.

How to apply

- Candidates are required to apply in online application portal available on our website <http://www.nia.nic.in/>
- Institute will not consider any another format or application performa. Application completed in all respects uploading self-attested copies of all certificates, marksheets, educational qualifications.

Invalid Applications: Candidates are advised to read all instructions carefully before applying for online portal otherwise their applications are likely to be rejected on any one of the following reasons in terms of the notifications.

- Applications received after the closing date.
- Candidates not having the required qualification.
- Applications, which are incomplete/illegible in any manner.
- Applications without the prescribed Application Fee (as applicable).
- Applications send via any other mode other than online portal.

Last Date of receiving application: Closing date of receipt of application form 26th August 2026

FEE STRUCTURE FOR THE COURSE This course is self-funded course so eligible candidates selected for the certificate course will be admitted only after payment of course fee.

Course Fees: Selected candidates have to deposit Course fee of Rs.5000.00 (Five thousand only) within given time period through online mode on Right corner option on website www.nia.nic.in named as Fee Payment. Course Fee once paid will not be refunded under any circumstances.

- **Course fee details:** the course fee includes a comprehensive registration kits study material individual handson training, six tea breaks. Participants will also receive a certificate upon successful course completion. Please note that accommodation and travel expenses are not covered. However on prior request arrangements for stay at the institute guest house can be made on a self payment basis as per availability.
- **How to apply/Last Date for Receipt of Applications:** Candidates are required to apply through www.nia.nic.in The Institute will not consider any other format or application Performa. Duly filled application form enclosing self-attested copies of all certificates, mark sheets, testimonials in support of age, educational qualifications, caste/community in prescribed format by Govt. of India uploaded in given link www.nia.nic.in before 5 pm, 26/08/2026. Applications received after the Closing Date will not be accepted. **Candidates are advised to make payment individually and send the receipt on designated email. Group payment is not allowed.**

Online application form link: Applicants have to fill application form through this Google link <https://forms.gle/u8cUatQpCJJTc6w77>

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 intimated by Phone/Email. The candidate has to deposit the Course fee within 5 days of the intimation to confirm his / her admission. If the course fee is not deposited by the stipulated time, then the right to admission will be forfeited without any further notice. The Director, NIA reserves all right to reject any application form without assigning any reasons

Contact details & authentication:

Coordinator- Dr. Deepti Bisht (Associate Professor, Department of Ayur-Yoga Preventive Cardiology, National Institute of Ayurveda, Jaipur) Contact:7891296391

Other Contact:

Dr. Rohit Kumar Assistant Professor 9587054485

Webiste: www.nia.nic.in Email: aypc@nia.edu.in

Head of Department – Prof. HML Meena (Prof. & Head Department of Ayur-Yoga Preventive Cardiology, National Institute of Ayurveda, Jaipur)

Register yourself to book your seat.

IMPORTANT DATES & INFORMATION

Brochure and Application Forms available on website www.nia.nic.in	20 th August 2026
Commencement of Deposit of Filled in Application Forms through only online mode from our website www.nia.nic.in along with Application Fee	20 th August 2026
Last Date of Submission of Application form along with Application Fee	26 th August 2026
Final list of selected candidates will be released on	28 th August 2026
Deposit of Course Fees by selected candidates through only online mode from our website www.nia.nic.in	Within 6 days (31/08/2026 -05/09/2026)
Commencement of Classes	14th September 2026 (MONDAY)
Application Fee	300/- (GENERAL,OBC,EWS) 150/- (ST,SC,PH Candidates)
Course Fees	5000/-
Any other information will be updated on institute website www.nia.nic.in . Candidates are advised to visit the website regularly.	