

Certificate Course in Ayurveda Beauty Care

Introduction:

Ayurveda beauty care is a holistic approach to nurturing beauty and promoting overall well-being. Ayurveda emphasizes the balance of mind, body, and soul in achieving the health of the individual. It recognizes that true beauty comes from within and seeks to address the root causes of skin issues by restoring harmony and balance within the body. By identifying an individual's unique dosha constitution and tailoring beauty care rituals, herbal formulations, and self-care practices, Ayurveda Beauty Care aims to enhance one's natural radiance and promote a sense of holistic wellness.

Course Duration: 04 months

Course Format: Onsite

Venue: Yoga and Wellness Unit, Faculty of Indigenous Medicine, University of Colombo, Sri Lanka

Course Fee: Rs. 100 000. 00

Medium of Instructions: English/ Sinhala

Commencement: August 2024

Course Objectives:

- To provide a comprehensive understanding of Ayurveda principles and their application in beauty care.
- To empower the students with knowledge and skills in Ayurveda beauty care practices.
- To develop proficiency in hands-on practical sessions under the guidance of experienced Ayurveda beauty care professionals.
- To explore the potential opportunities in the field of Ayurveda beauty care.

Eligibility Criteria:

The following are the eligibility criteria of the Certificate in Ayurveda Beauty Care.

- The candidates are required to Pass the G.C.E (O/L) Examination with 03 Credit Passes for any subject **or** the candidates are required to have at least 1 year of experience in the field of beauty care.
- The candidate needs to be above 18 years of age to be able to join the Certificate Course in Ayurveda Beauty Care.
- Candidates will be expected to have fair English language skills for this course.

Course Structure:

The course will be structured with 30 lecture hours and 60 practical hours, each focusing on specific aspects of Ayurveda beauty care. The course will be delivered in On-site mode, combining lectures, practical sessions, group discussions, and interactive workshops.

Course Content

- Introduction to Ayurveda Beauty Care and Swastha
- Concept of Ayurveda Beauty Center
- Ayurveda description of skin/nail/hair
- Identify Beauty Problems
- Herbs and herbal oil used in Beauty Care
- Hair Care treatments
- Temporary Hair Removing
- Skin care treatments
- Skin nourishment and Contouring
- Wellness through food habits
- Concept of enhancing inner beauty
- Natural Fragrance and aroma therapy
- Integration of Ayurveda and Modern Beauty Practices wellness treatments/ SPA treatments
- New Trends and Technology used in Beauty Care

Teaching Methodology:

The teaching methodology for this course will be a blend of theoretical learning, practical demonstrations, hands-on training, and experiential activities. The teaching methodology will emphasize active participation, fostering a collaborative learning environment that encourages students to apply their knowledge in real-world scenarios.

Assessment and Certification:

To ensure a comprehensive evaluation of students' understanding and practical skills, the following assessment method will be employed.

Report Writing- 40%

Viva Examination- 20%

Practical Examination- 40%

Certificate Awarding Ceremony

After the successful completion of the assessment components, certificates will be handed over officially at the Certificate Awarding Ceremony at Faculty of Indigenous Medicine, University of Colombo.

Payments of the Course

Application fee	3000/- LKR (Non- Refundable)
Course fee	100 000/- LKR
	1 st Installment- 60 000/- LKR
	2 nd Installment-40 000/- LKR

How to apply:

Application form can be downloaded from the faculty website www.fim.cmb.ac.lk Completed application forms along with certified copies of Birth Certificate, National Identity Card and educational- professional qualification certificates, and payment slip should be scanned and email via head.dgvsv@fim.cmb.ac.lk and also send through the registered post to reach the **Deputy Registrar, Faculty of Indigenous Medicine, University of Colombo, Rajagiriya on or before 25th of July 2024.** Please mention the course name as “Certificate Course in

Ayurveda Beauty Care” at the left upper corner of the envelope. Application fee of Rs. 3000/- can be made by using the code **078- 1001- 22268432** to any **People’s Bank Branch**.

Contact Information:

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