

International University of Vedic Wellness

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Certificate Courses

School of Vedic Sciences
Department of Vedanta Studies

School of Ayurveda & Yoga Sciences
Department of Ayurveda & Department of Yoga

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School of Ayurveda & Yoga Sciences

Department of Ayurveda & Department of Yoga

1. Certificate in Introduction to Ayurveda
2. Certificate in Ayurveda & Wellness
3. Certificate in Ayurveda Food Science and Dietetics
4. Certificate in Ayurveda for Mental Health
5. Certificate Program in Self-Care through Ayurveda
6. Certificate in Yoga and Wellness

Course Duration: The total duration of the course is 3 months (50 hours), distributed as follows:

- Live Online Lectures: 25 hours (25 sessions)- weekend classes (Saturday- 1hr & Sunday- 1 hr.)
- Self-Study: 15 hours
- Quizzes and Assignments: 10 hours

Eligibility Criteria:

- Open to all individuals interested in health, wellness, Yoga and Ayurveda.
- No prior knowledge of Ayurveda required.

Course Fee:

- Course Fee (Online)for each 3 certificate (3 month) program : US \$ 299
- Practical Cooking Classes (in campus): 2 days (2nd & 4th Saturday) every month: US \$ 99 per month.

School of Vedic Sciences

Department of Vedanta Studies

Certificate Course: Vedanta Studies

Duration: 1 Year. Video Lectures (preferable time of study daily between 5am-6am)

Age: The course is designed for students aged 15 and above who wish to gain wisdom, find inner peace, and handle life's challenges with clarity and dynamism.

Fee:

USD \$1701.00 for all countries except India

INR ₹121000.00 for India

COURSE DETAILS

School of Vedic Sciences

Department of Vedanta Studies

Course: Vedanta Studies

Introduction: Vedanta Philosophy is an ancient Indian philosophy that deals with the fundamental nature of human beings and the purpose of existence. This course aims to provide a comprehensive understanding of Vedanta Philosophy and its practical application in everyday life. The course is designed for students aged 15 and above who wish to gain wisdom, find inner peace, and handle life's challenges with clarity and dynamism.

Objectives:

- To provide a deep understanding of Vedanta Philosophy and its relevance in modern times
- To help students develop a strong value system and harness their minds through the education of Vedanta
- To enable students to find joy in performing their obligations and derive true happiness from the philosophy
- To transform students into seekers who pursue the path of Self-Realisation

Outcome:

Upon completion of the course, students will:

- Gain a comprehensive understanding of Vedanta Philosophy and its practical application in life
- Develop a strong value system and the ability to handle life's challenges with clarity and dynamism
- Find inner peace and true happiness through the application of Vedantic principles
- Become seekers on the path of Self-Realisation

Duration: One Year. Video Lectures (preferable time of study daily between 5am-6am)

Course Outline:

1. Introduction to Vedanta Philosophy
 - Origin and history of Vedanta Philosophy
 - Key concepts and principles of Vedanta
 - Relevance of Vedanta in modern times
2. Bhaja Govindam
 - Introduction to Bhaja Govindam by Adi Shankaracharya
 - Sequential reading and explanation of the 31 verses
 - Practical application of the teachings in daily life
3. Parables - Wisdom from the World
 - Collection of parables, inspirational stories, anecdotes, and life lessons
 - Moral lessons and their significance in personal growth and development
4. Mahabharata

- Introduction to the Mahabharata epic
- Key characters and their roles in the story
- Philosophical study of the Mahabharata and its relevance in modern times
- Ongoing live recorded lectures (to be updated when available)

The course will be taught by Sh. Prayagraj Hule, who has nearly three decades of experience in the study, research, and dissemination of Vedanta Philosophy. His teaching technique involves the use of practical concepts, anecdotes, examples, humor, and parables to make the learning experience engaging and transformative.

School of Ayurveda & Yoga Sciences

Department of Ayurveda & Department of Yoga

1. Certificate in Introduction to Ayurveda

Introduction: The Certificate in 'Introduction to Ayurveda' course is crafted for individuals eager to embark on a journey into the ancient Indian science of life and wellness. This introductory program demystifies the foundational principles, theories, and practices of Ayurveda, offering insights into holistic health management. It is designed to provide a comprehensive overview of Ayurvedic concepts, enabling students to understand and apply these principles for enhancing personal and community well-being.

Course Duration: The total duration of the course is 3 months (50 hours), distributed as follows:

- Live Online Lectures: 25 hours (25 sessions)- weekend classes (Friday- 1hr & Saturday- 1 hr.)
- Self-Study: 15 hours. Quizzes and Assignments: 10 hours

Eligibility Criteria:

- Open to all individuals interested in health, wellness, and traditional medicine.
- No prior knowledge of Ayurveda required.

Objectives:

- Introduce the historical background and philosophy of Ayurveda.
- Explain the foundational principles and concepts of Ayurvedic medicine.
- Illustrate the Ayurvedic approach to diet, lifestyle, and preventive healthcare.
- Introduce basic Ayurvedic remedies and treatments for maintaining health.
- Encourage the integration of Ayurvedic practices into daily life for improved well-being.

Outcomes:

- Understand the key principles and historical roots of Ayurveda.
- Identify personal body constitution and apply Ayurvedic principles to balance it.
- Utilize Ayurvedic concepts to enhance diet and lifestyle.
- Recognize and apply basic Ayurvedic routines and practices for health and wellness.
- Develop foundational knowledge for further studies in Ayurveda or related health fields.

Course Outline

Module 1: Foundations of Ayurveda

Module 2: Ayurvedic Physiology

Module 3: Ayurvedic Nutrition and Diet
Module 4: Ayurvedic Lifestyle and Daily Routines
Module 5: Practical Applications and Wellness

2. Certificate in Ayurveda & Wellness

Introduction: The Certificate in Ayurveda & Wellness is a comprehensive course designed for individuals who seek to understand the ancient Indian medical system of Ayurveda and apply its principles to promote wellness in daily life. This program integrates traditional Ayurvedic knowledge with modern wellness practices to equip students with a holistic approach to health.

Course Duration: The total duration of the course is 3 months (50 hours), distributed as follows:

- Live Online Lectures: 25 hours (25 sessions)- weekend classes (Saturday- 1hr & Sunday- 1 hr.)
- Self-Study: 15 hours
- Quizzes and Assignments: 10 hours

Eligibility Criteria:

- A keen interest in Ayurveda and wellness practices.
- No prior experience in Ayurveda is required.

Objectives:

- To introduce the fundamental principles of Ayurveda.
- To understand the Ayurvedic perspective on health, disease, and wellness.
- To learn about Ayurvedic diet, lifestyle, and daily routines for promoting health.
- To gain practical skills in identifying body types (Doshas- Prakriti) and recommending lifestyle adjustments.
- To explore the use of herbs, spices, and other natural remedies in maintaining and restoring health.

Outcomes:

- Comprehensive understanding of the core concepts and principles of Ayurveda.
- Ability to apply Ayurvedic principles in daily life for personal wellness.
- Skills to design basic Ayurvedic diet and lifestyle plans for different body types.
- Knowledge of herbal remedies and their applications for common health issues.
- Capability to guide others in adopting Ayurvedic practices for health and wellness.

Course Outlines-

Module 1: Introduction to Ayurveda
Module 2: Ayurvedic Anatomy and Physiology
Module 3: Ayurvedic Nutrition and Lifestyle
Module 4: Enhancing Well-being with Ayurveda

Module 5: Ayurveda for Mental and Emotional Wellness

Module 6: Integrating Ayurveda into Modern Lifestyle

3. Certificate in Ayurveda Food Science and Dietetics

Introduction: The Certificate in Ayurveda Food Science and Dietetics is an innovative program designed to blend the ancient wisdom of Ayurveda with modern dietary science. This course is intended for those who wish to deepen their understanding of Ayurvedic nutrition principles and learn how to apply these in the context of contemporary dietetics. The curriculum bridges the gap between traditional Ayurvedic diet practices and modern nutritional needs, providing students with a comprehensive approach to health and wellness.

Course Duration: The total duration of the course is 3 months (50 hours), distributed as follows:

- Live Online Lectures: 25 hours (25 sessions)- weekend classes (Saturday- 1hr & Sunday- 1 hr.)
- Self-Study: 15 hours
- Quizzes and Assignments: 10 hours

Eligibility Criteria:

- Interest in health, wellness, and nutrition.
- High school diploma or equivalent.
- No prior knowledge of Ayurveda is necessary.

Objectives:

- To impart knowledge of Ayurvedic nutrition and dietetics.
- To understand the impact of food on mind and body from an Ayurvedic perspective.
- To learn the skills necessary to create balanced, wholesome diets based on individual needs.
- To integrate Ayurvedic dietary principles into modern dietetic practices.
- To promote holistic health and wellness through Ayurvedic nutrition.

Outcomes:

- Understanding of the principles of Ayurvedic food science and dietetics.
- Ability to assess individual nutritional needs based on Ayurvedic principles.
- Skills to plan and recommend balanced Ayurvedic meals and diets.
- Knowledge of using Ayurvedic herbs and spices in dietetics.
- Better understanding of diet and nutrition for improved health and well-being.

Course Outline:

Module 1: Foundations of Ayurvedic Dietetics

Module 2: Ayurvedic Foods and Ingredients

Module 3: Diet Planning and Meal Preparation

Module 4: Ayurvedic Dietetics for wellness

Module 5: Applied Ayurveda in Dietetics

4. Certificate in Ayurveda for Mental Health

Introduction: The Certificate in Ayurveda for Mental Health is a specialized program designed to explore the ancient wisdom of Ayurveda in addressing and managing mental health issues. This course aims to provide students with a deep understanding of how Ayurvedic principles and practices can be applied to improve mental well-being. It combines theoretical knowledge with practical applications, offering a holistic approach to mental health that integrates body, mind, and spirit.

Course Duration: The total duration of the course is 3 months (50 hours), distributed as follows:

- Live Online Lectures: 25 hours (25 sessions)- weekend classes (Saturday- 1hr & Sunday- 1 hr.)
- Self-Study: 15 hours
- Quizzes and Assignments: 10 hours

Eligibility Criteria:

- A keen interest in Ayurveda and mental health.
- High school diploma or equivalent.
- No prior knowledge of Ayurveda is necessary.

Objectives:

- To understand the Ayurvedic perspective on mental health and well-being.
- To learn about the causes and symptoms of mental imbalances from an Ayurvedic viewpoint.
- To explore Ayurvedic dietary and lifestyle practices for enhancing mental health.
- To acquire skills in using Ayurvedic herbs and treatments for mental well-being.
- To integrate Ayurvedic practices into daily life for stress reduction and emotional balance.

Outcomes:

- Comprehensive understanding of Ayurvedic concepts related to mental health.
- Ability to identify signs of mental imbalance and recommend Ayurvedic remedies.
- Knowledge of Ayurvedic diet and lifestyle interventions for mental health.
- Practical skills in applying Ayurvedic techniques for stress management and relaxation.
- Enhanced ability to support others in achieving mental and emotional well-being.

Course Outline

Module 1: Ayurvedic Foundations for Mental Health

Module 2: Causes and Symptoms of Mental Imbalance

Module 3: Ayurvedic Diet and Lifestyle for Mental Health
Module 4: Ayurvedic Therapies and Remedies for Mental Health
Module 5: Integrating Ayurveda into Mental Health Practice

5. Certificate Program in Self-Care through Ayurveda

Introduction: The Certificate Program in Self-Care through Ayurveda is designed for individuals seeking to enrich their lives with the ancient wisdom of Ayurveda focused on self-care practices. This program offers an in-depth understanding of how to nurture the body, mind, and spirit using Ayurvedic principles. Participants will learn how to implement practical Ayurvedic routines, dietary habits, and lifestyle changes to promote overall well-being and prevent illness.

Course Duration: The total duration of the course is 3 months (50 hours), distributed as follows:

- Live Online Lectures: 25 hours (25 sessions)- weekend classes (Saturday- 1hr & Sunday- 1 hr.)
- Self-Study: 15 hours
- Quizzes and Assignments: 10 hours

Eligibility Criteria:

- Interest in personal health, wellness, and Ayurveda.
- No prior experience or knowledge of Ayurveda required.

Objectives:

- To understand the foundational principles of Ayurveda.
- To learn self-care practices based on one's unique constitution (Dosha).
- To incorporate Ayurvedic dietary and lifestyle changes for improved health.
- To gain knowledge of Ayurvedic herbs and remedies for self-care.
- To develop a personal Ayurvedic routine for daily wellness.

Outcomes:

- A comprehensive understanding of Ayurvedic concepts and their application in daily life.
- Ability to identify personal Dosha and understand its impact on health and wellness.
- Skills to create and maintain a balanced diet and lifestyle according to Ayurvedic principles.
- Knowledge of simple Ayurvedic remedies and treatments for common health concerns.
- Enhanced ability to promote personal wellness and prevent disease through self-care practices.

Course Outline

Module 1: Introduction to Ayurveda and Self-Care
Module 2: Ayurvedic Diet and Nutrition
Module 3: Daily Routines and Lifestyle Adjustments

Module 4: Ayurvedic Remedies and Self-Care Practices

Module 5: Implementing Ayurveda into Everyday Life

6. Certificate in Yoga and Wellness

Introduction: The Certificate in Yoga and Wellness is designed to integrate the ancient practice of yoga with contemporary wellness principles. This program is suitable for individuals seeking to deepen their understanding of yoga and apply its practices for enhancing personal and community health. Participants will explore various yoga styles, philosophies, and techniques, while also learning how to incorporate holistic wellness practices into their daily lives.

Course Duration: The total duration of the course is 3 months (50 hours), distributed as follows:

- Live Online Lectures: 25 hours (25 sessions)- weekend classes (Saturday- 1hr & Sunday- 1 hr.). Self-Study: 15 hours. Quizzes and Assignments: 10 hours

Eligibility Criteria:

- Interest in yoga, health, and personal well-being.
- High school diploma or equivalent.
- No prior yoga experience is required, but a basic level of physical fitness is recommended.

Objectives:

- To understand the historical and philosophical foundations of Yoga.
- To learn and practice various yoga asanas (postures), pranayama (breathing techniques), and meditation.
- To explore the principles of holistic wellness and their integration with yoga.
- To develop skills for designing and leading safe and effective yoga sessions.
- To promote mental, emotional, and physical well-being through Yoga and related wellness practices.

Outcomes:

- Comprehensive understanding of Yoga's history, styles, and philosophies.
- Proficiency in performing and teaching various yoga asanas and breathing exercises.
- Ability to integrate meditation and mindfulness practices into daily life.
- Knowledge of holistic wellness concepts and how to apply them alongside yoga.
- Enhanced personal well-being and the ability to support others in their wellness journey.

Course Outline

Module 1: Foundations of Yoga

Module 2: Yoga Techniques and Practice

Module 3: Wellness and Holistic Health

Module 4: Teaching Yoga and Wellness

Module 5: Applied Yoga and Wellness