

# Maharashtra University of Health Sciences

## Department of AYUSH

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Website: [www.muhs.ac.in](http://www.muhs.ac.in)



## **Certificate Course in Ayurvedic Cosmetics (Ayurvediya Saundarya Shastra) (Year 2015-16)**

## **Information BROCHURE**

**(Duration- 06 months)**

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## **1.Introduction –**

### **Introduction of MUHS, Aims & Objectives**

Maharashtra University of Health Sciences, Nashik has established the department of AYUSH on 13th May 2011 within the University campus. It is aspired with the delegacy to come up as a department of excellence at par, in the field of Education and Research in AYUSH system of medicine. It has intended to create a state-of- the art facility of Research and Development imparting its services of education and research for the benefit of students and researchers.

### **Thrust Area**

- Evidence based AYUSH medicine
- Drug development and standardization in AYUSH
- Research on controversial natural species of medicinal plants
- Conservation and maintenance of natural resources
- Research in alternative and complimentary medicines
- Yoga and Naturopathy treatment development

University has started **certificate course in Ayurvedic Cosmetics** in Department of AYUSH in collaboration with **R.A..Podar Medical (Ayu.) College, Mumbai, Ayurved Seva Sangh's Ayurved Mahavidyalaya, Nashik.**



## **2.Aims & Objective of Course:**

- ❖ To establish Ayurvedic cosmetic clinic.
- ❖ To prepare Herbal Cosmetic range based on Ayurvedic principles and to replace hazardous chemicals in cosmetics.
- ❖ To give scientific approach and motivate research in Ayurvedic Skin and Hair treatment.

The goal of this certificate course is to provide Qualified Ayurvedic / Unani Cosmetologist and clinical training in Ayurvedic Cosmetics. There will be a very strong emphasis on research and scholarly activity. This certificate course will enable candidates to have a foundation to receive knowledge of concept of beauty in Ayurved, from the Maharashtra University of Health Sciences and consequently have a successful career in Ayurvedic Cosmetology practice.

## **3.Eligibility for Candidate**

B.A.M.S., or equivalent in Ayurved faculty. (B.U.M.S., G.F.A.M., B.A.M.& S or equivalent Registration with MCIM / CCIM /Council of respective state shall be compulsory)

## **4.Duration- Six months**

**THIS COURSE WILL BE CONDUCTED AND SUPERVISED BY DEPARTMENT OF AYUSH, MUHS, NASHIK.** For first 3 months Course shall be conducted by Department of AYUSH, MUHS, Nashik. For later 3 months these students shall be sent as trainees to the affiliated centres in equal numbers up to a maximum no. of 13 at one centre.

**1)R.A. Podar Medical (Ayu) College, Worli, Mumbai**

**2) Ayurved Seva Sanghs Ayurved Mahavidyalaya, Ganeshwadi, Nashik**

## **5.Language of course- Marathi, Sanskrit , Hindi & English**

**6.Intake capacity- 25 students per batch.**

**7.Nature of Course- Credit based system**



**What is credit based system? :**

Credit based evaluation system in which the credits are based on the workload students

need in order to achieve expected learning outcomes. Work load indicates the time students typically need to complete all learning activities (such as lectures, seminars, projects, practical work, self-study and examinations) required to achieve the expected learning outcomes.

Credits are allocated to entire qualifications or study programmes as well as to their educational components.

The candidates have to finish their modules and earn credits in Practical sessions within a certain stipulated time of 6 months in any order depending upon their availability of time and convenience. The basic credits for any system as stipulated by MUHS, however, will have to be finished first.

**8.Course Fees - Rs. 25000/- ( Rupees Twenty Five Thousand only)**

In case of any damage/ breakage/ loss to the instruments/ books of the Institute, during the course conduct, the same shall be recovered from the student.

**9.Selection Criteria for candidates:.**

**Right to conduct of Qualifying Entrance Test is reserved with University.**

Qualifying Entrance Test with the interview (Oral) will be taken at MUHS, Nashik.

The candidate is expected to appear for the multi choice (MCQ) written examination.

The paper of 75 Multiple choice Questions of 75 marks with the qualifying passing

criteria is of 50%. All the qualified and selected candidates will be called for the interview (Oral test) in the ratio of 1: 2 on the vacancy available.

#### **WEIGHTAGE OF ENTRANCE TEST AND INTERVIEW (ORAL) TEST:**

- 75%weightage to written exam
- 25%weightage to Interview (oral )test

Merit list based on above weightage shall be prepared and displayed on the notice board of MUHS, Affiliated Centres and website of MUHS.

#### **10.Refund of the Fees:-**

The fees paid by the candidates admitted for the Ayurvedic Cosmetics Course is not refundable.

#### **11.Attendance:-**

80% attendance is compulsory failing which students will not be allowed to appear for the examinations.

#### **12.Accommodation:-**

Students have to make their own residential arrangements when they are posted in Nashik & Mumbai.

#### **13.Conduct of Course:-**

The candidate admitted in this course will not be allowed to work in any other institute. The student while studying in this PG course, if found indulging in antinational activities, unlawful activities or ragging in any form, will be liable to be expelled from the department by the competent authority.

#### **Application Form & Information Brochure:-**



Information Brochure along with blank Application form is available on the University website (<http://www.muhsnashik.com>). The candidates are requested to download the application form and send it along with a **D.D. of Rs. 500/-** in

favour of "**Registrar, MUHS, Nashik**". D.D. should be drawn on any Branch of Nationalized bank payable at Nashik. The envelope should be superscripted with "**Certificate Course of Ayurvedic Cosmetics - Application form**".

- The application form must be filled by the candidate in his / her own handwriting using black ball point pen and submit it on or before last date of submission of the application forms on the following address:

**The Registrar,  
Maharashtra University of Health Sciences,  
Vani Road, Mhasrul, Nashik - 422 004.**

- Following attested photocopies are required to be submitted along with the application form strictly in given order:

1. Nationality Certificate OR Valid Passport
2. SSC Board Certificate (Certificate of age)
3. HSC Mark sheet
4. Physical fitness Certificate
5. College leaving Certificate (Transfer Certificate)
6. Internship Completion Certificate (if applicable)
7. Degree Certificate.
8. Caste Certificate (if applicable)
9. Caste Validity Certificate (if applicable)
10. Latest Non-creamy layer Certificate (if applicable)
11. Registration Certificate from council (, MCIM,CCIM/ Registration from respective state council of Indian Medicine)
12. Migration certificate issued by respective Board / University (if applicable)
13. Affidavit for change of Name (Marriage Certificate/ Copy of Govt. Gazette.....if applicable)



## **14. Syllabus & Assessment :**

### **General Guidelines for allotment of Credits**

**Total Credits: - 200.**

Minimum Number of Credits for successful completion of programme:-160 credits (80%)

Transfer of Credit to and from other Universities: Not at present but will be informed once broad consensus among other universities is established.

### **Breakup of credit points- should be based on following Modules**

- **A) Didactic Lectures Credits: 30 Credit points.**

Didactic lectures on following topics as per syllabus, spread over of one hour lecture.



- Study of Basic principles of Ayurved
- Detail study of Dosha, Dhatu, Mala, Strotas and Marma.
- Skin , Hair, Nail Rachanatmak, Kriyatmak abhyas, also their Anatomy and Physiology
- Applications of principles of Dravyaguna, Rasashastra & Bhaishajya Kalpana in relation to cosmetics.
- Applications of principles of Kayachikista
- Applications of principles of Panchakarma – Shodhan, Shaman
- Detail Study of various aushadhi kalpa
- Detail study of Beauty in Ayurved
- Basic principles of Nidan and Treatment with special reference to management of Rasa rakta dushti , Kshudraroga , Kushtaroga (Twak-vikara).

## **B) Practical training (20 credits)**

- In operating various machinery used in the field of Cosmetics (During the didactic lectures).
- Optional educational tour to renowned & recognized cosmetic & beauty centres across the country.



**MODULE A & B WILL BE CONDUCTED BY DEPARTMENT OF AYUSH, MUHS, NASHIK FOR THE PERIOD OF THREE MONTHS.**

## **c) Laboratory Module (50 Credits)**



- Detailed study of Vanaspati in concern with cosmetics.
- Detailed study of Rasashastra, Bhaishjya kalpana.
- Preparation of various Lepa, Pralepa, Taila, Ghruta , Ayurvedic Packs, Peels, Masks, Lotions.
- Preparation of various Aushadhi kalpa.
- Panchakarma procedures like Bidalak, Tarpan, Nasya, Shirodhara, Jalaukacharan, Shirobasti, Shiropichu, Snehana, Swedan, Padaabhyanga, Pishichil, Pinda sweda, Lepan Karma, Agnidagdha (cautery).

## **D) Practical Sessions of Trainees (Total Credit Points of 50)**

This will include performing various therapies and Procedures .Case studies with various procedures performed by the candidate.



**MODULE C, D, WILL BE CONDUCTED BY THE AFFILIATED INSTITUTES.**



### **Project Work (30 credit point)**

Laboratory Practicals, Use of Cosmetic techniques to be documented in Log book. All candidates are expected to be intimately involved with the project activities. These will include both clinical and laboratory based work. Research Project work will be **compulsory** and given to all the candidates, to be completed within six months. By the end fourth month synopsis of project work of each candidate shall be submitted to

**Course co-ordinator, Department of AYUSH, MUHS, Nashik. Project work must be submitted before the qualifying assessment examination for the award of certificate course in Ayurvedic Cosmetics. If the candidate fails to complete the project within the stipulated time, he / she will not be eligible for the Final qualifying assessment examination.**

### **15. Final Qualifying Assessment Examination**

Final qualifying assessment shall be taken for the candidates who have **successfully completed their 160 (or more) credit points**

Examination of MCQs with 100 marks will be conducted at MUHS, Nashik for the award of Certificate. Minimum 50% marks will be required for passing.

**On successful completion of all modules of the course and qualifying the examination, the candidate will be awarded a Certificate of the course in Ayurvedic Cosmetics.**

### **16. Future Prospectus and Placement –**

**This course will help the candidate to develop a career and choice in future in the sphere of Ayurvedic cosmetology**

- In Ayurvedic Cosmetic manufacturing Industries.
- To establish the clinical practice in Ayurvedic Saundarya Shastra.
- Placements in Wellness Clinics and Polyclinics in Metrocities.

- In Research and Development sectors of herbal cosmetics.
- Further this course will also be useful in starting an independent contractual Ayurvedic cosmetics research and manufacturing Unit.

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**MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK**  
Department of AYUSH

Registration No

(For Office Use Only)

Category

SC

ST

VJ

NT1

NT2

NT  
3

OBC

SBC

Open

PH

**Application Form**

**Certificate Course in Ayurvedic Cosmetics**  
**(Ayurvediya Saundaryashastra)**

**Please affix  
your  
recent  
Photograph**

I confirm my intention to attend the Certificate Course in Ayurvedic Cosmetics (Ayurvediya Saundaryashastra). I accept the University's admission procedures and understand that the processing of personal information and documents is subject to the requirements of the data protection act.

**01) Name:** \_\_\_\_\_  
In Capital letters Surname First name Father's/Husband's Name

**02) Name in Devnagari Script:** \_\_\_\_\_  
Surname First name Father's/Husband's Name

**03) Address for Correspondence:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Pin Code: \_\_\_\_\_

**04) Contact: Tel. No with STD:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**05) Date of Birth:** / / (in Words): \_\_\_\_\_

**06) Age (as on 25/04/2014) Year/s:** \_\_\_\_\_ **Month/s:** \_\_\_\_\_ **Day/s:** \_\_\_\_\_

**08) Nationality:** \_\_\_\_\_ **8) Religion:** \_\_\_\_\_

**09) Whether belong to SC/ST/VJ/NT/OBC/SBC/Open:** \_\_\_\_\_ **10) Caste:** \_\_\_\_\_

**11) Sex:** ☐ Male ☐ Female

(Please strike ✓ ☐)

**12) Marital Status:** ☐ Married ☐ Unmarried

(Please strike ✓ ☐)

**13) Application Fee: RS.500 DD. No.:** \_\_\_\_\_ **Date of DD:** \_\_\_\_\_

**Name of the Bank:** \_\_\_\_\_

(DD should be drawn on any Nationalised Bank in favor of "Registrar, MUHS, Nashik" and should payable at Nashik only. **Kindly write your name and address at the back side of DD**)

**14) Educational Qualification:** (Mandatory to attach all necessary copies of attested mark sheets)

No.	Exam. Passed	Yr. of Passing	Name of Board/University	Name of Insti./College	Attempts	Total Marks	Percentage

**15) Presently Secured admission for any PG/Diploma Course (Write Yes/No):**

**16) Discontinued any PG admission in past: (Write Yes/No)**

**17) Passport No. ( If Non India):** \_\_\_\_\_

**18) Language Known:**

**Read**

**Write**

**Speak**

  
  
  
  
  
  

**19) Any other information, which you would like to provide:** \_\_\_\_\_  
(Please attach separate sheet, if necessary) \_\_\_\_\_  
\_\_\_\_\_

**DECLARATION**

I hereby declare that I have not taken admission in any other Post Graduate Degree / Diploma course during this year & not in previous year in MUHS or in any other University. I further declare that, if it is proved that I have secured admission for any of the PG course presently and / or discontinued admission in past, MUHS has full right to cancel my current year's admission without refund.

The information furnished by me is correct and true. If any information submitted here is incorrect, untrue or fraudulent, I understand that I am liable for Civil / Criminal action by the Authority.

**Place:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature of Applicant**

**Note:**

- 1) **Last date of receiving fully completed applications is 20 December 2014.**
- 2) Please attach all **attested Photocopies** of the documents along with the application form.
- 3) Application forms which are Incomplete / Without Application fees will be rejected immediately and no correspondence will be entertained on this behalf.



**MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK**  
**INFORMATION BROCHURE**

**Certificate Course in Ayurvedic Cosmetics**

**(Ayurvediya Saundarya Shastra)**

(Year -2015)

(Duration- 06 months)

**DEPARTMENT OF AYUSH,**

**In Collaboration with**

R.A. Podar Medical (Ayurved) College, Worli, Mumbai

&

Ayurved Seva Sangh's Ayurved Mahavidyalaya, Ganeshwadi, Nashik

The goal of this certificate course is to provide Qualified Ayurvedic / Unani Cosmetologist and clinical training in Ayurvedic Cosmetics.

**Who can apply?**

Graduates in B.A.M.S., or equivalent in Ayurved / Unani faculty.

**Language of course:** Marathi, Sanskrit, Hindi & English

**Intake capacity:** 25 students per batch.

**Nature of Course:** Transferable Credit Based System

**Fees:** Rs: 25,000/-

**Topics (Syllabus)**

Study of Basic principles of Ayurved

Detail study of Dosha, Dhatu, Mala, Strotas and Marma.

Skin, Hair, Nail Rachanatmak, Kriyatmakabhyas, also their Anatomy and Physiology

Applications of principles of Dravyaguna, Rasashastra & Bhaishajya Kalpana in relation to cosmetics.

Applications of principles of Kayachikista

Applications of principles of Panchakarma – Shodhan, Shaman

Detail Study of various aushadhikalpa

Detail study of Beauty in Ayurved

Basic principles of Nidan and Treatment with special reference to management of Rasa raktadushti, Kshudraroga, Kushtaroga (Twak-vikara).

**Practical Sessions**

Various therapies, Procedures and case studies

**Specific Learning Objectives (SLOs):**

At the end of the certificate course learner should be able to-

Develop basic understanding and Clinical application of Ayurvedic Cosmetology

Grow existing clinical practice with knowledge of Ayurvedic Cosmetology.

Establish Ayurvedic cosmetic Clinic.

Prepare Herbal Cosmetics range based on Ayurvedic principles.

**Future Prospects and Placement:**

In Ayurvedic Cosmetic manufacturing Industries.

To establish the clinical practice in Ayurvedic Saundarya Shastra. Placements in Wellness Clinics and Polyclinics in Metrocities.

In Research and Development sectors of herbal cosmetics.

Further this course will also be useful in starting an independent contractual Ayurvedic cosmetics research and manufacturing Unit.

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Submission of application forms on the following address: The Registrar, Maharashtra University of Health Sciences, Vani Road, Mhasrul, Nashik - 422 004 along with a D.D. of Rs. 500/- in favour of "Registrar, MUHS, Nashik". D.D. should be drawn on any Branch of nationalized bank payable at Nashik.

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Website: www.muhs.ac.in, [www.ayushmuhs.in](http://www.ayushmuhs.in)

**Last Date of Submission of Application– 20<sup>th</sup> December 2014**

