

Online Certificate Course in **HOLISTIC HEALTHY LIVING**

Course Objectives

- The purpose of Holistic Healthy Living (HHL) course is to look at the issues of health in a broad holistic manner and to understand in detail about various factors that affects our health. It includes understanding the importance of major determinants of our health, viz. Diet (Ahar), Daily Routine, Exercise and Rest (Vihar), Mind, Emotions and the Environment.
- The course includes simple measures that can be implemented in our daily life to maintain health and take care of ourselves in various common ailments.

Course Structure

- The Course consists of online Lectures/Workshops, HHL Monthly Meetings and Practice Tests
- There will be 55+ Lectures of 2 hours each, which are spread across 4 Thematic Modules
- Course Curriculum is based on Integrative Approach with Modern & Traditional Health Sciences like Naturopathy, Ayurveda & Yoga

Module 1

Concept of Health, Role of Ahar & Vihar in Healthy Living

Module 2

Mind, Emotions & Spirituality

Module 3

Our Lifestyle, Environment & Health

Module 4

Self Care in Common Diseases

TESTIMONIALS



"I learned lot of new things which we were not taught during Medical school, Residency and Fellowship in Cardiology."



Dr. Dipesh Gandhi, MD
Cardiologist,
California,
United States



"स्वस्थ जीवनशैली अपनाने से मेरी अपनी चक्कर और धबड़ाहट की तकलिफों, सर्दी-जुकाम की समस्या, और बेटियों-भतीजियों में सर्दी-सांस की समस्या, सिरदर्द, आंखों में दर्द, मुंहासे आदि में काफी सुधार हुआ है।"



फाल्गुनी दावड़ा
योग शिक्षिका,
वडोदरा



What will you learn?

- Concept of Holistic Health & Major Factors affecting our Health
- Healthy Diet based on the principles of Modern Science, Ayurveda and Naturopathy
- Importance of Exercise, Rest & Sleep, Dincharya – Rutucharya
- Psychological & Emotional Stress & their Effects of our Health
- Scientific Tools for Stress Management & Emotional Wellbeing
- Spirituality in Daily Life
- Impact of our Lifestyle on the Environment and its Sustainable Solutions
- Holistic Self-care Approach in Acute Conditions (Eg. Fever, Diarrhea, Cold-cough, Hyperacidity etc.) & Common Lifestyle Diseases (Eg. Diabetes, Hypertension, Heart Diseases, Digestive Problems, Arthritis, Obesity, etc.)

What will you get?

Limited Time
Access to
Recorded Videos
of Lectures

Study
Material &
Practice
Tests

HHL
Community &
Monthly
Meetings

Certificate
of
Participation

TESTIMONIALS

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“I am enjoying sacrificing my schedule for the sake of learning these amazing skills and knowing the depth of the ancient Indian culture and systems.”



Prof. Bhuvan Unhelkar
Prof. of Info. Tech.,
Uni. of South Florida,
Sarasota-Manatee,
Florida, USA

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“Lifestyle change has put my 23 year old Diabetes on reverse mode. No more Diabetes medicine, only herbal remedies become part of life.”



Hasmukhbhai Patel
Retd. Principal,
Anand

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Course details

Start Date	4 th Sep, 2023 (Mon)
Duration	3 months (Sep to Nov)
Mode	Online Sessions on Zoom App
Session Time	6:30 – 8:30 am (Mon to Sat)
Language	Hindi & English (combined)
Faculty	Team of Doctors and Subject Experts
Contribution	Rs. 4000/-*

*(Discounts are available for financially needy persons)

This course is well received by people from all the sections of society ranging from homemakers, students, health & fitness enthusiasts, yoga therapists, academicians, corporate employees as well as medical professionals.

Procedure for registration

STEP 1: ONLINE PAYMENT

<https://rzp.io/l/HHL2023>

Make an online payment through this link.

STEP 2: REGISTRATION FORM

<https://tinyurl.com/HHL2023>

Fill out the Google Registration Form on this link.

OR

Scan this QR Code to register for the course



Last date to enroll
31st August, 2023

Note: It is important to make the payment first and then fill out all the details in Google Registration Form. After successfully completing both the steps of registration, you will get a confirmation message on your mobile number within 7 working days.

TESTIMONIALS



"आहार और जीवनशैली में बदलाव से मेरे पति के यूरिक एसिड, खर्राटों, मोटापा, कब्ज, बेटी के मुँहासे, मेरी अपनी आंखों की समस्याओं आदि में अविश्वसनीय अंतर महसूस किया। "



जागृति भट्ट
गृह उद्योग निर्माता,
वडोदरा



"This is not the course but a movement to create more aware, conscious and responsible society that would take care of the Mother Nature so that the future generation also can enjoy its benefits!"



Dr. Maitri Shah, MD, DCAH
Professor, Dept. of Ob & Gy,
Baroda Medical College



TESTIMONIALS

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“Anxiety & Insomnia cured without any medicines after doing this course”



Chitra Bhagia
Yoga Teacher &
Home Maker,
Vadodara

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“It is a perfect integration of Modern Medical Science, Naturopathy, Ayurveda, Neuroscience, Psychological and Spiritual Science.”



Madhu Saran
Homemaker,
Noida,
Uttar Pradesh

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“

“HHL course has given me wings to venture into preventive medicine”



Dr. Aarti Rathi, MD
Clinical Cardiologist,
Baroda Heart Institute,
Vadodara

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More about us - clickable links



Nisargopachar Kendra, Vinoba Ashram, Gotri, Vadodara

Nisargopachar Kendra is a “Naturopathy based Holistic Health Care Centre”, managed by the charitable trust “Vadodara Jilla Sarvodaya Mandal”. The Center is run with the mission to provide nature cure and alternate therapies with scientific and holistic approach and to develop awareness towards healthy lifestyle in the society. The Center regularly conducts educational programs and workshops to create awareness about Holistic and Healthy Lifestyle and Naturopathy, so that people can make healthier choices in their life.

Contact us: (+91) 9426187834
(10.00 am to 4.00 pm)



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www.nisargopachar.org