



# Institute of Teaching and Research in Ayurveda

(Institute of National Importance)

Ministry of Ayush, Govt. of India, Jamnagar-361008

## **FOUNDATION COURSE IN AYURVEDA AND LIFESTYLE MANAGEMENT** **(F.C.A.L.M.)**

**Expected Outcomes** Will gain basic knowledge about the foundation of Ayurveda Lifestyle and its utility in self health promotion and care; Will have basic knowledge about seasonal changes and regulation of biological clock for self health promotion and care; Will learn ways to improve quality of life and preventing lifestyle diseases; Health volunteer etc.

**Eligibility** Minimum Secondary School Certificate or equivalent

**Admission criteria** Based on merit of Secondary School Certificate examination

**Seats** 20 seats per batch

**Age** The maximum age limit shall be 45 (forty five) years for joining

**Mode of Teaching** Residential. However, some lectures may be conducted in virtual mode

**Language** English / Hindi

**Attendance** Minimum 85% presence in theory and practical classes separately

**Course Duration** 200 Hours

**Course Credit** 10

**Criteria for passing** Acquiring 40% marks in theory and practical separately

**Course fee** Rs. 15,000/- for Indian students  
\$ 550 USD for Foreign nationals

**Last Date for  
submission of  
application form** 31<sup>st</sup> July 2024

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