

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 60+ 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



"As a result of this course, my lifestyle, eating habits and daily routine have changed. I feel much healthier. I have a better understanding of preventive health through diet and exercise."



Anurag Agarwal
Professor, Dept. of
Information Systems,
Florida Gulf Coast
University, USA



"I personally started some healthy practices for myself and family. I started alkaline diet along with change in meal timings. It has really helped me a lot for my Acid-peptic disease. We all feel better and happy."



Dr. Manish Shah
MBBS, Vadodara



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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“Though being a doctor, I learned many new concepts about health like body detoxification, natural diet, concept of Prakriti, etc. This knowledge will help me in treating my patients with a holistic approach.”



Dr. Charmi Thakkar
MD, Homeopath,
Vadodara

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“This course inspired me to rethink on my food habits, managing emotions, exercise and broad spiritual understanding to reverse my lifestyle diseases of Diabetes and BP.”



Milind Vyas
Head - Business
Development, Sunflag
Iron & Steel Co. Ltd.,
Mumbai

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Course details

Start Date	22 nd Aug, 2024 (Thursday)
Duration	3-4 months (60+ sessions)
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/HHL2024>

Make an online payment through this link.

STEP 2: REGISTRATION FORM

<https://bit.ly/hhl2024>

Fill out the Google Registration Form on this link.

OR

Scan this QR Code to register for the course



Last date to enroll
15th August, 2024

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



"I taught my son about harmful effects of processed food and now we have stopped eating dead food. The awareness about healthy lifestyle is helping me in every aspect of my life, be it psychological or spiritual."



Kruti Patel
Homemaker, Vadodra



"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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“This program helped me to transform my current lifestyle mainly by avoiding negative impacts of toxins and contaminated food.”



Deepak Trivedi
Reliability Consultant
Calgary, Canada

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



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

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“I recommend every individual in the society to take this life-changing course.”



Dr. B. M. Palan, MD,
Founder President,
Academy of Hypnosis, India

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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
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Nisargopachar Kendra,
Vinoba Ashram, Gotri,
Vadodara