



Syllabus

Swasti Paka Shastram

Ayurveda Cooking and Yogic Diet TTC

1. **Name of the Certification:** Ayurveda Cooking and Yogic Diet TTC
2. **Requirement/ Eligibility:** Open for all. There are no eligibility criteria
3. **Brief Role Description:** For promotion of well-being of oneself and society at large; create awareness about ayurveda cooking, eating rules and simple tips for improving digestion and well-being at personal level. Can advise healthy ayurveda diet plan, Indian recipes and cooking tips at preventive level.
4. **Age:** No age limit
5. **Duration of course:** Equivalent to not less the 36 hours. Residential- 15 days
6. **Certification of Ayurveda Cooking and Yogic Diet TTC:** The candidate who has 80% attendance in the class shall be eligible for certification.
7. **Fees:** 20000 INR

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Ayurveda Cooking and Yogic Diet TTC Syllabus

Unit 1. Theory

1.1 The fundamentals of Ayurveda.

- Dosh, dhatu (tissues & cellular metabolism) mala (waste), srotas (channels), ama (toxins)
- The Three Pillars of Life

1.2 Ayurveda principles of Food and Nutrition.

- Dravya guna (food quality studies): rasa (taste), virya (potency), vipaka (post-digestive effect), prabhava (specific quality)
- The six tastes: madhu rasa (sweet), amla rasa (acid), lavana rasa (salty), katu rasa (pungent), tikta rasa (bitter), kashaya rasa (astringent)
- Energy, proteins, lipids, carbohydrates, dietary fibers, minerals and trace elements, vitamins

1.3 Agni and Ama

- Types of Agni
- Prakruti parikshana (Assessment of Ayurveda constitution) and assessment of agni bala
- Some Considerations for Self-Care of Agni and Prevention of Ama
- Microbiome and agni

1.4 Food according to Prakruti (Ayurveda constitution).

1.5 Yogic and Ayurveda diet

- Mitahar, Yuktahar
- Upavas (Fast)
- Food handling: hygiene, importance, application and disinfection

1.6 General guidelines for Ayurveda lifestyle.

- Pathya and apathya
- Virudha ahara

1.7 Food as Medicine

Unit 2. Yoga and Ayurveda Practical

2.1 Prayer: Concept and recitation of Pranava and hymns.

2.2 Cleansing Practice (Technique, Contraindications and Benefits):

- Neti
- Trataka
- Kapalabhati

2.3 Chalana Kriya/Loosening Practice (Technique, Contraindications and Benefits):

- Neck Movement (Griva Shakti Vikasaka I, II, III, IV)
- Shoulder Movement
- Bhuja Valli Shakti Vikasaka
- PurnaBhuja Shakti Vikasaka
- Trunk Movement (Kati Shakti Vikasaka I, II, III, IV, V)
- Knee Movement (Janu Shakti Vikasaka)

2.4 Yogasana (Technique, Contraindications and Benefits):

- Standing Posture- Tadasana, Vrikshasana, ArdhaChakrasana, Padahastasana, Trikonasana.
- Sitting Posture-Bhadrasana, Vajrasana, Ardha-Ushtrasana, Ushtrasana, Shashankasana, Mandukasana, UttanaMandukasana, Vakrasana.
- Prone Posture-Makarasana, Bhujangasana, Shalabhasana.
- Supine Posture-Uttanapadasana, Ardhahalasana, Setubandhasana, Markatasana, Pawanamuktasana, Shavasana.

2.5 Pranayama (Technique, Contraindications and Benefits):

- AnulmoaViloma/NadiShodhana
- Ujjaye (without Kumbhaka)
- Shitali (without Kumbhaka)
- Bhramari (without Kumbhaka)

2.6 Dhyana (Technique and Benefits):

- Body Awareness
- Breath Awareness
- Yoga Nidra

2.7 Ayurveda diet plan and consultation related to preventive health (minimum 5 cases)

- Vata Menu: breakfast, snacks, lunch, dinner
- Pitta Menu: breakfast, snacks, lunch, dinner
- Kapha Menu: breakfast, snacks, lunch, dinner
- Seasonal Menu for Vata, Pitta and Kapha

2.8 Observation and assistance in Indian kitchen understanding role of herbs, spices, and grains in Maharashtrian cuisine. Role of hygiene and sustainable practices of Ayurveda in kitchen.

2.9 Visit to Primary Health Care Center, Herbarium, Ayurveda College, Dissection Hall, Sharir kriya department, Sharir Rachna department, Swasthavritta department, Temple food, translation of cook book in global language (any 3)

2.10 Ayurvedic cooking practical workshop.

Unit 3 Indian Cooking

Maharashtrian cuisine

3.1 Nyahari/ Breakfast

- Thalipeeth / Multi grain bread
- Kande Pohe/ Rice Flakes Dish
- Upit/ Upama/Semolina rice
- Shevaya upama/ maharashtrian noodles

3.2 Main Course

- Pithale Bhakari/ Zunaka Bhakari
- Bharale vange/ stuffed brinjal recipe
- Ayurveda Dal/ Multi pulses curry
- Besan Poli/ Dhirade
- Masala Bhat/ Multiveg rice

- Palak Paneer/ spinach tofu curry

3.3 Salads/ side dish Of Maharashtra

- Koshimbir
- Khobaryachi Chutney/Coconut Chutney
- Shegadana Chutney/ Peanut Chutney
- Pudina Chutney/ Mint Chutney

3.4 Deserts

- Prasadacha shira /Banana Shira
- Ukadiche Modak/ Sweet momos
- Tila vadi/ Sesame cubes

3.5 Masala Chai/ Chaha/ Tea