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PRAKRITI PALATE

AYURVEDIC NUTRITION MASTERY

COURSE SCHEME

- The Foundations of Ayurveda and Nutrition
- The Science of Digestion and Imbalance
- The Power of Taste and Food Analysis
- Food, Seasons & Daily Routines
- Integrating Tradition with Modernity in Diet Planning

ABOUT THE COURSE

Prakrit Palate: Ayurvedic Nutrition Mastery' is a practical & transformative course designed to explore the deep connection between Ayurveda and food. Delve into ancient wisdom to understand how food affects your body, mind, and overall health. Learn to analyse and adapt dietary practices based on Ayurvedic principles, covering everything from digestion to seasonal eating. This course empowers you to create personalized, health-boosting meal plans rooted in tradition, helping you embrace a holistic approach to nutrition that aligns with your unique constitution. Perfect for anyone seeking to harmonize their food habits with timeless Ayurvedic knowledge.

COMING SOON

CHIEF INSTRUCTOR



DR. PARITOSH BHATT
MD (AY.)



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A 3 MONTHS ONLINE COURSE JOINTLY ORGANIZED BY:

**Placement and Career
Counselling Cell, Ramakrishna
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Math, Howrah**

A N D

**Centre for Indic Studies
Indus University, Ahmedabad**



**E-CERTIFICATE
WILL BE PROVIDED**

CONTACT

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