



आयुष मंत्रालय  
MINISTRY OF  
**AYUSH**



# ALL INDIA INSTITUTE OF AYURVEDA (AIIA) GOA.

(An Autonomous Institute Under Ministry of AYUSH, Govt of India.)

## INFORMATION BROCHURE 2024-25



# 1 DAY AYURVEDA WELLNESS PACKAGE

FOR INTERNATIONAL  
VISITORS

**APPROVED AND RUN BY**





All India Institute of  
Ayurveda (AIIA), GOA Campus

**IN COLLABORATION WITH**

Department of Tourism (DOT),  
Government of Goa.

# ALL INDIA INSTITUTE OF AYURVEDA, GOA CAMPUS

## 1 DAY AYURVEDA WELLNESS PACKAGE,

-  President: Prof. Dr. Tanuja Manoj Nesari.
-  Chief Advisor: Prof. Dr. SH Acharya.
-  Organizing Secretary: Prof. Dr. Sujata D. Kadam
-  Convenor: Dr. Yogesh B. Shinde

### ABOUT ALL INDIA INSTITUTE OF AYURVEDA (AIIA), GOA



### AIIA, GOA CAMPUS

The Satellite Campus of All India Institute of Ayurveda, New Delhi is established by Ministry of AYUSH, Government of India in Dec 2022 at Dhargal Village, Pernem Taluka, North Goa.

### AIIA, GOA HOSPITAL

The Hospital is well-equipped with Ayurveda and Modern Healthcare facilities to provide Integrated and Holistic Health Care for Wellness and Health Promotion, Disease Prevention and Cure through Ayurveda and Yoga.



# ABOUT 1 DAY AYURVEDA WELLNESS PACKAGE (AWP) AT AIIA, GOA.

## A Introduction

- The 1 Day Ayurveda Wellness Package (AWP), is designed under the light of MOU signed between AIIA, Goa Campus under the Ministry of AYUSH and Department of Tourism, Goa State.

## B Aim

- To create awareness and interest about traditional Indian wisdom of Ayurveda and Yoga amongst the global community.
- To provide introductory knowledge and practical experience of Ayurveda and Yoga to the International visitors.

## C Duration

- 06 Hours in 1 day

## D Medium of Instruction

- English Language

## E Outcome of 1 Day Ayurveda Wellness Package

After 1 Day AWP, the Participants will Experience:

- A short tour to AIIA, Goa Campus.
- Personalized Health and Wellness Consultation.
- Traditional Yoga Session.
- Ayurvedic Abhyanga. (Ayurvedic Oil massage).
- Experience of a Model Healthy Ayurvedic Food.

## F 1 Day Ayurveda Wellness Package (AWP) Contents

The Total 06 hours of AWP Schedule, at AIIA, Goa will include:

### Short Tour to AIIA Goa Campus:

### Experience of the Ayur-Wellness Bliss:

- 👉 Experience of Ayurvedic Wellness Therapy Sessions of Abhyanga.
- 👉 A Traditional Yoga Session.

### Ayurvedic Health and Wellness Counselling Session

- 👉 Personalized Ayurvedic Counselling session in Swasthya Rakshana i.e. Health and Wellness OPD.

### Healthy Ayurvedic Food:

- 👉 A Model Ayurvedic Food including Breakfast with Tea, Lunch, and Ayurvedic Tea in the evening will be provided in 1 Day Package.
- 👉 Accommodation: No accommodation will be provided to any International Visitor in any circumstances.

### 1 Day Ayurveda Wellness Package Charges:

- 👉 Registration Fee: \$10
- 👉 Consultation Fee: \$05
- 👉 Wellness Therapy Charges: \$20
- 👉 Yoga Session: \$05
- 👉 Food Charges: \$10
- 👉 Total Package Charges: \$50

### Food Charges for 1 Day: \$10

- 👉 Food Charges Include Healthy Ayurvedic Breakfast, Tea/Coffee, Lunch and Evening Ayurvedic Tea only.

## Important Instructions

---

- 👉 The 1 Day Ayurveda Wellness Package (AWP) will be tailor-made as per the decision of Swasthyarakshana i.e. Health and Wellness OPD Physicians only and it will not be changed on the demand of participants in any circumstances.
- 👉 Advance Registration and Payment of \$50 before 2 days of arrival is mandatory before availing the Ayurveda Wellness Package.
- 👉 1 Day Ayurveda Wellness Package Charges of \$50 is Non-Refundable once paid in any case.

## 1 Day Ayurveda Wellness Package Registration Procedure

---

- 👉 Eligibility for Admission: Non-Indian Citizens only
- 👉 Health Status: Participant must be physically and mentally fit.
- 👉 Selection Procedure: Based on documental clearance, Registration completion and First Come First basis.
- 👉 Admission Confirmation: After submission of Total AWP Package Charges of \$50.

## Visa

---

- 👉 Persons holding any valid Visa to India are eligible to avail this package

## How to Register

---

- 👉 The Application Form for AWP can be downloaded from official website: [www.aiigoa.org](http://www.aiigoa.org)
- 👉 Participant shall fill the form and send a scanned copy of the Application form along with self-attested copies of requisite documents asked, on the institute email id.
- 👉 The Ayurveda Wellness Package (AWP) charges once paid will not be refunded under any circumstances.
- 👉 No certificates will be issued for the 1 Day Ayurveda Wellness Package (AWP).
- 👉 Transaction Details will be conveyed to selected participants over their Email Id.

## Contact Details

---

- 👉 1 Day Ayurveda Wellness Package (AWP) Convenor: Dr. Yogesh B. Shinde
- 👉 Contact Number: +91-9028383505.
- 👉 Email ID: [goa-office@aiaa.gov.in](mailto:goa-office@aiaa.gov.in)