

A woman in a yoga pose on a beach, with her hands in a prayer position and legs in a wide stance. The background is a dark, moody image of the ocean and sky.

HE WHO HAS
health
— HAS **HOPE**; —
& HE WHO HAS HOPE, HAS
everything



SCHOOL OF
HEALTH &
WELLNESS

30+

Years in
Education

10th

in World
Ranking

250+

Faculties



ABOUT

AAFT

120+

Countries
Students Enrolled

19k+

Alumni
Network

1000+


Celebrity
Interaction

ABOUT

AAFT SCHOOL OF HEALTH & WELLNESS

School of Health and Wellness offers diverse range of courses related to health and wellness industry. Our comprehensive programs will teach you everything that you need to know about nutrition, diet and yoga. AAFT grooms you, trains you and offers you a strong foundation before you go out to make a name for yourself in the industry. You will get to master the art of personal grooming while honing the craft of health and wellness. With numerous Indian and international collaborations, our students at the School of Health and Wellness have carved a niche for themselves on a global platform.





Yoga, Nutrition & Dietetics are the art and science that train professionals to keep individuals fit and healthy and help them in making progressive changes in the health community. Our courses aim to provide knowledge in areas like physiology, nutrition at various stages of life, food quality, Asana variations, Yogic Anatomy, therapeutic nutrition & diet planning. Students can practice as nutritionist, dietitian and yoga trainers at gyms, sports leagues, slimming centers, health clubs, etc. They can also set up their own clinic or work as a private consultants.



*It all begins in the gut...
Learn to heal your gut –
see the magic and
healing happen
anywhere from
head to toe! AAFT
teaches that you
are not what
you eat – you
are what you
absorb!*

DEEPTI SHERAWAT
Nutritionist &
Lifestyle Coach

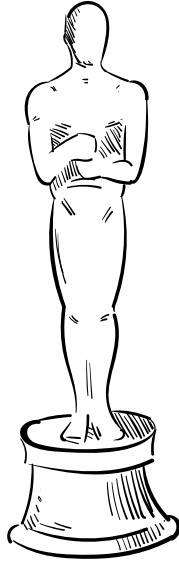
AWARDS & ACCOLADES



**International Edu
Conclave & Award - 2021**
by Educació World



**Best Media School
by ASSOCHAM at 12th
National Education
Summit**



**Dada Saheb Phalke Film
Foundation Award**
for Best Producer in
Short Films (Mumbai)



**Lifetime
Achievement Award**
at Cannes Film
Festival, 2019



Delhi Gaurav Award
2015 by
Dr. Harshvardhan



**Awarded International
Media Person**
at House of Commons in
British Parliament



**PRSI Leadership Award –
2020** (Public Relation
Society of India) which is
a National Award

A portrait of Dr. Sandeep Marwah, a man with dark hair, a mustache, and glasses, wearing a dark suit, white shirt, and blue patterned tie. He is smiling and looking towards the camera. The background is blurred, showing some colorful lights.

MESSAGE FROM THE **PRESIDENT**

Dr. Sandeep Marwah

I believe wellness is much more than physical health; it is, in fact, a holistic integration of physical, mental, and spiritual well-being. It incorporates fueling the body, engaging the mind, and nurturing the spirit. I believe if there is anything that can bring peace to the restless World, it is Spirituality. It is an aspect that includes personal wellness as well as that of the community. The School of Health and Wellness encompasses comprehensive training in all aspects of wellness and strives to achieve excellence in every aspect of this field. We are aware that rendering industry-relevant exposure is of utmost importance for preparing students to be excellent professionals contributing significantly to the wellness industry. Hence, we are dedicated to impart first-hand industry experience to our students because the best kind of learning is that is beyond the four walls. Wishing all the students great success for their future endeavors.





The image shows a modern, multi-story building with a light-colored facade. The words "MARWAH STUDIOS" are prominently displayed in large, white, three-dimensional letters on the upper part of the building. Above the text is a small, stylized logo. The building has several balconies with black metal railings and air conditioning units mounted on the exterior walls. The sky is visible in the background, and some greenery is seen at the bottom left.

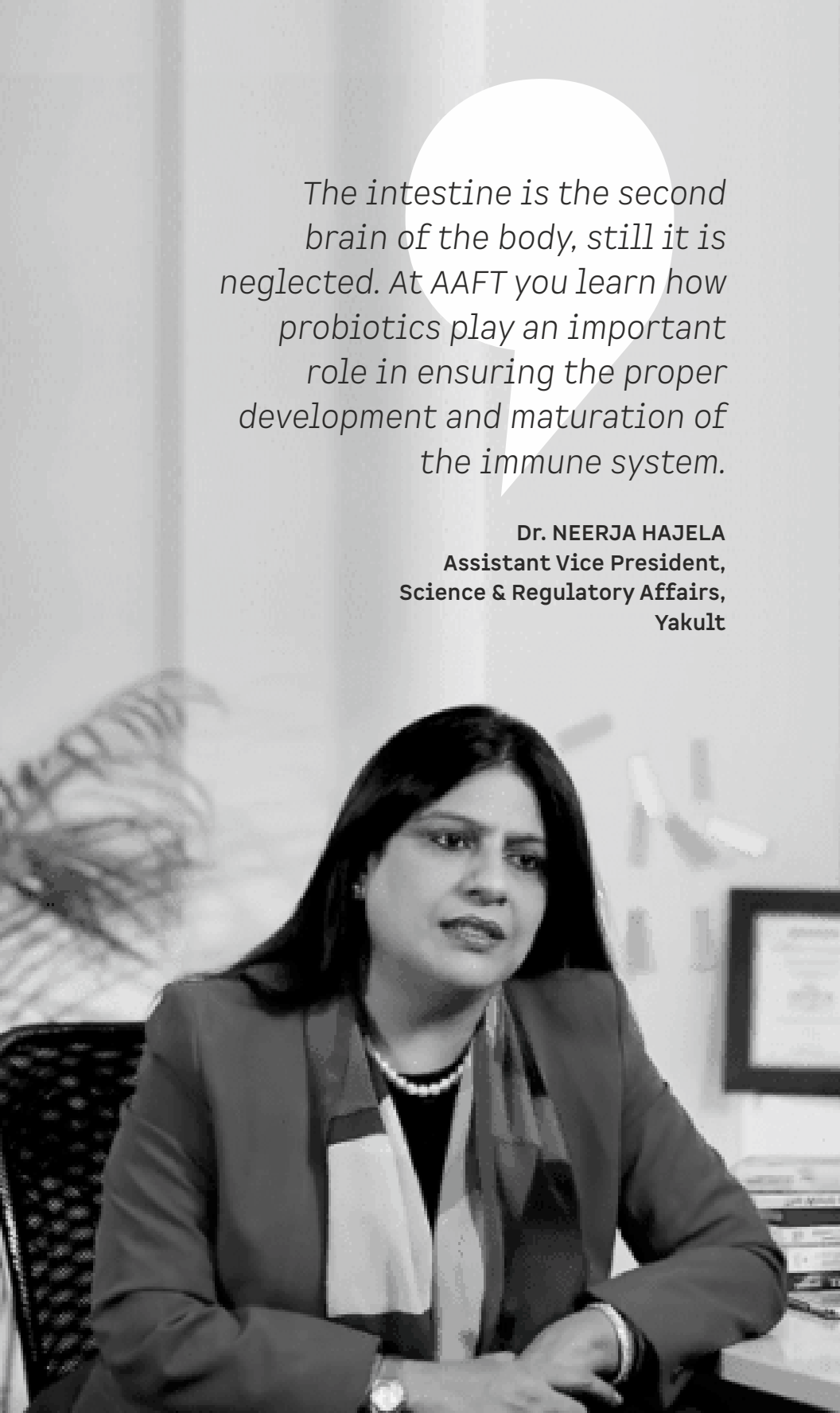
MARWAH STUDIOS

CAMPUS

AAFT School of Health and Wellness is a **spacious high-end education platform** that is contributing to the wellness community by training skilled professionals in this craft. It is located at the heart of Film City which is the biggest media and film production hub in North India. We believe that as an academic discipline, Wellness has become a vibrant area that is integral to understand the theoretical, historical and practical approaches of leading a healthy life. Thus, relevant practical exposure is required along with theoretical concepts to impart comprehensive understanding of this craft. We have a modern and professional campus which boasts of all vital facilities that are important for the overall growth of the students. It is equipped with state-of-the-art infrastructure and extend innovative facilities that allow students to gain first-hand experience of the industry operations.

Meditation studio, Yoga Studios, fully-equipped Nutrition labs and kitchen, Microbiology lab with high-end equipment provide students an opportunity to learn to build confidence and enhance skills in their respective chosen disciplines. In-house activities, events, master workshops through industry experts and other hands-on activities are organized at the campus to provide real-industry experience to the students. They also get to work on Live Projects and participate in Global Fests; thus, getting opportunities to showcase their talent. It also incorporates in-house production house and is associated with various forums & power houses like ICMEI, IFTC, Radio Noida, MSTV that are established to support the mission of imparting excellent wellness education to the students at AAFT School of Health and Wellness.





*The intestine is the second
brain of the body, still it is
neglected. At AAFT you learn how
probiotics play an important
role in ensuring the proper
development and maturation of
the immune system.*

Dr. NEERJA HAJELA
Assistant Vice President,
Science & Regulatory Affairs,
Yakult



INFRASTRUCTURE




Infrastructure plays a pivotal role in facilitating practical apprehension and adequate industry exposure to the students. Our campus boasts of all advanced practical labs that any good Health and Wellness school must have to foster relevant hands-on experience. We have our own **Meditation studio, Yoga Studios, fully-equipped Nutrition labs and kitchen, Microbiology lab with high-end equipment.** We also have a state-of-the-art Library with more than 4000 books and various magazines, newspapers, DVDs and eBooks on every aspect of wellness. We keep ourselves up-to-date with the latest developments in the Health and Wellness world to ensure that our facilities provide comprehensive growth to the students.



Students also get to embrace the skills for becoming a proficient Health and Wellness professional through various ancillary facilities like in-house online TV channel, radio station, publications, etc. where the students can interact with one another and the industry experts to learn about the latest happenings and operations of the industry. It also stages opportunities through which the aspirants can find out more about the career prospects in the Health and Wellness industry.





*To eat is a necessity,
but to eat
intelligently is an
art and AAFT is the
artist.*

VIPIN RANA
Renowned Fitness
Expert

COURSES



UNDERGRADUATE PROGRAMS

- B.A. in **Yoga**
- B.Sc. in **Nutrition & Dietetics**

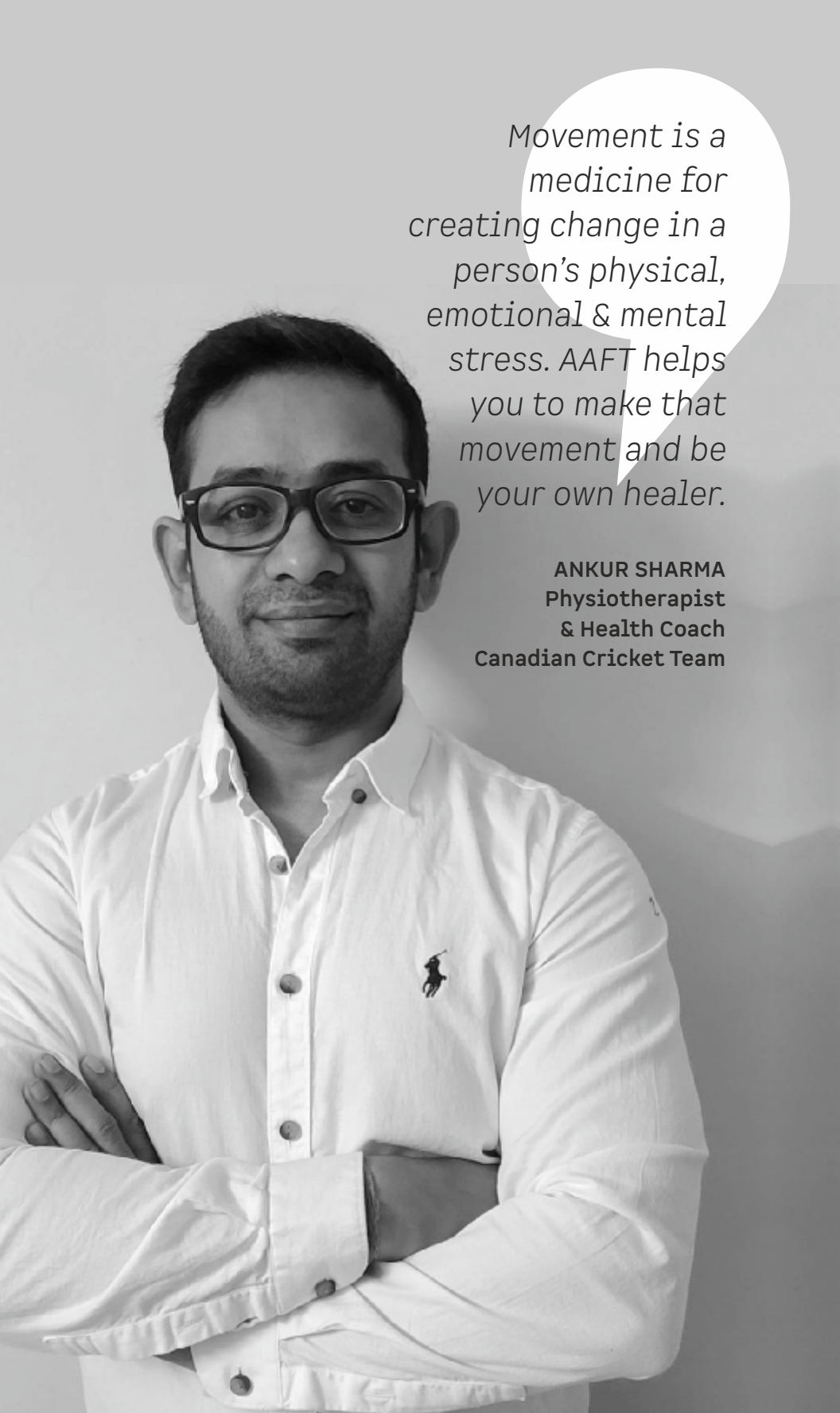
POSTGRADUATE PROGRAMS

- M.A. in **Yoga**
- M.Sc. in **Nutrition & Dietetics**

UG/PG DIPLOMA PROGRAMS

- Diploma & PG Diploma in **Yoga**
- Diploma & PG Diploma in **Nutrition & Dietetics**





*Movement is a
medicine for
creating change in a
person's physical,
emotional & mental
stress. AAFT helps
you to make that
movement and be
your own healer.*

ANKUR SHARMA
Physiotherapist
& Health Coach
Canadian Cricket Team

WORKSHOPS & WEBINARS



Workshops allow students to gain first-hand industry exposure, and thus, plays a pivotal role in imparting practical training. We continuously bring on board many renowned and award-winning industry experts who impart requisite hands-on knowledge to the students, preparing them for the future opportunities and challenges. It helps students to become capable for varied roles and responsibilities associated with the craft.

Students also get exposed to the historical and contemporary work across varied cultures, thus, getting opportunity to learn different aspects of health and wellness. These workshops are conducted on varied topics that are integral to the comprehensive development of Health and Wellness students, such as: Yoga Asana, Principles of Yoga Shastra, Food Science, Food Quality Analysis, Research in Nutritional Science, Nutritional Biochemistry, Medical Nutrition Therapy etc. During the workshops, experts demonstrate and endorse the actual processes and practices pertaining to the craft. The students enthusiastically attend these workshops as the industry experts share their knowledge and experiences with them.

We believe that the Seminars and Master Classes by popular industry experts are a great way to foster academic excellence and industry insights. In today's digital era, Webinars have immensely changed the way knowledge is being shared, making it possible to facilitate ideas, information and opinions in an engaging manner to the global audience.

We have organized numerous Seminars as well as Webinars with renowned national and international Healthcare experts and celebrities such as Yoga Expert Abhimanyu Bhati, Physiotherapist Ankur Sharma, Nutritionist Deepti Sherawat, Physician Dr Rajarshi Bhattacharjee and many more. This provides students a relevant exposure to the broad spectrum of work, philosophies, ethos and culture in health and wellness across the globe. These sessions help students to acquire in-depth knowledge of a particular topic, latest industry developments and new skills associated with the subject. They get opportunity to interact with experts from the specific field. This also escalates their networking opportunities. Industry insights and motivation by renowned experts can play a crucial role for students to embark their journey and sustain in the Health and Wellness industry.

Master Class with
ABHIMANYU BHATI
Yoga Expert




Master Class with
DEEPTI SHERAWAT
Renowned Nutritionist



Master Class with
ANKUR SHARMA
Physiotherapist



Master Class with
Dr RAJARSHI BHATTACHARJEE
Corporate Physician



*Yoga is a mirror to
look at ourselves from
within. AAFT not only
changes the way you
see things, but
transforms the person
who sees.*

ABHIMANYU BHATI
Renowned
Yoga Instructor

ADMISSION PROCEDURE

ELIGIBILITY

Bachelors degree program and Diploma courses

Students who have passed or will appear for higher secondary (10+2) from any recognized Board of Education such as CBSE / ICSE / IGCSE / IB and State Board, can apply for admission.

Masters degree program and PG diploma courses

Applicants must either have appeared or passed or will be appearing in any of the following:

- Bachelor's degree in any discipline under the 10+2+4 (or more) system, from any university or institute, recognized (by law) in India.
- Diploma in the related field of study under the 10+2+4 system, from any university or institute, recognized (by law) in India.

If a Degree/Certificate has been obtained from a University / Board of any other country, then an equivalent certificate must be obtained by the candidate from Association of Indian Universities (AIU), New Delhi, prior to admission.

PROCEDURE

Step 1: Application Form

The duly filled Application Form needs to be submitted along with the mandatory documents.

Step 2: Entrance Test & Interview Process

AAFT Admission process includes written test and interview for selection in the interested academic program.

Step 3: Result Declaration

The assessment report will be conveyed via applicant's registered email-id with the Admissions Department, within 3 days.

Step 4: Admission Confirmation

Successful candidate will be provided with Admission Letter from Admissions Department confirming his/her admission to the opted program.

Step 5: Original Documents Submission

All Original Certificates/Documents, along with one set of attested true copies of the documents will have to be presented to the Admissions Department



FC- 14/15, Sector-16A, Noida Film City, Uttar Pradesh, India
Phone: 09109112056, 08929729610, 09811014536, 09811013654
Email : help@aaft.com Website : www.aaft.com

