

[www.nurenawellness.com](http://www.nurenawellness.com)

Wellness & Maternity  
Care Institute

A New Era  
of Wellness  
Education  
is Rising

# Nurena

Nurturing Life at Every Stage



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Where Hands Heal,  
Hearts Hold

# Nurena

Where Life Begins with Care

NURENA was born from a simple yet profound belief: that the journey of bringing life into the world deserves nothing less than excellence, empathy, and expertise.

We are a sanctuary of learning — where science meets soul, and where caregivers are shaped not just by curriculum, but by compassion.

Here, we don't just train professionals.

**We cultivate guardians of life**

## Our Essence

 Vision  Vision

To be the gold standard in maternity and wellness education — where every caregiver is a beacon of trust, skill, and humanity. | To redefine care through education that is holistic, hands-on, and heart-led. To empower a new generation of professionals who protect motherhood with dignity and devotion.

The NURENA Woman

She is a student, a caregiver, a mother, a dreamer.

She enters seeking a profession — and discovers a calling.

At NURENA, we believe in second chances, in silent strength, and in the power of gentle hands to heal the world.

## Our Programs

Each program is a curated journey blending ancient wisdom with modern science, theory with emotion, and practice with purpose.

### Diploma in Maternity Care & Assistance

The Art of Holding Space

#### About the Course

A beautifully designed 3-month program that prepares you to become a compassionate maternity caregiver, blending clinical skills with emotional intelligence and holistic wellness.

From pregnancy to postnatal recovery, this course trains you to gently support mothers through every stage—offering care, comfort, and confidence during one of life's most sacred journeys.

With hands-on exposure in clinical settings, along with training in newborn care, maternal wellness, and emotional support, you learn to nurture both mother and child with sensitivity and skill.

*Holding Space. Nurturing Life. Supporting Every Beginning*

## Professional Diploma in LifeCare Wellness

### Holistic Wellness & Caregiver Program

**Duration : 6 Months**

Healing Beyond Medicine

A transformative 6-month program designed to develop compassionate caregivers and holistic wellness practitioners who understand healing beyond just physical treatment.

This program focuses on the integration of mind, body, and lifestyle, combining essential caregiving skills with wellness therapies, emotional support techniques, and preventive health practices. Students are trained to deliver care with empathy, awareness, and a human-centered approach, making them valuable in both healthcare and wellness environments

## NURENA Advanced LifeCare Fellowship

### Advanced life, Nutrition , Clinical, Beauty & Wellness Healthcare

A premium 1-year professional program designed to create holistic healthcare and wellness experts who integrate clinical care, beauty science, nutrition, and mental health support.

This program goes beyond traditional healthcare by combining advanced maternal and pediatric care, clinical diagnostics, therapeutic nutrition, aesthetic wellness, and psychological well-being. Students are trained to understand the complete human experience body, mind, and lifestyle enabling them to deliver deep, personalized care.

With specialized modules in skin & beauty wellness, hormonal balance, stress management, emotional health, rehabilitation therapies, and preventive healthcare, along with intensive clinical training and hospital internships, graduates become multi-dimensional professionals ready for modern wellness centers, hospitals, maternity care units, and holistic health practices.

This is not just a course it's a pathway to becoming a next-generation LifeCare & Wellness Specialist.

## The NURENA Experience

Learning here is immersive, intimate, and transformational.

Simulation Labs: Practice in realistic, high-fidelity environments

Clinical Internships: Hands-on training in partner hospitals

Mentorship: Guidance from industry veterans and emotional wellness coaches

Peer Circles: Safe spaces for reflection, growth, and connection

## Certification That Speaks Volumes

Recognized by leading healthcare institutions

Curriculum aligned with global maternity care standards

Practical assessments and real-world evaluations

Career pathways in India and internationally

## Why Nurena ?

Holistic Curriculum | Beyond textbooks — we teach empathy, ethics, and emotional intelligence | Placement Assurance | Strong network of hospitals, wellness centers, and home-care agencies | Premium Brand Value | A name v associated with excellence and trust | Global Readiness | Skills and certification for international opportunities | Expert Faculty | Learn from doctors, doulas, and senior caregivers

## Career Horizons

A NURENA credential opens doors to:

- ✔ **Wellness Consultant**
- ✔ **Lifestyle Coach**
- ✔ **Maternity Care Assistant in hospitals & birth centers**
- ✔ **Wellness Consultant for holistic clinics**
- ✔ **International Caregiver roles**
- ✔ **Nutrition Assistant**
- ✔ **Women & Child Wellness Advisor**
- ✔ **Newborn Care Specialist for private families**
- ✔ **NICU Support Assistant**
- ✔ **Entrepreneur in home-care services**

## The NURENA Promise

- We promise to see you not as a student, but as a future healer.
- We promise to teach you not just how to care, but why it matters.
- And we promise that when you leave us, you will carry forward a legacy of love, dignity, and purpose

## Who Should Join?

- seeking a meaningful career
- Healthcare aspirants with a heart for service
- Mothers returning to the workforce
- Anyone called to the path of caregiving

# Admissions Open

Limited seats. Every batch is curated for quality, connection, and transformation

*Let's Begin  
the Journey*

