



# COURSE CATALOG

Holistic Ayurvedic Coach (HAC)  
Ayurvedic Health Counselor (AHC)  
Ayurvedic Practitioner (AP)

**FALL 2022 PROGRAMS**

v3.0

## REGISTERED OFFICES

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### *India*

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Aluva Munnar Road  
Aluva, Kerala, India-683101

AyurvedaGram Heritage Wellness Center  
Hemmandanahalli, Samethanahalli Post  
Whitefield, Bangalore-560 067



Registration: [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us)  
All Other Course Support: [support@keralaayurveda.us](mailto:support@keralaayurveda.us)  
Website: [www.keralaayurveda.us/courses](http://www.keralaayurveda.us/courses)

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## *Welcome to* **Kerala Ayurveda Academy**

**OUR MISSION:** To integrate traditional Ayurvedic wisdom and healing with scientific research.

**OUR PURPOSE:** To serve as an authentic source of Ayurvedic education, research and community health care.

**OUR COMMITMENT:** To bring the highest caliber of academic excellence to the US and abroad.

Kerala Ayurveda Academy (KAA) invites you to embark on a journey into the world of Ayurveda, where you will discover a profound potential for health and well-being offered by a time-proven, harmonious and holistic healthcare system.

Healthcare in the United States is changing. Health science has evolved to encompass our beliefs, emotions, behavior, thoughts, family and cultural systems, as well as the environmental context in which we live. All of these elements are relevant to our health. Ayurveda is a 5,000-year-old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of Body, Mind and Spirit. Join us to become involved with this pioneering work that is transforming our healthcare industry into a more current model of holistic health care.



Kerala Ayurveda Academy is committed to offering the highest quality of education and services to our students so that they become the finest Ayurvedic health practitioners and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the United States.

The curriculum is based on an Ayurvedic educational curriculum from Indian universities and is both academically challenging and rewarding. Students will find studying at Kerala Ayurveda Academy intellectually stimulating and competitive. The programs encompass all fields of Ayurveda including Ayurvedic philosophy, herbology, psychology, Ayurvedic Dosha imbalance management, research, clinical practice and clinical application.

We have assembled the most qualified and experienced faculty to teach Ayurvedic principles. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15 to 30 years of clinical experience. With Kerala Ayurveda Academy, feel assured that you will receive an authentic Ayurvedic education. The program coordinators at each location are supportive and eager to assist students in any way possible.



*We congratulate you on your decision to become part of an inner circle of  
Ayurvedic professionals who promote healing and Life.*

## AYURVEDA: THE SCIENCE OF LIFE

*Kerala Ayurveda Academy invites you on a great life adventure...*

Kerala Ayurveda Academy is the first institute in the U.S. to provide authentic Ayurvedic programs throughout the country. We currently offer in person training in the state of California plus online learning for students across the globe.

Ayurveda and Yoga are 5,000-year-old sister sciences and belong to the world's oldest known, most well-documented healthcare system. Ayurveda, the science (Veda) of life (Ayur), balances the body and mind using natural therapies and herbal medicines. Yoga, the science of mind, brings balance and purity to the body. The two complement each other and together achieve harmony of the body, mind and spirit, which is the essence of true health.

Knowledge of Ayurveda in today's world is essential as it aims to preserve health and prevent of disease by establishing balance and harmony through nutrition, herbs, meditation and daily routines. Ayurvedic science provides knowledge to unfold the reality beyond the physical body and access the infinite power of the subtle energetic fields. The World Health Organization recognizes Ayurveda as a complete natural healthcare system.

Now is the perfect time for Ayurvedic graduates to embark on a professional journey. They have a unique opportunity today to lead successful lives by assisting family, friends and clients in creating healthier bodies, minds and communities, lowering healthcare costs and supporting our entire planet.



*"My experience... has been nothing short of wonderful... Educational, enjoyable, practical and indispensable...I watched my relationship with family, friends and myself blossom to levels I never could have imagined. KAA has taught me that Ayurveda is truly a way of life, a balanced life and a better life." –Kari*

## PROFESSIONAL POSSIBILITIES WITH AYURVEDA\*

- **All Graduates** can start a wellness business or align with other wellness professionals to create an integrative practice.
- **Licensed Healthcare Practitioners and Healers** from all backgrounds can apply their Ayurvedic knowledge to enhance their current practice.
- **Massage Therapists and Bodyworkers** can expand/deepen their offering by incorporating Ayurvedic techniques.
- **Estheticians** in skin and beauty may enhance their treatments, services and products.
- **Freelance Writers** may launch Ayurvedic publications, publish articles, or create blog content.
- **Research-Savvy Students** may get involved in Ayurvedic research projects. The Office of Alternative Medicine funds many research projects in holistic healthcare.
- **Entrepreneurs** may develop products, open wellness centers, spas or resorts.
- **Students in Academics** may teach or deepen their education with more continued studies. Kerala Ayurveda Academy offers advanced programs in continuing education in the U.S. as well as programs in Kerala Ayurveda Academic Facilities in Cochin and Bangalore, India.

*\*These possibilities vary according to the level of professional education in Ayurveda.*

## WHY CHOOSE KERALA AYURVEDA ACADEMY?

AUTHENTICITY	We offer the highest level of Ayurvedic training outside of India based on the root Vedic texts. Our faculty and advisors include several of the world's leading Ayurvedic experts.
FLEXIBILITY	Programs include weekend and evening sessions, online learning, live streamed and in person formats.
ALUMNI BENEFITS	We strive to offer the most generous alumni benefits including continued access to curriculum and discounts.



### *As a Kerala student, you can take pride in knowing...*

- You are part of a globally recognized and highly respected Ayurvedic lineage which is experiencing tremendous growth in the West. With 1,500+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.
- You embark on your journey knowing that you can qualify for all three levels of professional membership in Ayurveda set by the National Ayurvedic Medical Association (NAMA) with us, including the option to study at our sister sites in India.
- Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Limited (KAL), India - a full spectrum Ayurveda company operating 30 Ayurveda clinics, 2 hospitals, 400 herbal formulations, Medicinal Herbal Gardens and AyurvedaGram Heritage Life Centre. KAL is part of Katra Life Sciences, which aims at providing “Life, Naturally” to all.
- Each year, KAL and Kerala Ayurveda USA provide Life services to more than 70,000 people, and KAA welcomes over 200 new students to the Kerala Family.
- KAL is based in Kerala, India, referred to as “God’s Own Country”: the land that cherishes the traditional practice of Ayurveda and where the science has been preserved in its purest and most authentic form.
- KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health. KAL’s mission is to “Evolve Ayurveda” with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and Life of humankind.
- KAL is powered by a cutting-edge research team including biologists, chemists, scholars and practitioners, and has applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and functional.
- Kerala Ayurveda is one of the most well-regarded names in Ayurveda and has received the honors:
  - Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017, ASSOCHAM
  - Indian Agribusiness Excellence Awards – Katra Phytochem, 2017
  - Herbal Company of the Year, 2016, ASSOCHAM
  - Spa & Life Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
  - Best Integrated Life Provider in India - AyurvedaGram, 2010 & 2011, Frost & Sullivan Award
  - Make in India Emerging Entrepreneurs, 2017, India Today
  - Certification of Excellence – AyurvedaGram, TripAdvisor

- Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore), TripAdvisor
- Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.



**THE ASHA FOUNDATION™**

*The Asha Foundation is a medical service and research foundation in India that provides complimentary and rehabilitative healthcare to children suffering from various ailments, particularly autism and cerebral palsy. Every year, Kerala Ayurveda Academy donates a portion of its proceeds to The Asha Foundation.*





## LOCATION

*Milpitas, CA*

**Kerala Ayurveda Academy & Wellness Center**

*691 South Milpitas Blvd Suite 206*

Located in San Francisco South Bay and eight miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conference and auditorium rooms, consultation and Panchakarma rooms, and a library. Amenities include free wifi and ample parking

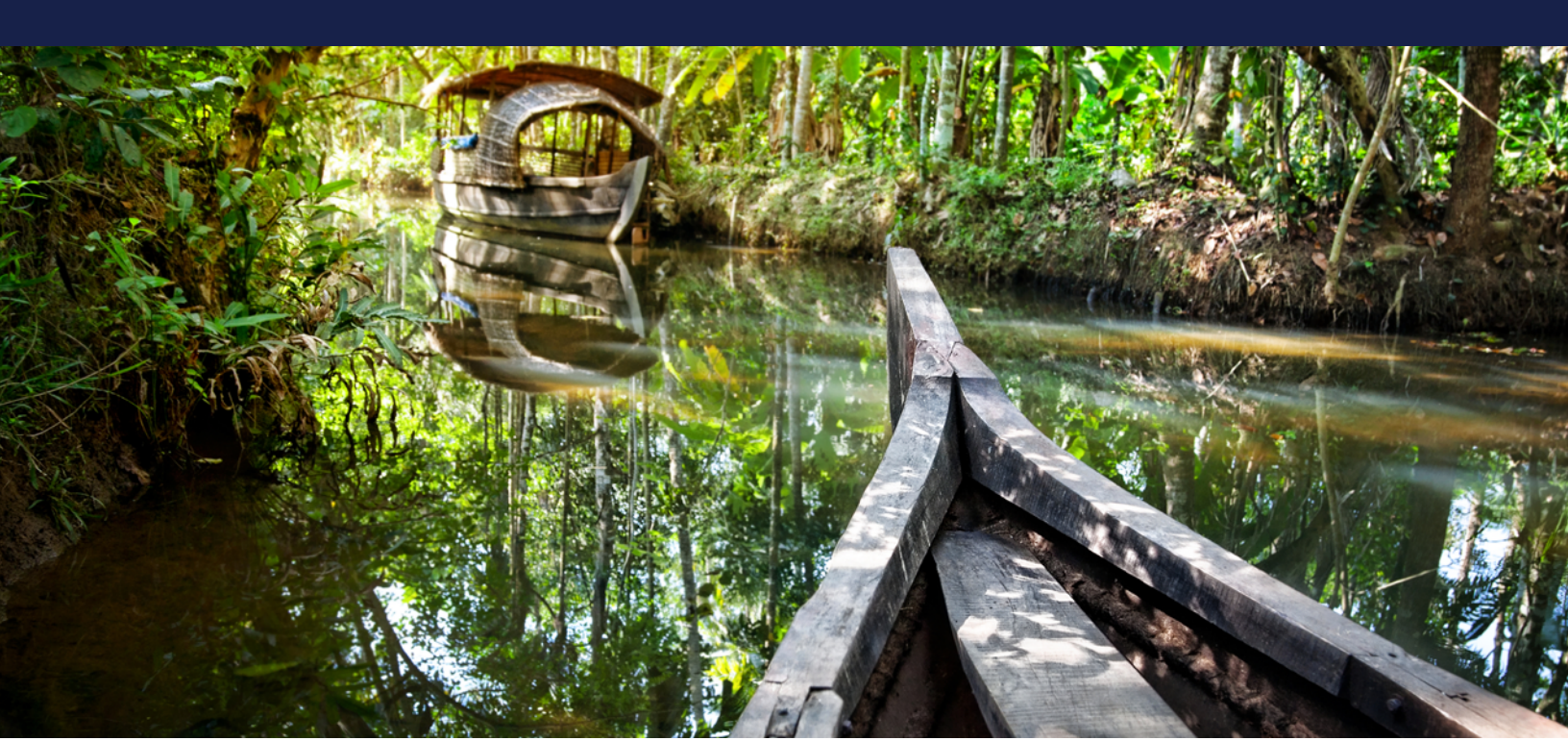
space. The center is located within walking distance of restaurants and health clubs. Our Student Support team can provide more information and local guidance for planning your visit.

## IN PERSON & ONLINE LEARNING

All our courses include a combination of in person and online learning. Online learning is conducted through live streamed classes via Zoom and self-paced learning & resources in our robust elearning platform by TalentLMS.



*Initially, I was wondering if the online learning program is a good enough format to transmit such a complex knowledge as Ayurveda, but thanks to Dr. J and his crew, his promise became more than true. Doing the [Counselor program] (online) has been the best decision ever. -Nadja*



## The Ayurvedic Study Journey

It's our goal at Kerala Ayurveda Academy to provide all available levels of professional education – in alignment with the most current industry standards, and in a progressive format so you can upskill at an achievable pace. This catalog includes detailed information on the first three levels of certification, **Holistic Ayurvedic Coach (HAC)**, **Ayurvedic Health Counselor (AHC)** and **Ayurvedic Practitioner (AP)**. If you would like more information on the Ayurvedic Doctor or the Panchakarma Technician programs, please visit our website at [www.keralaayurveda.us](http://www.keralaayurveda.us).



## CERTIFICATION LEVELS

Our programs build upon one another for cumulative learning so you can achieve the highest level of Ayurvedic training available in the U.S.

<b>COACH - HAC</b>	<b>Counselor – AHC Level I</b>	<b>Practitioner - AP Level II</b>
300 Hours – 6 months  <b>All Online &amp; Hybrid Format Options</b>  First 6 modules are transferrable to AHC	600 Hours – 1 Year  <b>All Online, Hybrid &amp; NAMA Format*</b>  <b>Options</b>	910 Hours – 1.5 Years  <b>Hybrid &amp; NAMA Format* Options</b>

**\*NAMA Format is optional. All Online & Hybrid students may transition to the NAMA format at an additional cost.**

### ■ Holistic Ayurvedic Coach (HAC)

**Prerequisite: High School Diploma or Equivalent**

The Holistic Ayurvedic Coach program offers an authentic introduction to Ayurveda and how it can be practically applied to an individual's life for self-improvement or career enhancement, including fundamental principles of Ayurveda, Ayurvedic physiology and psychology, nutrition, Yoga, lifestyle and seasonal protocols. The entire HAC program is the first six modules of the level I Ayurvedic Health Counselor program, which allows the HAC student an opportunity to seamlessly transition into AHC.

### ■ LEVEL I - Ayurvedic Health Counselor (AHC)

**Prerequisite: High School Diploma or Equivalent • Corequisite: Anatomy & Physiology**

The level I Ayurvedic Health Counselor program builds on the HAC certification topics listed above by offering study modules focused on Ayurvedic herbology, an introduction to Panchakarma detoxification, as well as disease pathology and management. Upon graduation an AHC can determine and analyze body constitution, conduct Ayurvedic lifestyle consultations, and offer guidance on daily routines, Ayurvedic therapies and home remedies.

### ■ LEVEL II - Ayurvedic Practitioner (AP)

**Prerequisite: Level I AHC • Corequisite: Anatomy & Physiology**

After completing AHC, students are eligible for the level II Ayurvedic Practitioner program in which all the key clinical concepts are explored more deeply. Students learn the etiological factors contributing to the nature and structure of disease as well as management techniques.

## CERTIFICATION LEVEL FORMATS

We offer three format styles for our programs: All Online, Hybrid and NAMA. These format styles are designed to offer maximum flexibility to students who choose the All Online or Hybrids formats, as well as meet the requirements to take the Board Exams offered by the National Ayurvedic Medical Association (NAMA). Students who complete the All Online or Hybrid Formats for AHC and AP have an opportunity to transition to the NAMA Format at an additional cost.

PROGRAM	ALL ONLINE FORMAT	HYBRID FORMAT	NAMA FORMAT
<b>Coach HAC</b>	300 hours	300 hours	N / A
<b>Counselor AHC</b>	600 hours	600 hours	600 hours +92 hours in person AHC Clinical Internship
Transition to NAMA Format <i>Optional</i>	<i>Add on:</i> <ul style="list-style-type: none"> <li>• 2 in person Practical Immersions</li> <li>• 2 in person AHC Clinical Internships</li> </ul> <i>See AHC Format Breakdown and Tuition and Fees for details.</i>	<i>Add on:</i> <ul style="list-style-type: none"> <li>• 2 in person Practical Immersions</li> <li>• 2 in person AHC Clinical Internships</li> </ul> <i>See AHC Format Breakdown and Tuition and Fees for details.</i>	N / A
<b>Practitioner AP</b>	N / A	910 hours	910 hours
Transition to NAMA Format <i>Optional</i>	N / A	<i>Add on:</i> 85 hours in person – several options available. <i>See AP Format Breakdown for options.</i>	N / A



## SCOPE OF PRACTICE COMPARISON

	HAC	AHC LEVEL I	AP LEVEL II
Educate people on Ayurvedic principles including the holistic view of health, the elements, <i>Doshas</i> , Ayurvedic diet, daily and nightly routines, and living in alignment with nature's rhythms.	✓	✓	✓
Explain the connection between body, mind and spirit and how various natural tools and principles can enhance the quality of life.	✓	✓	✓
Take health history of an individual's personal and family wellness.	✓	✓	✓
Analyze an individual's unique mind-body constitution according to Ayurvedic principles.	✓	✓	✓
Advise on dietary choices based on an individual's constitution and the six tastes.	✓	✓	✓
Create daily, nightly and seasonal routines for individuals based on their constitution and age.	✓	✓	✓
Recommend simple yoga and breathing techniques for improved health.	✓	✓	✓
Offer talks, workshops and write articles about principles of Ayurvedic living, cooking, preventive practices, simple yoga and breathing techniques.	✓	✓	✓
Recommend common rejuvenative (Rasayana) herbs for preventative health and life enhancement.		✓	✓
Recommend basic Ayurvedic bodywork therapies.		✓	✓
Assess common <i>Dosha</i> imbalances in individuals and offer supportive recommendations in diet, daily and seasonal practices, simple yoga and breathing, common rejuvenative herbs and basic Ayurvedic bodywork therapies.		✓	✓
Assess imbalances of digestion and metabolism, functional energies of the system, and channels according to Ayurvedic principles			✓
Advise on lifestyle and dietary choices based on an individual's imbalances.			✓
Create custom herbal blends and recommend personalized herbal protocols based on imbalances in the mind/body systems including combinations of: Ayurvedic herbs, spices, formulations and supplements.			✓
Recommend detoxification protocols (Panchakarma) based on imbalances in the mind/body system and perform simple internal cleansing therapies.			✓



# Faculty

Kerala Ayurveda Academy's mission is to offer authentic Ayurvedic courses by experienced Ayurvedic Doctors. Many of our faculty members are established Ayurvedic physicians who have received degrees from renowned universities in India – the “Holy Land” of Ayurveda – and have more than 15 years of experience in Ayurvedic practice and teaching. Faculty are eager to share and hand over this ancient wisdom to our enthusiastic students.

*Kerala Ayurveda Academy is passionate about your success and increasing knowledge. The staff and instructors truly care about you as a person and future practitioner. Their community minded approach makes the student experience unique and vital. –Heather*

*As I complete my [Counselor] program, I realize how much my life has been impacted by the authentic, sincere, and expert guidance of the Vaidya-ji's, mentors, and support staff. I am confidently and eagerly looking forward to continuing my Ayurvedic journey at Kerala Ayurveda Academy. –Debmalya*

*[Vaidya. Jayarajan's] method of teaching was very organized and thorough. I thank him for being so passionate about Ayurveda; he is truly an inspiration  
–Bobby*

*I really enjoyed and appreciated the high level of interaction Rucha Kelkar provided... her teaching was fantastic... and inspiring! – Anonymous*

*I appreciate the way Dr. Kamya teaches... she usually comes up with a little exercise at the end to apply the knowledge that we are learning. It helps with the understanding of how we will apply what we're learning in real life.  
–Bernadette M.*

*I just love that in such a short time, I have much more understanding of content in the classes [Dr. Sheena] teaches. –Anonymous*

*What I trust most about this school is the level of faculty and staff member commitment. There is a true sense of family with students supporting each other in learning this great science. I'm really happy to be a part of it. –Izumi*

*I am a proud graduate.... I can truly say that the timeless science of Ayurveda along with the brilliant panel of teachers at KAA, have influenced me greatly.  
–Karen*

*I'd like to express my high regard for the Academy. Their course curriculum is authentic, classical Ayurveda, taught by instructors with competence in passing on their deep wisdom and understanding of Ayurveda. –Renee*

## ACADEMY DIRECTOR & MASTER FACULTY



### **Vaidya. Jayarajan Kodikannath**

BSc, BAMS

Vaidya. Jayarajan is the Academy Director, Kerala Ayurveda USA, responsible for all academic programs conducted internationally by Kerala Ayurveda. He is a Kerala, India native from a Vaidya family, a veteran Ayurveda scholar and clinician. He is also a Lead Trainer for Domain Experts in Ayurveda with over two decades of experience in health and education in India and the U.S.

*Programs: HAC, AHC, AP*

## FACULTY



### **Vaidya. Vandana Barnawal**

BSc, BAMS, MD (Masters in Ayurveda)

Vaidya. Vandana, the founder of AyurveDatri, is a leading expert of Ayurveda specializing in women's health. She has more than 25 years of experience involving various aspects of clinical, research, teaching and education in Ayurveda. She is on the Board of Directors at Council for Ayurveda Research, USA (CAR), professional member National Ayurvedic Medical association, USA, (NAMA), State Director Ohio at Association of Ayurvedic Professionals of North America, USA (AAPNA). She is a published author of *Stree Roga Vimarsh*, a book of Ayurvedic Gynecology and *Prasuti Tantra Sandarshini*, a book of Ayurvedic obstetrics. She is a regional editor with Journal of Research and Education in Indian Medicine. She is the recipient of many awards, including the Charaka Award for excellence in teaching by AAPNA.

*Programs: HAC, AHC, AP*



### **Vaidya. Meenakshi Gupta**

BAMS

Vaidya. Gupta is a classically trained Ayurveda Vaidya who pursued her BAMS degree from the Apex Learning Institute, The National Institute of Ayurveda in Jaipur, India. She has been practicing Ayurveda for more than 20 years, is a Panchakarma Specialist, and is certified in Child Nutrition and Nutrition Sciences. She is a prolific speaker, educator, and leader in the field of Ayurveda. She is an international educator in various Ayurvedic courses and is on the editorial board of international peer-reviewed journals.

*Programs: HAC, AHC, AP*



### **Vaidya. Sriranjini Jaideep**

MD (Ayurveda), PhD (NIMHANS)

Vaidya. Sriranjini is a clinician researcher with an illustrious career of 20 years in Ayurveda clinical practice, transdisciplinary research and academics. She is an MD in Kayachikitsa (Internal medicine branch of Ayurveda) and a PhD from NIMHANS, Bangalore, a Vaidya Scientist Fellow and a certified Yoga Instructor from SVYASA University. She was a consultant physician at world class, authentic Ayurveda hospitals in India including Institute of Ayurveda and Integrative Medicine and the Ramaiah Indic Specialty Ayurveda at Bangalore where she catered to patients of diverse ailments. She has been a Co-investigator on several research projects and is faculty for workshops on research methodology, medical ethics, biostatistics and scientific writing. She has published her research articles in peer reviewed scientific journals and has won several young researcher awards at international conferences. Currently, she is a Freelance Research Consultant at Ramaiah Ayurveda and also provides Ayurveda consultation from Canada.

*Programs: AHC, AP*



### **Vaidya. Rucha Kelkar**

BAMS, PT, DPT

Vaidya. Rucha Kelkar earned her graduate degree from University of Pune, India and secured a top rank in all three academic years of her Ayurvedic education. She is an accomplished Ayurvedic practitioner, educator and writer, also a licensed physical therapist with a master's degree in physical therapy.

*Programs: HAC, AHC, AP*



### **Vaidya. Suhas Kshirsagar**

MD (Ayurveda), BAMS

Vaidya. Suhas Kshirsagar is a skilled Ayurvedic Doctor, Panchakarma Specialist, Vedic Astrologer and prolific author and public speaker. In India, he worked in research in Ayurvedic pharmaceuticals at Ayurveda Rasashala. In the U.S., he served the Medicine at Maharshi College of Vedic Medicine as Chairman of Dept. of Medicine before assuming the role of Medical Director and an Assistant Professor at the Maharshi University of Management until 2002.

*Programs: HAC, AHC, AP*





### **Mamta Landerman**

CAP, PKS

Mamta Landerman is a Clinical Ayurveda and Panchakarma specialist. She was the Founding President and a Board Director of CAAM (The California Association of Ayurvedic Medicine) and produced the Ayurveda International Symposium at U.C. Berkeley, bringing together the various lineages of Ayurveda in the U.S. to sow seeds for the future vision of the Ayurvedic profession in this country. She has been practicing and teaching Ayurveda and transformational work for the last 23 years.

*Programs: HAC, AHC*



### **Alka Mulakalari**

CAP, LMT, AD (NAMA)

Her belief, love, and passion to heal and help people to walk towards optimal health Spiritually using Sattvik and natural means diverted her back to her roots from where she comes to Ayurveda. She believes that touch is the best source to heal people and to reach their heart. Alka is a certified Ayurvedic Wellness Practitioner and Panchakarma Technician from Kerala Ayurveda Academy and has earned her diploma in Ayurvedic Sciences at well-known Ayurveda colleges in India. She is also a California Licensed Massage Therapist graduated from Everest College, San Francisco. She specializes in Panchakarma techniques and Ayurvedic detox programs, combining the knowledge of western massage techniques and traditional Ayurvedic preventive measures. She is a compassionate and inspiring educator, committed to providing services to humanity.

*Programs: HAC, AHC, AP*



### **Vaidya. Kamya Pillai**

BAMS, AWP

Vaidya. Kamya Pillai trained in Ayurvedic Medicine at Mahatma Gandhi University, Kerala and later served as a faculty in the same university under the Ophthalmology and ENT departments. She gained valuable experience managing a broad spectrum of disorders while operating as an independent practitioner in India during 2009-2013. Her white papers on various health topics were received in seminars across India. In 2015, she completed her Ayurvedic Life Practitioner (AP) certification from Kerala Ayurveda Academy at the AP and serves the program as a mentor for students.

*Programs: HAC, AHC, AP*



## **Vaidya. Princy Prasad**

BAMS, MS (Ayu), PhD (Ayu)

Vaidya. Princy Prasad is a zealous learner and educator of the Science of Life, Ayurveda. Trained by experienced Vaidyas of Kerala, she has a special focus on (i) Orthopaedic management (ii) Para-surgical procedure and also on diverse health conditions. Obtaining her degree in Ayurvedic Medicine and Surgery and master's degree in Surgery (Ayu) from Kerala University of Health Sciences, she continued her research studies in Gujarat Ayurveda University, Jamnagar for the fulfillment of Doctor of Philosophy (Ayu). For the past decade, she has worked in Government Institutions and Hospitals in India managing cases from various socio-economic status. Having a clear understanding of Principles of Ayurveda, patient care, research and development, she worked under National AYUSH mission for the upgradation of hospitals with her expertise. Teaching being one of her passions, she gained 5 years' experience as a Lecturer in Ayurveda (Undergraduate and Postgraduate) and is a constant learner of this ocean of knowledge. She authored articles in Ayurveda for reputable Ayurvedic journals and is the subject editor of International Journal for AYUSH case reports. Vaidya. Princy loves to share her knowledge as she believes, "In vain have you acquired knowledge if you have not imparted it to others."

**Programs: AHC, AP**



## **Revathi Raghavan**

AWP

Revathi Raghavan is a certified Ayurvedic Practitioner, Marma Chikitsa Trainer, and a Yoga and Meditation Instructor. As an Ayurveda educator, she regularly travels and conducts Ayurvedic workshops on Dinacharya (Ayurvedic selfcare/daily routine), Skin and Beauty, Cooking and Nutrition, and "Herbs, Spices and Home Remedies". She has trained over three hundred fifty Marma practitioners in the US. She serves as a teaching faculty at Kerala Ayurveda Academy in Milpitas, California. She is a professional member of National Ayurvedic Medical Association (NAMA). She holds a master's degree in Mass Communications and a Bachelors in Electronics Engineering. She lives in California where she consults and offers therapies at her practice. In her leisure, she enjoys singing, dancing, artwork, hiking, cooking and photography.

**Program: HAC, AHC**



## **Vaidya. Sheena Sooraj**

BAMS

Vaidya. Sheena Sooraj is an experienced Ayurvedic practitioner and native of Kerala, India. She developed her passion for Ayurveda at a young age, as her grandfather was a well-known Ayurvedic physician and astrologer. She has experience running her own practice in India and the U.S. and has successfully managed a wide range of diseases. An active advocate of Ayurveda, she is a public speaker on Ayurveda's importance in daily life, having led talks at schools, corporate offices and banks.

***Programs: HAC, AHC, AP***





# Holistic Ayurvedic Coach (HAC)

## 300 HOUR CERTIFICATION PROGRAM

The Holistic Ayurvedic Coach (HAC) certification program is designed for those who are passionate about maintaining optimal quality of life, want to ensure longevity for themselves and want to guide their family, friends and communities. Students will gain knowledge on necessary principles and natural tools to maintain quality health. These tools include a comprehensive Ayurvedic nutritional education (*Ahara*), daily routines and lifestyle practices to optimize health (*Vihara*), as well as a clear understanding of the mind and thought processes (*Vichara*) and their relationship to well-being.

**Upon successful completion of the HAC course, you will be awarded a Holistic Ayurvedic Coach Certificate.**

# Program Overview

## PREREQUISITE

Students must submit a high school diploma or equivalent prior to enrollment.

## GENERAL FORMAT

### 6 Months – 300 Total Hours

- 6 Weekend Intensives – in person or live streamed\*
- 1-Day Clinical Practicum – in person or live streamed\*
- 12 Tuesday Virtual Classes – live streamed\*
- 5 Group Mentoring Sessions – live streamed\*
- Online Recorded Lectures – elearning\*
- Assignments – elearning\*

*\* Internet connection required. Live streamed sessions are recorded for later viewing.*

ALL ONLINE FORMAT	HYBRID FORMAT
All live classes are attended via live streaming	Weekend Intensive classes can be attended in person or live streamed

## FORMAT BREAKDOWN

	ALL ONLINE FORMAT	HYBRID FORMAT
<b>6 Weekend Intensives</b>	Live streamed	In person or live streamed
<b>1-Day Clinical Practicum</b>	Live streamed	In person or live streamed
<b>12 Tuesday Virtual Classes</b>	Live streamed	Live streamed
<b>5 Group Mentoring Sessions</b>	Live streamed	Live streamed
<b>Online Recorded Lectures</b>	Elearning – self-paced	Elearning – self-paced

# Curriculum

The Holistic Ayurvedic Coach certification program covers both theoretical and practical training, including a blend of online learning, in person hands-on training experience, clinical encounters and assignments. Live classroom sessions and a 1-day hands-on clinical practicum are supplemented by online recorded lectures on our elearning platform.

## LEARNING MATERIALS & RESOURCES

- **Course manuals:** digital manuals are provided for each Weekend Intensive module. Print manuals are available for an additional cost.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our HAC certification program content is made available to students online via our elearning platform powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, pretests and tests.

## STUDENT MENTORS

Students have access to an experienced Ayurvedic Practitioner (AP) mentor who can be contacted via the elearning platform. Student Mentors conduct webinars, review and grade assignments, and are also available to assist with questions for the duration of the scheduled program.

## RECOMMENDED READING

Students receive detailed digital course manuals, material and handouts for each class. The following list of books are not mandatory, but recommended for additional reading.

AUTHOR	TITLES
Khirsagar, Dr. Manisha	<i>Ayurveda: A Quick Reference Handbook</i>
Yarema, Dr. Thomas	<i>Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living</i>
Svoboda, Dr. Robert	<i>Prakriti: Your Ayurvedic Constitution</i>
Kodikannath, Jayarajan and Gregory, Alyson Young	<i>The Parent's Complete Guided to Ayurveda</i>

# WEEKEND INTENSIVES

## KAA 101 | The Essence of Ayurveda (Tarka Sankhya and Sharir)

Begin your education with an introduction to the 5,000-year-old history and philosophy of Ayurveda. The three universal energies (Doshas) and five fundamental elements (Mahabhutas) are the starting point for any Ayurvedic student. This leads to an understanding of the 20 foundational qualities of life (Gunas), the key to health. The application of these guiding principles will also be covered as it relates to the concepts of physiological disposition (Prakruti), imbalance (Vikruti) and Dynamic Balance. Additional topics include:

- The fundamental tenets of an effective Ayurvedic health program
- The universe and humanity's place within it: An Ayurvedic View
- The cosmology of the soul
- Comprehensive introduction to basic Ayurvedic concepts: Doshas, Dhatus, Malas, Marmas, Asthis, Sandhis, Srotas.

## KAA 102 | Ayurvedic Physiology (Dosh Dhatu Mala Vigyan)

Ayurvedic Physiology is designed to describe the subtle energies and foundational structures of the human body. Ayurveda explains the formation and structure of the seven tissues of the body in detail. This course will cover the details of these seven tissues and offer a deeper look into how they work cohesively to form the structure and function of the human body. Additional topics include:

- The 15 subtle energies of the body (Subdoshas), their locations, qualities and importance in health
- Natural wastes and their functions
- The essence of life that is responsible for vigor and youthfulness (Ojas), as well as how it is regenerated and preserved.

## KAA 103 | Ayurvedic Psychology (Manasa Shastra)

Ayurvedic Psychology offers a fascinating look into the psychology of the human being from a cosmological and energetic perspective. This course will cover the three Gunas and how they are fundamental for understanding the mind and emotions. Additionally, the Ayurvedic study of how energy moves through the body is powerful and important to fully understand holistic human health. This course will cover the chakras and how to keep them healthy as well as the physical energy centers (Marmas) and their role in health and disease. Additional topics include:

- The psychological energies (subtle Doshas), their function, location and origin
- Kundalini energy and the mechanics of vital living
- The nature and aspects of the mind and how it functions and operates
- Meditation and Pranayama (breathing techniques).

## KAA 104 | Ayurvedic Nutrition & Cooking (Ahara Vigyan)

Ayurvedic Nutrition & Cooking places an emphasis on foods that ground the soul, nourish the body and delight the senses. This is a fun course with in person cooking demonstrations teaching how to prepare simple, nutritious and sensually gratifying meals. Ayurvedic cooking is aimed towards pleasing all five senses and experiencing all six tastes. This course will also



review techniques for maximum nutrient absorption and explain how that relates to a balanced digestive system. Additional topics include:

- The mechanics of satiation and its relationship to the tastes and senses
- When, where, what and how to eat
- The definition of health
- Chaturvidha Ahara, Shatrasas, Ahara Vidhi Vishesha, and the Guna Karma of spices.

### **KAA 105 | Ayurvedic Prevention Science (Swastha Vritta)**

Ayurvedic Prevention Science provides a comprehensive blueprint for daily and seasonal living to maintain optimal health, year-round. This can be done by learning the ideal Ayurvedic daily routine (*Dinacharya*) to live a balanced life and maximize effectiveness of your efforts. Additional topics include:

- Seasonal routines to maintain health and prevent allergies and seasonal infections
- Ways to stay healthy year-round by supporting a strong immune system
- How a modification or change in your daily routine according to the season will impact your health.

### **KAA 106 | Ayurvedic Yoga (Yoga Vigyan) and Clinical Practice (3 days)**

Ayurvedic Yoga will focus on understanding the principles of Yoga in connection with the Ayurvedic concepts. The course will begin with a detailed understanding of the eight limbs of Yoga and the koshas in connection with Yoga and Ayurveda. This course will also teach students how to customize each yoga practice based on the individual's constitution. Additional topics include:

- How Yoga and Ayurveda combined can create the foundation for a transformed experience of living
- Yoga and Ayurveda to deepen your spiritual practice
- Pranayama and meditation techniques.

## **1-DAY CLINICAL PRACTICUM**

This small group practical provides the opportunity to practice clinical techniques with supervised guidance, honing coaching skills utilizing all the tools learned thus far.

## **TUESDAY VIRTUAL CLASSES**

Virtual Classes covers topics in alignment with the upcoming or recent Weekend Intensive. These sessions offer students opportunities to explore topics raised in the Weekend Intensives in more depth, such as *Doshas* (one of the core principles of Ayurveda), *Ahara* (the inputs of life) and *Dinacharya* (daily and nightly rituals).

## GROUP MENTORING SESSIONS

Each session is conducted by a KAA Student Mentor and focuses on a topic related to the Weekend Intensive curriculum and assignments. There will be ample time for questions and interactions.

## ONLINE RECORDED LECTURES

Online Recorded Lectures are included in each monthly module, covering topics in alignment with the Weekend Intensives to reinforce key concepts. Students may watch recorded lectures at their own pace throughout the month. Each individual lecture is equivalent to approximately 1-2 hours in length.

## ASSIGNMENTS

To fully integrate the role of the Holistic Ayurvedic Coach, assignments are included in the HAC program. The assignments build upon each module of learning and one another. They include:

### *Personal Transformation Journey*

Healing begins right at home for the healer. When we learn to work with Ayurveda to bring healing to our own lives, we are able to ground our knowledge in first-hand experience and better support others in doing the same. This assignment involves a self-assessment and experiential process of implementing the Ayurvedic principles and practices learned in class.

### *Ayurvedic Constitution Assessments*

Each student will conduct in person (or via video conference) one-on-one Ayurvedic Constitution Assessments with ten (10) people utilizing intake forms provided by KAA to practice skills in client interactions, assessment and documentation.

### *Clinical Consultations*

Students will follow two (2) clients from KAA module 102 through 105, beginning with consultations and progressing with assessment and counseling based on the topics covered each month. This offers the student the ability to build upon all the learning to create a case study approach.

## PRETESTS & TESTS

Pretesting and testing are associated with each monthly course module to supplement student learning throughout the program.

# Schedule and Hours

For detailed class dates see the online schedule: [keralaayurveda.us/courses/schedules](https://keralaayurveda.us/courses/schedules)

## FALL 2022-2023 START AND COMPLETION

- **Start Date:** Orientation – October 18, 2022, 5:30-7:00pm
- **End Date:** Closing Ceremony – March 22, 2023

## GENERAL CLASS SCHEDULE

For attendance requirements see the Attendance Policy

### *1 Student Orientation – 1.5 hours*

#### **Weekday Evening 5:30-7:00pm U.S. Pacific Time**

Required live streamed session prior to the class start date. It is recorded for later viewing.

### *6 Weekend Intensives – 18 hours each - 108 hours*

#### **Sat-Sun 8:00am-6:00pm U.S. Pacific Time**

Offered once per month for six consecutive months, both in person and live streamed. They are recorded for later viewing.

### *1-Day Clinical Practicum - 9 hours*

#### **Monday 8:00am-6:00pm U.S. Pacific Time**

In person and live streamed session, recorded for later viewing.

### *12 Tuesday Virtual Classroom Sessions – 2 hours each - 24 hours total*

#### **Tuesdays 5:30-7:30pm U.S. Pacific Time**

Live streamed and recorded for later viewing.

### *5 Group Mentoring Sessions – 1-1.5 hours each – 6 hours total*

#### **Tuesdays 5:30-6:30 or 7:00pm U.S. Pacific Time**

Live streamed and recorded for later viewing.

### *Online Recorded Lectures - 115 hours*

#### **Elearning platform**

Self-paced work with recommended viewing deadlines aligned with the Weekend Intensives to stay on track for completion.

## *Additional Clinical Encounters – 12 hours*

### **Self-paced**

Clinical Encounters are client interactions. In addition to the 1-Day Clinical Practicum and Virtual Classes, additional Clinical Encounters occur during the self-paced assignments: Ayurvedic Constitution Assessments and Clinical Consultations, which are assigned throughout the program and conducted with supervision from Student Mentors and Faculty.

# Grading and Graduation Requirements

## GRADING

- **Grading** – is based on a cumulative pass/fail mark from the following course components:
- **Assignments** – are reviewed on a pass/fail basis and are submitted in the elearning platform. Project and assignment grades are posted within 10 days of submission.
- **Tests** – a minimum grade of 70% is required to pass. Tests are multiple choice, self-paced and conducted via elearning. There are 6 tests which correspond to the weekend intensive modules. A student who does not achieve the minimum passing grade of 70% for completion may retake the test up to five times. The highest score will be recorded. Test scores are immediately available in the elearning platform.

## GRADUATION REQUIREMENTS

- Tuition is paid in full.
- Attendance requirements are met (See Attendance Policy: HAC).
- All tests, assignments and elearning course material are complete with a passing grade.

**Upon the successful completion of the above requirements, the student will receive a Holistic Ayurvedic Coach certificate.**



# Tuition and Fees

## PROGRAM TUITION

	ALL ONLINE FORMAT	HYBRID FORMAT
	\$100	\$100
	\$3,750	\$3,750
	\$3,850	\$3,850

**Multiple payment plans are available.**

*For more information* see the Payment Plans section.

## BOOKS & MATERIALS

Digital copies of our course manuals are included in tuition. Print manuals are available at an additional cost of \$150.

# Application

**Applying online is easy!** Begin the process with our **online application** via our website: [keralaayurveda.us/courses/apply](https://keralaayurveda.us/courses/apply). As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. **California Students:** you are also encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.



# Ayurvedic Health Counselor (AHC)

## 600 HOUR CERTIFICATION PROGRAM

The Ayurvedic Health Counselor (AHC) certification program is based on the first goal of Ayurveda - *Swasthasya Swasthya Rakshanam* - to preserve the health of a healthy person. Students will gain the tools necessary to restore and preserve health and prevent disease. These tools include a comprehensive nutritional education (*Ahara*), daily routines and practices to maximize health (*Vihar*), as well as a clear understanding of the mind and thought processes (*Vichara*) and their relationship to well-being.

**Upon successful completion of the AHC course you will be awarded an Ayurvedic Health Counselor Certificate.**

# Program Overview

## PREREQUISITES

- Students must submit a high school diploma or equivalent prior to enrollment.
- It is important for Ayurvedic students of professional programs to have adequate knowledge of Anatomy and Physiology (A&P). The equivalent of 4 college level Anatomy & Physiology credits are required. It's not required to complete the A&P course prior to enrollment in this course; it is a graduation requirement that can be taken as a corequisite, alongside this course. If you need to satisfy the A&P corequisite, we offer a partner course you can take entirely online. Students are required to provide proof of A&P course completion to receive their certification. To learn more about our partner course or submit your corequisite documentation, please [visit our website](#).

## GENERAL FORMAT

### 1 Year – 600-692 Total Hours

- 11 Weekend Intensives – in person or live streamed\*
- Two 5-Day Practical Immersions – in person or live streamed\*
- 1-Day Clinical Practicum – in person or live streamed\*
- 28 Tuesday Virtual Classes – live streamed\*
- 6 Monday Virtual Classes – live streamed\*
- 10 Group Mentoring Sessions – live streamed\*
- Online Recorded Lectures – elearning\*
- Assignments – elearning\*
- **Optional Clinical Format:** Two 5-Day AHC Clinical Internships – In person

ALL ONLINE FORMAT	HYBRID FORMAT	NAMA FORMAT
<u>Weekend Intensives and Practical Immersions</u> attended live streaming No <u>AHC Clinical Internships</u>	<u>Weekend Intensives and Practical Immersions</u> attended in person or live streaming No <u>AHC Clinical Internships</u>	<u>Weekend Intensives</u> attended in person or live streaming <u>Practical Immersions</u> attended in person <u>AHC Clinical Internships</u> attended in person

*\*Internet connection required. Live streamed sessions are recorded for later viewing.*

## FORMAT BREAKDOWN

	ALL ONLINE FORMAT	HYBRID FORMAT	NAMA FORMAT*
<b>11 Weekend Intensives</b>	Live streamed	In person or live streamed	In person or live streamed
<b>Two 5-Day Practical Immersion</b>	Live streamed <i>Add-on available for NAMA Format**</i>	In person or live streamed <i>Add-on available for NAMA Format**</i>	In person
<b>6 Monday Virtual Classes</b>	Live streamed	Live streamed	Live streamed
<b>28 Tuesday Virtual Classes</b>	Live streamed	Live streamed	Live streamed
<b>10 Group Mentoring Sessions</b>	Live streamed	Live streamed	Live streamed
<b>Online Recorded Lectures</b>	Elearning – self-paced	Elearning – self-paced	Elearning – self-paced
<b>PROGRAM HOURS</b>	600	600	600
<b>Two 5-Day AHC Clinical Internships</b>	None	None	In person
<b>NAMA FORMAT* HOURS</b>	<i>Add-on available for NAMA Format**</i>	<i>Add-on available for NAMA Format**</i>	92
<b>TOTAL HOURS</b>	600	600	692

\*The NAMA Format is required to meet the criteria required to take the National Ayurvedic Medical Association (NAMA) Board Exam as a level I Ayurvedic Health Counselor (AHC).

\*\*See Attendance Policy, Practical Immersion Policies and Tuition and Fees for details.



# Curriculum

The Ayurvedic Health Counselor certification program covers both theoretical and practical training, including a blend of online learning, in person hands-on training experience, clinical encounters and assignments. Live classroom sessions and hands-on practicums are supplemented by online recorded lectures.

## LEARNING MATERIALS & RESOURCES

- **Course manuals:** digital manuals are provided for each Weekend Intensive module. Print manuals are available for an additional cost.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our AHC certification program content is made available to students online via our elearning platform powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, pretests and tests.

## MENTOR PROGRAM

Students have access to an experienced Ayurvedic Practitioner (AP) mentor who can be contacted via the elearning platform. Student Mentors conduct webinars, review and grade assignments, and are also available to assist with questions for the duration of the scheduled program.

## RECOMMENDED READING

Students receive detailed digital course manuals, material and handouts for each class. The following list of books are not mandatory, but recommended for additional reading.

AUTHOR	TITLE
Frawley, David	<i>Yoga and Ayurveda; Ayurveda and the Mind; The Yoga of Herbs</i>
Lad, Dr. Vasant	<i>Textbook of Ayurveda (Two volumes)</i>
Lele, Dr. Avinash	<i>Secrets of Marma; Panchakarma and Ayurvedic Massage</i>
Ranade, Dr. Subhash	<i>Health and Disease in Ayurveda and Yoga; Natural Healing through Ayurveda</i>
Svoboda, Dr. Robert	<i>Prakriti: Your Ayurvedic Constitution</i>
Yarema, Dr. Thomas	<i>Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living</i>
Prof. K.R. Srikantha Murthy	<i>Vagbhata's Astanga Hridayam</i>
Khirsagar, Dr. Manisha	<i>Ayurveda: A Quick Reference Handbook</i>
Kodikannath, Jayarajan and Gregory, Alyson Young	<i>The Parent's Complete Guided to Ayurveda</i>

## WEEKEND INTENSIVES

### KAA 101 | The Essence of Ayurveda (Tarka Sankhya and Sharir)

Begin your education with an introduction to the 5,000-year-old history and philosophy of Ayurveda. The three universal energies (*Doshas*) and five fundamental elements (*Mahabhutas*) are the starting point for any Ayurvedic student. This leads to an understanding of the 20 foundational qualities of life (*Gunas*), the key to health. The application of these guiding principles will also be covered as it relates to the concepts of physiological disposition (*Prakruti*), imbalance (*Vikruti*) and Dynamic Balance. Additional topics include:

- The fundamental tenets of an effective Ayurvedic health program
- The universe and humanity's place within it: An Ayurvedic View
- The cosmology of the soul
- Comprehensive introduction to basic Ayurvedic concepts: Doshas, Dhatus, Malas, Marmas, Asthis, Sandhis, Srotas.

### KAA 102 | Ayurvedic Physiology (Dosh Dhatu Mala Vigyan)

Ayurvedic Physiology is designed to describe the subtle energies and foundational structures of the human body. Ayurveda explains the formation and structure of the seven tissues of the body in great detail. This course will cover the details of these seven tissues and offer a deeper look into how they work cohesively to form the structure and function of the human body. Additional topics include:

- The 15 subtle energies of the body (Subdoshas), their locations, qualities and importance in health
- Natural wastes and their functions
- The essence of life that is responsible for vigor and youthfulness (Ojas), as well as how it is regenerated and preserved.

### KAA 103 | Ayurvedic Psychology (Manasa Shastra)

Ayurvedic Psychology offers a fascinating look into the psychology of the human being from a cosmological and energetic perspective. This course will cover the three *Gunas* and how they are fundamental for understanding the mind and emotions. Additionally, the Ayurvedic study of how energy moves through the body is powerful and important to fully understand holistic human health. This course will cover the chakras and how to keep them healthy as well as the physical energy centers (*Marmas*) and their role in health and disease. Additional topics include:

- The psychological energies (subtle *Doshas*), their function, location and origin
- Kundalini energy and the mechanics of vital living
- The nature and aspects of the mind and how it functions and operates
- Meditation and Pranayama (breathing techniques).

### KAA 104 | Ayurvedic Nutrition & Cooking (Ahara Vigyan)

Ayurvedic Nutrition & Cooking places an emphasis on foods that ground the soul, nourish the body and delight the senses. This is a fun course with in person cooking demonstrations teaching how to prepare simple, nutritious and sensually gratifying meals. Ayurvedic cooking is aimed towards pleasing all five senses and experiencing all six tastes. This course will also

review techniques for maximum nutrient absorption and explain how that relates to a balanced digestive system. Additional topics include:

- The mechanics of satiation and its relationship to the tastes and senses
- When, where, what and how to eat
- The definition of health
- Chaturvidha Ahara, Shatrasas, Ahara Vidhi Vishesha, and the Guna Karma of spices.

### **KAA 105 | Ayurvedic Prevention Science (Swastha Vritta)**

Ayurvedic Prevention Science provides a comprehensive blueprint for daily and seasonal living to maintain optimal health, year-round. This can be done by learning the ideal Ayurvedic daily routine (*Dinacharya*) to live a balanced life and maximize effectiveness of your efforts. Additional topics include:

- Seasonal routines to maintain health and prevent allergies and seasonal infections
- Ways to stay healthy year-round by supporting a strong immune system
- How a modification or change in your daily routine according to the season will impact your health.

### **KAA 106 | Ayurvedic Yoga (Yoga Vigyan)**

Ayurvedic Yoga will focus on understanding the principles of Yoga in connection with the Ayurvedic concepts. The course will begin with a detailed understanding of the eight limbs of Yoga and the koshas in connection with Yoga and Ayurveda. This course will also teach students how to customize each yoga practice based on the individual's constitution. Additional topics include:

- How Yoga and Ayurveda combined can create the foundation for a transformed experience of living
- Yoga and Ayurveda to deepen your spiritual practice
- Pranayama and meditation techniques.

### **KAA 107 | Ayurvedic Herbology (Dravya Guna Shastra)**

Ayurvedic Herbology marks the halfway point in your Ayurvedic Health Counselor education. This detailed class will introduce the concepts of herbal energetics and how to identify the healing properties of household herbs. There will be a comprehensive analysis of herbal characteristics such as taste, potency, post-digestive effect and what they mean for your health. Special emphasis will be placed on over twenty different Ayurvedic herbs such as Amla, Brahmi, Neem and Shatavari. Additional topics include:

- Herbs to boost the immune system, delay aging and improve the quality of life
- How to maximize the absorption of particular herbs and medicines
- Preparing and administering specialized herbs and herbal concoctions
- Popular formulations and recipes

## KAA 108 | Introduction to Ayurvedic Bodywork (Panchakarma)

Introduction to Ayurvedic Bodywork will focus on hands-on techniques to promote cellular healing and regeneration. This course will cover simple body therapies that have an anti-aging effect, improve digestive absorption, calm the mind and improve sleep. Additional topics include:

- Daily therapies to promote healing and wellness
- Treatments to improve skin tone and luster while also soothing the nervous system
- A hands-on introduction to Snehana, Swedana, Shirodhara, Padabhyanga, Shiroabhyanga, Kati Basti, Lepas, Udvartana and Soundarya Shringar.

## KAA 109 | Disease Pathology (Roga Nidan)

Disease Pathology will describe how diseases form and progress, how an individual can fall from health to disease. This course will cover simple ways to identify warning signs long before they become full-blown symptoms. Additional topics include:

- The Ayurvedic energies and structures (Dosha, Dhatu, Mala) and their role in the disease process
- How to analyze the various systems and structures of the body and identify potential warning signs: tongue, pulse and mala diagnosis
- In-depth examination of case studies.

## KAA 110 | Disease Management (Kaya Chikitsa)

Disease Management will describe how to address various disease manifestations and how to prevent their progression. This course will provide an introduction to the unique etiopathogenesis that Ayurveda uses to explain energies and structures (*Dosha, Dhatu, Mala*) and their role in various etiopathogenesis. The evolution of diseases through various Dosha stages reaching the final degenerative phase. Additional topics include:

- Simple ways to identify warning signs and methods of arresting the disease progression
- Tools and techniques including simple herbal treatments and dietary & lifestyle changes to restore and maintain equilibrium
- Various methodologies involved in Palliative (*Shamana*) and Purification (*Shodhana*) treatments.

## KAA 111 | Review, Clinical Management

Review and Clinical Management will take a final look at the prior ten months in a summarized review and investigate Ayurveda's application in modern times. Students will be guided on how to build and sustain a clinical practice and how the science of Ayurveda applies to the business model. Additional topics include:

- The structure of state and national practice regulations and the state of Ayurvedic affairs in the United States.
- The future of Ayurveda in the United States.
- Tools, tips and spreadsheets to help you run your business.



## AHC PRACTICAL IMMERSIONS

These intensives focus on the main Ayurvedic Lifestyle recommendations and are taught under the guidance of an Ayurvedic Doctor (*Vaidya*).

### *AHC Practical Immersion 1 (coincides with KAA 107)*

This 5-day practicum covers Ayurvedic cooking and a detailed review of the client intake process. It covers how to utilize information from the healthy history intake, principles and practice of individual constitution (Prakriti) assessment, plus guided counseling with live cases.

### *AHC Practical Immersion 2 (coincides with KAA 111)*

This 5-day practicum covers Ayurvedic Herbology and reviews the process from client intake through final recommendations. It offers practice sessions with live case consultations, and exploration of the practical ways in which this certification can be implemented.

**Required in person attendance for NAMA Format. Online & Hybrid students may attend future sessions to meet NAMA Format requirements.**

**For more information:** see **AHC Attendance Policy, Practical Immersion Policies, Tuition and Fees.**

## 1-DAY CLINICAL PRACTICUM

A small group practical setup provides the opportunity to practice clinical techniques with supervised guidance, honing counseling skills utilizing all the tools learned thus far.

## TUESDAY VIRTUAL CLASSES

Tuesday Virtual Classes are offered live approximately twice per month, covering topics in alignment with the upcoming or recent Weekend Intensive. These sessions offer students opportunities to explore topics raised in the Weekend Intensives in more depth, such as *Doshas* (one of the core principles of Ayurveda), *Ahara* (the inputs of life) and *Dinacharya* (daily and nightly rituals).

## MONDAY VIRTUAL CLASSES

There are six Monday Virtual Classes. These sessions will cover topics on Business and Ethics.

## ONLINE RECORDED LECTURES

Online Recorded Lectures are included in each monthly module, covering topics in alignment with the Weekend Intensives.

## *Ashtanga Hridayam*

### **Part 1: The Quest for Longevity: Foundational Principles of Ayurveda**

### **Part 2: Daily Regimen for Health and Longevity**

Class recordings of the first two sessions of our *Ashtanga Hridayam* online series (offered live twice per year) are included in the Online Recorded Lectures to provide students with a rich learning experience straight from the Vedic texts. *Ashtanga Hridayam* is one of the most commonly used root texts of Ayurveda today. Composed in a beautiful poetic format called *Sutras* for easy memorization by practitioners, each line of the text is filled with practical information. Students learn the text line-by-line, how to chant the Sanskrit and understand the deeper meaning behind the principles.

## **NAMA FORMAT: AHC CLINICAL INTERNSHIPS**

AHC Clinical Internships include clinical consultations, which are a combination of observing the faculty conducting a consultation and student-conducted in person consultations under faculty supervision. The goal of this training is to reinforce learned concepts with applied applications in a clinical setting, with many opportunities to ask questions and receive mentored guidance.

*Online & Hybrid Format students may attend future sessions to meet NAMA Format requirements. For more details, see: AHC Attendance Policy, Practical Immersion Policies, Tuition and Fees.*

## **ASSIGNMENTS**

To support your development as an Ayurvedic Health Counselor, assignments are included in the AHC program which build upon each module of learning, and each another.

### *Personal Transformation Journey*

Healing begins right at home for the healer. When we learn to work with Ayurveda to bring healing to our own lives, we are able to ground our knowledge in first-hand experience and better support others in doing the same. This assignment involves a self-assessment and experiential process of implementing the Ayurvedic principles and practices learned in class.

### *Ayurvedic Constitution Assessments*

Each student will conduct in person (or via video conference) one-on-one constitution assessments with ten (10) people utilizing intake forms provided by KAA to practice skills in client interactions, assessment and documentation. This assignment is completed during the HAC portion of your program.

## *Clinical Consultations*

Students will follow two (2) *Rogis* (clients) throughout the program until KAA 111, beginning with consultations and progressing with assessment and creating guidance based on the topics covered in each month. This offers the student the ability to build upon all the learning to create a case study approach.

## *Chikitsa Protocols*

Students will be provided five (5) case papers for review and development of a comprehensive Ayurvedic chikitsa protocol to demonstrate the cumulative skills learned in case evaluations from the previous two assignments.

## *Research Project: Community Health Presentation OR Research Paper*

Student has the choice of a Community Health Presentation or Research Paper.

### **Community Health Presentation Description**

Students will prepare a 1-1.5 hour presentation for a group in the community on an approved topic of student's choice. Students may host and organize the event for personal contacts or offer in conjunction with a greater organization (e.g., a Yoga studio), or arrange to deliver this presentation at an office, school or other place of business.

**OR**

### **Research Paper Description**

Students will prepare a 5–7-page paper on an approved topic within the scope of practice as an Ayurvedic Health Counselor.

## **PRETESTS & TESTS**

Pretesting and testing are associated with each monthly course module to supplement student learning throughout the program.

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# Schedule and Hours

*For detailed class dates* see the online schedule: [keralaayurveda.us/courses/schedules](https://keralaayurveda.us/courses/schedules)

## **FALL 2022-2023 START & COMPLETION**

- **Start Date:** Orientation: October 18, 2022
- **End Date:** Closing Ceremony – October 3, 2023

## GENERAL CLASS SCHEDULE

*For attendance requirements* see the Attendance Policy

### *2 Student Orientations – 2.5 hours total*

#### **Weekday Evenings 5:30-7:00pm and 5:30-6:30pm U.S. Pacific Time**

Required live streamed sessions are recorded for later viewing. One occurs prior to class start date, and the second occurs after the first 6 Weekend Intensive modules KAA 101-106.

### *11 Weekend Intensives – 18 hours each - 198 hours*

#### **Sat-Sun 8:00am-6:00pm U.S. Pacific Time**

Offered once per month for six consecutive months, both in person and live streamed. They are recorded for later viewing.

### *2 AHC Practical Immersions – 54 hours each - 108 hours total*

#### **Mondays-Wednesdays 8:00am-6:00pm U.S. Pacific Time**

5-day intensives offered in person or live streamed, recorded for playback. They include the AHC Weekend Intensive KAA 107 and KAA 111 respectively.

**Required in person attendance for NAMA Format. Online & Hybrid students may attend future sessions to meet NAMA Format requirements.**

*For more information:* see AHC Attendance Policy, Practical Immersion Policies, Tuition and Fees.

### *1-Day Clinical Practicum - 9 hours*

#### **Monday 8:00am-6:00pm U.S. Pacific Time**

In person and live streamed session, recorded for later viewing.

### *28 Tuesday Virtual Classroom Sessions – 2 hours each - 56 hours total*

#### **Tuesdays 5:30-7:30pm U.S. Pacific Time**

Live streamed and recorded for later viewing.

### *6 Monday Virtual Classroom Sessions – 2 hours each - 12 hours total*

#### **Mondays 5:30-7:30pm U.S. Pacific Time**

Live streamed and recorded for all students.

### *10 Group Mentoring Sessions - 11 hours*

#### **Tuesdays 5:30-6:30pm or 5:30-7:00pm U.S. Pacific Time**

Live streamed and recorded for all students.

## *Additional Clinical Encounters – 36 hours*

### **Self-paced**

Clinical Encounters are client interactions. In addition to the 1-Day Clinical Practicum, AHC Practical Immersions and AHC Clinical Internship, additional Clinical Encounters occur during the self-paced assignments: Ayurvedic Constitution Assessments and Clinical Consultations, which are assigned throughout the program and conducted with supervision from Student Mentors and Faculty.

## **NAMA FORMAT**

### *AHC Clinical Internships – 46 hours each - 92 hours total*

#### **Mondays-Fridays 8:00am-6:00pm U.S. Pacific Time**

Two 5-day intensives offered in person only with required attendance for the NAMA Format.

*Online & Hybrid Format students may attend future sessions to meet NAMA Format requirements. For more details, see: AHC Attendance Policy, Practical Immersion Policies, Tuition and Fees.*

# **Grading and Graduation Requirements**

## **GRADING**

- **Grading** – is based on a cumulative pass/fail mark from the following course components:
- **Assignments** – are reviewed on a pass/fail basis and must all be completed to graduate.
- **Tests** – a minimum grade of 70% is required to pass. Tests are self-paced and taken online after each weekend intensive.

## **GRADUATION REQUIREMENTS**

- Tuition is paid in full.
- Documentation is submitted of completing the equivalent of 4 credits of college level Anatomy & Physiology course.
- Attendance requirements are met for the student's chosen format – Online, Hybrid or NAMA (see AHC Attendance Policy: AHC).



- All tests, assignments and elearning course material are complete with a passing grade.
- Format Option of each program must be followed.

Upon the successful completion of the above requirements, the student will receive an Ayurvedic Health Counselor certificate.

## Tuition and Fees

### PROGRAM TUITION

	ALL ONLINE FORMAT	HYBRID FORMAT	NAMA FORMAT
<b>Registration Fee</b>	\$100	\$100	\$100
<b>Tuition</b>	\$7,500	\$7,500	\$7,500
<b>2 AHC Clinical Internships</b>	n/a	n/a	\$1,350
	\$7,600	\$7,600	\$8,950

Multiple payment plans are available. [For more information](#) see Payment Plans.

### TRANSITION TO NAMA FORMAT

Online and Hybrid Students can meet the NAMA Format requirements with program add-ons.

<b>2 AHC Clinical Internships</b>	\$675 each	\$675 each
	\$1,350	\$1,350

### BOOKS & MATERIALS

Digital copies of our course manuals are included in tuition. Print manuals are available at an additional cost of \$300.

# Application

**Applying online is easy!** Begin the process with our **online enrollment forms** via our website: [keralaayurveda.us/courses/apply](https://keralaayurveda.us/courses/apply). As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. **California Students:** you are encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.

**Students from other institutions** are welcome! Our Admissions and Student Support team will work with you to create a transfer plan (see the Transfer Policy).



## Ayurvedic Practitioner (AP)

### 910 HOUR CERTIFICATION PROGRAM

The Ayurvedic Practitioner (AP) program is based on the second goal of Ayurveda—*Aaturasya Vikara Prashamanam* (disease management). At this level, the emphasis is on gaining a deeper understanding of the disease process and management techniques at its various stages. Students will gain a deeper understanding of Ayurvedic concepts and techniques.

**Upon successful completion of the AP Program you will be awarded an Ayurvedic Practitioner Certificate.**

# Program Overview

## PREREQUISITES

- Completion of the Ayurvedic Health Counselor (AHC) or an equivalent program. AHC graduates can enter the AP program directly. Students who have completed a program equivalent to the AHC from other institutions will be required to undergo an interview process to determine their competency in Ayurvedic principles and practices.
- It is important for Ayurvedic students of professional programs to have adequate knowledge of Anatomy and Physiology (A&P). The equivalent of 6 college level Anatomy & Physiology credits are required. It's not required to complete the A&P course prior to enrollment in this course; it is a graduation requirement that can be taken as a corequisite, alongside this course. If you need to satisfy the A&P corequisite, we offer a partner course you can take entirely online. Students are required to provide proof of A&P course completion to receive their certification. To learn more about our partner course or submit your corequisite documentation, please [visit our website](#).

## GENERAL FORMAT

### 1.5 Years – 910 Total Hours

- 10 Weekend Intensives – in person or live streamed\*
- 1 Practical Immersion - in person
- 230 Hours AP Clinical Internship – in person
- 30 Virtual Classes – live streamed\*
- 10 Monthly Clinical Case Discussions - live streamed\*
- 5 Group Mentoring Sessions - live streamed\*
- Online Recorded Lectures – elearning\*
- Assignments – elearning\*

*\* Internet connection required. Live streamed sessions are recorded for later viewing.*

HYBRID FORMAT	NAMA FORMAT
<u>Weekend Intensives</u> attended in person or live streaming	<u>Weekend Intensives</u> attended in person



## FORMAT BREAKDOWN

	<b>HYBRID FORMAT</b>	<b>NAMA FORMAT*</b>
<b>10 Weekend Intensives</b>	In person or live streamed 210 In person	In person
<b>1 Practical Immersion</b>	In person	In person
<b>230 Hours AP Clinical Internship</b>	In person	In person
<b>30 Virtual Classes</b>	Live streamed	Live streamed
<b>10 Monthly Clinical Case Discussions</b>	Live streamed	Live streamed
<b>5 Group Mentoring Sessions</b>	Live streamed	Live streamed
<b>Online Recorded Lectures</b>	Elearning – self-paced	Elearning – self-paced
<b>Assignments</b>	Elearning – self-paced	Elearning – self-paced
<b>PROGRAM HOURS</b>	910	910
<b>NAMA FORMAT* TRANSITION HOURS</b>	<i>Add on 85 hours:</i> U.S. AP Clinical Internship KAA India Immersion Pre-Approved Externship Independent India Internship Mentored Experiential PK  <i>Choose one of the above or blend these options</i>	N/A
<b>TOTAL HOURS</b>	995	910

**\*The NAMA Format is required to satisfy level III Ayurvedic Doctor (AD) certification program prerequisites and to meet the criteria required to take the National Ayurvedic Medical Association (NAMA) Board Exam as a level II Ayurvedic Practitioner (AP).**

# Curriculum

The Ayurvedic Practitioner certification program covers both theoretical and practical training, including a blend of online learning, in person hands-on training experience, clinical encounters and self-paced assignments. Live classroom sessions and hands-on practicums are supplemented by online recorded lectures on our elearning platform.

## LEARNING MATERIALS & RESOURCES

- **Course manuals:** digital manuals are provided for each Weekend Intensive module. Print manuals are available for an additional cost.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our AP certification program content is made available to students online via our elearning platform powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, pretests and tests.

## MENTOR PROGRAM

Students have access to an AP graduate or AD student mentor who is supervised by an Ayurvedic Doctor (*Vaidya* - BAMS). Student Mentors can be contacted via the elearning platform to review and grade assignments and are also available to assist with questions during studies.

## RECOMMENDED READING

Students receive detailed digital course manuals, material and handouts for each class. The following list of books are not mandatory, but recommended for additional reading.

AUTHOR	TITLE
Prof. K. R. Srikantha Murthy	<i>Ashtanga Hridayam: Vol 1, 2 &amp; 3</i>
Dr. G. Prabhakara Rao	<i>Sahasrayogam</i>
Prof. K. R. Srikantha Murthy	<i>Bhavaprakasa of Bhavamisra: Vol 1 &amp; 2</i>
Dr. Kanjiv Lochan	<i>Bhaisajya Ratnavali: Vol 1, 2 &amp; 3</i>
Prof. K.R. Shrikantha Murthy	<i>Astanga Samgraha of Vagbhata</i>
Frawley, David	<i>The Art and Science of Vedic Counseling: Vol 1, 2 &amp; 3</i>
Dr. R. K. Sharma & Vaidya. Bhagavan Dash	<i>Charaka Samhita: Vol 1, 2, 3, 4, 5 &amp; 6</i>
Arya Vaidya Sala	<i>Indian Medicinal Plants: Vol 1, 2, 3, 4 &amp; 5</i>
Kodikannath, Jayarajan and Gregory, Alyson Young	<i>The Parent's Complete Guided to Ayurveda</i>

## WEEKEND INTENSIVES

### KAA 201 | Advanced Anatomy, Physiology & Basic Principles (Dosha Dhatu Mala Vigyan)

Includes an in-depth discussion of the *Doshas*, *Subdoshas*, *Dhatus*, *Malas*, and *Agni*. Greater emphasis is placed on the *Srotas*, *Kalas* and *Marmas*. This course also includes a deep exploration of the basic principles directly from the scriptures such as the *Soothrasthana* of *Ashtanga Hridayam*. Additional topics include:

- An overview of embryology
- The relationship between the Panchabhutas and the Gunas
- An introduction to the fascinating world of Marma Sareera, seats of Prana in the body.

### KAA 202 | Pathophysiology & Ayurvedic Diagnostic Methods (Advanced Nidan & Rogi Pariksha)

Includes a detailed exploration of the five stages of disease identification: *Nidan*, *Purvaroop*, *Roopa*, *Upashaya*, and *Samprapti*. This course also looks at the six stages of the disease process: *Sanchaya*, *Prakopa*, *Prasara*, *Sthanasamshraya*, *Vyakti* and *Bheda*. Students will gain an understanding of the signs of *Dhatu* and *Srota Dushti*. Students will delve deeply into Ayurvedic client examination methods. Topics include:

- An understanding of the stages from health to disease
- Threefold client examination (*Darshana*, *Sparshana*, and *Prashana*)
- Eight-fold clinical evaluation (Pulse, Tongue, Voice, Physical Stature, Vision, Skin, Urine, and Bowel).

### KAA 203 | Advanced Herbology & Ayurvedic Pharmaceutics (Dravya Guna & Bhaishajya Kalpana)

Expands upon the principles of Ayurvedic herbal energetics, actions, uses and preparations with over thirty additional herbs. Other topics include the preparation of popular Ayurvedic formulations and their clinical application, times of administration and *Anupanas*. Other topics include measurements and dosage of Ayurvedic herbs and formulations. Topics include:

- Preparation of Formulations: Decoctions, Herbal Oils, Ghees, Pastes, Poultices, Pills, Powders & Jams
- An understanding of how an herb's Gunas affect the body
- Traditional preparation of buttermilk & ghee from milk.

### KAA 204 | Advanced Bodywork, Detoxification & Rasayana (Panchakarma & Rasayana)

Advanced Bodywork, Detoxification and *Rasayana* is a hands-on course. A detailed theory of Panchakarma will be covered, including the *Poorvakarma* (Preparation), *Pradhanakarma* (Main Procedure) and *Paschatkarma* (Post-Procedural Convalescence). The preparatory procedures, including various types of *Snehana* & *Swedana* therapies, will be explained. This course also

covers the five Ayurvedic Detoxification procedures. The post Panchakarma convalescence, such as specific food and lifestyle modifications, is also a part of this course. Topics include:

- Snehana & Swedana Therapies - Abhyanga, Choornasweda, Patrapotala Sweda, Njavarakizhi, Pizhichil, Udwartanam, Kateevasthy, Nethratharpanam, Lepam, Pichu
- Panchakarma: Vamana, Virechana, Anuvasana, Niroohavasthy, Nasya
- Various aspects of Rasayana - the anti-ageing modalities of Ayurveda.

### **KAA 205-208 | Kayachikitsa I-IV**

Each Kayachikitsa course I, II, III and IV will cover the following topics for their course theme:

- Nidana and Samprapti
- Ayurvedic Clinical Assessment
- Management Protocol
- Preparation of Specific Formulations

### **KAA 205 | Kayachikitsa I: Management of Digestive System & Metabolic Disorders**

The course will cover the Ayurvedic etiology, pathogenesis, symptoms, signs, and detailed herbal treatments, as well as dietary and lifestyle changes, for several digestive and metabolic disorders.

### **KAA 206 | Kayachikitsa II: Management of Nervous System & Musculoskeletal Disorders**

This course will cover Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several nervous systems and musculoskeletal disorders. This course also covers fracture management and bandages.

### **KAA 207 | Kayachikitsa III: Management of Respiratory System & Cardiovascular System Disorders**

This course covers the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several respiratory, circulatory and cardiac disorders.

### **KAA 208 | Kayachikitsa IV: Management of Skin, Special Senses & Mental Disorders**

This course covers the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several skin disorders, diseases of sense organs and mental disorders.

### **KAA 209 | Kayachikitsa V: Management of Reproductive & Excretory System Disorders, Gynecology & Pediatrics**

This course covers the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several female and male reproductive system disorders. This course also covers a general outline of childcare and management of pediatric conditions. This includes:

- Reproductive & Excretory System Disorders

- ◆ Nidana and Samprapti
- ◆ Ayurvedic Clinical Assessment
- ◆ Management Protocol
- ◆ Preparation of Specific Formulations
- Ayurvedic Gynecology
- Ayurvedic Pediatrics
  - ◆ Prenatal & Postnatal Therapies
  - ◆ Baby Massage

## KAA 210 | Clinical In Person Internship

17 hours of internship is included in the 10 sessions of the Weekend monthly in person learning experience. Students will evaluate clients in the following areas: Potential treatments, dietary and lifestyle recommendations, Ayurvedic herbal formula recommendations, daily routines and seasonal changes. This includes:

- Clinical Internship
- Supervised internship
- One-on-one clinical consultation and creation of chikitsa protocol.

## AP PRACTICAL IMMERSION

### *Corresponds with KAA 210*

- Complete clinical management including conducting consultations
- Honing the clinical assessment skills
- Creating protocol based on *Samprapti* and client guidance
- At least 6 clinical encounters

## AP CLINICAL INTERNSHIP

[For more information](#) see the AP Clinical Internship section

## THURSDAY VIRTUAL CLASSES

Thursday Virtual Classes are offered live approximately twice per month, covering topics in alignment with the upcoming or recent Weekend Intensive. These sessions offer students opportunities to explore topics raised in the Weekend Intensives in more depth, such as Clinical Management of *Ama*, Pain Management in Ayurveda and Samprapti & Case Papers.

## ONLINE RECORDED LECTURES

Online Recorded Lectures are included in each monthly module, covering topics in alignment with the Weekend Intensives.



## MONTHLY REVIEW SESSIONS

These sessions are held after the weekend intensive modules to review the content covered in the previous intensive class. There will be time for review, questions and discussions on the class content.

## CLINICAL CASE DISCUSSIONS

This program is dedicated to interactive reviews of clinical conditions, including cases submitted by participants. It is an opportunity for students to receive feedback on live cases and collaborate with fellow Ayurvedic Practitioners and AD students on protocol development. Note: if there are no participant-submitted cases for a session, the faculty member will provide cases for review.

## VEDIC FORMULATIONS: CLINICAL APPLICATIONS

One of the important skills of an Ayurvedic Practitioner is the ability to select the right herbs and formulations for an individual's constitution and imbalances. In these recordings, you will learn the most commonly used and effective Vedic formulations as documented in the classical texts. The class will cover multiple formulations and single herbs. Students receive an overview of the formulation, contents of the formulations, method of preparation, specific indications, dosage forms, and appropriate adjuvants. Part one of this series is included as a recording and quiz in your AP Program in your elearning platform.

## ASHTANGA HRIDAYAM

The Ashtanga Hridayam, the "Heart or Essence of all the Eight Branches of Ayurveda," is one of the primary ancient root texts of Ayurveda. Today, the Ashtanga Hridayam continues to serve as a root source for Ayurvedic philosophy and protocol, providing clear guidelines in all aspects of health.

As an Ayurveda student, it is important to use the authentic teachings of the ancient Vedic texts. As part of your AP training, the recordings of Parts 3 -7 of our Ashtanga Hridayam series are included.

## ASSIGNMENTS

### *Individual Clinical Consultations*

**Chikitsa Consultations:** each student will complete 2 Clinical Consultations (120 minutes) for each module KAA 205-209 and 1 follow-up session (60 minutes).

*Assignments: choose one of the following:*

**A) Community Health Education Assignment**

Students will prepare a presentation for a group in the community. They may organize this presentation themselves and invite the public or arrange to deliver this presentation at an office, school or other place of business. This presentation should run two hours in length and be delivered on a topic of interest to the group.

Approximately 12 hours of preparation should go into the presentation's preparation and planning, and 2 hours of uninterrupted delivery (i.e., the student is the main presenter and speaker).

**B) Research Paper**

A comprehensive Research Paper, 15 to 20 pages in length, on a topic of interest to you that is first approved by the AP Mentor.

**C) Research Project**

A detailed Research Project on a topic and format approved by the AP Mentor.

## PRETESTING AND TESTING

Pretesting and testing are associated with each monthly course module to supplement student learning throughout the program.

## Schedule and Hours

*See the Schedule for a complete calendar of classes:* [keralaayurveda.us/courses/schedules](https://keralaayurveda.us/courses/schedules)

## FALL 2022-2023 START & COMPLETION

- **Start Date:** Orientation: October 27, 2022
- **End Date:** April 27, 2024

## GENERAL CLASS SCHEDULE

*For attendance requirements* see the Attendance Policy

### *1 Student Orientation - 2 hours*

#### **Weekday Evening 5:30-7:30pm U.S. Pacific Time**

Required live streamed session prior to the class start date. It is recorded for later viewing.

### *10 Weekend Intensives – 18 hours each - 180 hours total*

#### **Sat-Sun 8:00am-6:00pm U.S. Pacific Time**

Offered once per month for six consecutive months, both in person and live streamed. They are recorded for later viewing.

### *1 AP Practical Immersion – 27 hours*

#### **Mon-Wed 8:00am-6:00pm U.S. Pacific Time**

5-day intensive offered in person. It includes the AP Weekend Intensive KAA 210.

**Required in person attendance for NAMA Format. Hybrid students may attend future sessions to meet NAMA Format requirements.**

**For more information:** see the AP Attendance Policy, Practical Immersion Policies and Tuition and Fees.

### *30 Thursday Virtual Classroom Sessions – 2 hours each - 60 hours total*

#### **Thursdays 5:30-7:30pm U.S. Pacific Time**

Live streamed and recorded for later viewing.

### *5 Group Mentoring Sessions – 1.5 hours each - 7 hours total*

#### **Thursdays 5:30-7:00pm U.S. Pacific Time**

Live streamed and recorded for later viewing.

### *10 Monthly Review Sessions – 2 hours each - 20 hours total*

#### **Thursdays 5:30-7:30pm U.S. Pacific Time**

Live streamed and recorded for later viewing.

### *10 Monthly Clinical Case Discussions – 1.5 hours each - 15 hours total*

#### **Tuesdays 5:00-6:30pm U.S. Pacific Time**

Live streamed and recorded for later viewing. Students are required to attend the 10 sessions offered concurrently with the AP Certification program.

### *Vedic Formulations: Clinical Applications – 24 hours*

#### **Elearning platform**

Self-paced viewing.

## *Ashtanga Hridayam – 113 hours*

### **Elearning platform**

Self-paced viewing.

## *Online Recorded Lectures - 337 hours*

### **Elearning platform**

Self-paced work with recommended viewing deadlines aligned with the Weekend Intensives to stay on track for completion.

## *AP Clinical Internship – 230 hours*

Students may begin their AP Clinical Internship after the fourth course module of the AP program. Internships are conducted in the U.S. and India and include several format options.

*For more information* see the AP Clinical Internship section

## *Additional Clinical Encounters – 20 hours*

Clinical Encounters are client interactions. In addition to the AP Practical Immersion, classroom clinical encounters and AP Clinical Internship Clinical Encounters, there are additional Clinical Encounter *hours* which occur during the self-paced assignments: Ayurvedic Constitution Assessments, which are assigned throughout the program and conducted with supervision from Student Mentors and Faculty.

# AP Clinical Internship

Kerala Ayurveda Academy offers regularly scheduled AP Clinical Internship training opportunities at our U.S. and India locations. Students may design a format based on their location interest. Internships are also open to students and alumni from other institutions, as well as KAA alumni who seek additional clinical training. AP students may commence their AP Clinical Internship training midway through the AP program and are required to complete 230 hours total for graduation.

**NOTE:** AP Clinical Internship training tuition is separate from course tuition. See Tuition and Payment Plans for more information. You may also find more detailed information on the India Internship in our India Internship catalog, available on the website at [keralaayurveda.us/courses](https://keralaayurveda.us/courses)

## PREREQUISITE

Completion of either the fourth module of the Ayurvedic Practitioner (AP) program (KAA 204) or equivalent experience in Ayurvedic studies from another Ayurveda school.

## FORMAT OPTIONS

The following session combinations achieve the required 230 hours, including 1 mandatory U.S. Clinical Internship session.

U.S. Only	U.S. + India	U.S. + Independent
U.S. AP Clinical Internships 5 sessions total	U.S. AP Clinical Internships: 2 sessions  India Internship: 1 session	

## U.S. CLINICAL INTERNSHIP

The U.S. AP Clinical Internship is conducted as week-long, 46-hour segments at Kerala Ayurveda Academy & Wellness Center, Milpitas, CA. The program focuses on clinical assessment, creating Ayurvedic management protocol, implementation of Panchakarma, application of Ayurvedic herbs and formulation, Yoga and counseling. Interns gain hands-on experience managing a variety of cases across diverse age groups and disorders, all under the supervision of Kerala Ayurveda USA Director, Vaidya. Jayarajan Kodikannath and other Kerala Ayurveda Faculty members.

### *Location*

Kerala Ayurveda Academy & Wellness Center  
691 S Milpitas Blvd Ste 206 Milpitas, CA

### *Format*

One Week (46 hours) – Monday-Friday 8am-6:00pm

**Graduation requirements:** Minimum 1 week of U.S. AP Clinical Internship is required. To meet the full 230-hour requirement for AP completion, 5 weeks are required.

### *Curriculum*

#### **Topics include:**

- Consultation/Clinical Assessment & *Chikitsa*
- *Bhaishajyakalpana* (Herbology & Formulations)
- Panchakarma
- Assignments



## INDIA CLINICAL INTERNSHIP

The 15-day internship in India is one of the most exciting and life-changing opportunities offered by Kerala Ayurveda Academy India. Students live, study and practice Ayurveda in the birthplace of the Vedas, experiencing India both Ayurvedically and culturally. Interns can see firsthand how Ayurveda is embraced and practiced with phenomenal results in a wide variety of applications.

The India Clinical Internship is also a unique experience for students to experience and witness firsthand the full scope of a dynamic Ayurveda company, from seed to shelf. In addition to training our Kerala Ayurveda's award-winning wellness centers, interns tour the Kerala Ayurveda Ltd research and manufacturing facilities and herbal gardens, home to more than 1,200 medicinal and herbal plants.

### *Locations*

**Kerala Ayurveda Health Village, Cochin Kerala:** an opportunity to intern at our green leaf certified hospital, Aluva. This unique hospital accommodates up to forty patients at a time, all rendering Ayurvedic services. It offers doctor consultations, in house Ayurvedic formulations and over 45 Ayurvedic therapies. Here you will observe patients daily and prepare herbal formulas. Gaining a deeper understanding of the authentic practices of Kerala Ayurveda.

**AyurvedaGram Heritage Wellness Centre, Bangalore:** a state of the art, 30-acre Ayurvedic herb plantation, clinic, *Panchakarma* center, restaurant, herb manufacturing pharmacy and library. You'll receive *Panchakarma* body therapies, follow *dinacharya*, learn special Kerala oil applications, review live cases and study solutions, Ayurvedic yoga, meditation, Pranayama & Ayurvedic cooking.

### *Format*

15 Days – 150 Hours of Internship Requirements

**Graduation requirements:** To meet the full 230-hour requirement for AP completion, 2 weeks of U.S. AP Clinical Internship is required in combination with the India Internship.

*FOR MORE INFORMATION*

See our AP Internship Guide available at [keralaayurveda.us/courses](https://keralaayurveda.us/courses)

## INDEPENDENT INDIA INTERNSHIP

### *Format*

The Independent India Internship is customized to your convenience and requirements of internship/in person hours. The Independent Internship is available as an alternative to our group India Internship. Independent Internships are available at The Health Village location only.

*FOR MORE INFORMATION*

See our India Internship Guide, available on the website at [keralaayurveda.us/courses](https://keralaayurveda.us/courses)

# Grading and Graduation Requirements

## *Grading*

- **Grading** – is based on a cumulative pass/fail mark from the following course components:
- **Assignments** – are reviewed on a pass/fail basis and are submitted in the elearning platform. Project and assignment grades are posted within 10 days of submission.
- **Tests** – a minimum grade of 70% is required to pass. Tests are multiple choice, self-paced and conducted via elearning. There are 9 tests which correspond to the weekend intensive modules. A student who does not achieve the minimum passing grade of 70% for completion may retake the test up to five times. The highest score will be recorded. Test scores are immediately available in the elearning platform.

## *Graduation Requirements*

- Tuition is paid in full.
- The student submitted documentation of completing equivalent of 6 credits of college level Anatomy & Physiology course.
- Attendance requirements are met (see Attendance Policy: AP).
- This program requires the student to attend the AP Practical Immersion in person at KAA's U.S. location.
- The student completed the 230-hour AP Clinical Internship.
- All tests, assignments and course material are complete with a passing grade.

**Upon the successful completion of the above requirements, the student will receive an Ayurvedic Practitioner certificate.**

# Tuition and Fees

## PROGRAM TUITION

	HYBRID FORMAT	NAMA FORMAT
<b>New Students Only: Registration Fee</b>	\$100	\$100
<b>Tuition</b>	\$8,950	\$8,950
<b>TOTAL</b>	\$9,050	\$9,050

Multiple payment plans are available. [For more information](#) see the Payment Plans section.

## TRANSITION TO NAMA FORMAT

Hybrid Students can meet the NAMA Format requirements with an additional 85 training hours. Support is provided to plan the required 85 total hours based on the following qualifying options.

<b>U.S. AP Clinical Internship</b>	\$995 per week – 46 hours	
<b>Preapproved Externship</b>	Variable	
<b>Independent India Internship</b>	\$310 per day - 8 hours	
<b>KAA India Immersion</b>	\$4,445 – 85 hours	
<b>Mentored Experiential PK**</b>	\$350-500 per day – 46 hours	
<b>TOTAL</b>	Variable	

\*\*See *Clinical Internship Guide*

## AP CLINICAL INTERNSHIP – ADDITIONAL FEES

Clinical Internship fee is an additional cost to Program Tuition and varies based on the format.

U.S. AP Clinical Internship	\$995* per week	*Lodging, meals and airfare not included.
India Internship	\$4295*	*Lodging and meals included. Airfare not included.
Independent India Internship*	\$310* single per day	*Airfare not included *Subject to availability

[For more information](#) see the AP Internship Guide (separate from this catalog).

## BOOKS & MATERIALS

Digital copies of our course manuals are included in tuition. Print manuals are available at an additional cost of \$250.

## Application

**Applying online is easy!** Begin the process with our **online enrollment forms** via our website: [keralaayurveda.us/courses/apply](https://keralaayurveda.us/courses/apply). As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. **California Students:** you are encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.

**Students from other institutions** are welcome! Our Admissions and Student Support team will work with you to create a transfer plan (see the Transfer Policy).



# Payment Plans and Refund Policies

## FOR ALL PROGRAMS

The Holistic Ayurvedic Coach (HAC), Ayurvedic Health Counselor (AHC) and Ayurvedic Practitioner (AP) certifications are stand-alone programs which also build upon each other. They can be taken consecutively for building upon Ayurvedic knowledge and scope of practice. Multiple payment plans are available depending on the student's commitment to learning.



# Holistic Ayurvedic Coach (HAC)

## HAC PAYMENT PLANS

TUITION	
Registration Fee	\$100
Tuition	\$3,750

PAYMENT PLAN	TUITION PAYMENT	PAYMENTS	REGISTRATION FEE	STRF*	TOTAL
Pay in full	\$3,650	1	\$100	\$0	\$3,750
Split payments	\$1,875	2	\$100	\$0	\$3,850
Monthly	\$656	6	\$100	\$0	\$4,036
California Students Only*		Tuition includes STRF fee. See Fees for more information.			
Pay in full	\$3,650	1	\$100	\$10	\$3,760
Split payments	\$1,875	2	\$100	\$10	\$3,860
Monthly	\$656	6	\$100	\$10	\$4,046

### PLEASE NOTE

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students at this time. First tuition payment, registration fee and books and material fee are due upon enrollment. Refunds are program specific. See HAC Refund Policy for more information.
- There is a management fee for monthly payment plan listed above.

*\*STRF is \$2.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*

## HAC REFUND POLICY

### Refund and Cancellation Policy

#### The Student's Right to Cancel

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.

Student Services  
Kerala Ayurveda Academy  
691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

## State of California

The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first-class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

Each in person Intensive covers the content of one online module. Refund Requests will be processed based on in person Intensives and online modules accessed (whichever is greater).

A written notice from the students, about the cancellation will be required. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period. In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

### **Refund calculation within the first seven days after enrollment or prior to November 6, 2022**

Step 1 Deduct \$100 (registration) and from the total tuition paid

Step 2 Remainder is tuition refund due

**Example:** Student paid \$3850 at the time of enrollment

Step 1	\$3,750 - \$100	\$3,650.00
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**Total refund will be \$3,650.00**

### **Refund calculation seven days after enrollment or after November 6, 2022**

Step 1 Deduct \$100 (registration) from the total tuition paid

Step 2 Divide the total tuition paid by 6 (number of modules) = 'tuition per module'

Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'

Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 3 in person intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1	\$3,750 - \$100	\$3,650.00
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Step 2	\$3,650 / 6	\$608.00
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Step 3	3 classes / live streaming * \$608	\$1,824.00
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Step 4	\$3,650 - \$1,826	\$1,826.00
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**Total refund will be: \$1,826.00**

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

### **State of Washington (For Students not living in California)**

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than thirty (30) days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus the registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

### **Refund Policy Defined - WA**

The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.

The school may retain an established registration fee equal to ten percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A “registration fee” is any fee charged by a school to process student applications and establish a student record system.

If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

IF THE STUDENT COMPLETES THIS AMOUNT OF TRAINING:	THE SCHOOL MAY KEEP THIS PERCENTAGE OF THE TUITION COST:
One week or up to 10%, whichever is less (attended 1st class or accessed 1st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2nd class or accessed 2nd online module)	25%
25% through 50% (attended 3rd class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 4th class or accessing 5th or 6th online module)	100%

When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

When the school receives notice of the student's intention to discontinue the training program;  
or,

When the student is terminated for a violation of a published school policy which provides for termination; or,

When a student, without notice, fails to attend two consecutive in person Intensives or fails to access online modules for ninety calendar days.

All refunds must be paid within 30 calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.

Eligible refunds will not include the applicable interest during the enrollment period.

**Example:** if the student decides to withdraw after completing 2 classes or after accessing the 4th online module and if they have paid the full tuition, the refund will be as follows:

Step 1	\$3,750 - \$100	\$3,650.00
Step 2	2 of 6 classes attended or modules accessed online 2/6	33%
Step 3	25% through 50% completion = KA retains 50%	\$1,875.00
Step 4	\$3,850 - \$1,875	\$1,875.00

**Total refund will be: \$1,875.00**

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# Ayurvedic Health Counselor (AHC)

## AHC FULL PROGRAM

TUITION AND FEES	
Registration Fee	\$100
Tuition	\$7,500

PAYMENT PLAN	TUITION PAYMENT	PAYMENTS	REGISTRATION FEE	STRF*	TOTAL
Pay in full	\$7,300	1	\$100	\$0	\$7,400
Split payments	\$3,750	2	\$100	\$0	\$7,600
Monthly	\$656	12	\$100	\$0	\$7,972
California Students Only*		Tuition includes STRF fee. See Fees for more information.			
Pay in full	\$7,300	1	\$100	\$17.50	\$7,417.50
Split payments	\$3,750	2	\$100	\$20.00	\$7,620.00
Monthly	\$656	12	\$100	\$20.00	\$7,992.00

### PLEASE NOTE

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students at this time. First tuition payment, registration fee, and material fee is due upon enrollment. Refunds are program-specific. See AHC Refund Policy for more information.
- There is a management fee for Monthly payment plan listed above.

*\*STRF is \$2.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*

## AHC FULL PROGRAM REFUND POLICY

### *Refund and Cancellation Policy*

#### **The Student's Right to Cancel**

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the



address below. Please email a copy of that letter to [support@keralaayurveda.us](mailto:support@keralaayurveda.us). For specifics related to your refund, refer to the refund tables according to your State.

#### Student Services

Kerala Ayurveda Academy

691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

### State of California

The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

Each in person Intensive covers the content of one online module. Refund Requests will be processed based on in person Intensives and online modules accessed (whichever is greater).

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period.

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

#### **Refund calculation within the first seven days after enrollment or prior to November 6, 2022**

Step 1 Deduct \$100 (registration) from the total tuition paid

Step 2 Remainder is tuition refund due

**Example:** Student paid \$7600 at the time of enrollment

Step 1	\$7,600 – \$100	\$7,500.00
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**Total refund will be: \$7,500.00**

#### **Refund calculation seven days after enrollment or after November 6, 2022**

Step 1 Deduct \$100 (registration) from the total tuition paid

Step 2 Divide the total tuition paid by 11 (number of modules) = 'tuition per module'

Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'

Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 3 in person intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1	\$7,600 – \$100	\$7,500.00
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Step 2	\$7,500 / 11	\$682.00
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Step 3	3 classes/live streaming * \$682	\$2,046.00
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Step 4	\$7,500 – \$2,046	\$5,454.00
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**Total refund will be: \$5,892.00**

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

### **State of Washington (For Students not living in California)**

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus the registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

## **Refund Policy Defined - WA**

The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.

The school may retain an established registration fee equal to ten percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A “registration fee” is any fee charged by a school to process student applications and establish a student record system.

If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

IF THE STUDENT COMPLETES THIS AMOUNT OF TRAINING:	THE SCHOOL MAY KEEP THIS PERCENTAGE OF THE TUITION COST:
One week or up to 10%, whichever is less (attended 1 <sup>st</sup> class or accessed 1 <sup>st</sup> online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2 <sup>nd</sup> class or accessed 2 <sup>nd</sup> online module)	25%
25% through 50% (attended 3 <sup>rd</sup> class or accessed the 3 <sup>rd</sup> online module)	50%
More than 50% (no refund issued after attending 6 <sup>th</sup> class or accessing 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> or 11 <sup>th</sup> online module)	100%

When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- When the school receives notice of the student's intention to discontinue the training program; or,
- When the student is terminated for a violation of a published school policy which provides for termination; or,
- When a student, without notice, fails to attend 2 consecutive in person intensives or, fails to access online modules for ninety calendar days.

All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.

Eligible refunds will not include the applicable interest during the enrollment period.

Example: if the student decides to withdraw after completing 2 classes or after accessing the 4th online module and if they have paid the full tuition, the refund will be as follows:

Step 1	\$7,600 – \$100	\$7,500.00
Step 2	4 of 11 classes attended or modules accessed online 4/11 36%	
Step 3	25% through 50% completion = KA retains 50%	\$3,750.00
Step 4	\$7,500 - \$3,750	\$3,750
<b>Total refund will be:</b>		<b>\$3,750</b>

## AHC 6-MONTH PROGRAM (PAYMENTS AFTER HAC)

This payment plan is for Holistic Ayurvedic Coach (HAC) graduates who transition into the Ayurvedic Health Counselor (AHC) program.

TUITION AND FEES:	
<b>Registration Fee</b>	\$100
<b>Tuition</b>	\$3,750

PAYMENT PLAN	TUITION AMOUNT	PAYMENTS	STRF*	TOTAL
<b>Pay in full</b>	\$3,650	1	\$0	\$3,650
<b>Split payments</b>	\$1,875	2	\$0	\$3,750
<b>Monthly</b>	\$656	6	\$0	\$3,936
<b>CALIFORNIA STUDENTS ONLY*</b>		<i>Tuition includes STRF fee. See Fees for more information.</i>		
<b>Pay in full</b>	\$3,650	1	\$10.00	\$3,660
<b>Split payments</b>	\$1,875	2	\$10.00	\$3,760
<b>Monthly</b>	\$656	6	\$10.00	\$3,946

### PLEASE NOTE

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students at this time. First tuition payment, registration fee, and material fee is due upon enrollment. Refunds are program-specific. See AHC 6-Month Refund Policy for more information.
- There is a management fee for monthly payment plan listed above.

*\*STRF is \$2.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*

# AHC 6-MONTH PROGRAM REFUND POLICY

## *Refund and Cancellation Policy*

### **The Student's Right to Cancel**

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the address below. Please email a copy of that letter to [support@keralaayurveda.us](mailto:support@keralaayurveda.us). For specifics related to your refund, refer to the refund tables according to your State.

Student Services  
Kerala Ayurveda Academy  
691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

### **State of California**

The registration and material fees are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

Each in person intensive covers the content of one online module. Refund Requests will be processed based on in person intensives and online modules accessed (whichever is greater).

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card. Eligible refunds will not include the applicable interest during the enrollment period.

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

#### **Refund calculation within the first seven days after enrollment or prior May 8, 2022**

Student Paid: \$3650.00

**Total refund will be: \$3,650.00**

#### **Refund calculation seven days after enrollment or after May 8, 2022**

- Step 1 Student paid tuition
- Step 2 Divide the total tuition paid by 5 (number of modules) = 'tuition per module'
- Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'
- Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 3 in person Intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1	\$3650	\$3,650.00
Step 2	\$3,650 / 5 total modules	\$730.00
Step 3	3 classes/live streaming * \$730	\$2,190.00
Step 4	\$3,650 - \$2,190	\$1,460.00

**Total refund will be: \$1,460.00**

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

### **State of Washington (For Students not living in California)**

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus the registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

### **Refund Policy Defined - WA**

The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.

The school may retain an established registration fee equal to ten percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A “registration fee” is any fee charged by a school to process student applications and establish a student record system.

If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

IF THE STUDENT COMPLETES THIS AMOUNT OF TRAINING:	THE SCHOOL MAY KEEP THIS PERCENTAGE OF THE TUITION COST:
One week or up to 10%, whichever is less (attended 1st class or accessed 1st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2nd class or accessed 2nd online module)	25%
25% through 50% (attended 3rd class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 6th class or accessing 6th, 7th, 8th, 9th, 10th or 11th online module)	100%



When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- When the school receives notice of the student's intention to discontinue the training program; or,
- When the student is terminated for a violation of a published school policy which provides for termination; or,
- When a student, without notice, fails to attend 2 consecutive in person intensives or fails to access online modules for ninety calendar days.

All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.

Eligible refunds will not include the applicable interest during the enrollment period.

**Example:** if the student decides to withdraw after completing 2 classes or after accessing the 4th online module and if they have paid the full tuition, the refund will be as follows:

Step 1	\$3,650		\$3,650.00
Step 2	2 of 5 classes attended or modules accessed online	3/5 40%	
Step 3	25% through 50% completion = KA retains 50%		\$1,825.00
Step 4	\$3,650 - \$1,825		\$1,825.00
<b>Total refund will be:</b>			<b>\$1,825.00</b>

# Ayurvedic Practitioner (AP)

## AP PROGRAM PAYMENT PLAN

TUITION AND FEES	
<b>Registration Fee</b> (New Students Only)	\$100
<b>Tuition</b>	\$8,950

PAYMENT PLAN	TUITION PAYMENT AMOUNT	PAYMENTS	REGISTRATION FEE	STRF*	TOTAL
<b>Pay in full</b>	\$8,650	1	\$100	\$0	\$8,750
<b>Split payments</b>	\$4,475	2	\$100	\$0	\$9,050
<b>Monthly</b>	\$783	12	\$100	\$0	\$9,496
<b>CALIFORNIA STUDENTS ONLY*</b>		<i>Tuition includes STRF fee. See Fees for more information.</i>			
<b>Pay in full</b>	\$8,650*	1	\$100	\$22.50	\$8,772.50*
<b>Split payments</b>	\$4,475*	2	\$100	\$22.50	\$9,072.50*
<b>Monthly</b>	\$783*	12	\$100	\$22.50	\$9,518.50*

### PLEASE NOTE

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students at this time. First tuition payment, registration is due upon enrollment. Program tuition does not include the fees for India or U.S. Internships. The U.S. and India Clinical Internship must be completed by the end of the AP program in order to receive certification. Refunds are program-specific. See AP Refund Policy for more information.
- There is a management fee for monthly payment plan listed above.

*\*STRF is \$2.50 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.*

# AP REFUND AND CANCELLATION POLICY

## *The Student's Right to Cancel*

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the address below. Please email a copy of that letter to [support@keralaayurveda.us](mailto:support@keralaayurveda.us). For specifics related to your refund, refer to the refund tables according to your State.

Student Services  
Kerala Ayurveda Academy  
691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

### **State of California**

The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

Each in person intensive covers the content of one online module. Refund Requests will be processed based on in person intensives and online modules accessed (whichever is greater).

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period.

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

#### **Refund calculation within the first seven days after enrollment or prior to November 13, 2022**

- Step 1 Deduct \$100 (registration) from the total tuition paid
- Step 2 Remainder is tuition refund due

**Example:** Student paid \$8,650 at the time of enrollment

- Step 1 \$8,750 – \$100 \$8,650.00
- Total refund will be: \$8,650.00**

#### **Refund calculation seven days after enrollment or after November 13, 2022**

- Step 1 Deduct \$100 (registration fee) from the total tuition paid
- Step 2 Divide the total tuition paid by 10 (number of modules) = 'tuition per module'
- Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'
- Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 4 in person intensives or live streaming and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$8,750 – \$100	\$8,650.00
Step 2	\$8,650 / 10	\$865.00
Step 3	4 classes/live streaming x \$865	\$3,460.00
Step 4	\$8,650 - \$3,460	\$5,190.00

**Total refund will be: \$5,190.00**

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

### State of Washington (All students not residing in California)

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus the registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

### Refund Policy Defined - WA

The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.

The school may retain an established registration fee equal to ten percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A “registration fee” is any fee charged by a school to process student applications and establish a student record system.

If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

IF THE STUDENT COMPLETES THIS AMOUNT OF TRAINING:	THE SCHOOL MAY KEEP THIS % OF THE TUITION COST:
One week or up to 10%, whichever is less (attended 1st class or accessed 1st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2nd class or accessed 2nd online module)	25%

25% through 50% (attended 3rd class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 6th class or accessing 6th, 7th, 8th, 9th, 10th or 11th online module)	100%

When calculating refunds, the official date of a student's termination is the last day of recorded attendance:

- When the school receives notice of the student's intention to discontinue the training program; or,
- When the student is terminated for a violation of a published school policy which provides for termination; or,
- When a student, without notice, fails to attend 2 consecutive in person intensives or fails to access online modules for ninety calendar days.

All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.

Eligible refunds will not include the applicable interest during the enrollment period.

**Example:** if the student decides to withdraw after completing 2 classes or after accessing the 4th online module and if they have paid the full tuition, the refund will be as follows:

Step 1	\$8,750 – \$100	\$8,650.00
Step 2	2 of 5 classes attended or modules accessed online 3/5	40%
Step 3	25% through 50% completion = KA retains 50%	\$4,325.00
Step 4	\$8,650 - \$4,325.00	\$4,325.00
<b>Total refund will be:</b>		<b>\$4,325.00</b>

# Additional Fees

The following is a list of additional fees for all plans:

- Administration Fee (for students new to KAA): \$100 upon enrollment
- Equipment: \$0
- Lab Supplies or kit fees: \$0
- Uniform or Special Protective Clothing Fee: \$0
- Learning Media Fee: \$0
- Tutoring Fees: \$50/hour (only if requested for additional private tutoring)
- In-resident housing Fees: \$0
- Assessment Fee: \$0
- Transfer or Credit Fee: \$0
- Student Tuition Recovery Fund fee CALIFORNIA STUDENTS ONLY (nonrefundable): \$2.50 per every \$1,000

## Student Tuition Recovery Fund (STRF)

### FEE (NON-REFUNDABLE) – STATE OF CALIFORNIA

“It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

- The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
- You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or location of the institution or were enrolled in an educational program within the 120-day period before the program was discontinued.
- You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a



significant decline in the quality or value of the program more than 120 days before closure.

- The institution has been ordered to pay a refund by the Bureau but has failed to do so.
- The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
- You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
- You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF. A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or a taxpayer identification number.”

## FEE – STATE OF WASHINGTON

Kerala Ayurveda Academy is in compliance with Washington state tuition recovery fund rules and regulations.



# Academy Policies

FOR ALL PROGRAMS

## DIVERSITY & RELIGIOUS ACCOMMODATION

Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Kerala Ayurveda Academy acknowledges that information pertaining to an applicant's disability is voluntary and confidential and will be made on an individual basis. If this information is presented, Kerala Ayurveda Academy will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program.

Kerala Ayurveda Academy will make good faith efforts to provide reasonable religious accommodations to students who have genuinely held religious practices or beliefs that conflict with a scheduled program requirement. Students requesting a religious accommodation should make the request, in writing, directly to Student Support ([support@keralaayurveda.us](mailto:support@keralaayurveda.us)) with as much advance notice as possible. Absence from class does not excuse students from keeping up with any information shared or expectations set during the missed class. Students are

responsible for reviewing the class recording and obtaining information provided during any class missed. The student shall work with their assigned Student Mentor to determine a schedule for making up missed work.

Examples of religious accommodations made by KAA may include rescheduling of an exam or giving a make-up exam for the student in question; altering the time of a student's presentation; allowing extra-credit assignments to substitute for missed class work or arranging for an increased flexibility in assignment due dates; and releasing a graduate assistant from teaching or research responsibilities on a given day.

## SPECIAL ACCOMMODATIONS

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Requests For Reasonable Accommodation ASNT is committed to providing qualified students with disabilities an equal opportunity to access the benefits, rights and privileges of school services, programs, and activities in compliance with the American with Disabilities Act and Section 504 of the Rehabilitation Act of 1973. Students who believe they need accommodations should contact Student Support at +1 (888) 275-9103 x20 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us). Students with a documented disability must provide a current (within three years) document stating the disability and requested accommodations. This must be done prior to the start of the program. If you should develop a disability, condition, or illness while in school, KAA will work with you to accomplish your goal of completing your program.

## ATTENDANCE POLICY

Kerala Ayurveda Academy accepts a limited number of students for in person attendance in the live class at 691 S. Milpitas Ave #206, Milpitas, CA. Student attendance is limited to 45 individuals. The instructor to student ratio is 1:45.

Attendance is monitored both in person and during live streamed sessions.

### *Holistic Ayurvedic Coach (HAC)*

**All Online and Hybrid** students must attend 150 hours of in person and/or live synchronous sessions together (live synchronous refers to live streaming attended in real time). *There is a total of 185 available in person and/or live synchronous sessions.*

### *Ayurvedic Health Counselor (AHC)*

**All Online, Hybrid, and NAMA Format** students must attend a minimum of 300 in person and/or live synchronous sessions together (live synchronous refers to live streaming attended in real time). *There are a total of 382 available in person and/or live synchronous sessions.*

**Online and Hybrid Format** students who want to transition to NAMA Format have to complete the 90 hours of the Practical Immersion in person.

**NAMA Format** students must attend the Practical Immersion in person.

**NAMA Format** students must attend 2 sessions of AHC Clinical Internship in person.

## *Ayurvedic Practitioner (AP)*

**Hybrid and NAMA Format** students must attend a minimum of 540 in person and/or live synchronous sessions together (live synchronous refers to live streaming attended in real time).

**NAMA Format** students must attend at least 5 Weekend Intensive sessions of KAA 201-209 in person.

**Hybrid and NAMA Format** students must attend the 5-day Practical Immersion in person

**Hybrid and NAMA Format** students must attend 230 Hours of AP Clinical Internship in person

**Hybrid Format** students who want to transition to NAMA Format must attend 85 additional hours of in person training (see *Transition to NAMA Format*)

## MAKE-UP AND RETAKE POLICY

If a student is absent from an in person or live streamed session, they may make it up at any KAA training location or via live streamed session, free of charge. If a student wishes to retake an in person session, they may do so for a fee of \$50 per day. To make arrangements for all make-up or retake sessions, please contact Student Support at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## PRACTICAL IMMERSION POLICIES

The Practical Immersions occur twice per year. Students are encouraged to attend each Immersion with their respective class, but in the event that they cannot make it, they can attend the next class session, pending availability.

Each Practical Immersion is scheduled in association with a specific AHC or AP Weekend Intensive and is designed to provide optimal hands-on learning to complement the curriculum up to the date of the Immersion. Priority registration is initially limited to students from that Practical Immersion's respective AHC/AP session. After the priority registration deadline ends, students & alumni from previous AHC/AP sessions can register.

### *Practical Immersion Attendance*

Students who are unable to attend the Practical Immersion during your program, you may attend a future Immersion within a year after the end date of your program at no additional charge.

### *Transition to NAMA Format*

**Within 1 year of program end date:** All Online and Hybrid Students who attended the Practical Immersion online and who wish to transition to the NAMA Format may attend a future Immersion after the end date of their program, at no additional charge. This is valid for up to one year.

**After 1 year from program end date:** All Online and Hybrid Students who decide to attend an Immersion beyond the one-year limit are responsible for a nonrefundable fee of \$160 per day.



Students are responsible to inform Student Support Services ([support@keralaayurveda.us](mailto:support@keralaayurveda.us)) via email of their intent to attend in-person Immersions at least 90 days in advance. Payment is required to confirm your reservation.

### *Retake Fee*

**Within 1 year of the program end date:** All students who attended the Practical Immersion online or in person and who wish to retake the Practical Immersion online or in person may attend a future Immersion, are responsible for a nonrefundable fee of \$50 per day.

**After 1 year from program end date:** All students who attended the Practical Immersion online or in person and who wish to retake the Practical Immersion online or in person may attend a future Immersion, are responsible for a nonrefundable fee of \$160 per day.

### *Registration Requirements*

**Online students - Current Students:** Student Support Services will request Current Students to confirm their online attendance in advance.

**In person registration - Current Students:** Current Students in a program who plan to attend the Immersion in person are responsible to inform Student Support Services ([support@keralaayurveda.us](mailto:support@keralaayurveda.us)) via email of their intent to attend their assigned Immersions at least 90 days in advance to guarantee placement.

**In person registration - Retake or NAMA Transition Students:** Students who plan to retake the Immersion online or in person are responsible to inform Student Services via email of their intent to attend and in which format. If payment is required, it is due to confirm the registration and guarantee placement. Immersion retake payments are nonrefundable but transferrable to another Immersion.

## CONDUCT

At KAA, programs are directed toward professional training. The students shall show respect to others and observe correct standards of conduct. The Honor System embodies values of personal integrity, honesty, and trust.

Fundamental to the Honor System is the Honor Code of Responsibility, and it is upon its principles that the Academy has based the Standards of Conduct.

### **Honor Code of Responsibility**

- Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.
- Each student is responsible for presenting work of her/his own creation and refraining from representing as her/his own work that which is not hers/his.
- Conduct in keeping with the attendance policies.

Nothing in the policy prevents the student from contacting the Washington Workforce Board at 360-709-4600 at any time with a concern or complaint.

## TERMINATION POLICY

- If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the Refund Policy.
- The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs in any of the following manners:
- When the student is terminated for a violation of a published Academy policy which provides for termination; or,
- When a student, without notice, either fails to attend classes, view recordings or access content in the elearning for thirty (30) calendar days.
- A student will be determined to be withdrawn from the institution if the student has not attended any class for three consecutive class weekends. They will be notified by telephone after two missed weekend classes and they will be dropped after the third weekend.
- For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

## SUSPENSION AND DISMISSAL POLICY

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.

- Any behavior disruptive to other students or the smooth running of the class will not be allowed.
- Students will have to pay the tuition on time; this includes one-time fees and payment plans.
- Students have to maintain a passing grade of 70%.

**For behavioral issues:** At first incidence, warning will be given. At the second incidence, the student will be suspended for the entire weekend. A student will be readmitted after a suspended weekend. If the behavior persists, the student will be dismissed from the program. When the conduct of the student threatens the other student's safety, KA reserves the right to dismiss a student immediately.

**For nonpayment issues:** verbal and written warnings will be sent from Student Support Services. After 3 attempts and no response from the student, the student will be immediately suspended.

A Suspension is defined as when the student's learning account is deactivated, and the student is withdrawn from their program.

## LENGTH OF TIME FOR STUDENT CERTIFICATIONS

**HAC** Students are expected to complete the program prior to the date listed in the schedule, however they can take an additional 6 months to complete for a total of 12 months. **AHC**



Students are expected to complete within 1 year, however they can take an additional 6 months to complete for a total of 18 months. **AP** Students are expected to complete within 1.5 years, however they can take an additional 12 months to complete for a total of 2.5 years.

If you have not completed within this time frame you will be considered on sabbatical for a maximum of 6 months. If after the extended time you do not complete your program, you are considered dropped. You will need to complete a new enrollment agreement and reapply for the program.

Contact Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or +1 (888) 275-9103 x20

\*You may contact the school for extenuating circumstances.

## STUDENT SABBATICAL (LEAVE OF ABSENCE)

If a student has circumstances that prevent them from continuing the program as originally planned, they may apply for a Sabbatical. The Sabbatical will be requested by the student to the Student Support Office at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). The office will then send a form for the student to complete and sign.

A one-time sabbatical will be allowed for the student with the provision that they will come back after a maximum of 1 year, or before. With permission from the school, the student will be allowed to resume attending classes in the next class at the level where the sabbatical was initiated.

During the Sabbatical, all access to future classes will be removed from the student's account; however, they will retain access to the modules they have completed in the elearning.

If the student is on a payment plan and wishes to suspend the plan for the duration of the sabbatical, they will have to pay a \$25/month administrative fee (non-refundable, not part of tuition); otherwise, they can continue paying their payment plan per their schedule.

## RESUMING THE PROGRAM (RE-ENGAGING)

To resume the program, a student must notify the school (Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or +1 (888) 275-9103, ext. 20) of his or her intention to resume classes and be in good academic and financial standing. They will need to fill out a new Enrollment Form for the semester they are restarting. It is not necessary for a student to retake any previously completed classes if the course of study resumes within the 12 months from the beginning of the Sabbatical.

When an agreed-upon Sabbatical has expired, a student must return to the program or be automatically withdrawn. In the latter case, a student will need to apply for readmission to a new class at the tuition rate in effect at that time. This is also the case if a student chooses to withdraw rather than go on a Sabbatical. See "Refund Policy for Withdrawal" below for further information on withdrawals.

## FINANCIAL AID

Kerala Ayurveda Academy does not offer state or federal financial aid to students. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal student financial aid program funds.

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

- The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
- The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

**“Notice** - Any holder of this consumer credit contract is subject to all claims and defenses that the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds hereof, recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder.”

“Kerala Ayurveda Academy does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11U.S.C. Sec. 1101 et seq.).”

## ENGLISH AS A SECOND LANGUAGE & FOREIGN STUDENTS

Foreign students are accepted, however, KAA courses are instructed in English and KAA does not offer English as a second language. Foreign students are required to have proof of English proficiency with a passing score of minimum 80% on the TOEFL exam for enrollment. Visa services are not provided, and Kerala Ayurveda Academy will not vouch for student status and any associated charges.

## RECORD RETENTION

All records concerning the Kerala Ayurveda Academy are kept for fifty years after student's completion, withdrawal or termination, with the exception of transcripts which are kept permanently. Student records are kept at 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. Students requesting copies of these documents must submit a signed letter to the above address to the attention of the Student Support.

## STUDENT COMPLAINT PROCEDURE

If a student complaint should arise, they may contact Student Support, at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). If the student's complaint is not resolved after speaking to Student Support, they may contact the Director of Kerala Ayurveda Academy, Vaidya. Jayarajan Kodikannath at +1 (888) 275-9103 x20, [director@keralaayurveda.us](mailto:director@keralaayurveda.us) or at 691 S Milpitas Blvd Ste 206, Milpitas, CA 95035.

### *State of California*

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling +1 (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Website [www.bppe.ca.gov](http://www.bppe.ca.gov).

### *State of Washington*

If the student's complaint is not resolved after exhausting the institution's grievance procedure, the student may file a complaint with the Workforce Training and Education Coordinating Board, 128 Tenth Avenue S.W., P.O. Box 43105, Olympia, Washington 98504-3105, +1 (360) 709-4600. This school is licensed under Chapter 28C.10 RCW in the State of Washington.

## TRANSFERRING OF CREDITS & CREDENTIALS

"NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT KERALA AYURVEDA ACADEMY. The transferability of credits you earn at Kerala Ayurveda Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn for any KAA program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you seek to transfer after attending Kerala Ayurveda Academy to determine if your certificate will transfer."

KAA has not entered into an articulation or transfer agreement with any other college or university.

Transfer credit may be awarded for applicable coursework of comparable programs completed at other accredited or state approved/licensed institutions once verified by the Academy Manager and approved by the Director. Up to 70% of credit hours for KAA may be transferred. Courses will be considered for transfer credit if relevant to the certificate program and completed with a grade of B or higher, or the equivalent if another grading system was used. Prerequisite and corequisite courses must meet the criteria set forth by KAA. Application and official transcripts must be submitted for all transfer credit approval.



## FAQ

### FREQUENTLY ASKED QUESTIONS

#### **How much does the program cost?**

- The tuition for each program is as follows:
- Holistic Ayurvedic Coach (HAC): \$3,750
- Ayurvedic Health Counselor (AHC): \$7,500 + the tuition for the AP Clinical Internship.
- Ayurvedic Practitioner (AP): \$8,950 + the tuition for the AP Clinical Internship. See the AP Clinical Internship section for tuition rates.
- Note: tuition does not include registration and management fees. See Tuition and Fees for each program for details.

**If I enroll for AHC, will I get a HAC certificate?**

- Yes, since AHC covers all the curriculum of HAC within the AHC, you will be eligible to receive the HAC certification once all the requirements are completed.

**Are the programs approved by the National Ayurvedic Medical Association (NAMA), and how do I get my NAMA membership?**

- The HAC program is outside of the NAMA competencies and not eligible for NAMA membership application.
- The AHC and AP programs provide a NAMA Format designed to meet program competencies set forth by NAMA. For eligibility to take the NAMA Board exam as a Level I – Ayurvedic Health Counselor or Level II – Ayurvedic Practitioner, students must complete the NAMA Format of KAA's respective programs. Completion of KAA's programs does not guarantee NAMA professional membership. KAA offers program certificates which provide eligibility for the NAMA Board Exams. Upon passing the Board Exam, individuals may apply for NAMA professional membership. For more information, please contact NAMA directly.

**Do I need a college degree or a prior license/certification to study Ayurveda?**

- No.
- KAA welcomes students from all educational backgrounds, with degrees, licenses or certifications in any field.
- Ayurvedic studies are especially complimentary to Certified/Licensed Practitioners in a health-related fields including Yoga, Yoga Therapy, Massage Therapy, Chiropractic, Nursing, Naturopathy and Allopathic Medicine, etc.

**I'm not a healthcare professional. Can I still earn a certificate and practice Ayurvedic medicine?**

- Yes! The minimum admissions requirement for our professional certifications is a high school diploma or equivalent.
- For AHC and AP applicants only, a Basic Anatomy and Physiology credit is also required. If you have not taken Anatomy and Physiology, you can finish the requirement within six (6) months of your start date. Kerala Ayurveda also offers an Anatomy & Physiology course. Inquire with Student Services for more information.

**Is it legal to practice Ayurveda in all fifty states?**

- A bill has been passed in eleven states (Arizona, California, Colorado, Idaho, Louisiana, Maine, Minnesota, Nevada, New Mexico, Oklahoma, Rhode Island) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.

**Does each state regulate the practice of Ayurvedic sciences?**

- No.
- Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the



United States are advised on how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license.

- We might say that Ayurveda's current status in the U.S. is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that particular profession. Please contact your local state representative for more information about regulations in your area.

### **Can I practice Ayurveda outside of the state where I receive my certification?**

- Yes, Ayurveda is currently practiced all over the United States.
- While none of the U.S. states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials. Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.
- NAMA is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.
- Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.

### **Is there an Ayurvedic association which links other practitioners and students together?**

- Yes, there is the National Ayurvedic Medical Association (NAMA). Many states have their own state associations such as the California Association of Ayurvedic Medicine (CAAM).

### **Is there an alumni association? Can I contact previous students?**

- Once enrolled in our programs, students are welcome to join our private Student and Alumni Facebook group for community discussion and networking.
- Upon request, KAA can provide contact information of students for networking or informational purposes. Many of our students and alumni are happy to talk to prospective students and share their experiences.
- KAA is soon to announce an online database for alumni services and information to assist community interaction and promote alumni practices to the public.

### **How many of your graduates' practice Ayurvedic medicine?**

- All of our graduates are able to practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical well-being. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and



spiritual Life. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.

- There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic Coaches or Practitioners.
- Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.

**Are there tests? I feel anxious about taking tests.**

- Please try not to feel anxious about the tests. Monthly testing is conducted online in our elearning system at the student's pace. There are (5) attempts available for taking the test, and the highest score is recorded. The tests provide the student and the academy an opportunity to verify learning benchmarks are achieved for successful course progress.

**What materials do I need to bring to class and what should I expect in the classroom?**

- A notebook and writing implement. KAA will provide classroom facilities and course manuals. The classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort.

**Are there books for the class and what do they cost?**

- Digital copies of our course manuals are included in tuition for all programs.
- Print manuals are available at an additional cost. See individual Program Tuition and Fees for more information.

**When can I visit the school? Do you have open houses or visitor's events?**

- We allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the Academy Administrator. We are here to assist our students in any way we can.

**What student services are provided?**

- Student mentoring is supported throughout the entire term of the program. On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.

**I will be traveling from out of town to attend classes. Is there housing assistance available?**

- KAA does not have dormitories. There are a few hotels near the campus where students can book a room for the weekend. The range of cost is approx. \$75-\$125. In the past, some students have made good friends with classmates and stayed with them on those weekends. KAA has no responsibility to assist a student in finding housing.

### **What should I do for meals during class times?**

- For students attending on-site, complementary water and tea is available at our center. Classes are scheduled between 8:00am-6:00pm U.S. Pacific Time. A 1-hour lunch break is provided. Students may bring lunch and are welcome to eat in our classroom. A breakroom is available in the building with a refrigerator, sink and microwave. KAA can provide recommendations for local restaurants.

### **Do you offer further Ayurvedic Studies?**

- For professional certification: we offer a level III Ayurvedic Doctor (AD) certification, as well as a Panchakarma Technician (PKT) certification.
- For continued education, we offer several short programs and workshops in Ayurvedic assessment, formulations, Sanskrit and more. You can learn more on our website: [keralaayurveda.us/courses/programs/continuing-education/](http://keralaayurveda.us/courses/programs/continuing-education/)

### **Where is your administrative office?**

- Kerala Ayurveda Academy & Wellness Center, 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. Contact Student Support at +1 (888) 275-9103 x20 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

### **If I have additional questions or concerns, who do I contact?**

- In case a student has any complaint, they may contact Student Support at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). "Any questions a student, from the State of CA, may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at BPPE address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: [www.bppe.ca.gov](http://www.bppe.ca.gov). Phone: +1 (888) 370-7589." Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10th Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), phone: +1 (360) 709-4600, e-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).

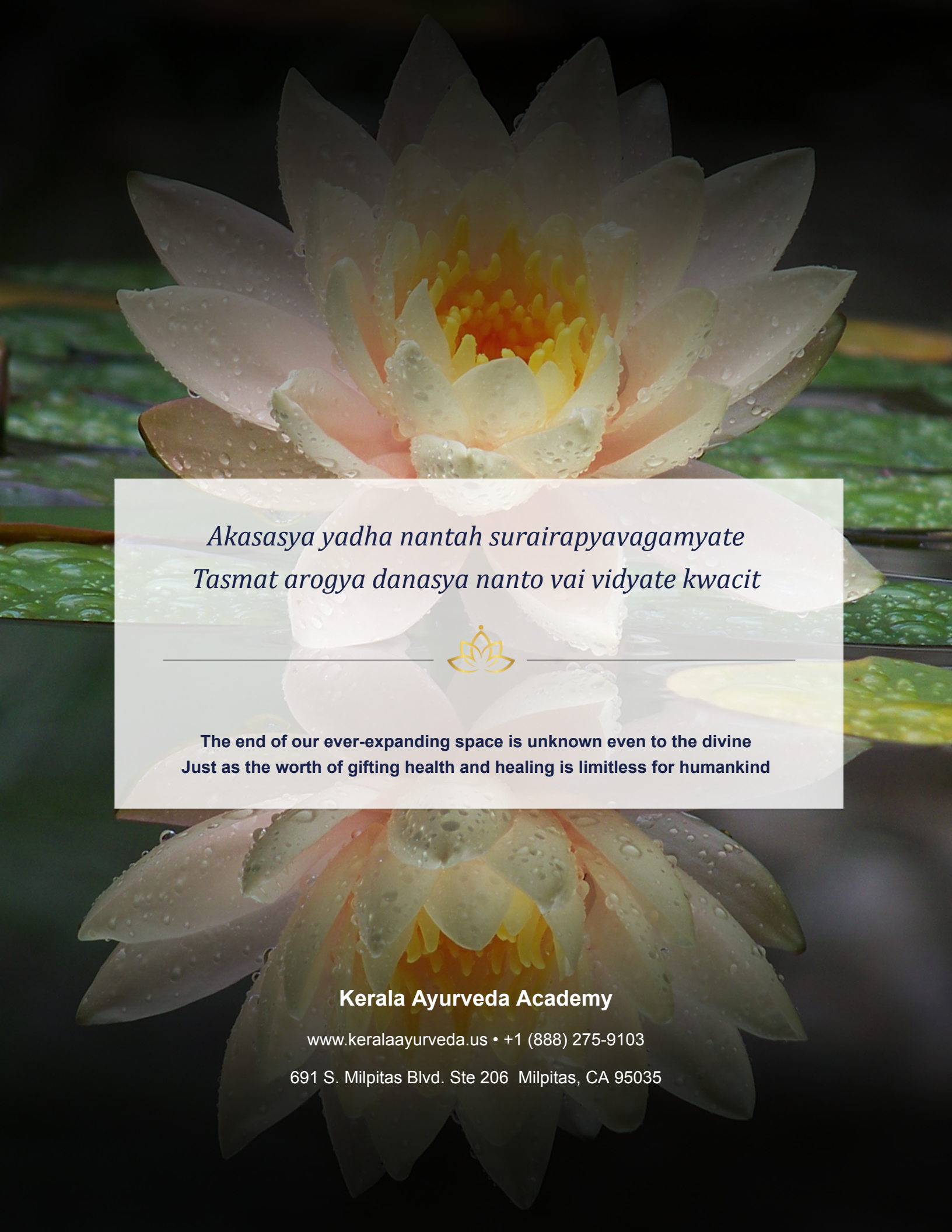
### **What else does the CA Licensing Board want me to know?**

- "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."

### **Who owns Kerala Ayurveda Academy?**

- Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal plantations, Life Centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic resort AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Vaidya. Jayarajan Kodikannath, who is also the Academy Director.





*Akasasya yadha nantah surairapyavagamyate  
Tasmat arogya danasya nanto vai vidyate kwacit*



The end of our ever-expanding space is unknown even to the divine  
Just as the worth of gifting health and healing is limitless for humankind

**Kerala Ayurveda Academy**

[www.keralaayurveda.us](http://www.keralaayurveda.us) • +1 (888) 275-9103

691 S. Milpitas Blvd. Ste 206 Milpitas, CA 95035



# COURSE CATALOG

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**Ayurvedic Doctor**  
v2

**2021-2023 Program**

May 15, 2021 - December 10, 2023



## REGISTERED OFFICES:

### **State of CA**

Kerala Ayurveda Academy  
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Aluva, Kerala, India-683101

AyurvedaGram Heritage Wellness Center  
Hemmandanahalli, Samethanahalli Post  
Whitefield, Bangalore-560 067

Registration: [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us)  
All Other Course Support: [support@keralaayurveda.us](mailto:support@keralaayurveda.us)  
Website: [www.keralaayurveda.us](http://www.keralaayurveda.us)

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# Welcome to Kerala Ayurveda Academy

## Our Mission and Heritage

**Our mission:** To integrate traditional Ayurvedic wisdom and healing with scientific research.

**Our purpose:** To serve as an authentic source of Ayurvedic education, research and community health care.

**Our commitment:** To bring the highest caliber of academic excellence to the US and abroad.

Kerala Ayurveda Academy (KAA) invites you to embark on a journey into the world of traditional Ayurveda. From the root Vedic texts and healing traditions of Kerala, India, preserved for thousands of years, our curriculum team passionately channels the ancient teachings into streamlined programs for modern professionals.

We are committed to offering the highest quality of education and services to our students so that they become the finest Ayurvedic health professionals and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the U.S. We are the first institute in the nation to provide authentic training programs at all three levels of Ayurvedic scope of practice. We proudly offer regular training sessions in Milpitas, California, as well as live streamed online for the distance learner.

The Ayurvedic Doctor (AD) program curriculum is based on an Ayurvedic educational curriculum from Indian universities and is both academically challenging and rewarding. We have assembled the most qualified and experienced faculty to teach each classroom session, covering theoretical Ayurvedic principles, hands-on learning, clinical encounters and contemporary topics of the wellness industry. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15-30 years of clinical experience.

At Kerala Ayurveda Academy, we herald the tradition of passing on the torch of this sacred lineage to our students. With the support of the Kerala Family, you will receive an authentic Ayurvedic education with a prestigious heritage, shared by passionate advocates of the Vedic principles, and supported by a growing global network of alumni, staff, faculty and wellness providers.

*We congratulate you on your decision to advance your studies, becoming part of an inner circle of Ayurvedic professionals who promote healing and wellness.*

***-The Kerala Ayurveda Academy Team***



## Why Choose Kerala Ayurveda Academy?

<b>Authenticity</b>	We offer the highest level of Ayurvedic training outside of India
<b>Comprehensiveness</b>	Curriculum includes lectures, practical workshops & clinical internship
<b>Leading Experts</b>	Faculty & Advisors include several of the world's leading academicians & physicians
<b>Convenience</b>	Weekend, evening and live streamed classes
<b>Flexible</b>	Progressive elearning system & archived class recordings

### *Take Pride in Knowing...*

- You are part of a globally recognized and highly respected Ayurvedic lineage which is experiencing tremendous growth in the West. With 1,500+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.
- You have the opportunity to travel to India and study at our sister sites, where you'll have access to rich academic and Ayurvedic industry resources.
- You receive the most authentic education in Ayurveda, based on the Vedic texts. KAA programs have been developed under the guidance of experts from the faculty of Ayurveda at Banaras Hindu University, aligning to the benchmarks for training in Ayurveda published by the World Health Organization (WHO) in 2010. BHU is an internationally reputed University founded in 1916 – it is a premier institution hosting schools in medicine, science, technology, social science and performing arts with over 20,000 students and 2,500 scholars.
- Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Limited (KAL), India - a full spectrum Ayurveda company operating 30 Ayurveda clinics, 2 hospitals, 400 herbal formulations, Medicinal Herbal Gardens and AyurvedaGram Heritage Wellness Centre. KAL is part of Katra Life Sciences, which aims at providing “Wellness, Naturally” to all.
- Each year, KAL and Kerala Ayurveda USA provide wellness services to more than 70,000 people, and KAA welcomes over 200 new students to the Kerala Family.
- KAL is based in Kerala, India, referred to as “God’s Own Country”: the land that cherishes the traditional practice of Ayurveda and where the science has been preserved in its purest and most authentic form.
- KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health. KAL’s mission is to “Evolve Ayurveda” with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and wellness of humankind.
- KAL is powered by a cutting-edge research team including biologists, chemists, scholars and practitioners, and has applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and functional.
- Kerala Ayurveda is one of the most well-regarded names in Ayurveda and has received the honors:
  - Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017 from ASSOCHAM
  - Indian Agribusiness Excellence Awards – Katra Phytochem, 2017
  - Herbal Company of the Year, 2016 from ASSOCHAM
  - Spa & Wellness Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
  - Best Integrated Wellness Provider in India - AyurvedaGram, 2010 & 2011 from Frost & Sullivan Award
  - Make In India Emerging Entrepreneurs, 2017 from India Today
  - Certification of Excellence – AyurvedaGram from TripAdvisor
  - Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore) by TripAdvisor
- Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.



# Program Overview

## Ayurvedic Doctor Program (AD) - 2500 Hour Certification Program

The Ayurvedic Doctor (AD) program is designed to train professionals of the highest caliber in Ayurveda for accomplishing the two goals of Ayurveda—*Swasthasya Swasthya Rakshanam*: to preserve the health of a healthy person, and *Aturasya Vikara Prashamanam*: to heal the imbalances of the sick. Students will gain the advanced Ayurvedic tools necessary to support healing of imbalances in the human mind-body systems and prevent future disease. These tools include a comprehensive nutritional education (*Ahara*), daily routines and practices to maximize health (*Vihar*), a clear understanding of the mind and thought processes (*Vichara*), plus their relationship to well-being, herbs and herbal formulation to facilitate healing, and personalized Ayurvedic detox and rejuvenation (*Panchakarma and Rasayana*) protocol.

The unique feature of this program is the specialty track to enable our Ayurvedic Doctors to specialize in their chosen clinical area of passion. **Upon successful completion of the AD course you will be awarded an Ayurvedic Doctor Certificate.**

### General Format

- 2.5 Years – 2,500 Total Hours
- Master Track
  - 18 Two-Day Weekend Intensives – *In-Class and Live Streamed\**
  - 38 Saturday Virtual Classes – *Live Streamed\**
- Allied Programs
  - 5 Three-Day Specialty Workshop Weekend Intensives In-Class and Live Streamed\*
  - 4 Weekday Evening Series - *Live Streamed\**
- Assignments & Projects\*\*
- Clinical Internship
- Clinical Specialty & Dissertation

*\*All classes which are live streamed are also recorded for later viewing.*

*\*\*Internet connection required.*

KAA accepts a limited number of students for in-class attendance in the live class at 691 S. Milpitas Ave #206, Milpitas, CA, up to 20.



### Distance Learning

*Initially, I was wondering if the distance learning program is a good enough format to transmit such a complex knowledge as Ayurveda, but thanks to Dr. J and his crew, his promise became more than true. Doing the AWC online has been the best decision ever.*  
--Nadja, AWC Graduate

## Prerequisites

The prerequisites for admission to the AD program are:

- Completion of the Ayurvedic Wellness Practitioner (AWP) certification program or an equivalent level II program from another institution.
- Applicants who completed level I and level II certifications with other institutions: if these courses are approved by the National Ayurvedic Medical Association (NAMA), accepted applicants may enroll directly with existing credentials. Applicants who completed these prerequisites with other institutions whose programs are not NAMA-approved are required to submit detailed credentials including transcripts. Our Admissions team will review the documents and may advise on additional academic requirements to satisfy the prerequisites. If additional coursework is required, accepted applicants are invited to enroll under the condition that the prerequisite coursework is completed within the first year of the AD program.
- It is important for Ayurvedic students of professional programs to have adequate knowledge of Anatomy and Physiology (A&P). The equivalent of six college level Anatomy & Physiology credits are required. It's not required to complete the A&P course prior to enrollment in this course; it can be taken simultaneously as a corequisite, as long as it is completed for certification. If you need to satisfy the A&P corequisite, we offer a partner course you can take entirely online. Students are required to provide proof of A&P course completion to receive this certification. To learn more about our partner course or submit your corequisite documentation, please visit our website: [www.keralaayurveda.us/courses/programs/anatomy-and-physiology](http://www.keralaayurveda.us/courses/programs/anatomy-and-physiology)
- Ayurvedic Doctors with a Bachelor of Ayurvedic Medicine & Surgery (BAMS) degree may join the program directly as all the above prerequisites are satisfied by their degree. An application is still required.

**Application:** Please note an application is required to join this program and documentation of prerequisites is requested for submission during this process. For more details and instructions on how to apply, please visit the Admissions section of this catalog.

## Scope of Practice

The general scope of practice of the Ayurvedic Doctor is similar to the Ayurvedic Practitioner, though Ayurvedic Doctors possess more extensive, in-depth education and relevant clinical experience in Ashtanga Ayurveda—all eight branches of Ayurvedic medicine. Additionally, they have more experience in teaching, demonstrations, practical Panchakarma training and research methods.

Ayurvedic Doctors understand disease from an Ayurvedic perspective, while possessing a working knowledge of Western medical pathology, pharmacology, diagnostic reports, and treatments, in order to interface with the Western medical community and modify the Ayurvedic management of cases accordingly. They are not required to order Western diagnostic tests and do not prescribe Western medicines. Ayurvedic Doctors have an informed awareness of public health and epidemiology (*Janapadoddhvamsa*) from the Western and Ayurvedic scope of practice for the Ayurvedic profession. They are informed consumers of research pertaining to the Ayurvedic field, and are able to evaluate, discuss, and apply contemporary research within the context of Ayurvedic knowledge. As the most highly skilled professionals in their industry, they are able to make significant contributions to the profession such as participating in research, review articles, conferences, teaching, or presentation of case studies.

## Course Description & Objectives

The Ayurvedic Doctor certification program covers both theoretical and practical training, including a blend of online learning, in-class hands-on training experience, clinical encounters, mentoring, dissertation under guidance, clinical internship and independent assignments.

### Curriculum

#### KAA 301 | Advanced Clinical Assessment

Learn the comprehensive clinical assessment methods to determine and differentiate various stages of the body-mind imbalances. Topics include:

- Three-point assessment (*Trividha Pareeksh*).
- Ten-point assessment (*Dasavidha Pareeksha*).
- Eight-point Ayurvedic clinical examination (*Ashtasthana Pareeksha*).
- Modern clinical assessment and investigations.

#### KAA 302 | Advanced Dravyaguna Sastra: Part 1

Explore the natural healing ingredients with their classification and energetics. Topics include:

- Definition and categories of raw materials from plant and animal origin.
- Collection, shelf-life and storage of raw materials.
- Study of plant material derived from prioritized medicinal plants.
- Study of nomenclature, synonyms, description-macro and micro, identification, purity and strength, constituents, assay, properties – pharmacological activity, important formulations, therapeutic uses and dose of the first set of 30 medicinal herbs.

#### KAA 303 | Advanced Bhaishajya Kalpana

Study the identification, preparation and administration of various formats of Ayurvedic formulations. Topics include:

- Introduction to technical terminologies used in *Bhaishajya Kalpana*.
- Definition, composition, method of preparation of following dosage forms: liquid: Svarasa, Kvatha, Hima, Phanta, Taila, Asava-Arista, Basti Kalpa; semi-solid: Avaleha, Ghrita, Kalka; solid: Churna, Gutika, Vati, Varti, Guggulu, Kshara, Lavana, tablet, capsules.

#### KAA 304 | Ayurvedic Clinical Management of Input Channels (*Pranavaha, Annavaha and Udakavaha Srotases*)

Learn the etiology, disease process, prevention and management of various disorders affecting the respiratory system, digestive system and fluid balance system. Topics include:

- *Pranavahasrotas* (cardio-respiratory system): *Shwasa, Hikka, Kasa, Rajayakshma, Hridroga, Parshwashoola, Urakshata, Svarabheda*.
- Bronchitis, bronchiectasis, bronchial asthma, COPD, pneumonias, occupational lung diseases, pulmonary tuberculosis, congenital heart disorders, IHD, RHD – valvular diseases, cardiac failures, cardiomyopathy, pericarditis, endocarditis, hypertension.
- *Annavahasrotas* (gastrointestinal disorders): *Agnimandya, Ajirna, Aruchi, Amadosha, Amlapitta, Chhardhi, Shoola, Grahani*. GERD, APD, malabsorption syndrome.
- *Udakavahasrotas*: *Trishna, Shotha, Udararoga*, water and electrolyte imbalance.

### KAA 305 | Ayurvedic Clinical Management of Rasavaha and Raktavaha Srotases

Study the etiology, disease process, prevention and management of various disorders affecting the nutritional system and blood. Topics include:

- *Rasavaha Srotas: Jwara, Amavata, Pandu, Madatyaya, Anaemias.*
- *Raktavaha Srotas: Raktapitta, Kamala, Vatarakta (Rheumatoid Arthritis).*
- Dermatological disorders: *Kushtha, Kshudraroga, Sheetapitta, Udarda, Kotha, Visarpa, Shvitra.*
- Hematopoietic disorders, bleeding and coagulation disorders, leukemias, thrombocytopenia, disorders of bone marrow, hepatobiliary disorders, Hepatitis, Cirrhosis, cholecystitis, Liver abscess, jaundice, parasitic, infective, allergic, autoimmune skin disorders, eczemas.

### KAA 306 | Ayurvedic Clinical Management of Mamsavaha, Medovaha & Asthivaha Srotases

Study the etiology, disease process, prevention and management of various disorders affecting the musculoskeletal system and metabolic system. Topics include:

- *Mamsa-Medovahasrotas: Medoroga, Sthaulya, Prameha, Galaganda, Gandamala, Urustambha.*
- Diabetes mellitus and obesity, myopathies, GB syndrome, muscular dystrophies, lumbago.
- *Asthivaha Srotas: Asthikshaya, Sandhigatavata, osteoarthritis, osteopenia.*

### KAA 307 | Advanced Dravyaguna Sastra: Part 2

Learn more about the natural healing ingredients with their classification and energetics. Topics include:

- Definition and categories of raw materials from metallic and mineral origin.
- Plant concentrates, extracts and exudates, resins, excipients, sweetening agents, volatile oils, perfumes, flavors and colors.
- Study of nomenclature, synonyms, description-macro and micro, identification, purity and strength, constituents, assay, properties—pharmacological activity, important formulations, therapeutic uses and dose of second set of 30 medicinal herbs

### KAA 308 | Ayurvedic Clinical Management of Majjavaha Srotas and Shuklavaha Srotas

Study the etiology, disease process, prevention and management of various disorders affecting the Nervous system and Reproductive system. Topics include:

- Nervous system (*Majjavaha Srotas*): *Pakshavadhya, Adharanga Vata, Sarvanga Vata, Ananta Vata, Gridhrasi, Ardita, Akshhepaka, Apatantraka, Ekangvata, Vishvachi, Apabahuka, Avarana.*
- Neurodegenerative disorders like Alzheimer's, Parkinsonism, CVA, neuropathies, facial palsy, motor neuron diseases, epilepsy, sciatica.
- *Shukravahasrotas*: such as *Kalibya, Dwajabhanga*, impotence.

### KAA 309 | Ayurvedic Clinical Management of Mutravaha Srotas, Pureeshavaha Srotas and Swedavaha Srotas

Study the etiology, disease process, prevention and management of various disorders affecting the Urinary system, bowel system and sweat system. Topics include:

- *Mutravahasrotas: Mutrakricchra, Mutraghata, Ashmari*, urinary disorders: UTI, Lithiasis, ARF, CRF, Uraemia, BPH.
- *Pureeshvaha Srotas: Atisara, Pravahika, Anaha, Adhamana, Krimi, Udavarta*, enteritis, dysenteries, ulcerative colitis, IBS, worm infestation.
- *Swedavaha Srotas*: knowledge of *Khalitya, Palitya* and cosmetology.

### KAA 310 | Ayurvedic Clinical Management of Manovaha Srotas Mental Disorders

Study the etiology, disease process, prevention and management of various disorders affecting the Mind. Topics include:

- *Manovaha Srotas*: *Vishada*, *Udvega*, *Bhaya*, *Bhrama*, *Anidra*, *Mada*, *Murchha*, *Sanyasa*, *Apasmara*, *Unmada*, *Atatwabhinivesha*.
- Ayurvedic understanding of common clinical entities like depression, anxiety neurosis, phobia, personality disorders.
- Management of stress-related disorders, *Apasmara* (seizure disorders), *Apatantraka* (hysterical convulsions), *Atatwabhinivesha* (obsessive compulsive disorders), *Vishada* (depression), *Madatyaya*, *Panatyaya* (substance abuse), *Nidra Vikara* (sleep disorders), *Chittodvega* (generalized anxiety disorders), *Smriti Vikara* (memory disorders).
- Mood and affective disorders – major depressive disorders, mania and their possible Ayurveda co-relates.
- Post-traumatic stress disorders, eating disorders.
- Senile psychiatric disorders: dementia, Alzheimer's disease, Parkinsonism.
- Preventive aspects in *Manas Roga*: *Achara Rasayana*, *Sadvritta*, *Shodhana*, *Rasayana*, *Vajikarana*.

### KAA 311 | Shalyatantra: Ayurvedic Management of Injuries, Ksharakarma, Agnikarma and Marma Chikitsa

Study the surgical and parasurgical methodologies, injury management and concept of vital points. Topics include:

- *Sushruta's* contributions in surgical concepts and practices.
- Significance and importance of *Rakta* as the *Chaturth Dosha*.
- *Yantras* and *Shastras*: surgical instruments - ancient and recent advances.
- Concept of *Marmas* and their clinical application.
- *Vranasopha* (inflammation) and *Vidradhi* (abscess, pressure ulcers, venous ulcers and other chronic non-healing ulcers).
- *Granthi* (cysts) and *Arbuda* (benign and malignant neoplasm).
- *Bhagna* (fractures), *Sandimoksha* (dislocation).
- *Dagdha Vrana* (burns and scalds).
- *Ksharakarma*, *Agnikarma*, *Raktamoksha*.

### KAA 312 | Shalakyantra: Ayurvedic Management of Eye, Ear, Nose, Throat and Oral Disease

Learn the etiology, disease process, prevention and management of various disorders affecting the eye, ear, nose, throat and oral cavity. Topics include:

- *Netra Rogas*: descriptive knowledge of etiology, pathogenesis, prodromal symptoms, clinical features, management and complications of various eye disorders.
- Descriptive knowledge of the anatomy and physiology of ear, nose, throat and oral cavity as per ancient and modern science.
- Examination of the ear, nose, *Kantha* and oral cavity as per Ayurveda and modern science.
- Common etiology of ear, nose, throat and oral disorders, their pathogenesis, prodromal symptoms, classification, clinical features and general treatment.
- *Dantagata Rogas*: Dental diseases detailed in the classics of Ayurveda; their etiology, pathogenesis, prodromal symptoms, clinical features, complication and applied approach in the treatment of dental diseases.

### KAA 313 | Streeroga: Ayurvedic Management of Artavavaha Srotas and Stanyavaha Srotas

Learn the etiology, disease process, prevention and management of various disorders affecting the uterine and lactation systems. Topics include:

- Female reproductive system: applied anatomy of female genito-urinary system, pelvis & pelvic floor.
- Physiology, neuro endocrinology and pathology of puberty and neuroendocrine control of menstrual cycle: *Artava, Rituchakra, Streebija*.
- Etiology, pathogenesis, prodromal symptoms, clinical features, management and complications of various gynecological disorders: *Artav Dushti, Artava Vriddi, Artava Kshaya, Asrigdara, Anartava, Kashtartav*.
- Genital infections including sexually transmitted infections and abnormal vaginal discharges.
- *Arsha, Yonikanda, Gulma, Granthi, Arbuda*: abnormal uterine bleeding, endometriosis, fibroid uterus, adenomyosis, polycystic ovarian syndrome and neoplasia of female genital organs.
- *Vandhyatva*: causative factors, investigations and management of infertility.
- *Stanaroga, Stanashotha, Stanakilaka, Stanavidradhi, Stana Granthi, Stanarbuda*: examination of breast, assessment and differential assessment of breast lumps.
- Measures of contraception: Ayurvedic view of *Garbha Nirodha* and *Garbhapatkara Yogas*.
- *Rajo Nirvritti*: Menopause.

### KAA 314 | Prasooti Tantra: Ayurvedic Management of Pregnancy and Childbirth

Learn the management of pre-pregnancy period, pregnancy and post-partum period as well as the management of pregnancy and childbirth related health problems. Topics include:

- *Garbha Sambhava Samaagri, Garbhadhanam*: pre-conception counseling and care.
- *Garbhotpatti*: fundamentals of reproduction – gametogenesis, fertilization, implantation and early development of human embryos.
- *Garbha-Poshana, Masanumasika Vriddhi*: fetal physiology, circulation, fetal growth and development.
- *Garbhiniparicharya, Masanumasika Pathya Apathya Evum Garbha Upaghatakara Bhava*: prenatal care, examination investigations and management.
- *Garbhini Vyapad, Nidana Panchaka and Chikitsa of Garbhini Vyapad*: early recognition, differential assessment and prompt management of pregnancy complications, hyperemesis gravidarum, anemia, pregnancy induced hypertension, pre-eclampsia, eclampsia
- *Prasav Paribhasha, Prasav Kaal, Prasava Prarambha Karana, Prasava Kalina Garbhasthiti, Sutikagara*: initiation and onset of parturition, examination and evaluation of the lady during childbirth, physiology of childbirth, mechanism of childbirth, selection of place of delivery.
- *Prasava Avastha Evum Paricharya*: stages of normal childbirth, management of normal childbirth
- Postpartum care.

### KAA 315 | Kaumarabhritya: Ayurvedic Management of Pediatric Health

Study the management of newborn, neonate, pediatric nutrition, pediatric diseases and management. Topics include:

- *Shukra, Shonita, Shukra Shonita, Doshas, Bija-Bijabhaga-Bijabhagavayava Vikriti, Matrija, Pitraja Bhavas, Yajjah*: measures for obtaining good progeny, formation of *Prakriti*, their assessment in children.
- *Navajata Shishu Paricharya Evam Prana-Pratyagamana*: care of the newborn including recent methodology for the resuscitation
- *Navjat Shishu Ahara* (neonatal feeding): specific feeding methodology as per Ayurveda and recent advances, day-to-day fluid, milk for the newborn, feeding technique for the preterm baby.



- *Stanyotpatti* and *Prasruti*: lactation, composition of breast milk, colostrum, method for feeding breastmilk.
- *Stanyakshaya* and *Stanyanasha*: inadequate production and absence of breast milk, examination of breast milk, alternative feeding methods in absence of breast milk.
- *Stanyadosha* (bitiation of breast milk), *Stanya Shodhana* (purification of breast milk), *Stanya Janana* and *Vardhanopakrama* (methods to enhance breast milk formation).
- *Bala-Poshana* (pediatric nutrition): daily requirements of nutrients for infants and children, common food sources, *Satmya* and *Asatmya Ahara* (compatible and incompatible diet).
- *Balaroga*: pediatric disorders and management.

### KAA 316 | Ayurvedic Management of Immunological and Environmental Diseases

Learn the causes, development, prevention and management of various diseases due to environmental reasons, infections and immune alterations. Topics include:

- Role of Ayurveda in immune-protection, immuno-modulation and in management of other allergies and immunological disorders.
- Ayurvedic approach to infectious disorders: *Chickangunya*, HIV/AIDs, swine flu, dengue.
- *Upasargajanya Vyadhi* (communicable diseases): *Romantika*, *Masurika*, *Upadamsha*, *Phirang* and introduction to Syphilis, AIDS, Leprosy, tuberculosis.
- Detailed study of *Krimi Vigyanam* versus infectious and parasitic diseases along with their mode of infection and life cycle.
- Concept and applied aspects of *Janapadodhvamsa* and environmental diseases.
- Concept of genetic diseases and its interpretation in terms of *Bija Dosha*.

### KAA 317 | Rasayana & Vajikarana: Ayurvedic approach to Rejuvenation and Regeneration

Study the concept of regeneration, rejuvenation and antiaging concept based on Ayurvedic science. Topics include:

- Definition, synonyms, classification and application of *Rasayana*.
- Concept of *Bala*, types of *Bala*, *Vridhikshayahetu*.
- *Rasayana* in immunocompromised diseases like, HIV/AIDs, tuberculosis, cancer, liver cirrhosis.
- Kutipraveshikarasayana and Vatatapikarasayana.
- Concept and practice of *Achararasayana*
- Application of *Kamyarasayanato*: *Smriti*, *Medha*, *Bala*, *Prabha*, *Varna*, *Svara*.
- *Naimittikarasayana*, *Vyadhiharaandvyadhiapunarbhavarasayana*.
- Definition, derivation, etymology, synonyms of *Vajikara*, *Vrishya*.
- Knowledge of geriatric care and terminal care medicine.
- Concept of *Jara* (geriatrics) and ageing (gerontology).
- Common geriatric disorders and their management within the systems and organs.

### KAA 318 | Ayurvedic Toxicology, Medical Ethics and Medico Legal Regulations

Learn the Ayurvedic approach to identifying and managing the complications of poisoning, ethics in Ayurvedic practice and the regulations influencing the Ayurvedic practice in the USA. Topics include:

- Definition and properties of *Visha*, its comparison with *Madya* and *Oja*, *Visha Samprapti*, *Visha Prabhava*, *Visha-Vega*, *Vegantara* and *Visha Karmukata* (toxicodynamic and toxicokinetic study).
- Descriptive and comparative study of *Upavisha* in unison with contemporary toxicology.
- Descriptive study of *Sthavara Visha*, definition, classifications, classical signs and symptoms of poisoning including *Vanaspatic* (phyto poison), *Khanija* (mineral) and compound *Sthavara Visha*.

- Study of *Jangama Visha* and their sources (animal poisoning): snake bite, *Vrischika* (scorpion), *Luta* (spider), *Grihagodhika* (lizard), *Mushaka* (rats), *Alarka* (dogs), *Makshika* and *Mashaka* (mosquitoes) and their pathologic manifestations, including their role in the manifestation of communicable diseases.
- *Garavisha* and *Dushi Vishal*, their varieties, signs, symptoms and management with contemporary relevance. Detailed study of allergies including allergic manifestations in the eyes, nose, lungs and skin.
- Detailed study of *Madya Visha* and substances acting on the nervous system; substance abuse (assessment, management and detoxification).
- Fundamental principles for treatment of poisoning.
- Personal identity and its medico-legal aspects, rights and privileges of rogis, professional secrecy and privileged communication, professional negligence and malpractice.
- Professional liability insurance.
- Consumer Protection Act related to medical practice.
- Ethics: types of physicians and methods of identification, *Pranabhisara* and *Rogabhisara* Physicians, qualities and responsibilities of an Ayurvedic Doctor, *Chaturvidha Vaidya Vriti*: duties of Ayurvedic Doctors towards Rogis.

### KAA 319 | Ayurvedic Assessment and Pulse Diagnosis

Discover the ancient science of Ayurvedic Assessment methodologies including pulse diagnosis to detect an individual's mind-body constitution and state of imbalance. Ayurvedic classical texts clearly explain how to identify the subtle disease conditions which a physical examination or other assessment techniques are unable to recognize. Topics include:

- Overview of Ayurvedic assessment methodologies, importance of using all the three tools in assessing constitution (*Prakriti*) and disease (*Vikriti*): observation (*Darshana*), touch (*Sparshana*), questioning (*Prashna*).
- Do's and Don'ts during Ayurvedic assessment, assessment of constitution vs. disease.
- Pulse diagnosis: practical methodologies based on classical Ayurvedic texts, overview of pulse assessment, methodology of assessing *Prakriti* and *Vikriti*, various layers of pulse.
- Tongue diagnosis: overview of tongue assessment, methodology of assessing various systems disorders, understanding specific disease conditions from tongue.
- Ayurvedic Assessment of: eye (*Netra*), skin (*Twak*) nail (*Nakha*), hair (*Kesa*), stool (*Mala*), urine (*Mutra*), voice (*Sabda*), structure (*Akriti*).
- Consolidating the assessment outcome and mapping the Ayurvedic etiopathogenesis, practical assessment of live cases to establish the complete mapping of disease (*Samprapti*).

### KAA 320 | Ayurvedic Formulation Making

The Ayurvedic herbal recipes for healing were carefully designed thousands of years ago to balance the healing properties of the ingredients and mitigate side effects. We will overview the fundamentals of formulations, including their role in the healing process, how to procure and store herbal ingredients and manage dosage for your rogis, plus step-by-step guidance on the 14 most popular types of preparation. Topics include:

- Overview of *Dravyaguna* (Ayurvedic Herbology) & *Bhaishajya Kalpana* (Pharmaceutics).
- Selection of herbs and combining herbs, do's and don'ts during mixing herbs and making formulations, procurement and storage of herbs.
- Dosage forms of Ayurvedic formulations, shelf life of Ayurvedic formulations and natural preservatives.
- Preparation of primary formulations: *Swarasa*, *Kalka*, *Choorna*, *Sheeta*, *Phanta*.

- *Kwatha Kalpana*, *Ksheerapaka* and *Thaila Kalpana* (herbal oil preparations): *Nasya* (nasal administration), *Vasti/Basti* (therapeutic enema), *Abhyanga* (massage oil / external application).
- *Sandhana Kalpana* (fermented preparations): *Arishta*, *Asava*.
- *Ghrita Kalpana* (therapeutic ghee making): *Netra Tharpana/Netra Vasti* (ghee for eye therapy), *Snehapana* (ghee for intake).
- *Lehya Kalpana* (preparation of therapeutic jams).
- *Gudika Kalpana* (Ayurvedic handmade tablets).
- *Varti Kalpana* (Ayurvedic suppositories).

### KAA 321 | Panchakarma Practicum Level 1: Prep and Purvakarma I

The first class of the practical series will introduce you to the hands-on knowledge and experience you will need to be a successful Panchakarma Technician, beginning with some of the preliminary Panchakarma therapies known as *Purvakarama*. Topics include:

- Scope of practice as a Panchakarma Technician.
- Review stages and benefits of Panchakarma.
- Guidelines for the client's diet and lifestyle during Panchakarma.
- Indications, contraindications, safety and precautions for the technician.

You'll receive hands-on practice in:

- Preparation of the client including draping techniques.
- Setting up the Panchakarma table and room before the bodywork.
- *Snehana* (Oleation):
  - Preparation of oils.
  - *Abhyantara Sneh* (Internal Oleation).
  - *Bahya Sneh* (External Oleation):
    - *Abhyang* (Oil application).
    - *Shiro Abhyanga* (Oil application on head).
    - *Mukha Abhyanga* (Oil application on face).
    - *Pada Abhyanga* (Oil application on feet).
    - *Deha Abhyanga* (Oil application on body).
    - *Self-abhyanga*
  - Specialty *Abhyanga*
    - *Garbhini Abhyanga* (Prenatal oleation).
    - *Sutika Abhyanga* (Postnatal oleation).
    - *Kumara Abhyanga* (Oleation for babies).
  - *Rukshana* (Dry therapies):
    - *Udvartana*.
- *Swedana* (Sudation)
  - *Anagneya Swedana* (Sudation without heat):
    - *Upanaham*.
  - *Agneya Swedana* (Sudation with heat)
    - *Bashpa Sweda*.
    - *Upanaham* (Oil and herbal paste).
    - *Tapa Swedam* (Dry heat):
      - *Choorna Swedam* (Powder bolus).
      - *Valuka Sweda* (Sand bolus).
  - *Ushma sweda* (Moist heat):
    - *Bashpa sweda* (Steam bath).

- Pathra Potali Sweda (Leaf bolus)
  - *Jambira Pinda Sweda* (Lemon bolus).
  - *Shashtika Pinda Sweda* (Rice bolus).
- *Snehana & Swedana* (Oil & Heat):
  - *Choorna Pinda Swedam* (Powder bolus with oil).
  - *Kayaseka* (Pizhichil - The Royal Oil bath).
- Marma Balancing Therapies.

## KAA 322 | Panchakarma Practicum Level 2: Main Panchakarma Techniques and Specialty Therapies

The final intensive in the practical series focuses on the main Panchakarma techniques and specialty therapies which will be specifically conducted under the guidance of an Ayurvedic Doctor (Vaidya). These include:

- *Pradhana Karma* (Main procedures):
  - *Vamana* (Induced emesis - theoretical understanding only).
  - *Virechana* (Medicated purgation).
  - *Vasti* - Medicated Enemas:
    - *Sneha Vasti* (Preparation and practice)
    - *Kashaya Vasti* (Preparation and variations based on conditions).
  - *Nasya* (Nasal administration).
  - *Raktamokshana* (Bloodletting - theoretical understanding only).
- Specialty Shamana Therapies:
  - *Thakradhara* (*Shirodhara* with herbalised buttermilk).
  - *Ksheeradhara* (*Shirodhara* with herbalised milk).
  - *Kati Vasti* (Warm oil retained on lower back).
  - *Greeva Vasti* (Warm oil retained on neck).
  - *Janu vasti* (Warm oil retained on knee).
  - *Netra Kalpanas* (Eye therapies):
    - *Netra Sekam*
    - *Aschyotanam*
    - *Netra Pindi*
    - *Vidalakam*
    - *Netra Tarpanam or Netra Vasti*
    - *Putapakam*
    - *Anjanam*
  - *Shirovasti*
  - *Shirolepam*
  - *Ksheera Dhoomam*
- *Paschatkarma* (Post-Panchakarma recuperation).
- *Rasayana*- selection, dosage and methods of application.

## Learning Materials & Resources

- **Books:** will be available for purchase from KAA. *See below.*
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our AD certification program content is made available to students online via our elearning system powered

by TalentLMS. Elearning provides access to course information, live class recordings, assignments, class slides, study outlines and tests.

- **Academic Advisor:** students have access to an experienced Ayurvedic Doctor (BAMS) Advisor who can be contacted via the elearning system. Academic Advisors review and grade assignments, support students with their specialty and dissertation, and are also available to assist with general questions during studies.

### Texts for the Ayurvedic Doctor Program

The list of textbooks for the program will be provided to you with a price list upon acceptance into the program. Books will be available to purchase from KAA. The list will include required textbooks as well as suggested textbooks. Note: we will purchase these books directly from India to provide for you the best possible price for the texts. Below is a sample list of some of the books for the program.

#### Required book list – *sample\**:

TITLE	AUTHOR
ASTANGA HRIDAYAM VOL. I - III	K.R.SRIKANTHA MURTHY
T.B. OF KAYACHIKITSA VOL.I - III	P.S. BYADGI
STREEROGA VIJNAN	V.N.K. USHA
PRASUTI TANTRA VOL. I & II	V.N.K. USHA
KAUMARABHRTIYA	DINESH
ROGA VIJNANA AND VIKRITI VIJNANA VOL. I & II	MANOJ SANKARANARAYANA
OUTLINE OF SalyATANTRA	S.M. JALALUDHEEN
T.B. OF SHALAKYA TANTRA VOL. I	ADIKANDA BISWAL
HANDBOOK OF FORENSIC MEDICINE AND TOXICOLOGY	CHADHA
ILLUSTRATED AGADA TANTRA	P.V.N.R. PRASAD
DRAVYAGUNA VIJNAN VOL. I	J.L.N. SASTRY
BHAISAJYA KALPANA VIJNANA	P.V.N.R. PRASAD
A WORKING MODEL FOR DIAGNOSIS IN AYURVEDA	DR. P.M. MADHU
PRINCIPLES AND PRACTICE OF AYURVEDIC CLINICAL MEDICINE	DR. L. MAHADEVAN
BHAVAPRAKASA VOL. I	K.R.S. MURTHY
TEXTBOOK OF PANCHAKARMA	DR. VASANT C. PATIL
SAHASRAYOGAM	PRABHAKAR RAO

#### Suggested books for reference – *sample\**:

- Astangahrdayam Vol. I & II, T. Sreekumar
- Charaka Samhita Vol. I – VII, R. K. Sharma
- Bhaisajya Ratnavali: Vol 1, 2 & 3, Dr. Kanjiv Lochan
- Astanga Samgraha of Vagbhata, Prof. K.R. Shrikantha Murthy
- Charaka Samhita: Volumes 1-6, Dr. R. K. Sharma & Vaidya Bhagavan Dash
- Indian Medicinal Plants: Volumes 1-5, Arya Vaidya Sala

**\*These are sample lists. Final book lists for this program will be provided upon enrollment.**

## Program Format & Hours

### *Student Orientation - 5 hours*

Students are required to attend a five-hour orientation prior to the class start date. This will be recorded and available for viewing later.

### *Master Track – 436 hours*

#### Two-Day Weekend Intensives - 306 hours

The 18 Master Track Weekend Intensives are offered approximately once per month (please see Schedule) over the course of 30 months in total. Class is held Saturday and Sunday from 8:00am-6:00pm U.S. Pacific Time. Students may attend in-class or tune in via live streaming, and all classes are recorded for later viewing.

Module	Topics	Days	Hours
KAA 301	Advanced Clinical Assessment	2	17
KAA 302	Advanced <i>Dravyaguna Sastra</i> : Part 1	2	17
KAA 303	Advanced <i>Bhaishajya Kalpana</i>	2	17
KAA 304	Ayurvedic Clinical Management of Input Channels ( <i>Pranavaha, Annavaha</i> and <i>Udakavaha Srotases</i> )	2	17
KAA 305	Ayurvedic Clinical Management of <i>Rasavaha</i> and <i>Raktavaha Srotases</i>	2	17
KAA 306	Ayurvedic Clinical Management of <i>Mamsavaha, Medovaha</i> & <i>Asthivaha Srotases</i>	2	17
KAA 307	Advanced <i>Dravyaguna Sastra</i> : Part 2	2	17
KAA 308	Ayurvedic Clinical Management of <i>Majjavaha Srotas</i> and <i>Shuklavaha Srotas</i>	2	17
KAA 309	Ayurvedic Clinical Management of <i>Mutravaha Srotas, Pureeshavaha Srotas</i> and <i>Swedavaha Srotas</i>	2	17
KAA 310	Ayurvedic Clinical Management of <i>Manovaha Srotas</i> Mental Disorders	2	17
KAA 311	<i>Shalyatantra</i> : Ayurvedic Management of Injuries, <i>Ksharakarma, Agnikarma</i> and <i>Marma Chikitsa</i>	2	17
KAA 312	<i>Shalakyatantra</i> : Ayurvedic Management of Eye, Ear, Nose, Throat and Oral Disease	2	17
KAA 313	<i>Streeroga</i> : Ayurvedic Management of <i>Artavavaha Srotas</i> and <i>Stanyavaha Srotas</i>	2	17
KAA 314	<i>Prasooti Tantra</i> : Ayurvedic Management of Pregnancy and Childbirth	2	17
KAA 315	<i>Kaumarabhritya</i> : Ayurvedic Management of Pediatric Health	2	17
KAA 316	Ayurvedic Management of Immunological and Environmental Diseases	2	17



<b>KAA 317</b>	<i>Rasayana &amp; Vajikarana: Ayurvedic approach to Rejuvenation and Regeneration</i>	2	17
<b>KAA 318</b>	Ayurvedic Toxicology, Medical Ethics and Medico-legal Regulations	2	17

### Saturday Virtual Classes - 130 hours

In addition to the Master Track's Two-Day Weekend Intensives, there are 38 Saturday Virtual Classes which cover the foundational curriculum of the AD program. Saturday classes provide a forum for venturing deeper into vital topics from the weekend curriculum, such as modern clinical investigation reports, clinical examinations, research methodologies and understanding clinical imaging.

Saturday Virtual Classes are conducted as five and three-hour live streamed sessions once per month from 7:00am-12noon and 7 -10:00am respectively U.S. Pacific Time. The access link and class recording is made available on the elearning system. Students are expected to attend all 38 sessions of the virtual classroom sessions. *Please see the program schedule for specific dates.*

### Allied Programs

#### Specialty Workshop Weekend Intensives – 128 hours

The five Specialty Workshop Weekend Intensives are offered approximately once per year so students will have multiple opportunities to attend throughout the course of the entire AD program. Class is held Friday, Saturday and Sunday from 8:00am-6:00pm U.S. Pacific Time. Students may attend KAA 319 and KAA 320 in-class or tune in via live streaming, and these classes are recorded for later viewing. Students are required to attend KAA 321 and KAA 322 in-class. *Please see the program schedule for specific dates. Those who have previously taken these workshops: review only is necessary.*

Module	Topics	Days	Hours
<b>KAA 319</b>	Ayurvedic Assessment and Pulse Diagnosis	3	25.5
<b>KAA 320</b>	Ayurvedic Formulation Making	3	25.5
<b>KAA 321</b>	Panchakarma Practicum Level 1: Prep and <i>Purvakarma</i> I, <i>Purvakarma</i> II and <i>Shamana</i>	4.5	38.5
<b>KAA 322</b>	Panchakarma Practicum Level 2: Main Panchakarma Techniques and Specialty Therapies	4.5	38.5

#### Weekday Evening Series – 584 hours

The four Weekday Evening Series are conducted as live streamed sessions (and recorded classes where applicable). The access link and class recording is made available on the elearning system. Students are expected to attend all sessions. *Please see the program schedule for specific dates.*

Series Title	Segments	Schedule	Sessions	Hours
Introduction to Sanskrit for Ayurveda	1	Weekly	30	30
Ashtanga Hridayam - Live	5	Weekly	75	113
Ashtanga Hridayam - Recorded	12	n/a	171	257

Vedic Formulations- Live	4	Bimonthly	48	96
Vedic Formulations - Recorded	2	n/a	24	48
Clinical Case Discussion Webinars	n/a	Monthly	27	40

### Introduction to Sanskrit for Ayurveda - 30 hours

Our Sanskrit program is offered as a 30-session live streamed series, conducted Monday evenings from 4:30-5:30pm U.S. Pacific Time. The series introduces Sanskrit to Ayurvedic students so they can easily read Ayurvedic texts such as the *Ashtanga Hridayam*. The course focuses on listening, reading, and writing, and introduces speaking. No familiarity with the language is assumed - we start with the fundamentals, beginning with the basic sounds and the alphabet of the Devanagari script. Student's progress further by learning to read and write their own names, transliterate simple words, and then build up towards reading Ayurvedic words and sentences. At the end of the program, students will be capable of reading the Ayurvedic sutras on their own and have the foundation to pursue further study in spoken Sanskrit. This program includes 30 hours of assignment of writing, chanting and recording of the Sanskrit pronunciation of the letters and words learned during this program.

### Ashtanga Hridayam – 370 hours

Our *Ashtanga Hridayam* series is a hallmark of Kerala Ayurveda Academy, a truly one-of-a-kind program you will not find at any other U.S. Ayurvedic institution. AD students are required to learn all 30 chapters of *Ashtanga Hridayam Sutrastana*. The series is conducted live twice per year in 15-class segments on Wednesdays from 6:00-7:30pm U.S. Pacific Time, which AD students are invited to join. Each virtual class is recorded, and previous segments of the series are available in the form of class recordings in the elearning system.

*Ashtanga Hridayam*, the “Heart or Essence of all the Eight Branches of Ayurveda,” is one of the ancient root texts of Ayurveda written by Vagbhata. It is written in a poetic form with beautiful Sanskrit verse, making it easier for a student to remember important subjects in a concise form. Today the *Ashtanga Hridayam* continues to serve as a root source for Ayurvedic philosophy and protocol, providing clear guidelines in all aspects of health, including nutrition.

It is important to use the authentic teachings of the ancient Vedic texts, though acquiring this information can seem like a daunting task. In this course, students will be guided through the *Ashtanga Hridayam* by our faculty word-by-word, illuminating the deepest aspects of the Ayurvedic principles. Chanting the *Slokas* together, students will experience the richness of the beautiful ancient verse and feel the healing vibration of the words - the heart of Ayurveda.

### Vedic Formulations - 144 hours

This series is offered in two 6-month segments per year, each consisting of 12 classes conducted every other week. Individual sessions are hosted Monday evenings from 5:30-7:30pm U.S. Pacific Time.

The success of an Ayurvedic Practitioner or Doctor is paramount to their expertise in selecting and combining herbs and formulations. The root texts of Ayurveda provide the recipes of thousands of formulations for various clinical situations. The *Ashtanga Hridayam* explains that 25% of clinical success depends on the herbs and formulations suggested. The herbs and formulations recommended in the right context, form and dosage, with the right adjuvants can achieve impressive results in various health conditions. We developed this series to address the vast amount of knowledge on herbs and formulations required of a successful Ayurvedic Practitioner or Doctor.

In each session of the series, you will learn the most commonly used and effective Vedic formulations as documented in the classical texts. Each class will cover multiple formulations and single herbs. You will receive an overview of the formulation, contents of the formulations, method of preparation, specific indications, dosage forms, and appropriate adjuvants. Additional discussions will include special precautions, plus do's and don'ts while taking formulations based on the specific nature of the recipe. We will also review case studies to evaluate the usage of formulations and how they worked in real rogi scenarios.

The primary root text followed in this program will be *Sahasrayogam* and *Ashtanga Hridayam* for the formulations, and *Bhava Prakasha* for the individual herbs, which are part of the required books for the AD program.

### **Clinical Case Discussion Webinars – 40 hours**

This program is dedicated to interactive reviews of clinical conditions, including cases submitted by participants. It is an opportunity for AD students to receive feedback on live cases and collaborate with fellow AD students and Ayurvedic Practitioners on protocol development. Sessions are live streamed once per month on Tuesday evenings from 5:00-6:30pm U.S. Pacific Time. AD students are required to attend 27 sessions, and will be taken concurrently with the AD Certification program as part of the Master Track Program. Note: if there are no participant-submitted cases for a session, the faculty member will provide cases for review.

### ***Ayurvedic Doctor Clinical Internship - 500 hours***

Kerala Ayurveda Academy offers Clinical Internship training opportunities at our U.S. and India locations, which are also open to Ayurvedic Doctor students and alumni from other institutions.

Ayurvedic Doctor students of Kerala Ayurveda Academy are required to complete a total of 500 hours of Clinical Internship to satisfy certification requirements. Of the total hours, 150 hours are mandatory in India\*, and the rest may be fulfilled through three options:

1. **India Internship – offered in 150-hour, 15-day segments**
2. **U.S. Internship – Milpitas, CA – offered in 50-hour, 5-day segments**
3. **Externship/Apprenticeship - 100 hours maximum**

The India Internship is offered once per year (with additional frequency upon demand). The U.S. Internship is offered multiple times per year. *Please see the program schedule for specific dates.*

\*If a student cannot go to India for Internship for legal reasons, please contact Student Support.

### ***Clinical Specialty & Dissertation - 310 hours***

Students of the AD program are required to select a clinical specialty of their interest to provide a focus to their practice. The experience of preparing for this specialty will aid the student in becoming a well-researched, practically-oriented and innovative participant in Ayurveda's development.

The dissertation is the student's opportunity to present a thesis related to their respective specialty. A faculty member with relevant experience to the student's specialty will be appointed as their advisor.

### **Clinical Specialties**

There are four specialties available in this program:

**Kayachikitsa: Ayurvedic General Medicine**  
**Manasaroga: Ayurvedic Psychiatry**  
**Streeroga and Prasooti Tantra: Women's Health**  
**Digestive and Metabolic Disorders**

**Dissertation**

Guidelines for the dissertation are as follows:

1. The title of dissertation along with synopsis - with approval of the ethics committee constituted by the Academy - shall be submitted to the Academy within a period of 12 months from the date of admission to the Ayurvedic Doctor program.
2. If the student fails to submit the title of dissertation and synopsis within the period specified as above, his/her term for final exams will be extended for six months or more in accordance with time of submission of the synopsis to the Academy.
3. The synopsis of the proposed outline of work should indicate the familiarity of the student with the proposed theme of work, the name of the department and the name and designation of the guide or supervisor and co-guide, if any. The Academy should approve the synopsis not later than three months after submission of the synopsis.
4. All titles will be approved by the Academic Advisory committee.
5. The Academy will distribute the approved synopsis on our official website and in our elearning system.
6. The subject of every dissertation shall be researched, practically oriented, innovative and helpful in the development of Ayurveda. The subject of the dissertation shall be related to the subject matter of the respective specialty.
7. Once the title for the dissertation is approved by the Academic Advisory committee of the Academy, the student shall not be allowed to change the title of the proposed theme work without permission of the Academy.
8. No students shall be allowed to submit the dissertation before six months of the final year.
9. The dissertation shall contain the methods and data of the research carried out by the student on the problem selected by her/him and completed under the guidance of the faculty approved by the Academy.
10. The dissertation shall consist of critical review of literature, methodology, results of the research, discussion on the basis of research findings of the study summary conclusion. References cited in the dissertation should be suitable for the publication.
11. The dissertation shall consist of not less than forty thousand words.
12. The dissertation shall contain, at the end, a summary of not more than 1,500 words and the conclusion not exceeding one thousand words.
13. The Advisor shall be a person of status of a senior faculty of Academy with teaching experience in the concerned subject or three years as Co-Advisor.
14. A Co-Advisor may be included provided the work requires substantial contribution from a sister department or from another institution recognized for teaching or training by KAA.
15. The dissertation shall be valued by two examiners appointed by the Academy.
16. Approval of dissertation work is an essential precondition for a candidate to appear for the final examination.
17. If the dissertation is not accepted by two examiners, the same shall be returned to the student with the remarks of the examiners and the student can re-submit the dissertation after making the necessary improvement in the light of examiners report to the Academy within a further period of six months.
18. The dissertation should be written under the following headings:

- a. Introduction
- b. Aims and Objectives of Study
- c. Review of Literature
- d. Methodology (Materials & Methods)
- e. Results
- f. Discussions
- g. Summary
- h. Conclusion
- i. Bibliography/References
- j. Annexures

19. Each student will present their dissertation to an audience to be determined by the committee.

## ***Assignments & Projects - 537 hours***

### **Elearning - 18 hours**

To supplement classroom sessions, the AD program includes several learning tools to reinforce learning, including our elearning system's tests and pretests.

### **Clinical Encounters Assignment - 224 hours**

Throughout the program, students are required to perform one-on-one consultations and create chikitsa protocols. Each student will conduct a total of 96 clinical encounters over a period of 18 months. Each encounter will include: preparing the case paper, assessment and creating a comprehensive Ayurvedic Chikitsa protocol based on guidance provided by the faculties considering the Prakriti and Vikriti identified during the consultation. Students will also conduct two sessions of follow up with each Rogi. Two hours are allotted for the initial consultation and one hour for each follow up. This provides the student the ability to demonstrate their skills at completing case evaluations.

### **Herbarium Project - 45 hours**

Students will create 15 sheets of herbarium from the herbs they learned in detail during the program, including: proper labelling of the Sanskrit name, common name, botanical name and useful part of the plant.

### **Formulation Record Assignment - 60 hours**

Students will be required to document 15 formulations they prepare during the weekend intensives. The record of each formulation should contain the name for the formulation, the ingredients with quantity, method of preparation and the description of the final product.

### **Panchakarma Practice & Assignments - 70 hours**

Students will conduct 10 sessions each of Panchakarma bodywork techniques after completion of the three Panchakarma weekend intensives (KAA 321, 322 and 323), as guided by the faculty/mentor. The assignment will be submitted in the form of a summary required after each session for grading. This assignment counts towards 25 clinical encounters, two sets of 10 practice sessions and 5 Chikitsa plans.

### **Clinical Practicum - 120 hours**

Students are required to complete clinical practicum hours under the supervision of a clinical faculty member at Kerala Ayurveda Academy & Wellness Center, Milpitas, CA; or, students may receive supervision by an Ayurvedic Doctor approved by Kerala Ayurveda Academy, either in India or in the US.

**During the clinical practicum at Kerala Ayurveda, students will participate in:**

- Approximately 15, eight-hour days, or until after they have conducted 30 case studies with Rogis.
- The day-to-day operations of running an Ayurvedic clinical practice
- The first visit and guiding the Rogi through the consultations and treatments to the follow up visit
- Measuring, mixing and preparing customized herbal formulations and blends
- Process of preparing the Rogi for Panchakarma, as well as witnessing and assisting in the complete Panchakarma process
- First-hand experience next to seasoned Ayurvedic Doctors who will train you in all aspects of Ayurvedic practice

## ***Program Hour Breakdowns***

### **Breakdown by Format**

<b>Course Component</b>	<b>Hours</b>
Master Track	<i>Subtotal: 436</i>
Two-Day Weekend Intensives	306
Saturday Virtual Classroom Sessions	130
Allied Programs	
Specialty Workshop Three-Day Weekend Intensives	<i>Subtotal: 128</i>
Ayurvedic Assessment and Pulse Diagnosis	25.5
Ayurvedic Formulation Making	25.5
Panchakarma Practicum Level 1: Prep and Purvakarma II	38.5
Panchakarma Practicum Level 2: Main Panchakarma Techniques and Specialty Therapies	38.5
Weekday Evening Series	<i>Subtotal: 584</i>
Introduction to Sanskrit for Ayurveda	30
Ashtanga Hridayam	370
Vedic Formulations and Ayurvedic Herbs	144
Clinical Case Discussion Webinars	40
Clinical Internship	500
Clinical Specialty & Dissertation	310
Assignments & Project	<i>Subtotal: 537</i>
Elearning	18
Clinical Encounters Assignments	224
Herbarium Project	45
Formulation Record Assignment	60
Panchakarma Practice Assignment	70
Clinical Practicum	120
Orientation	5
<b>TOTAL</b>	<b>2,500</b>



### Breakdown by Contact Hours & Clinical Encounters

This breakdown addresses contact hours, which are the time spent in classroom instruction (including live streaming class time), and clinical encounters.

Course Component	Total Hours	Total Contact Hours	Number of Clinical Encounters
Master Track Two-Day Weekend Intensives	306	306	-
Master Track Saturday Virtual Classes	130	130	-
Specialty Workshop Three-Day Weekend Intensives	128	128	-
Introduction to Sanskrit for Ayurveda	30	30	-
Ashtanga Hridayam	370	113	-
Vedic Formulations and Ayurvedic Herbs	144	96	-
Clinical Case Discussion Webinars	40	40	-
Clinical Internships	500	500	150
Clinical Specialty & Dissertation	310	10	-
Clinical Encounters Assignments	224	224	96
Herbarium Project	45	-	-
Formulation Record Assignment	60	-	-
Panchakarma Practice Assignment	70	70	30
Elearning	18	-	-
Clinical Practicum	120	120	50
Orientation	5	5	-
<b>TOTAL</b>	<b>2,500</b>	<b>1,772</b>	<b>326</b>

### Breakdown of Total Ayurvedic Training Hours

This breakdown includes the 4,125 cumulative hours of the level I AWC/AHC (NAMA), level II AWP/AP (NAMA) and level III AD training programs.

Program Details	Level I AWC/AHC	Level II AWP/AP	Level III AD	Cumulative
Total program hours	625	1,000	2,500	4,125
Contact hours	373	500	1,772	2,645
Clinical encounter hours	140	295	915	1,350
Number of clinical encounters	55	110	326	491
Number of supervised clinical encounters	10	80	200	290

## Academic Advisor

Each student is assigned to a BAMS Ayurvedic Doctor Academic Advisor (faculty member). The Advisor will be there to support you in your journey through this program and to assist you with your studies, grade your assignments and provide general guidance and support (The Advisor will meet with students at least once/quarter).

Students will also be meeting formally for 10 one-hour sessions for the dissertation. This will include brainstorming ideas, creating the plan, and submission.

## Tests & Grading

- There will be five tests (including the final test) throughout the course of the program. The final test will cover all material for the entire course.
- Minimum passing grade is 70%.
- Students must complete all the tests before they are eligible for graduation.
- All testing is conducted online through our elearning system and grades are immediately available in the student online account. Project/assignment grades are posted within 10 days of submission.
- A student who does not achieve the minimum passing grade of 70% for graduation may retake the tests up to five times. The highest score will be recorded.

## Graduation Requirements

- All tests are completed by the student with a minimum grade of 70%.
- All assignments are completed by the student.
- The dissertation is submitted and presented.
- Full tuition for the program has been paid by the student.
- The 500-hour Clinical Internship has been completed by the student.
- All prerequisites have been met.
- This program meets the NAMA (National Ayurvedic Medical Association) requirement to register at the Ayurvedic Health Counselor category of professional membership. Contact hours is the time spent in classroom instruction (including live streaming class time) and time spent with rogis (health seeker). The total available contact hours in this program are 1,772. We require minimum 1,250 contact hours of live class attendance to graduate, though we recommend all available contact hours of live class attendance to support your competency and material comprehension. We encourage students who miss live classes to attend the following class the next time it is offered (in approximately six months), to provide the opportunity for faculty interaction.

## Faculty

Kerala Ayurveda Academy's mission is to offer authentic Ayurvedic courses by experienced Ayurvedic Doctors (*Vaidyas*). Many of our faculty members are established Ayurvedic physicians who have received degrees from renowned Universities in India – the “Holy Land” of Ayurveda – and have more than 15 years of experience in Ayurvedic practice and teaching. Faculty are eager to share and hand over this ancient wisdom to our enthusiastic students.

### Senior Faculty



***Vaidya. Jayarajan Kodikannath***

**Bachelor of Ayurvedic Medicine & Surgery**

Vaidya Jayarajan is the Academy Director, Kerala Ayurveda USA responsible for all academic programs conducted internationally by Kerala Ayurveda. He is a Kerala, India native from a *Vaidya* family, a veteran Ayurveda scholar and clinician. He is also a Lead Trainer for Domain Experts in Ayurveda with over two decades of experience in health and education in India and the U.S.

### Faculty



***Vaidya. Rucha Kelkar***

**Bachelor of Ayurvedic Medicine, Master of Physical Therapy**

Vaidya Rucha Kelkar earned her graduate degree from University of Pune, India and secured a top rank in all three academic years of her Ayurvedic education. She is an accomplished Ayurvedic practitioner, educator and writer, also a licensed physical therapist with a master's degree in physical therapy.



***Vaidya. Suhas Kshirsagar***

**Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda)**

Vaidya Suhas Kshirsagar is a skilled Ayurvedic Doctor, Panchakarma Specialist, Vedic Astrologer and prolific author and public speaker. In India, he worked in research in Ayurvedic pharmaceuticals at Ayurveda Rasashala. In the U.S., he served the Medicine at Maharshi College of Vedic Medicine as Chairman of Dept. of Medicine before assuming the role of Medical Director and an Assistant Professor at the Maharshi University of Management until 2002.



### ***Vaidya. Namyata Pathak-Gandhi***

**Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda), Vaidya-Scientist Fellowship**

Vaidya Namyata Pathak-Gandhi trained in Ayurveda and modern medicine in an 8.5-year program in Mumbai, India under the Maharashtra University of Health Sciences. In 2011, she was selected as the youngest and exceptional Vaidya Scientist Fellow (VSF) in a nationwide screen by the Department of AYUSH, Government of India. She specializes in integrative health education, practice and research. Her teaching reflects a smooth blend of classical Ayurveda and certain biomedical fundamentals for safe, pragmatic application.



### ***Vaidya. Kamya Pillai***

**Bachelor of Ayurveda Medicine & Surgery**

Vaidya Kamya Pillai trained in Ayurvedic Medicine at Mahatma Gandhi University, Kerala and later served as a faculty in the same university under the Ophthalmology and ENT departments. She gained valuable experience managing a broad spectrum of disorders while operating as an independent practitioner in India during 2009-2013. Her white papers on various health topics were received in seminars across India. In 2015, she completed her Ayurvedic Wellness Practitioner (AWP) certification from Kerala Ayurveda Academy at the AWP and serves the program as a mentor for students.



### ***Vaidya Pratibha Shah***

**Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda), Master of Public Health**

Vaidya Pratibha Shah is one of the leading Ayurveda experts in New England with over 25 years of experience. Her pioneering initiatives in the field of Ayurveda in the U.S. have brought her to attention at the White House, the Department of Health and Human Services, as well as the Consulate General of India, NYC. She is a prolific speaker and educator in the community and has authored several papers. She is an editor with the Ayurveda Journal on Health and Associate Editor with the Ancient Science journal. She is a senior faculty with the Kerala Ayurveda Academy.



### ***Vaidya. Sheena Sooraj***

#### **Bachelor of Ayurveda Medicine & Surgery**

Vaidya Sheena Sooraj is an experienced Ayurvedic practitioner and native of Kerala, India. She developed her passion for Ayurveda at a young age, as her grandfather was a well-known Ayurvedic physician and astrologer. She has experience running her own practice in India and the U.S. and has successfully managed a wide range of diseases. An active advocate of Ayurveda, she is a public speaker on Ayurveda's importance in daily life, having led talks at schools, corporate offices and banks.

## **Board of Advisors**

### ***Vaidya K. Anil Kumar***

#### **Bachelor of Ayurveda Medicine & Surgery, Director and Founder**

Vaidya K. Anil Kumar, Executive Director of Kerala Ayurveda Ltd is now the elected member of the Central Council of Indian Medicine (CCIM) – the Apex Body of the Government of India for the Indian System of Medicine. He was the President of the Ayurvedic Medical Association of India and is a former Joint Secretary of the Ayurvedic Drug Manufacturers' Association of India. He is currently Executive Member of the Ayurvedic Medicine Manufacturers Organization of India.

### ***David Frawley***

#### **Pandit Vamadeva Shastri**

David Frawley (Pandit Vamadeva Shastri) is one of the most well-known teachers of Ayurveda, Yoga and the Vedic sciences today. His work has long been honored in India and in the West for his ability to explain the authentic deeper teachings and place them in an easy to understand modern language. Vamadeva is the author of more than forty books published in twenty languages over the last thirty years. He has written numerous articles and several sets of training courses. His books on Ayurvedic Medicine have been pioneers in their field. These include Ayurvedic Healing (1989), which was the first book published in the West to explain the Ayurvedic treatment of common diseases, and Yoga and Ayurveda (1999), which remains the most popular book explaining the interface of these two profound Vedic healing systems. He is the director of the American Institute of Vedic Studies that represents his work, teachings and programs.

### ***Vaidya Suhas Kshirsagar***

#### **BAMS, MD (Ayurveda, India)**

In addition to serving KAA as a teaching faculty member (see above), Vaidya Suhas Kshirsagar is also one of the Academy's Advisors.

# Schedule: 2021-2023

## Start and Completion Dates

**Start Date:** Orientation – May 15, 2021 from 8:00-1:00pm U.S. Pacific Time\*

**First Class Date:** June 12-13, 2021\*

**Completion Date:** Final Class – December 10, 2023\*

*\*Please note these dates are subject to change. Kerala Ayurveda Academy reserves the right to cancel classes if student enrollment minimum is not met.*

## Locations

### Milpitas, CA

**Kerala Ayurveda Academy & Wellness Center** 691 S Milpitas Blvd Ste 206

Located in San Francisco East Bay and eight miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conference and auditorium rooms, consultation and Panchakarma rooms, a library and an herbal apothecary. Amenities include free wi-fi, ample parking space, and located within walking distance of restaurants and health clubs.

### Special Accommodations

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Accommodations are provided on an individual basis and the Academy may be contacted to make such arrangements at +1 (888) 275-9103 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## Admissions

### Application

Begin the process by completing our Online Application via our website: [www.keralaayurveda.us](http://www.keralaayurveda.us). **Please note: we will begin accepting applications July 15, 2020.**

As a prospective student, you are encouraged to review this Catalog prior to applying. Your application will be reviewed by our admissions team and Academy Director. Please note we may be in touch with you to request additional information during this process beyond what you have provided in the application. If you have not satisfied the required prerequisites for this program, we will notify you that your application has not been accepted for this reason. You will be welcome to reapply once your prerequisites have been completed.

### Interview & Acceptance

After your prerequisites have been verified, an interview will be scheduled with a member of our Student Support team and faculty to assess your readiness for the program. We will follow up to confirm acceptance status within two weeks after the interview.



# Tuition & Fees

Early bird special available for applications received by January 28, 2021 – save \$400

Tuition <sup>1</sup>	
Registration Fee	\$100
Admin & Technology	\$250
Master Track Tuition <sup>2</sup>	\$14,125
Clinical Internships <sup>3</sup>	\$10,500-12,500
Allied Programs <sup>4</sup>	\$6,890

## Payment Plans for Master Track Tuition

Please note that the first tuition payment is due upon enrollment.

	Tuition in Full <sup>5</sup>	Biannual <sup>6</sup>	30 Month <sup>6</sup>
Tuition	\$13,500	\$2,825	\$500
Number of Payments	1	5	30
Registration Fee	\$100	\$100	\$100
Admin & Technology Fee	\$250	\$250	\$250
<b>KAA Students &amp; Alumni of our AWC, AWP, PKT Certification Programs</b>			
Total Early Bird Tuition	\$13,350	\$13,975	\$14,850
Total Regular Tuition	\$13,750	\$14,375	\$15,250
<b>New Students to our certification programs</b>			
Total Early Bird Tuition	\$13,450	\$14,075	\$14,950
Total Regular Tuition	\$13,850	\$14,475	\$15,350

### The Asha Foundation™

The Asha Foundation is a medical service and research foundation in India that provides complimentary and rehabilitative healthcare to children suffering from various ailments, particularly autism and cerebral palsy.

Every year, Kerala Ayurveda Academy donates a portion of its proceeds to The Asha Foundation.

#### Please Note:

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans or tuition scholarships or discounts to students at this time.
- Books not included – please stay tuned for more details. Master Track tuition does not include Allied Programs or Clinical Internships, which must be completed by end of AD for certification refunds are program-specific. See Policies & Procedures for more information.
- Total tuition will depend on the format chosen. Please see the detailed tuition breakdown on the next page.
- Allied Programs are required for students who have not taken them previously. See the program and detailed tuition breakdown on the next page to calculate your requirement and tuition total.
- Full tuition is discounted approximately 3%.
- Students choosing the biannual and 30-month payment plans will be required to complete and sign a payment agreement upon enrollment. There will be a management fee for the extended 30-month payment plan.

## Tuition Breakdown of Allied Programs

If you have previously taken any of the following programs, you are not required to retake them. For any programs you need to complete, the tuition rates listed below incorporate your Student & Alumni discount. *Note: early bird tuition savings may be available for the following programs.*

Module	Program	Tuition	Total
KAA 319	Ayurvedic Assessment and Pulse Diagnosis	\$495	\$495
KAA 320	Ayurvedic Formulation Making	\$495	\$495
KAA 321 KAA 322	<b>Panchakarma Practicums</b> Panchakarma Practicum Level 1: Prep and Purvakarma I & II Panchakarma Practicum Level 2: Main Panchakarma Techniques and Specialty Therapies	\$780 each (2)	\$1,560
Specialty Workshop Three-Day Weekend Intensive Subtotal			\$2,550
Program		Tuition	Total
Introduction to Sanskrit for Ayurveda		\$450	\$450
Ashtanga Hridayam		\$75 per recorded segment (8) \$325 per live segment (6)	\$600 \$1,950
Vedic Formulations		\$325 per segment (4)	\$1300
Clinical Case Discussion Webinars		\$20 per session (27)	\$540
Weekday Evening Series Subtotal			\$4,830

## Tuition Breakdown of Clinical Internships

500 hours of Clinical Internship is required to complete this program. There are several format options available to complete the Internship requirement. For details, please see the Clinical Internship details in the Program Format section of this catalog.

Location	Tuition
U.S. Clinical Internship <sup>7</sup>	\$945 per segment
India Internship <sup>8</sup>	\$3,850 per segment (1 required <sup>9</sup> )

### Please Note:

- U.S. Clinical Internship: travel and lodging costs not included.
- India Internship: airfare not included. Please contact Student Support in advance for additional details and to register for this program: [+1 \(888\) 275-9103](tel:+18882759103) x20 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).
- Requirement is for qualified travelers.

# Policies & Procedures

## Student Complaint Procedure

If a student complaint should arise, they may contact Student Support, at +1 (888) 275-9103 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). If the student's complaint is not resolved after speaking to Student Support they may contact the Director of Kerala Ayurveda Academy, Vaidya Jayarajan Kodikannath at +1 (888) 275-9103, [director@keralaayurveda.us](mailto:director@keralaayurveda.us) or at 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035.

## State of California

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling +1 (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Website [www.bppe.ca.gov](http://www.bppe.ca.gov).

## Transferring of Credits & Credentials

"NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT KERALA AYURVEDA ACADEMY. The transferability of credits you earn at Kerala Ayurveda Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the Ayurvedic Wellness Counselor program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you seek to transfer after attending Kerala Ayurveda Academy to determine if your certificate will transfer."

KAA has not entered into an articulation or transfer agreement with any other college or university.

Transfer credit may be awarded for applicable coursework of comparable programs completed at other accredited or state approved/licensed institutions once verified by the Academy Manager and approved by the Director. Up to 70% of credit hours for AWC may be transferred. Courses will be considered for transfer credit if relevant to the certificate program and completed with a grade of B or higher, or the equivalent if another grading system was used. Prerequisite and corequisite courses must meet the criteria set forth by KAA. Official transcripts must be submitted for all transfer credit approval.

## Experiential Credit

There is no credit granted for experiential learning.

## Refund and Cancellation Policy

### *The Student's Right to Cancel*

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.

Student Support  
Kerala Ayurveda Academy  
691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035



## Refund Policy: Master Track Classes

### State of California and Distance Learning

The registration fee is nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 10<sup>th</sup> class) or online modules (accessed 10<sup>th</sup> online module).

There are 18 Master Track Two-Day In-Class Weekend Intensives which correspond to online modules. Refund Requests will be processed based on these In-Class Weekend Intensives and online modules accessed (whichever is greater).

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period.

In case the student decides to withdraw during the program, before 60% of the classes are over, the following will be the refund calculation:

#### Refund Calculation

Step 1: Deduct registration fee from total tuition paid.

Step 2: Divide the total tuition paid by 18 (number of Weekend Intensives/online modules) = 'tuition per module.'

Step 3: Multiply number of classes attended or modules accessed in elearning by 'tuition per module.'

Step 4: Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing four in-class intensives or live streaming and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$14,125-\$100	\$13,875.00
Step 2	\$13,875 / 18	\$771.00
Step 3	4 classes/live streaming x \$771	\$3,084.00
Step 4	\$13,875 - \$3,084	\$10,735.00
<b>Total refund will be: \$10,735.00</b>		

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

#### The following is a list of additional fees:

Administration Fee (for students new to KAA): \$100 upon enrollment

Equipment: \$0

Lab Supplies or kit fees: \$0

Uniform or Special Protective Clothing Fee: \$0

Learning Media Fee: \$0

Tutoring Fees: \$0

In-resident housing Fees: \$0

Assessment Fee: \$0

Transfer or Credit Fee: \$0

Student Tuition Recovery Fund fee (nonrefundable): \$0



## ***Refund Policy: Allied Program Classes***

Allied Programs are refundable less a \$25 administration fee according to the following schedule:

- Cancellation notice up to two business days prior to program start: full refund, less \$25 admin fee.
- Cancellation within 48 hours of program start: 50% of refund is available, less \$25 admin fee.
- After the program starts: no refunds available.

## **Attendance Policy**

- The total available contact hours in this program are 1,473. Students are required to attend a minimum number of 1,250 contact hours during the program. Contact hours are the time spent in classroom instruction (including live streaming class time).
- It is highly recommended to attend all Master Track Weekend Intensives, Specialty Workshop Weekend Intensives, Saturday Virtual Classes and sessions of the Weekday Evening Series.
- Most classes are live streamed and the recording is available for review after the session, if a student misses a class.
- Weekend intensives KAA 321 and KAA 322 require full in-class attendance to satisfy the completion requirements for certification; therefore, if a student is absent from any of these weekend intensives classes, they will be required to make it up in person at a subsequent occurrence.

## **Make up and Retake Policy**

If a student is absent from an in-class or live streamed session, they may make it up the next time the class is offered in-class or via live streamed session, free of charge.

If a student wishes to retake any Master Track Weekend Intensive, they may do so for a fee of \$100 per weekend session. To retake an Allied Program (Specialty Workshop Weekend Intensives or Weekday Evening Series), students may do so at a fee of 50% the regular tuition. To make arrangements for all makeup or retake sessions, please contact Student Support at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## **Conduct**

At KAA, programs are directed toward professional training. The students shall show respect to others and observe correct standards of conduct. The Honor System embodies values of personal integrity, honesty, and trust.

Fundamental to the Honor System is the Honor Code of Responsibility, and it is upon its principles that the Academy has based the Standards of Conduct.

### **Honor Code of Responsibility**

- Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.
- Each student is responsible for presenting work of her/his own creation and refraining from representing as her/his own work that which is not hers/his.
- Conduct in keeping with the attendance policies.

## Termination Policy

1. If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the table below.
2. The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs in any of the following manners:
  - a. When the student is terminated for a violation of a published Academy policy which provides for termination; or,
  - b. When a student, without notice, either fails to attend classes or check out course videos for thirty (30) calendar days.
3. A student will be determined to be withdrawn from the institution if the student has not attended any class for three consecutive class weekends. He/she will be notified by telephone after two missed weekends and he/she will be drafted after the third weekend.
4. For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from leave and failed to do so.

## Suspension and Dismissal Policy

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.

- Any behavior disruptive to other students or the smooth running of the class will not be allowed.
- Students will have to pay the tuition on time.
- Students have to maintain a passing grade of 70%.

At first incidence, warning will be given. At the second incidence, the student will be suspended for the entire weekend. The student will be readmitted after a suspended weekend. If the behavior persists, the student will be dismissed from the program. When the conduct of the student threatens the other student's safety, KA reserves the right to dismiss a student immediately.

## Length of Time for Student Certifications

**AD** Students are expected to complete within 2.5 years, however they can take an additional 12 months to complete for a total of 3.5 years. If you have not completed within this time frame you will be considered on sabbatical for a maximum of 1 year. You may contact the school for extenuating circumstances. If after the extended time you do not complete your program, you are considered dropped. You will need to complete a new enrollment agreement and reapply for the program. Contact Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or 888.275.9103, ext 20.

## Student Sabbatical (Leave of Absence)

If a student has circumstances that prevent them from continuing the program as originally planned, they may apply for a Sabbatical. The Sabbatical will be requested by the student to the Student Support Office at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). The office will then send a form for the student to complete and sign.

A one time sabbatical will be allowed for the student with the provision that they will come back after a maximum of 1 year, or before. With permission from the school, the student will be allowed to resume attending classes in the next class at the level where the sabbatical was initiated. During the Sabbatical, all access to future classes will be removed from the student's account; however, they will retain access to the modules they have completed in the elearning.

If the student is on a payment plan and wishes to suspend the plan for the duration of the sabbatical, they will have to pay a \$25/month administrative fee (non-refundable, not part of tuition); otherwise they can continue paying their payment plan per their schedule.



## Resuming the Program (Re-engaging)

To resume the program, a student must notify the school (Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or 888.275.9103, ext 20) of his or her intention to resume classes and be in good academic and financial standing. They will need to fill out a new Enrollment Form for the semester they are restarting. It is not necessary for a student to retake any previously completed classes if the course of study resumes within the 12 months from the beginning of the Sabbatical.

When an agreed-upon Sabbatical has expired, a student must return to the program or be automatically withdrawn. In the latter case, a student will need to apply for readmission to a new class at the tuition rate in effect at that time. This is also the case if a student chooses to withdraw rather than go on a Sabbatical. See "Refund Policy for Withdrawal" below for further information on withdrawals.

## Financial Aid

Kerala Ayurveda Academy does not offer state or federal financial aid to students. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the moneys not paid from federal student financial aid program funds.

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

- The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
- The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

**"Notice** - Any holder of this consumer credit contract is subject to all claims and defenses that the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds hereof, recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder."

"Kerala Ayurveda Academy does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11U.S.C. Sec. 1101 et seq.)."

## Student Tuition Recovery Fund (STRF) fee (non-refundable)

### *State of California*

"It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.

3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.

4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.

5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.

6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.

7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of noncollection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

However, no claim can be paid to any student without a social security number or a taxpayer identification number.”

## English as a Second Language & Foreign Students

Foreign students are accepted, however, KAA courses are instructed in English and KAA does not offer English as a second language. Foreign students are required to have proof of English proficiency with a passing score of minimum 80% on the TOEFL exam for enrollment. Visa services are not provided, and Kerala Ayurveda Academy will not vouch for student status and any associated charges.

## Record Retention

All records concerning the Kerala Ayurveda Academy are kept for fifty years after a student's graduation, withdrawal or termination, with the exception of transcripts which are kept permanently. Student records are kept at 691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035. Students requesting copies of these documents must submit a signed letter to the above address to the attention of the Student Support.

*Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Kerala Ayurveda Academy acknowledges that information pertaining to an applicant's disability is voluntary and confidential and will be made on an individual basis. If this information is presented, Kerala Ayurveda Academy will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program.*

# FAQ

## Frequently Asked Questions

- 1. How much does the program cost?** The tuition for the course is \$14,125 (*not including registration or management fee*). Clinical Internships, Allied Programs and required are an additional cost. (See Tuition & Fees for details.)
- 2. Do I need a college degree or a prior license/certification to study Ayurveda at the Doctor level?**
  - A college degree is not required, nor are prior licenses or certifications in any field other than Ayurveda. KAA welcomes students from all educational backgrounds, with degrees, licenses or certifications in any field.
  - A Level II Ayurvedic Wellness Practitioner Certification or equivalent is required.
- 3. I'm not a healthcare professional; can I still earn a certificate and practice Ayurvedic medicine?** You are not required to be an existing healthcare professional, so long as you satisfy the program-specific prerequisites (see Prerequisites).
- 4. Is it legal to practice Ayurveda in all fifty states?** A bill has been passed in eleven states (California, Nevada, Maine, Minnesota, Oklahoma, Idaho, Louisiana, Rhode Island, Arizona, Colorado, and New Mexico) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.
- 5. Does each state regulate the practice of Ayurvedic sciences?** No.
  - Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are advised on how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license.
  - We might say that Ayurveda's current status in the U.S. is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that particular profession. Please contact your local state representative for more information about regulations in your area.
- 6. Can I practice Ayurveda outside of the state where I receive my certification?**
  - Yes, Ayurveda is currently practiced all over the United States.
  - While none of the U.S. states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials.
  - Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.
  - NAMA is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.
  - Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.

- 7. I am an Ayurvedic Doctor in India with a BAMS degree. Are there any prerequisites for me to join this program?** Ayurvedic Doctors with a Bachelor of Ayurvedic Medicine & Surgery (BAMS) degree may join the program directly as all the prerequisites are satisfied by their degree. An application is still required.
- 8. Is there an Ayurvedic association which links other practitioners and students together?** Yes, there is the National Ayurvedic Medical Association (NAMA). Many states have their own state associations, such as the California Association of Ayurvedic Medicine (CAAM).
- 9. Is there an alumni association? Can I contact previous students?** Yes, we can provide you with the contact information of several students for you to talk to. KAA is soon to announce a supportive network of alumni services and information.
- 10. How many of your graduates practice Ayurvedic medicine?**
- All of our graduates are able to practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical well-being. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and spiritual wellness. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.
  - There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic professionals at their respective scope of practice.
  - Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such as physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.
  - Some of our graduates launch Ayurvedic product lines or combine Ayurveda with their existing business.
- 11. Are there tests? I feel anxious about taking tests.** Please try not to feel anxious about the tests. The testing is conducted online and the student is provided five (5) attempts at taking the test. This highest score is recorded. The tests are for you (and us) to know what you have learned and what you didn't so we can keep you up to speed. We want to make sure our students understand all the Ayurvedic concepts clearly. Ayurveda is about human health, so a clear understanding is vital.
- 12. I will be traveling from out of town to attend classes, is there housing assistance available?** KAA does not have dormitories. There are a few hotels near the campuses where students can book a room for the weekend. The range of cost is approx. \$75-\$125. In the past, some students have made good friends with classmates and stayed with them on those weekends. KAA has no responsibility to assist a student in finding housing.
- 13. When can I visit the school? Do you have open houses or visitor's events?** We allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the Academy Administrator. We are here to assist our students in any way we can.
- 14. What student services are provided?** Student mentoring is supported throughout the entire term of the program. On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.

- 15. Where is your administrative office?** Kerala Ayurveda Academy & Wellness Center, 691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035. Contact Student Support at +1 (888) 275-9103 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).
- 16. What materials do I need to bring to class and what should I expect in the classroom?** Please bring a notebook and pen. If any textbooks are required for an individual session, you will be notified in advance. KAA provides all classroom facilities. Classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort.
- 17. If I have additional questions or concerns, who do I contact?** In case a student has any complaint, they may contact Student Support at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). "Any questions a student, from the State of CA, may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at BPPE address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: [www.bppe.ca.gov](http://www.bppe.ca.gov). Phone: +1 (888) 370-7589." Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10<sup>th</sup> Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), phone: +1 (360) 709-4600, e-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).
- 18. What else does the CA Licensing Board want me to know?** "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."
- 19. Who owns Kerala Ayurveda Academy?** Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal plantations, Wellness Centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic resort AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Vaidya Jayarajan Kodikannath.
- 20. Will I be able to practice as an Ayurvedic Doctor in India?** This program is designed to satisfy the Ayurvedic Doctor (AD) scope of practice in the U.S., as determined by the National Ayurvedic Medical Association (NAMA). It does not qualify you for practice in India as a BAMS Ayurvedic Doctor, nor does it qualify you to practice in any other location. Please check in with the regulations of your local state or country to determine your available scope of practice and whether this program will meet your needs.



# COURSE CATALOG

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**Ayurvedic Health Counselor**

*v1.0*

**Fall 2021 Program**

**April 13, 2021 - April 11, 2022**



## REGISTERED OFFICES:

### **State of CA**

Kerala Ayurveda Academy  
691 S. Milpitas Blvd Suite 206  
Milpitas, CA 95035  
Toll Free: +1 (888) 275-9103  
Fax: +1 (510) 257-4378

### **India**

The Health Village  
Monastery Lane, Karimattathu,  
Aluva Munnar Road  
Aluva, Kerala, India-683101

### **State of WA**

910 207th Ave NE  
Sammamish, WA 08074  
Toll Free: +1 (888) 275-9103

AyurvedaGram Heritage Wellness Center  
Hemmandanahalli, Samethanahalli Post  
Whitefield, Bangalore-560 067

Registration: [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us)  
All Other Course Support: [support@keralaayurveda.us](mailto:support@keralaayurveda.us)  
Website: [www.keralaayurveda.us](http://www.keralaayurveda.us)

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*Kerala Ayurveda Academy, in the State of California, is a privately-owned institution that is approved to operate by the Bureau for Private Postsecondary Education under School Code# 72482254. BPPE address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: [www.bppe.ca.gov](http://www.bppe.ca.gov). Phone: +1 (888) 370-7589. Approval to operate means compliance with state standards as set forth in the California Private Postsecondary Education act of 2009. Kerala Ayurveda Academy, in the State of Washington, is licensed under Chapter 28C.10 RCW. Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10<sup>th</sup> Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), phone: +1 (360) 709-4600, e-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).*

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# *Welcome to Kerala Ayurveda Academy*

**Our mission:** To integrate traditional Ayurvedic wisdom and healing with scientific research.

**Our purpose:** To serve as an authentic source of Ayurvedic education, research and community health care.

**Our commitment:** To bring the highest caliber of academic excellence to the US and abroad.

Kerala Ayurveda Academy (KAA) invites you to embark on a journey into the world of Ayurveda, where you will discover a profound potential for health and well-being offered by a time-proven, harmonious and holistic healthcare system.



Healthcare in the United States is changing. Health science has evolved to encompass our beliefs, emotions, behavior, thoughts, family and cultural systems, as well as the environmental context in which we live. All of these elements are relevant to our health. Ayurveda is a 5,000-year-old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of Body, Mind and Spirit. Join us and get involved in this pioneering work that is transforming and reshaping our healthcare industry to a newer model of holistic health care for the 21<sup>st</sup> century.

Kerala Ayurveda Academy is committed to offering the highest quality of education and services to our students so that they become the finest Ayurvedic health practitioners and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the United States.

Our curriculum is based on an Ayurvedic educational curriculum from Indian universities and is academically challenging and rewarding. Students will find studying at Kerala Ayurveda Academy intellectually stimulating and competitive. The programs encompass all fields of Ayurveda including Ayurvedic philosophy, herbology, psychology, Ayurvedic Dosha imbalance management, research, clinical practice, and clinical application.

We have assembled the most qualified and experienced faculty to teach Ayurvedic principles. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15 to 30 years of clinical experience. With the Kerala Ayurveda Academy, feel assured that you will receive an authentic Ayurvedic education. The program coordinators at each location are supportive and eager to assist students in any way possible.

*We congratulate you on your decision to become part of an inner circle of  
Ayurvedic practitioners who promote healing and wellness.  
Namaste ~ The Kerala Ayurveda Academy Team*

## Ayurveda: The Science of Life

*Kerala Ayurveda Academy invites you on a great life adventure...*

Kerala Ayurveda Academy is the first institute in the U.S. to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the states of **California** and **Washington**, plus **online programs** for the distant learner.

**Ayurveda and Yoga** are sister sciences and belong to the world's oldest and most well-documented health care system. Ayurveda, the science (*Veda*) of life (*Ayur*), balances the body and mind using natural therapies and herbal medicines. Yoga, the science of mind brings balance and purity to the body. The two complement each other and together achieve harmony of the Body, Mind and Spirit, which is the essence of true health.

**Knowledge of Ayurveda in today's world is essential** as it aims for the preservation of health and prevention of disease by establishing balance and harmony through nutrition, herbs, meditation, and daily routines. Ayurvedic science provides knowledge to unfold the reality beyond the physical body and achieve harmony of Body, Mind and Spirit. **The World Health Organization recognizes Ayurveda as a complete natural health care system.**

**Now is the perfect time for Ayurvedic graduates to embark on a professional journey.** They have a unique opportunity in this day and age to lead successful lives by assisting family, friends and clients in creating healthier bodies and lifestyles, thus eventually lowering healthcare costs.

### **Upon completion, graduates are able to:**

- Determine and analyze a client's unique Body Constitution
- Able to conduct Ayurvedic lifestyle consultations
- Give Ayurvedic guidance on Daily Routines, Pranayama and Meditation
- Offer guidance on special Ayurvedic therapies and home remedies

*My experience...  
has been nothing short  
of wonderful...  
Educational, enjoyable,  
practical and indispensable...  
I watched my relationship  
with family, friends  
and myself blossom to levels  
I never could have imagined.  
KAA has taught me  
that Ayurveda is  
truly a way of life,  
a balanced life  
and a better life.*

-Kari

## Professional Possibilities with Ayurveda

- Licensed Healthcare Practitioners & Healers from all backgrounds can apply their Ayurvedic knowledge to enhance their current practice.
- Massage Therapists & Bodyworkers can open Panchakarma centers.
- Estheticians in skin and beauty may enhance their treatments, services and products.
- Freelance Writers may launch Ayurvedic publications.
- Research-savvy Students may get involved in Ayurvedic research projects. The Office of Alternative Medicine funds many research projects in holistic healthcare.
- Entrepreneurs may develop Ayurvedic herbal products, food packages, Ayurvedic cosmetics, or open wellness centers, spas or resorts.
- Students in Academics may teach or deepen their education with more continued studies. Kerala Ayurveda Academy offers advanced programs in continuing education in the U.S. as well as programs in Kerala Ayurveda Academic Facilities in Cochin and Bangalore, India.

## Why Choose Kerala Ayurveda Academy?

<b>Authenticity</b>	We offer the highest level of Ayurvedic training outside of India
<b>Comprehensiveness</b>	Curriculum includes course manuals, lectures, practical workshops & clinical internship
<b>Leading Experts</b>	Faculty & advisors include several of the world's leading academicians & physicians
<b>Convenience</b>	Weekend & evening sessions, online learning and in-class formats
<b>Flexible</b>	Progressive elearning & live streamed classes

### *Take Pride in Knowing...*

- You are part of a globally recognized and highly respected Ayurvedic lineage which is experiencing tremendous growth in the West. With 1,500+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.
- You embark on your journey knowing that you can complete all three levels of professional certification in Ayurveda set by the National Ayurvedic Medical Association (NAMA) with us, including the option to study at our sister sites in India.
- You receive the most authentic education in Ayurveda, based on the Vedic texts. KAA programs have been developed under the guidance of experts from the faculty of Ayurveda at Banaras Hindu University, aligning to the benchmarks for training in Ayurveda published by the World Health Organization (WHO) in 2010. BHU is an internationally reputed University founded in 1916 – it is a premier institution hosting schools in medicine, science, technology, social science and performing arts with over 20,000 students and 2,500 scholars.
- Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Limited (KAL), India - a full spectrum Ayurveda company operating 30 Ayurveda clinics, 2 hospitals, 400 herbal formulations, Medicinal Herbal Gardens and AyurvedaGram Heritage Wellness Centre. KAL is part of Katra Life Sciences, which aims at providing “Wellness, Naturally” to all.
- Each year, KAL and Kerala Ayurveda USA provide wellness services to more than 70,000 people, and KAA welcomes over 200 new students to the Kerala Family.
- KAL is based in Kerala, India, referred to as “God’s Own Country”: the land that cherishes the traditional practice of Ayurveda and where the science has been preserved in its purest and most authentic form.
- KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health. KAL’s mission is to “Evolve Ayurveda” with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and wellness of humankind.
- KAL is powered by a cutting-edge research team including biologists, chemists, scholars and practitioners, and has applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and functional.
- Kerala Ayurveda is one of the most well-regarded names in Ayurveda and has received the honors:
  - \* Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017, ASSOCHAM
  - \* Indian Agribusiness Excellence Awards – Katra Phytochem, 2017
  - \* Herbal Company of the Year, 2016, ASSOCHAM
  - \* Spa & Wellness Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
  - \* Best Integrated Wellness Provider in India - AyurvedaGram, 2010 & 2011, Frost & Sullivan Award
  - \* Make In India Emerging Entrepreneurs, 2017, India Today
  - \* Certification of Excellence – AyurvedaGram, TripAdvisor
  - \* Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore), TripAdvisor
- Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.



# Program Overview

## Ayurvedic Health Counselor (AHC) – 625 Hour Certification Program

The Ayurvedic Health Counselor (AHC) certification program is based on the first goal of Ayurveda—*Swasthasya Swasthya Rakshanam* - to preserve the health of a healthy person. Students will gain the tools necessary to restore and preserve health and prevent disease. These tools include a comprehensive nutritional education (*Ahara*), daily routines and practices to maximize health (*Vihar*), as well as a clear understanding of the mind and thought processes (*Vichara*) and their relationship to well-being. **Upon successful completion of the AHC course you will be awarded an Ayurvedic Health Counselor Certificate.**

## General Format

The AHC program consists of:

- 1 Year – 625 Total Hours
- 11 Weekend Intensives – In-Class or Live Streamed\*
- 25 Tuesday Virtual Classes – Live Streamed\*
- Online Recorded Lectures & Assignments\*
- For Distance Learners: 4-Day Practical Immersion – In-Class

*\*Weekend Intensives & Tuesday Virtual Classes are all live streamed and recorded for later viewing. Internet connection required.*

## Format Options

Students may choose the format which best fits their lifestyle:

- **Option 1:** Attend In-Class Weekend Intensives
- **Option 2:** Attend Live Streamed Weekend Intensives & recommended In-Class 4-Day Practical Immersion (included in tuition)

KAA accepts a limited number of students for in-class attendance in the live class at 691 S. Milpitas Blvd. Ste 206 Milpitas, CA.

## Prerequisites

- Students must submit a high school diploma or equivalent prior to enrollment.
- It is important for Ayurvedic students of professional programs to have adequate knowledge of Anatomy and Physiology (A&P). The equivalent of 6 college level Anatomy & Physiology credits are required. It's not required to complete the A&P course prior to enrollment in this course; it can be taken simultaneously as a corequisite, as long as it is completed for certification. If you need to satisfy the A&P corequisite, we offer a partner course you can take entirely online. Students are required to provide proof of A&P course completion to receive this certification. To learn more about our partner course or submit your corequisite documentation, please visit our website: [www.keralaayurveda.us/courses/programs/anatomy-and-physiology/](http://www.keralaayurveda.us/courses/programs/anatomy-and-physiology/)



## Distance Learning

*Initially, I was wondering if the distance learning program is a good enough format to transmit such a complex knowledge as Ayurveda, but thanks to Dr. J and his crew, his promise became more than true.*

*Doing the AHC online has been the best decision ever.*

*--Nadja, AHC Graduate*

## Scope of Practice

With this certificate, students will be able to counsel the clients for wellness. This program does not lead to positions that would require licensing in this field, as there is no required licensing for Ayurveda at this time.

### **Ayurvedic Counselors can:**

- Analyze mind-body constitution
- Do history taking
- Suggest dietary changes (explain Ayurvedic view about qualities and 6 tastes)
- Suggest daily routine changes (explain daily predominance of Doshas at different times)
- Suggest seasonal routine (explain seasonal predominance of Doshas)
- Suggest life cycle routine (explain life cycles and predominance of Doshas)
- Explain about Ayurvedic concepts (related to Prakriti, Vikriti, qualities, etc.)
- Explain the connection between Body and Mind and how diet and lifestyle, meditation, Pranayama can help prevent many emotional problems
- Offer talks/write articles on various concepts on Ayurveda
- Offer simple oil therapies.
- Offer cooking classes giving simple cooking tips (if you feel confident)

### **Ayurvedic Counselors cannot:**

- Diagnose diseases
- Treat diseases
- Prescribe treatments or medicines (including herbal medicines)
- Prescribe or perform Panchakarma (unless allowed in your scope of practice under other licensing)
- Perform pulse diagnosis

## Course Description & Objectives

The Ayurvedic Health Counselor certification program covers both theoretical and practical training, including a blend of online learning, in-class hands-on training experience, clinical encounters and assignments. Classroom sessions consist of 11 in-class & live streamed weekend intensive modules and 25 live streamed Tuesday evening sessions, supplemented by online recorded lectures on our elearning system and assignments.

## *Learning Materials & Resources*

- **Course manuals:** print versions and PDFs.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our AHC certification program content is made available to students online via our elearning system powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, study guides and tests.
- **Mentoring:** students have access to an experienced Ayurvedic practitioner mentor who can be contacted via the elearning system. Mentors review and grade assignments, and are also available to assist with questions during studies.

## Curriculum

### KAA 101 | The Essence of Ayurveda (*Tarka Sankhya and Sharir*)

Begin your Ayurvedic Health Counselor education with an introduction to the 5,000-year-old history and philosophy of Ayurveda. Topics include:

- The three universal energies and five elements (*Doshas and Mahabhutas*) and their importance in health and wellness.
- The key to health and the 20 foundational qualities of life (*Gunas*).
- The concepts of physiological disposition (*Prakruti*), imbalance (*Vikruti*) and Dynamic Balance.
- The fundamental tenets of an effective Ayurvedic health program.
- The universe and humanity's place within it: An Ayurvedic view.
- The cosmology of the soul.
- Comprehensive introduction to basic Ayurvedic concepts: *Doshas, Dhatus, Malas, Marmas, Asthis, Sandhis, Srotas*.

### KAA 102 | Ayurvedic Physiology (*Dosha Dhātu Mala Vigyan*)

Ayurvedic Physiology is designed to describe the subtle energies and foundational structures of the human body. Topics include:

- The 15 subtle energies of the body (*Subdoshas*), their locations, qualities and importance in health.
- The seven physical structures (*Dhatus*) and their relation to the digestive process.
- Natural wastes and their functions.
- The essence of life that is responsible for vigor and youthfulness (*Ojas*), as well as how it is regenerated and preserved.

### KAA 103 | Ayurvedic Psychology (*Manasa Shastra*)

Ayurvedic Psychology offers a fascinating look into the psychology of the human being from a cosmological and energetic perspective. Topics include:

- The layers of illusion that mask our full human experience.
- The psychological energies (subtle *Doshas*), their function, location and origin.
- Kundalini energy and the mechanics of vital living.
- The chakras, their importance and how to keep them healthy.
- The nature and aspects of the mind and how it functions and operates.
- The physical energy centers (*Marmas*) and their role in health and disease.
- How the three Gunas govern the mind and emotions.
- Meditation, Pranayama (breathing techniques).

### KAA 104 | Ayurvedic Nutrition & Cooking (*Ahara Vigyan*)

Ayurvedic Nutrition & Cooking places an emphasis on foods that ground the soul, nourish the body and delight the senses. Topics include:

- Cooking for the five senses and six tastes.
- Tools and techniques for maximum nutrient absorption.
- The mechanics of satiation and its relationship to the tastes and senses.
- When, where, what and how to eat.
- Preparing simple, nutritious and sensually-gratifying meals.
- The definition of health.
- The importance of digestion and how to maintain a balanced digestive system.
- Chaturvidha Ahara, Shatrasas, Ahara Vidhi Vishesha, the Guna Karma of spices & Ayurvedic cooking.

### KAA 105 | Ayurvedic Prevention Science (*Swastha Vritta*)

Ayurvedic Preventive Science provides a comprehensive blueprint for daily and seasonal living to maintain optimal health, year-round. Topics include:

- Daily Routines to maintain balance and maximize effectiveness.
- Seasonal Routines to maintain health and prevent allergies and seasonal infections.
- How to stay healthy year-round: the surprisingly simple key to a strong immune system.
- How a modification or change in your daily routine according to season will impact your health.

### **KAA 106 | Ayurvedic Herbology (*Dravya Guna Shastra*)**

Ayurvedic Herbology marks the halfway point in your Ayurvedic Health Counselor education and your midterm examination. This detailed class will introduce the concepts of herbal energetics and how to identify the healing properties of household herbs. Special emphasis will be placed on over twenty different Ayurvedic herbs such as Amla, Brahmi, Neem and Shatavari. Topics include:

- Herbs to boost the immune system, delay aging and improve the quality of life.
- Comprehensive analysis of taste, potency, post-digestive effect and what they mean for your health.
- How to maximize the absorption of particular herbs and medicines.
- Preparing and administering specialized herbs and herbal concoctions.
- Popular formulations and recipes.
- Over twenty detailed descriptions of Ayurvedic herbs, energetics and uses.

### **KAA 107 | Ayurvedic Yoga (*Yoga Vigyan*)**

Ayurvedic Yoga will focus on understanding the principles of Yoga in connection with the Ayurvedic concepts. Topics include:

- A detailed understanding of the eight limbs of Yoga.
- Understanding koshas in connection with Yoga and Ayurveda.
- How Yoga and Ayurveda combined can create the foundation for a transformed experience of living.
- Principles of customizing Yoga practice based on the individual's constitution.
- Yoga and Ayurveda to deepen your spiritual practice.
- Pranayama and meditation techniques.

### **KAA 108 | Introduction to Ayurvedic Bodywork (*Panchakarma*)**

Introduction to Ayurvedic Bodywork will focus on hands-on techniques to promote cellular healing and regeneration. Topics include:

- Daily therapies to promote healing and wellness.
- Simple therapies that have an anti-aging effect, improve digestive absorption, calm the mind and improve sleep.
- Concoctions and treatments to improve skin tone and luster and soothe the nervous system.
- A hands-on introduction to Snehana, Swedana, Shirodhara, Padabhyanga, Shiroabhyanga, Kati Basti, Lepas, Udvartana and Soundarya Shringar.

### **KAA 109 | Disease Pathology (*Roga Nidan*)**

Disease Pathology will describe how diseases form and progress. Topics include:

- The Ayurvedic energies and structures (*Dosha, Dhātu, Mala*) and their role in the disease process.
- Simple ways to identify warning signs long before they become full-blown symptoms.
- How to analyze the various systems and structures of the body and identify potential warning signs: tongue, pulse and mala diagnosis.
- In-depth examination of case studies.

### **KAA 110 | Disease Management (*Kaya Chikitsa*)**

Disease Management will describe how to address various disease manifestations and how to prevent their progression. Topics include:

- The Ayurvedic energies and structures (*Dosha, Dhātu, Mala*) and their role in various etiopathogenesis. The evolution of diseases through various Dosha stages reaching the final degenerative phase.
- Simple ways to identify warning signs long before they become full-blown symptoms and methods of arresting the disease progression.
- Mapping of various stages of etio-pathogenesis to arrive at a treatment protocol.
- Tools and techniques including simple herbal treatments and dietary & lifestyle changes to restore and maintain equilibrium.
- Various methodologies involved in Palliative (*Shamana*) and Purification (*Shodhana*) treatments.

### **KAA 111 | Review, Clinical Management**

Review and Clinical Management will take a final look at the prior ten months in a summarized review, and investigate Ayurveda's application in modern times. Students will be guided on how to build and sustain a clinical practice and how the science of Ayurveda applies to the business model. Topics include:

- The structure of state and national practice regulations and the state of Ayurvedic affairs in the United States.
- The future of Ayurveda in the United States.
- Tools, tips and spreadsheets to help you run your business.
- How to build and sustain your Ayurvedic practice.

## Program Format & Hours

### *Student Orientation – 2 hours*

Students will be required to attend a live streamed 2-hour orientation prior to the class start date. It is recorded for later viewing.

### *Weekend Intensives – 220 hours*

The Weekend Intensives are offered once per month for eleven months. All are live streamed from the West Coast (U.S. Pacific Time Zone) for our Distance Learners.

Module	Course Description	Days	Class Hours	Test Hours
<b>KAA 101</b>	<ul style="list-style-type: none"> <li>→ The three universal energies and five elements (<i>Doshas and Mahabhutas</i>) and their importance in health and wellness.</li> <li>→ The twenty foundational qualities of life (<i>Gunas</i>).</li> <li>→ The concepts of physiological disposition (<i>Prakruti</i>), imbalance (<i>Vikruti</i>) and Dynamic Balance.</li> <li>→ The fundamental tenets of an effective Ayurvedic health program.</li> <li>→ The universe and humanity's place within it: An Ayurvedic view.</li> <li>→ The cosmology of the soul.</li> <li>→ A comprehensive introduction to basic Ayurvedic concepts: <i>Doshas, Dhatus, Malas, Marmas, Asthis, Sandhis and Srotas</i>.</li> </ul>	2	17	3
<b>KAA 102</b>	<ul style="list-style-type: none"> <li>→ The fifteen subtle energies of the body (<i>Subdoshas</i>)</li> <li>→ The seven physical structures (<i>Dhatus</i>) and natural wastes (<i>Malas</i>)</li> <li>→ Natural wastes and their functions</li> <li>→ The essence of life that is responsible for vigor &amp; youthfulness (<i>Ojas</i>)</li> </ul>	2	17	3
<b>KAA 103</b>	<ul style="list-style-type: none"> <li>→ The psychological energies (subtle <i>Doshas</i>) and their functions</li> <li>→ The chakras, their importance and how to keep them healthy.</li> <li>→ The physical energy centers (<i>Marmas</i>)</li> <li>→ Meditation, Pranayama (breathing techniques).</li> </ul>	2	17	3
<b>KAA 104</b>	<ul style="list-style-type: none"> <li>→ Cooking for the five senses and six tastes.</li> <li>→ Tools and techniques for maximum nutrient absorption.</li> <li>→ Preparing simple, nutritious and sensually-gratifying meals.</li> <li>→ <i>Chaturvidha Ahara, Shad Rasas, Ahara Vidhi Vishesha</i> and the <i>Guna Karma</i> of spices and Ayurvedic cooking.</li> </ul>	2	17	3
<b>KAA 105</b>	<ul style="list-style-type: none"> <li>→ Daily Routines to maintain balance and maximize effectiveness.</li> <li>→ Seasonal Routines to maintain health and prevent allergies</li> <li>→ How to stay healthy year-round</li> <li>→ How to modify your daily routine according to season</li> </ul>	2	17	3
<b>KAA 106</b>	<ul style="list-style-type: none"> <li>→ Herbs to boost the immune system, delay aging and improve the quality of life.</li> <li>→ How to maximize the absorption of particular herbs and medicines.</li> </ul>	2	17	3



	<ul style="list-style-type: none"> <li>→ Preparing and administering specialized herbs and herbal concoctions.</li> <li>→ Popular formulations and recipes.</li> <li>→ Over twenty detailed descriptions of herbs, energetics and uses.</li> </ul>			
<b>KAA 107</b>	<ul style="list-style-type: none"> <li>→ A detailed understanding of the eight limbs of yoga.</li> <li>→ Understanding koshas in connection with Yoga and Ayurveda.</li> <li>→ How Yoga and Ayurveda combined can create the foundation for a transformed experience of living.</li> <li>→ Principles of customizing Yoga practice based on the individual's constitution.</li> <li>→ Yoga and Ayurveda to deepen your spiritual practice.</li> <li>→ Pranayama and meditation techniques.</li> </ul>	2	17	3
<b>KAA 108</b>	<ul style="list-style-type: none"> <li>→ Daily therapies to promote healing and wellness.</li> <li>→ Simple therapies that have an anti-aging effect, improve digestive absorption, calm the mind and improve sleep.</li> <li>→ Concoctions and treatments to improve skin tone and luster and soothe the nervous system.</li> <li>→ A hands-on introduction to <i>Snehana</i>, <i>Swedana</i>, <i>Shirodhara</i>, <i>Padabhyanga</i>, <i>Shiroabhyanga</i>, <i>Kateevasti</i>, <i>Lepas</i> and <i>Udvaartana</i>.</li> </ul>	2	17	3
<b>KAA 109</b>	<ul style="list-style-type: none"> <li>→ The Ayurvedic energies and structures (Dosha, Dhatu, Mala) and their role in the disease process.</li> <li>→ Simple ways to identify warning signs long before they become full-blown symptoms.</li> <li>→ How to analyze the various systems and structures of the body and identify potential warning signs: Tongue, pulse and mala diagnosis.</li> <li>→ In-depth examination of case studies</li> </ul>	2	17	3
<b>KAA 110</b>	<ul style="list-style-type: none"> <li>→ Identification of warning signs of diseases long before they become full-blown symptoms and arresting the disease progression.</li> <li>→ Mapping of various stages of etiopathogenesis to arrive at a treatment protocol</li> <li>→ Tools and techniques including simple herbal treatments and dietary &amp; lifestyle changes to restore and maintain equilibrium.</li> <li>→ Various methodologies involved in Palliative (<i>Shamana</i>) and Purification (<i>Shodhana</i>) treatments</li> </ul>	2	17 (Includes 10 hours of Supervised Clinical Encounters)	3
<b>KAA 111</b>	<ul style="list-style-type: none"> <li>→ The structure of state and national practice regulations and the state of Ayurvedic affairs in the United States.</li> <li>→ Tools, tips and spreadsheets to help you run your business.</li> <li>→ How to build and sustain your Ayurvedic practice.</li> </ul>	2	17 (Includes 10 hours of Supervised Clinical Encounters)	3

### ***Tuesday Virtual Classroom Sessions - 50 hours***

Tuesday Virtual Classroom sessions are live streamed and recorded for all students from 5:30-7:30pm U.S. Pacific Time. Each session is conducted by a KAA Faculty member and focuses on a topic related to the curriculum. The final 30 minutes of the session are reserved for student questions. The access link and class recording is made available in the elearning system.

### ***Online Recorded Lectures – 95 hours***

To supplement classroom sessions, recorded lectures are available in the elearning system for each monthly course module to reinforce key concepts. Students may watch recorded lectures at their own pace throughout the month. There are a total of 85 lectures, and each lecture is equivalent to approximately 45 minutes to 1.5 hours in length.

Module	Subject	No. of Individual Lectures
KAA 101	Essence of Ayurveda ( <i>Tarka Sankhya and Sharir</i> )	5
KAA 102	Ayurvedic Physiology ( <i>Dosha Dhātu Mala Vigyan</i> )	2
KAA 103	Ayurvedic Psychology ( <i>Manasa Shastra</i> )	4
KAA 104	Ayurvedic Nutrition & Cooking ( <i>Ahara Vigyan</i> )	5
KAA 105	Ayurvedic Preventive Science ( <i>Swastha Vritta</i> )	12
KAA 106	Ayurvedic Herbology ( <i>Dravya Guna Shastra</i> )	11
KAA 107	Ayurvedic Yoga ( <i>Yoga Vigyan</i> )	9
KAA 108	Introduction to Ayurvedic Bodywork ( <i>Panchakarma</i> )	10
KAA 109	Disease Pathology ( <i>Roga Nidan</i> )	9
KAA 110	Disease Management ( <i>Kayachikitsa</i> )	8
KAA 111	Clinical Management and Review	10

### ***Assignments - 258 Hours***

In order to fully integrate the role of the Ayurvedic Health Counselor, assignments are included in the AHC program which build upon each module of learning and one another. They include:

#### **Pretesting (65 Hours)**

Pretesting is associated with each monthly course module to supplement student learning throughout the program.

#### **Personal Transformation (25 Hours)**

Healing begins right at home for the healer. When we learn to work with Ayurveda to bring healing to our own lives, we are able to ground our knowledge in first-hand experience and better support others in doing the same. This assignment involves a self-assessment and experiential process of implementing the Ayurvedic principles and practices learned in class.

### **Ayurvedic Constitution Assessments (30 Hours)**

Each student will conduct in person (or via video conference) one-on-one constitution assessments with fifteen (15) people utilizing intake forms provided by KAA to practice skills in client interactions, assessment and documentation.

### **Case Studies: One-on-One Encounters (71 Hours)**

Students will follow two (2) *Rogis* (clients) from KAA module 102 through 111, beginning with consultations and progressing with assessment and counseling based on the topics covered in each month. This offers the student the ability to build upon all the learning to create a case study approach.

### **Creating Chikitsa Protocols (25 Hours)**

Students will be provided five (5) case papers for review and development of a comprehensive Ayurvedic chikitsa protocol to demonstrate the cumulative skills learned in case evaluations from the previous two assignments.

### **Research Project: Community Health Presentation or Research Paper (42 Hours)**

Student has the choice of a Community Health Presentation or Research Paper

**Community Health Presentation Description:** Students will prepare a 1-1.5 hour presentation for a group in the community on an approved topic of student's choice. Students may host and organize the event for personal contacts, or offer in conjunction with a greater organization (e.g. a Yoga studio), or arrange to deliver this presentation at an office, school or other place of business.

**Research Paper Presentation Description:** Students will prepare a 5-7 page paper on an approved topic within the scope of practice as an Ayurvedic Health Counselor.

### ***Practical Immersion for Distance Learners***

The Practical Immersion is a 4-day hands-on learning experience designed to supplement level I (Ayurvedic Health Counselor) curriculum for distance learning students who have attended the weekend intensives via live streaming. It includes the AHC Weekend Intensive Module KAA 111, with two additional days covering material from previous modules in the program. This immersion is included in AHC tuition, though it is not required for completion.

### **Topics Include**

- Applied aspects of Ayurvedic Assessment & Counseling
- Herbs & Formulations
- Yoga, Breathing & Meditation
- Ayurvedic Bodywork Techniques
- Assessment
- Counseling
- Clinical Guidance/Referral
- Live Cases

### **Registration Policy**

The program runs twice per year and is open to AHC students enrolled in our Distance Learning program. Each Practical Immersion is scheduled in association with a specific AHC session and is designed to provide optimal hands-on learning to complement the studies of the online learner. Priority registration is initially limited to students from that Practical Immersion's respective AHC session. After the priority

registration deadline ends, AHC students & alumni from previous AHC sessions may register at an additional cost.

Current AHC students intending to attend the Practical Immersion during their year-long program must confirm their participation at least 90 days prior to the Practical Immersion start date. If a participant has confirmed their attendance and needs to cancel, cancellation must be made at least 15 days prior to the Practical Immersion start date. If cancellation is made less than 15 days prior to the start date and the student wishes to attend a later Practical Immersion date, a registration fee will be due.

### To Confirm Participation

Contact Student Support via the elearning system.

## Program Breakdown by Hours

Course Component	Hours	Contact Hours
Orientation	2	2
Weekend Intensives	220	187
Tuesday Virtual Classroom Sessions	50	50
Online Recorded Lectures	95	0
Assignments	258	101
<b>Total</b>	625	340

## Program Breakdown by Clinical Encounters

Course Component	Clinical Encounters
Weekend Intensive KAA 102	2
Weekend Intensive KAA 108	1
Weekend Intensive KAA 109	1
Weekend Intensive KAA 110	2
Weekend Intensive KAA 111	6
Ayurvedic Constitution Assessment Assignment	15
Case Studies Assignment	18
Mentoring Webinars	5
<b>Total</b>	50

## Tests & Grading

- Each month there will be a test on the material taught.
- Tests are multiple choice. Minimum passing grade is 70%.
- Students must complete 11 out of 11 tests before they are eligible for completion.
- All testing is conducted online through our elearning System and grades are immediately available in the student online account. Project and assignment grades are posted within 10 days of submission.
- A student who does not achieve the minimum passing grade of 70% for completion may retake the test up to five times. The highest score will be recorded.

## Completion Requirements

- The student paid the full tuition for the program.
- The student submitted documentation of completing the equivalent of 6 credits of college level Anatomy & Physiology course.
- The student passed all tests with a minimum grade of 70%.
- The student completed and passed all assignments (graded as pass/fail).
- This program meets the NAMA (National Ayurvedic Medical Association) requirement to register at the Ayurvedic Health Counselor category of professional membership. Contact hours is the time spent in classroom instruction (including live streaming class time) and time spent with rogis (clients). The total available contact hours in this program are 340. We require minimum 100 contact hours of live class attendance to graduate, though we recommend attending the total available amount of live class attendance, which is 239 hours, to support your competency and material comprehension. We encourage students who miss live classes to attend the following class the next time it is offered (in approximately six months), to provide the opportunity for faculty interaction.

Upon the successful completion of the above requirements, the student will receive an Ayurvedic Health Counselor certificate of completion.

# Faculty

Kerala Ayurveda Academy's mission is to offer authentic Ayurvedic courses by experienced Ayurvedic Doctors. Many of our faculty members are established Ayurvedic physicians who have received degrees from renowned Universities in India – the “Holy Land” of Ayurveda – and have more than 15 years of experience in Ayurvedic practice and teaching. Faculty are eager to share and hand over this ancient wisdom to our enthusiastic students.

## Senior Faculty



### Vaidya Jayarajan Kodikannath

#### **Bachelor of Ayurvedic Medicine & Surgery**

Vaidya. Jayarajan is the Academy Director, Kerala Ayurveda USA responsible for all academic programs conducted internationally by Kerala Ayurveda. He is a Kerala, India native from a *Vaidya* family, a veteran Ayurveda scholar and clinician. He is also a Lead Trainer for Domain Experts in Ayurveda with over two decades of experience in health and education in India and the U.S.

## Faculty



### Vaidya Rucha Kelkar

#### **Bachelor of Ayurvedic Medicine, Doctor of Physical Therapy**

Vaidya. Rucha Kelkar earned her graduate degree from University of Pune, India and secured a top rank in all three academic years of her Ayurvedic education. She is an accomplished Ayurvedic practitioner, educator and writer, also a licensed physical therapist with a master's degree in physical therapy.



### Vaidya Suhas Kshirsagar

#### **Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda)**

Vaidya Suhas Kshirsagar is a skilled Ayurvedic Doctor, Panchakarma Specialist, Vedic Astrologer and prolific author and public speaker. In India, he worked in research in Ayurvedic pharmaceuticals at Ayurveda Rasashala. In the U.S., he served the Medicine at Maharshi College of Vedic Medicine as Chairman of Dept. of Medicine before assuming the role of Medical Director and an Assistant Professor at the Maharshi University of Management until 2002.



### Mamta Landerman

#### **Clinical Ayurveda Specialist, Panchakarma Specialist**

Mamta Landerman is a Clinical Ayurveda and Panchakarma specialist. She was the Founding President and a Board Director of CAAM (The California Association of Ayurvedic Medicine) and produced the Ayurveda International Symposium at U.C. Berkeley, bringing together the various lineages of Ayurveda in the U.S. to sow seeds for the future vision of the Ayurvedic profession in this country. She has been practicing and teaching Ayurveda and transformational work for the last 23 years.





### **Alka Mulakalari**

#### **Certified Ayurvedic Practitioner, Licensed Massage Therapist**

Alka is a gifted Ayurvedic Practitioner and Panchakarma Specialist, combining her knowledge of Western massage techniques with Traditional Ayurvedic preventive measures, Ayurvedic psychology and detoxification techniques for deep healing. Her deep belief, love and passion for healing is transmitted in her teaching of the Ayurvedic root principles of heart-centered care.



### **Vaidya Namyata Pathak-Gandhi**

#### **Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda), VaidyaScientist Fellowship**

Vaidya. Namyata Pathak-Gandhi trained in Ayurveda and modern medicine in an 8.5 year program in Mumbai, India under the Maharashtra University of Health Sciences. In 2011, she was selected as the youngest and exceptional Vaidya Scientist Fellow (VSF) in a nationwide screen by the Department of AYUSH, Government of India. She specializes in integrative health education, practice and research. Her teaching reflects a smooth blend of classical Ayurveda and certain biomedical fundamentals for safe, pragmatic application.



### **Vaidya Kamya Pillai**

#### **Bachelor of Ayurveda Medicine & Surgery**

Vaidya. Kamya Pillai trained in Ayurvedic Medicine at Mahatma Gandhi University, Kerala and later served as a faculty in the same university under the Ophthalmology and ENT departments. She gained valuable experience managing a broad spectrum of disorders while operating as an independent practitioner in India during 2009-2013. Her white papers on various health topics were received in seminars across India. In 2015, she completed her Ayurvedic Wellness Practitioner (AWP) certification from Kerala Ayurveda Academy at the AWP and serves the program as a mentor for students.



### **Vaidya Pratibha Shah**

#### **Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda), Master of Public Health**

Pratibha Shah is one of the leading Ayurveda experts in New England with over 25 years of experience. Her pioneering initiatives in the field of Ayurveda in the U.S. have brought her to attention at the White House, the Department of Health and Human Services, as well as the Consulate General of India, NYC. She is a prolific speaker and educator in the community and has authored several papers. She is an editor with the Ayurveda Journal on Health and Associate Editor with the Ancient Science journal. She is a senior faculty with the Kerala Ayurveda Academy.



### **Vaidya Sheena Sooraj**

#### **Bachelor of Ayurveda Medicine & Surgery**

Vaidya. Sheena Sooraj is an experienced Ayurvedic practitioner and native of Kerala, India. She developed her passion for Ayurveda at a young age, as her grandfather was a well-known Ayurvedic physician and astrologer. She has experience running her own practice in India and the U.S. and has successfully managed a wide range of diseases. An active advocate of Ayurveda, she is a public speaker on Ayurveda's importance in daily life, having led talks at schools, corporate offices and banks.



### **Vaidya Ram Tamang**

#### **Bachelor of Ayurveda Medicine & Surgery**

Vaidya. Ram Tamang trained in the J. Krishnamurti foundation in Bangalore where he earned his degree in Ayurvedic Medicine and Surgery, and also studied intensely with several Yoga masters in India. He has practiced and taught internationally, including his role heading a Panchakarma Center at an Ayurveda Retreat in South India, Ayurveda workshops in Amsterdam, Netherlands and work with Allopathic Doctors in an emergency ward in India.

## ***Board of Advisors***

### **Dr. K. Anil Kumar**

#### **BAMS, Director and Founder**

Dr. K. Anil Kumar, Executive Director of Kerala Ayurveda Ltd is now the elected member of the Central Council of Indian Medicine (CCIM) – the Apex Body of the Government of India for the Indian System of Medicine. He was the President of the Ayurvedic Medical Association of India and is a former Joint Secretary of the Ayurvedic Drug Manufacturers' Association of India. He is currently Executive Member of the Ayurvedic Medicine Manufacturers Organization of India.

### **David Frawley (Pandit Vamadeva Shastri)**

David Frawley (Pandit Vamadeva Shastri) is a one of the most well-known teachers of Ayurveda, Yoga and the Vedic sciences today. His work has long been honored in India and in the West for his ability to explain the authentic deeper teachings and place them in an easy to understand modern language. Vamadeva is the author of more than forty books published in twenty languages over the last thirty years. He has written numerous articles and several sets of training courses. His books on Ayurvedic Medicine have been pioneers in their field. These include Ayurvedic Healing (1989), which was the first book published in the West to explain the Ayurvedic treatment of common diseases, and Yoga and Ayurveda (1999), which remains the most popular book explaining the interface of these two profound Vedic healing systems. He is the director of the American Institute of Vedic Studies that represents his work, teachings and programs.

### **Vaidya Suhas Kshirsagar, BAMS, MD (Ayurveda, India)**

In addition to serving KAA as a teaching Faculty member (see above), Vaidya Suhas Kshirsagar is also one of the Academy's Advisors.

## Recommended Reading

KAA does not have a traditional library. Students will receive detailed course material and handouts in each class. The following list of recommended books is for additional reading. *These books are beneficial but not mandatory.*

Author	Titles
Frawley, David	<i>Yoga and Ayurveda; Ayurveda and the Mind; The Yoga of Herbs</i>
Joshi, Dr. Sunil	<i>Ayurveda and Panchakarma</i>
Lad, Dr. Vasant	<i>Textbook of Ayurveda (Two volumes)</i>
Lele, Dr. Avinash	<i>Secrets of Marma; Panchakarma and Ayurvedic Massage</i>
Ranade, Dr. Subhash	<i>Health and Disease in Ayurveda and Yoga; Natural healing through Ayurveda</i>
Svoboda, Dr. Robert	<i>Prakriti: Your Ayurvedic Constitution</i>
Apte, Dr. Jay	<i>Delicious and Healthy - Cuisine of Ayurveda</i>
Yarema, Dr. Thomas	<i>Eat-Taste-Heal: An Ayurvedic Cookbook for Modern Living</i>
Prof. K.R. Srikantha Murthy	<i>Vagbhata's Astanga Hridayam</i>
Khirsagar, Dr. Manisha	<i>Ayurveda: A Quick Reference Handbook</i>

## Schedule: Spring 2021-2022

### Start and Completion Dates

**Start Date:** Orientation – April 13, 2021\*

**End Date:** Closing Ceremony April 11, 2022\*

### Practical Immersion for Distance Learners

February 24-27, 2022 – Milpitas, CA\*

*Included in tuition, not required for completion.*

*\*Please note these dates are subject to change. Kerala Ayurveda Academy reserves the right to cancel classes if student enrollment minimum is not met.*

### Test & Completion Schedule

Monthly Test	Testing is made available on the elearning system after each weekend intensive
Completion	After all requirements are fulfilled (see Completion Requirements in catalog)
Closing Ceremony	Live streamed May 10, 2022 5:30-7:30pm Pacific

# *Location*

## **Milpitas, CA**

**Kerala Ayurveda Academy & Wellness Center** *691 S Milpitas Blvd Ste 206*

Located in San Francisco East Bay and 8 miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conference and auditorium rooms, consultation and Panchakarma rooms, a library and an herbal apothecary. Amenities include free wifi, ample parking space, and located within walking distance of restaurants and health clubs.

## **Special Accommodations**

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Accommodations are provided on an individual basis and the Academy may be contacted to make such arrangements at [1-888-275-9103 x20](tel:1-888-275-9103) or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

# Tuition & Fees

Early bird special tuition is available through February 24, 2021 - save \$200

Tuition	
Registration Fee	\$100
Books & Materials <sup>1</sup>	\$250
Early Bird Tuition <sup>2</sup>	\$5,300 through February 24, 2021
Tuition <sup>2</sup>	\$5,500 beginning February 25, 2021

## Payment Plans for Tuition

Payment Plan	Tuition Amount	Payments	Registration Fee (New Students to KAA only)	Early Bird Total Tuition Amount	STRF*	Regular Total Tuition Amount
Tuition in Full	\$5,300	1	\$100	\$5,200	0	\$5,400
Half Yearly	\$2,750	2	\$100	\$5,400	0	\$5,600
Quarterly <sup>3</sup>	\$1,450	4	\$100	\$5,700	0	\$5,900
12 Month <sup>3</sup>	\$500	12	\$100	\$5,900	0	\$6,100
15 Month <sup>3</sup>	\$415	15	\$100	\$6,125	0	\$6,325

### Please Note

1. Books and materials are included in tuition.
2. Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students at this time. First tuition payment is due upon enrollment. Refunds are program-specific. See Policies & Procedures for more information.
3. Students choosing the extended payment plan will be required to complete and approve a Payment Agreement Contract upon enrollment. There will be a management fee for extended payment plans listed above.
4. \*STRF is 0 for all payment plans and is non refundable

## Application

**Applying online is easy!** Begin the process with our **online enrollment forms** via our website: [www.keralaayurveda.us/courses/apply](http://www.keralaayurveda.us/courses/apply). As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. You are also encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.

# *Policies & Procedures*

## **Student Complaint Procedure**

If a student complaint should arise, they may contact Student Services, at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). If the student's complaint is not resolved after speaking to Student Services they may contact the Director of Kerala Ayurveda Academy, Dr. Jayarajan Kodikannath at +1 (888) 275-9103 x20, [director@keralaayurveda.us](mailto:director@keralaayurveda.us) or at 691 S Milpitas Blvd Ste 206, Milpitas, CA 95035.

### *State of California*

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling +1 (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Website [www.bppe.ca.gov](http://www.bppe.ca.gov).

### *State of Washington*

If the student's complaint is not resolved after exhausting the institution's grievance procedure, the student may file a complaint with the Workforce Training and Education Coordinating Board, 128 Tenth Avenue S.W., P.O. Box 43105, Olympia, Washington 98504-3105, +1 (360) 709-4600. This school is licensed under Chapter 28C.10 RCW in the State of Washington.

## **Transferring of Credits & Credentials**

"NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT KERALA AYURVEDA ACADEMY. The transferability of credits you earn at Kerala Ayurveda Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the Ayurvedic Health Counselor program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you seek to transfer after attending Kerala Ayurveda Academy to determine if your certificate will transfer."

KAA has not entered into an articulation or transfer agreement with any other college or university.

Transfer credit may be awarded for applicable coursework of comparable programs completed at other accredited or state approved/licensed institutions once verified by the Academy Manager and approved by the Director. Up to 70% of credit hours for AHC may be transferred. Courses will be considered for transfer credit if relevant to the certificate program and completed with a grade of B or higher, or the equivalent if another grading system was used. Prerequisite and corequisite courses must meet the criteria set forth by KAA. Official transcripts must be submitted for all transfer credit approval.

## **Experiential Credit**

There is no credit granted for experiential learning.

## **Refund and Cancellation Policy**

### *The Student's Right to Cancel*

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.



## Refund Policy

### *State of California*

The registration fee is nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

Each In-Class Intensive covers the content of one online module. Refund Requests will be processed based on In-Class Intensives and online modules accessed (whichever is greater).

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period.

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

#### **Refund Calculation Within the first seven days after enrollment or prior to October 31, 2020**

Step 1 Deduct \$100 (registration) from the total tuition paid

Step 2 Remainder is tuition refund due

**Example:** Student paid \$5600 at the time of enrollment

Step 1	\$5600 – \$100	\$5500.00
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**Total refund will be: \$5500.00**

#### **Refund Calculation Seven days after enrollment or after May 2, 2021**

Step 1 Deduct \$350 (registration/manual fee) from the total tuition paid

Step 2 Divide the total tuition paid by 11 (number of modules) = 'tuition per module'

Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'

Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 4 In-Class Intensives or live streaming and if they have paid the full tuition, the refund will be as follows:

Step 1	\$5600 – \$350	\$5250.00
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Step 2	\$5250 / 11	\$477.00
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Step 3	4 classes/live streaming * \$477	\$1908.00
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Step 4	\$5250 – \$1908	\$3342.00
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**Total refund will be: \$3342.00**

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

**The following is a list of additional fees:**

Administration Fee (for students new to KAA): \$100 upon enrollment  
 Equipment: \$0  
 Lab Supplies or kit fees: \$0  
 Uniform or Special Protective Clothing Fee: \$0  
 Learning Media Fee: \$0  
 Tutoring Fees: \$0  
 In-resident housing Fees: \$0  
 Assessment Fee: \$0  
 Transfer or Credit Fee: \$0  
 Student Tuition Recovery Fund fee (nonrefundable): \$0

### *State of Washington (For Students not living in California)*

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus the registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

#### **Refund Policy Defined - WA**

1. The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.
2. The school may retain an established registration fee equal to ten percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A "registration fee" is any fee charged by a school to process student applications and establish a student record system.
3. If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
One week or up to 10%, whichever is less (attended 1 <sup>st</sup> class or accessed 1 <sup>st</sup> online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2 <sup>nd</sup> class or accessed 2 <sup>nd</sup> online module)	25%
25% through 50% (attended 3 <sup>rd</sup> class or accessed the 3 <sup>rd</sup> online module)	50%
More than 50% (no refund issued after attending 6 <sup>th</sup> class or accessing 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> or 11 <sup>th</sup> online module)	100%

4. When calculating refunds, the official date of a student's termination is the last day of recorded attendance:
  - a. When the school receives notice of the student's intention to discontinue the training program; or,
  - b. When the student is terminated for a violation of a published school policy which provides for termination; or,

- c. When a student, without notice, fails to attend 2 consecutive In-Class Intensives or, fails to access online modules for ninety calendar days.
5. All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.
6. Eligible refunds will not include the applicable interest during the enrollment period.

**Example:** if the student decides to withdraw after completing 2 classes or after accessing the 4<sup>th</sup> online module and if they has paid the full tuition, the refund will be as follows:

Step 1	\$5600 – \$350	\$5250.00
Step 2	4 of 11 classes attended or modules accessed online 4/11	36%
Step 3	25% through 50% completion = KA retains 50%	\$2625.00
Step 4	\$5250-2625	\$2625.00

**Total refund will be: \$2625**

## Attendance Policy

Attendance is monitored via attendance taken in-class and during live streamed sessions. The student must meet the requirement of 100 contact hours to graduate, which aligns with the requirement for professional membership of NAMA (National Ayurvedic Medical Association- USA). Contact hour means the class attended in real time, either in person or through live streaming.

## Make-up and Retake Policy

If a student is absent from an in-class or live streamed session, they may make it up at any KAA training location or via live streamed session, free of charge. If a student wishes to retake an in-class session, they may do so for a fee of \$100 per weekend session. To make arrangements for all make-up or retake sessions, please contact Student Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## Conduct

At KAA, programs are directed toward professional training. The students shall show respect to others and observe correct standards of conduct. The Honor System embodies values of personal integrity, honesty, and trust.

Fundamental to the Honor System is the Honor Code of Responsibility, and it is upon its principles that the Academy has based the Standards of Conduct.

### Honor Code of Responsibility

- Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.
- Each student is responsible for presenting work of her/his own creation and refraining from representing as her/his own work that which is not hers/his.
- Conduct in keeping with the attendance policies.

Nothing in the policy prevents the student from contacting the Washington Workforce Board at 360709-4600 at any time with a concern or complaint.

## Termination Policy

1. If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the Refund Policy.
2. The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs in any of the following manners:

- a. When the student is terminated for a violation of a published Academy policy which provides for termination; or,
- b. When a student, without notice, either fails to attend classes or check out course videos for thirty (30) calendar days.
3. A student will be determined to be withdrawn from the institution if the student has not attended any class for three consecutive class weekends. They will be notified by telephone after two missed weekends and they will be drafted after the third weekend.
4. For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

## Suspension and Dismissal Policy

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.

- Any behavior disruptive to other students or the smooth running of the class will not be allowed.
- Students will have to pay the tuition on time.
- Students have to maintain a passing grade of 70%.

At first incidence, warning will be given. At the second incidence, the student will be suspended for the entire weekend. The student will be readmitted after the suspended weekend. If the behavior persists, the student will be dismissed from the program. When the conduct of the student threatens the other student's safety, KA reserves the right to dismiss a student immediately.

## Length of Time for Student Certifications

AHC Students are expected to complete within 1 year, however they can take an additional 6 months to complete for a total of 18 months. If you have not completed within this time frame, you will be considered on sabbatical for a maximum of 6 months. You may contact the school for extenuating circumstances. If after the extended time you do not complete your program, you are considered dropped. You will need to complete a new enrollment agreement and reapply for the program. Contact Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or 888.275.9103, ext 20.

## Student Sabbatical (Leave of Absence)

If a student has circumstances that prevent them from continuing the program as originally planned, they may apply for a Sabbatical. The Sabbatical will be requested by the student to the Student Support Office at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). The office will then send a form for the student to complete and sign.

A one time sabbatical will be allowed for the student with the provision that they will come back after a maximum of 1 year, or before. With permission from the school, the student will be allowed to resume attending classes in the next class at the level where the sabbatical was initiated.

During the Sabbatical, all access to future classes will be removed from the student's account; however, they will retain access to the modules they have completed in the elearning.

If the student is on a payment plan and wishes to suspend the plan for the duration of the sabbatical, they will have to pay a \$25/month administrative fee (non-refundable, not part of tuition); otherwise they can continue paying their payment plan per their schedule.

## Resuming the Program (Re-engaging)

To resume the program, a student must notify the school (Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or 888.275.9103, ext 20) of his or her intention to resume classes and be in good academic and financial standing. They will need to fill out a new Enrollment Form for the semester they are

restarting. It is not necessary for a student to retake any previously completed classes if the course of study resumes within the 12 months from the beginning of the Sabbatical.

When an agreed-upon Sabbatical has expired, a student must return to the program or be automatically withdrawn. In the latter case, a student will need to apply for readmission to a new class at the tuition rate in effect at that time. This is also the case if a student chooses to withdraw rather than go on a Sabbatical. See "Refund Policy for Withdrawal" below for further information on withdrawals.

## Financial Aid

Kerala Ayurveda Academy does not offer state or federal financial aid to students. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal student financial aid program funds.

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

- The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
- The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

**"Notice** - Any holder of this consumer credit contract is subject to all claims and defenses that the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds hereof, recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder."

"Kerala Ayurveda Academy does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11U.S.C. Sec. 1101 et seq.)."

## Student Tuition Recovery Fund (STRF) fee (non-refundable) – State of California

"It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.

5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans. To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF. A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or a taxpayer identification number."

## Student Tuition Recovery Fund – State of Washington

Kerala Ayurveda Academy is in compliance with Washington state tuition recovery fund rules and regulations.

## English as a Second Language & Foreign Students

Foreign students are accepted, however, KAA courses are instructed in English and KAA does not offer English as a second language. Foreign students are required to have proof of English proficiency with a passing score of minimum 80% on the TOEFL exam for enrollment. Visa services are not provided and Kerala Ayurveda Academy will not vouch for student status and any associated charges.

## Record Retention

All records concerning the Kerala Ayurveda Academy are kept for fifty years after student's completion, withdrawal or termination, with the exception of transcripts which are kept permanently. Student records are kept at 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. Students requesting copies of these documents must submit a signed letter to the above address to the attention of the Student Services.

*Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Kerala Ayurveda Academy acknowledges that information pertaining to an applicant's disability is voluntary and confidential, and will be made on an individual basis. If this information is presented, Kerala Ayurveda Academy will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program.*



# FAQ

## Frequently Asked Questions

1. **How much does the program cost?** The entire tuition for the AHC program is \$5,500.00 (not including registration and management fee). See Tuition & Fees for details.
2. **Do I need a college degree or a prior license/certification to study Ayurveda?** No.
  - KAA welcomes students from all educational backgrounds, with degrees, licenses or certifications in any field.
  - Ayurvedic studies are especially complimentary to Certified/Licensed Practitioners in a health-related field including Yoga, Yoga Therapy, Massage Therapy, Chiropractic, Nursing, Naturopathy and Allopathic Medicine, etc.
3. **I'm not a healthcare professional; can I still earn a certificate and practice Ayurvedic medicine?** The primary prerequisite for the AHC program is a passion for Ayurveda. A health or medical training background is not required. KAA welcomes students with a high school diploma to any of our courses, in addition to other program-specific prerequisites or corequisites.
4. **Is it legal to practice Ayurveda in all fifty states?** A bill has been passed in eleven states (Arizona, California, Colorado, Idaho, Louisiana, Maine, Minnesota, Nevada, New Mexico, Oklahoma, Rhode Island) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.
5. **Does each state regulate the practice of Ayurvedic sciences?** No.
  - Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are advised on how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license.
  - We might say that Ayurveda's current status in the U.S. is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that particular profession. Please contact your local state representative for more information about regulations in your area.
6. **Can I practice Ayurveda outside of the state where I receive my certification?**
  - Yes, Ayurveda is currently practiced all over the United States.
  - While none of the U.S. states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials.
  - Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.
  - NAMA is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.
  - Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.

- 7. Is there an Ayurvedic association which links other practitioners and students together?** Yes, there is the National Ayurvedic Medical Association (NAMA). Many states have their own state associations such as the California Association of Ayurvedic Medicine (CAAM).
- 8. Is there an alumni association? Can I contact previous students?** Yes, we can provide you with the contact information of several students for you to talk to. KAA is soon to announce a supportive network of alumni services and information.
- 9. How many of your graduates practice Ayurvedic medicine?**
- All of our graduates are able to practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical wellbeing. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and spiritual wellness. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.
  - There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic Counselors or Practitioners.
  - Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such as physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.
  - Some of our graduates launch Ayurvedic product lines or combine Ayurveda with their existing business.
- 10. Are there monthly tests? I feel very anxious about taking tests.** Please try not to feel anxious about the tests. The testing is done online and the student is given five (5) attempts at taking the test. This highest score is recorded. The tests are for you (and us) to know what you have learned and what you didn't so we can keep you up to speed. We want to make sure our students understand all the Ayurvedic concepts clearly. Ayurveda is about human health, so a clear understanding is vital.
- 11. I will be traveling from out of town to attend classes, is there housing assistance available?** KAA does not have dormitories. There are a few hotels near the campuses where students can book a room for the weekend. The range of cost is approx. \$75-\$125. In the past, some students have made good friends with classmates and stayed with them on those weekends. KAA has no responsibility to assist a student in finding housing.
- 12. When can I visit the school? Do you have open houses or visitor's events?** We allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the Academy Administrator. We are here to assist our students in any way we can.
- 13. What student services are provided?** Student mentoring is supported throughout the entire term of the program. On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.
- 14. Do you offer further Ayurvedic Studies?** We offer a level II Ayurvedic Wellness Practitioner (AWP) program and a level III Ayurvedic Doctor (AD) program.
- 15. Where is your administrative office?** Kerala Ayurveda Academy & Wellness Center, 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. Contact Student Services at +1 (888) 275-9103 x20 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).
- 16. What materials do I need to bring to class and what should I expect in the classroom?** A notebook and writing implement. KAA will provide classroom facilities and course manuals. The classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort.

- 17. If I have additional questions or concerns, who do I contact?** In case a student has any complaint, they may contact Student Services at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). "Any questions a student, from the State of CA, may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at BPPE address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: [www.bppe.ca.gov](http://www.bppe.ca.gov). Phone: +1 (888) 370-7589." Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10<sup>th</sup> Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), phone: +1 (360) 709-4600, e-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).
- 18. What else does the CA Licensing Board want me to know?** "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."
- 19. Who owns Kerala Ayurveda Academy?** Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal plantations, Wellness Centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic resort AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Dr. Jayarajan Kodikannath, who is also the Academy Director.



# COURSE CATALOG

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**Ayurvedic Wellness Practitioner**  
*v1.0*

**Spring 2021 Program**

May 4, 2021 - April 29, 2022

## REGISTERED OFFICES:

### **State of CA**

Kerala Ayurveda Academy  
691 S. Milpitas Blvd Suite 206  
Milpitas, CA 95035  
Toll Free: +1 (888) 275-9103  
Fax: +1 (510) 257-4378

### **State of WA**

910 207th Ave NE  
Sammamish, WA 08074  
Toll Free: +1 (888) 275-9103

### **India**

The Health Village  
Monastery Lane, Karimattathu,  
Aluva Munnar Road  
Aluva, Kerala, India-683101

AyurvedaGram Heritage Wellness Center  
Hemmandanahalli, Samethanahalli Post  
Whitefield, Bangalore-560 067

Registration: [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us)  
All Other Course Support: [support@keralaayurveda.us](mailto:support@keralaayurveda.us)  
Website: [www.keralaayurveda.us](http://www.keralaayurveda.us)

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# Welcome to Kerala Ayurveda Academy

**Our mission:** To integrate traditional Ayurvedic wisdom and healing with scientific research.

**Our purpose:** To serve as an authentic source of Ayurvedic education, research and community health care.

**Our commitment:** To bring the highest caliber of academic excellence to the US and abroad.

Kerala Ayurveda Academy (KAA) invites you to embark on a journey into the world of Ayurveda, where you will discover a profound potential for health and well-being offered by a time-proven, harmonious and holistic healthcare system.



Healthcare in the United States is changing. Health science has evolved to encompass our beliefs, emotions, behavior, thoughts, family and cultural systems, as well as the environmental context in which we live. All of these elements are relevant to our health. Ayurveda is a 5,000-year-old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of Body, Mind and Spirit. Join us and get involved in this pioneering work that is transforming and reshaping our healthcare industry to a newer model of holistic health care for the 21<sup>st</sup> century.

Kerala Ayurveda Academy is committed to offering the highest quality of education and services to our students so that they become the finest Ayurvedic health practitioners and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the United States.

Our curriculum is based on an Ayurvedic educational curriculum from Indian universities and is academically challenging and rewarding. Students will find studying at Kerala Ayurveda Academy intellectually stimulating and competitive. The programs encompass all fields of Ayurveda including Ayurvedic philosophy, herbology, psychology, Ayurvedic Dosha imbalance management, research, clinical practice, and clinical application.

We have assembled the most qualified and experienced faculty to teach Ayurvedic principles. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15 to 30 years of clinical experience. With the Kerala Ayurveda Academy, feel assured that you will receive an authentic Ayurvedic education. The program coordinators at each location are supportive and eager to assist students in any way possible.

*We congratulate you on your decision to advance your studies and become part of an inner circle of Ayurvedic professionals who promote healing and wellness.*

***-The Kerala Ayurveda Academy Team***

## Ayurveda: The Science of Life

*Kerala Ayurveda Academy invites you on a great life adventure...*

Kerala Ayurveda Academy is the first institute in the U.S. to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the states of **California** and **Washington**, plus **online programs** for the distant learner.

**Ayurveda and Yoga** are sister sciences and belong to the world's oldest and most well-documented health care system. Ayurveda, the science (*Veda*) of life (*Ayur*), balances the body and mind using natural therapies and herbal medicines. Yoga, the science of mind brings balance and purity to the body. The two complement each other and together achieve harmony of the Body, Mind and Spirit, which is the essence of true health.

**Knowledge of Ayurveda in today's world is essential** as it aims for the preservation of health and prevention of disease by establishing balance and harmony through nutrition, herbs, meditation, and daily routines. Ayurvedic science provides knowledge to unfold the reality beyond the physical body and achieve harmony of Body, Mind and Spirit. **The World Health Organization recognizes Ayurveda as a complete natural health care system.**

**Now is the perfect time for Ayurvedic graduates to embark on a professional journey.** They have a unique opportunity in this day and age to lead successful lives by assisting family, friends and clients in creating healthier bodies and lifestyles, thus eventually lowering healthcare costs.

### Upon completion, graduates are able to:

- Perform health history intakes, Ayurvedic nutritional and lifestyle consultations
- Determine and analyze a client's unique Body Constitution
- Suggest food and lifestyle changes
- Recommend personalized Ayurvedic therapies, formulations, home remedies, Yoga and pranayama
- Write articles, offer talks and classes on Ayurvedic concepts

*My experience... has been nothing short of wonderful... Educational, enjoyable, practical and indispensable...I watched my relationship with family, friends and myself blossom to levels I never could have imagined. KAA has taught me that Ayurveda is truly a way of life, a balanced life and a better life.*

-Kari

## Professional Possibilities with Ayurveda

- **Licensed Healthcare Practitioners & Healers** from all backgrounds can apply their Ayurvedic knowledge to enhance their current practice.
- **Massage Therapists & Bodyworkers** can open Panchakarma centers.
- **Estheticians** in skin and beauty may enhance their treatments, services and products.
- **Freelance Writers** may launch Ayurvedic publications.
- **Research-savvy Students** may get involved in Ayurvedic research projects. The Office of Alternative Medicine funds many research projects in holistic healthcare.
- **Entrepreneurs** may develop Ayurvedic herbal products, food packages, Ayurvedic cosmetics, or open wellness centers, spas or resorts.
- **Students in Academics** may teach or deepen their education with more continued studies. Kerala Ayurveda Academy offers **advanced programs in continued education** in the U.S. as well as programs in **Kerala Ayurveda Academic Facilities** in **Cochin** and **Bangalore, India**.



## Why Choose Kerala Ayurveda Academy?

<b>Authenticity</b>	We offer the highest level of Ayurvedic training outside of India
<b>Comprehensiveness</b>	Curriculum includes course manuals, lectures, practical workshops & clinical internship
<b>Leading Experts</b>	Faculty & advisers include several of the world's leading academicians & physicians
<b>Convenience</b>	Weekend & evening sessions, online learning and in-class formats
<b>Flexible</b>	Progressive elearning & live streamed classes

### *Take pride in knowing...*

- You are part of a globally recognized and highly respected Ayurvedic lineage which is experiencing tremendous growth in the West. With 1,500+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.
- You embark on your journey knowing that you can complete all three levels of professional certification in Ayurveda set by the National Ayurvedic Medical Association (NAMA) with us, including the option to study at our sister sites in India.
- You receive the most authentic education in Ayurveda, based on the Vedic texts. KAA programs have been developed under the guidance of experts from the faculty of Ayurveda at Banaras Hindu University, aligning to the benchmarks for training in Ayurveda published by the World Health Organization (WHO) in 2010. BHU is an internationally reputed University founded in 1916 – it is a premier institution hosting schools in medicine, science, technology, social science and performing arts with over 20,000 students and 2,500 scholars.
- Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Limited (KAL), India - a full spectrum Ayurveda company operating 30 Ayurveda clinics, 2 hospitals, 400 herbal formulations, Medicinal Herbal Gardens and AyurvedaGram Heritage Wellness Centre. KAL is part of Katra Life Sciences, which aims at providing “Wellness, Naturally”.
- Each year, KAL and Kerala Ayurveda USA provide wellness services to more than 70,000 people, and KAA welcomes over 200 new students to the Kerala Family.
- KAL is based in Kerala, India, referred to as “God’s Own Country”: the land that cherishes the traditional practice of Ayurveda and where the science has been preserved in its purest and most authentic form.
- KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health. KAL’s mission is to “Evolve Ayurveda” with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and wellness of humankind.
- KAL is powered by a cutting-edge research team including biologists, chemists, scholars and practitioners, and has applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and functional. Kerala Ayurveda is one of the most well-regarded names in Ayurveda and has received the honors:
  - \* Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017, ASSOCHAM
  - \* Indian Agribusiness Excellence Awards – Katra Phytochem, 2017
  - \* Herbal Company of the Year, 2016, ASSOCHAM
  - \* Spa & Wellness Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
  - \* Best Integrated Wellness Provider in India - AyurvedaGram, 2010 & 2011, Frost & Sullivan Award
  - \* Make In India Emerging Entrepreneurs, 2017, India Today
  - \* Certification of Excellence – AyurvedaGram, TripAdvisor
  - \* Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore), TripAdvisor
- Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.

# Program Overview

## Ayurvedic Wellness Practitioner (AWP) - 1000 Hour Certification Program

The Ayurvedic Wellness Practitioner (AWP) program is based on the second goal of Ayurveda—*Aaturasya Vikara Prashamanam* (Disease management). At this level, the emphasis is on gaining a deeper understanding of the disease process and management techniques at its various stages. Students will gain a deeper understanding of Ayurvedic concepts and techniques. **Upon successful completion of the AWP Course you will be awarded an Ayurvedic Wellness Practitioner Certificate.**

### General Format

The AWP program consists of:

- 1.5 Year – 1,000 Total Hours
- 10 Weekend Intensives – In-Class or Live Streamed\*
- 50 Weekly Virtual Classes – Live Streamed\*
- 10 Monthly Clinical Case Discussion Webinars\*
- Online Recorded Lectures, Projects & Independent Review\*
- 200 Hours Clinical Internship – In-Person

*\*Weekend Intensives & Weekly Virtual Classes are all live streamed and recorded for later viewing. Internet connection required.*



### Distance Learning

*Initially, I was wondering if the distance learning program is a good enough format to transmit such a complex knowledge as Ayurveda, but thanks to Dr. J and his crew, his promise became more than true. Doing the AWC online has been the best decision ever.*

*-Nadja, AWC Graduate*

### Format Options

Students may choose the format which best fits their lifestyle:

- **Option 1:** Attend In-Class Weekend Intensives
- **Option 2:** Attend Live Streamed Weekend Intensives

KAA accepts a limited number of students for in-class attendance in the live class at 691 S. Milpitas Ave #206, Milpitas, CA.

### Prerequisites

The prerequisites for admission to the AWP program are:

- Completion of the Ayurvedic Wellness Counselor (AWC) or an equivalent program. AWC graduates can enter the AWP program directly. Students who have completed a program equivalent to the AWC from other institutions will be required to undergo an interview process to determine their competency in Ayurvedic principles and practices.
- It is important for Ayurvedic students of professional programs to have adequate knowledge of Anatomy and Physiology (A&P). The equivalent of 6 college level Anatomy & Physiology credits are required. It's not required to complete the A&P course prior to enrollment in this course; it can be taken simultaneously as a corequisite, as long as it is completed for certification. If you need to satisfy the A&P corequisite, we offer a partner course you can take entirely online. Students are required to provide proof of A&P course completion to receive this certification. To learn more about our partner course or submit your corequisite documentation, please visit our website: [www.keralaayurveda.us/courses/programs/anatomy-and-physiology/](http://www.keralaayurveda.us/courses/programs/anatomy-and-physiology/)

## Scope of Practice

With this certificate, students gain the skills and knowledge to assess the Ayurvedic constitution and imbalances in a client and suggest food, lifestyle changes and recommend Ayurvedic herbs, spices and Ayurvedic herbal supplements based on the Samprapti/imbalances. However, the practice of these may vary from state to state. Please check the regulations with the state in which you practice.

### Ayurvedic Practitioners can:

- Analyze Body Constitution
- Do history taking
- Assess the imbalances of *Agni*, *Dosha*, and *Strotases* based on the Ayurvedic Principles
- Suggest food and lifestyle changes based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Suggest Ayurvedic herbs, spices and Ayurvedic herbal supplements based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Suggest Ayurvedic bodywork techniques based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Explain about Ayurvedic concepts (related to *Prakriti*, *Vikriti*, qualities etc)
- Explain the connection between Body and Mind and how diet and lifestyle, meditation, Pranayama, Ayurvedic herbs, Ayurvedic bodywork techniques and Yoga can help manage many physical, mental and emotional problems
- Offer talks/write articles on various concepts on Ayurveda
- Offer simple Ayurvedic bodywork techniques based on the Ayurvedic Constitution (*Prakriti*) and various imbalances in the mind/body systems (*Vikriti*)
- Offer cooking classes giving simple cooking tips

### Ayurvedic Practitioners cannot:

- Diagnose diseases medically
- Treat diseases medically
- Prescribe medical treatments or medicines
- Perform Panchakarma (unless allowed in your scope of practice under other licensing)

## Course Description & Objectives

The Ayurvedic Wellness Practitioner certification program covers both theoretical and practical training, including a blend of online learning, in-class hands-on training experience, clinical encounters and independent assignments. Classroom sessions consist of 10 in-class & live streamed weekend intensive modules, 50 live streamed weekly evening sessions, 200 hours of clinical internship with multiple format options, supplemented by online recorded lectures on our elearning system and assignments.

This AWP course is a blend of Online Learning, In-Class Practical Training experience and Clinical Encounters to ensure proper theoretical and practical/hands-on training.

## Learning Materials & Resources

- **Course manuals:** print versions and PDFs.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our AWP certification program content is made available to students online via our elearning system powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, study guides and tests.
- **Mentoring:** each student is provided a mentor for the program who will be available to answer questions via message within our elearning system. The mentor will also work with the student on designated portions of the Independent Assignments.

## Curriculum

### KAA 201 | Advanced Anatomy, Physiology & Basic Principles (Doshā Dhatu Mala Vigyan)

Includes an in-depth discussion of the *Doshas*, *Subdoshas*, *Dhatu*s, *Malas*, and *Agni*. Greater emphasis is placed on the *Srotas*, *Kalas* and *Marmas*. This course also includes a deep exploration of the basic principles directly from the scriptures such as the *Soothrasthana* of *Ashtanga Hridayam*.

### KAA 202 | Pathophysiology & Ayurvedic Diagnostic Methods (Advanced Nidan & Rogi Pariksha)

Includes a detailed exploration of the five stages of disease identification: *Nidan*, *Purvaroop*, *Roopa*, *Upashaya*, and *Samprapti*. This course also looks at the six stages of the disease process: *Sanchaya*, *Prakopa*, *Prasara*, *Sthanasamshraya*, *Vyakti* and *Bheda*. Students will gain an understanding of the signs of *Dhatu* and *Srota Dushti*. Students will delve deeply into threefold client examinations: *Darshana*, *Sparshana*, and *Prashana*, as well as the eight-fold clinical evaluation: Pulse, Tongue, Voice, Physical Stature, Vision, Skin, Urine, and Bowel.

### KAA 203 | Advanced Herbology & Ayurvedic Pharmaceutics (Dravya Guna & Bhaishajya Kalpana)

Expands upon the principles of Ayurvedic herbal energetics, actions, uses and preparations with over thirty additional herbs. Other topics include the preparation of popular Ayurvedic formulations and their clinical application (pills, powders, oils, ghees, jams, etc.), times of administration and *Anupanas*. Other topics include measurements and dosage of Ayurvedic herbs and formulations.

### KAA 204 | Advanced Bodywork, Detoxification & Rasayana (Panchakarma & Rasayana)

Advanced Bodywork, Detoxification and *Rasayana* is a hands-on course. A detailed theory of Panchakarma will be covered, including the *Poorvakarma* (Preparation), *Pradhanakarma* (Main Procedure) and *Paschatkarma* (Post-Procedural Convalescence). The preparatory procedures including,

various types of Snehana & Swedana therapies including *Abhyanga*, *Choornasweda*, *Patrapotala Sweda*, *Njavarakizhi*, *Pizhichil*, *Kateevasthy*, *Nethratharpanam*, *Lepam*, *Pichu*, etc. This course also includes the five-fold Ayurvedic Detoxification procedures such as *Vamana*, *Virechana*, *Anuvasana*, *Niroohavasthy* and *Nasya*. The post Panchakarma convalescence like specific food and lifestyle modification is also a part of this course. This course also covers various aspects of *Rasayana* – the anti-ageing modalities of Ayurveda.

### **KAA 205 | Kayachikitsa I: Management of Digestive System & Metabolic Disorders**

Includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several digestive and metabolic disorders such as Stomatitis, GERD, Hyperacidity, Ulcers, Diarrhea, IBS, Hepatitis, Fatty Liver, Ulcerative Colitis, Gallbladder Stones, Diabetes, Obesity, High Cholesterol, Anemia and Thyroid problems.

### **KAA 206 | Kayachikitsa II: Management of Nervous System & Musculoskeletal Disorders**

Includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several nervous system and musculoskeletal disorders such as Multiple Sclerosis, Hemiplegia, Parkinson's Disease, Motor Neuron Disease, Rheumatoid Arthritis, Osteo-arthritis, Gout, Osteoporosis, Sciatica, Fibromyalgia, Muscular Dystrophy, Low Back Pain, Spondylitis, Avascular Necrosis. This course also includes fracture management and bandages.

### **KAA 207 | Kayachikitsa III: Management of Respiratory System & Cardiovascular System Disorders**

Includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several respiratory, circulatory and cardiac disorders such as Allergic Rhinitis, Asthma, Cough, COPD, Sleep Apnea, Hypertension, Coronary Artery Disease, DVT, Migraine and Varicose Veins.

### **KAA 208 | Kayachikitsa IV: Management of Skin, Special Senses & Mental Disorders**

Includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several skin disorders, diseases of sense organs and mental disorders such as Eczema, Psoriasis, Acne, Rosacea, Herpes, Atopic Dermatitis, Cataract, Macular Degeneration, Stye, Myopia, Otitis, Meniere's Disease, Nasal Polyp, Anxiety, Depression, Insomnia, Schizophrenia, ADHD, Alzheimer's Disease, Autism, Addiction and Dementia.

### **KAA 209 | Kayachikitsa V: Management of Reproductive & Excretory System Disorders, Gynecology & Pediatrics**

Includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several female and male reproductive system disorders such as Amenorrhea, Menorrhagia, Dysmenorrhea, PMS, Menopausal syndrome, Endometriosis, PCOD, Yeast Infection, Erectile Dysfunction, Prostate Enlargement, Impotency, Urinary Stones, UTI, Hemorrhoids, Anal Fissures, Fistula-in-Ano, Infertility, Ante-Natal Care and Post-Natal Care. This course also covers a general outline of child care and management of pediatric conditions.

### **KAA 210 | Clinical In-Class Internship**

17 hours of internship is included in the 10 sessions of the 2 day monthly in-class learning experience. Students will evaluate clients in the following areas: Potential treatments, dietary and lifestyle recommendations, Ayurvedic herbal formula recommendations, daily routines and seasonal changes.

## Program Format & Hours

### Student Orientation - 2 hours

Students will be required to attend a live streamed **2-hour orientation** prior to the class start date. It is recorded for later viewing.

### Weekend Intensives - 200 hours

Module	Course Description	Days	Class Hours	Test Hours
KA 201	<ul style="list-style-type: none"> <li>→ In-depth discussion of the <i>Doshas, Subdoshas, Dhatus, Malas, Agni</i> and <i>Srotas</i>.</li> <li>→ Detailed learning on the <i>Srotas</i> and <i>Marmas</i>.</li> </ul>	2	17	3
KA 202	<ul style="list-style-type: none"> <li>→ Detailed learning on the disease progression and five stages of disease identification: <i>Nidan, Purvaroop, Roopa, Upashaya, Samprapti</i>.</li> <li>→ Six stages of the disease process: <i>Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyakti</i> and <i>Bheda</i>.</li> <li>→ Signs of <i>Dhatu</i> and <i>Srota Dushti</i>.</li> <li>→ Threefold client examination (<i>Darshana, Sparshana, and Prashana</i>)</li> <li>→ Eight-fold clinical evaluation (pulse, tongue and sound evaluation, observation of physical stature &amp; vision and examination of the <i>Malas</i>).</li> </ul>	2	17	3
KA 203	<ul style="list-style-type: none"> <li>→ Principles of Ayurvedic pharmaceuticals.</li> <li>→ Study of over thirty additional herbs.</li> <li>→ Preparation of Formulations: Decoctions, Herbal Oils, Ghees, Pastes, Poultices, Pills, Powders &amp; Jams.</li> <li>→ Measurements &amp; dosage.</li> <li>→ Traditional preparation of buttermilk &amp; ghee from milk.</li> </ul>	2	17	3
KA 204	<ul style="list-style-type: none"> <li>→ Advanced Bodywork &amp; Detoxification Methods.</li> <li>→ <i>Snehana</i> &amp; <i>Swedana</i> Therapies - <i>Abhyanga, Choornasweda, Patrapotala Sweda, Njavarakizhi, Pizhichil, Udwartanam, Kateevasthy, Nethratharpanam, Lepam, Pichu</i>.</li> <li>→ Panchakarma: <i>Vamana, Virechana, Anuvasana, Niroohavasthy, Nasya</i></li> <li>→ <i>Rasayana</i>.</li> </ul>	2	17	3
KA 205	<ul style="list-style-type: none"> <li>→ Digestive and Metabolic Disorders</li> <li>→ <i>Nidana</i> and <i>Samprapti</i>.</li> <li>→ Ayurvedic Clinical Assessment.</li> <li>→ Management Protocol.</li> <li>→ Preparation of Specific Formulations.</li> <li>→ Internship.</li> </ul>	2	17	3
KA 206	<ul style="list-style-type: none"> <li>→ Musculoskeletal &amp; Neurological Disorders                             <ul style="list-style-type: none"> <li>○ <i>Nidana</i> and <i>Samprapti</i>.</li> <li>○ Ayurvedic Clinical Assessment.</li> <li>○ Management Protocol.</li> <li>○ Preparation of Specific Formulations.</li> </ul> </li> <li>→ Internship.</li> </ul>	2	17	3



<b>KAA 207</b>	<ul style="list-style-type: none"> <li>→ Respiratory and Cardiovascular System Disorders. <ul style="list-style-type: none"> <li>○ Nidana and <i>Samprapti</i>.</li> <li>○ Ayurvedic Clinical Assessment.</li> <li>○ Management Protocol.</li> <li>○ Preparation of Specific Formulations.</li> </ul> </li> <li>→ Internship.</li> </ul>	2	17	3
<b>KAA 208</b>	<ul style="list-style-type: none"> <li>→ Diseases of Special Senses and Mental Disorders. <ul style="list-style-type: none"> <li>○ Nidana and <i>Samprapti</i>.</li> <li>○ Ayurvedic Clinical Assessment.</li> <li>○ Management Protocol.</li> <li>○ Preparation of Specific Formulations.</li> </ul> </li> <li>→ Internship.</li> </ul>	2	17	3
<b>KAA 209</b>	<ul style="list-style-type: none"> <li>→ Reproductive &amp; Excretory System Disorders. <ul style="list-style-type: none"> <li>○ Nidana and <i>Samprapti</i>.</li> <li>○ Ayurvedic Clinical Assessment.</li> <li>○ Management Protocol.</li> <li>○ Preparation of Specific Formulations.</li> </ul> </li> <li>→ Ayurvedic Gynecology.</li> <li>→ Ayurvedic Pediatrics. <ul style="list-style-type: none"> <li>○ Prenatal &amp; Post-Natal Therapies.</li> <li>○ Baby Massage.</li> </ul> </li> <li>→ Internship.</li> </ul>	2	17	3
<b>KAA 210</b>	<ul style="list-style-type: none"> <li>→ Clinical Internship.</li> <li>→ Supervised internship.</li> <li>→ One-on-one clinical consultation and creation of chikitsa protocol.</li> </ul>	2	17 Clinical Training & Internship (5 Clinical Encounters)	3

### ***Weekly Virtual Classroom Sessions - 75 hours***

Weekly Virtual Classes are live streamed and recorded for all students on Thursdays from 6:00-7:30pm U.S. Pacific Time. Each session is conducted by a KAA Faculty member and focuses on a topic related to the curriculum. The final 30 minutes of the session are reserved for student questions. The class access link and recording link are made available on the elearning system.

### ***Monthly Clinical Case Discussions - 15 hours***

Clinical Case Discussions are live streamed and recorded for all students on Tuesdays from 5:00-6:30pm U.S. Pacific Time. Ten sessions are offered on a monthly basis and conducted by a KAA Faculty member and Ayurvedic Doctor. The participating audience is also composed of students from outside of the AWP program, including level III Ayurvedic Doctor students, alumni and qualified students from other institutions.

### ***Online Recorded Lectures - 285 hours***

To supplement classroom sessions, recorded lectures are available in the elearning system for each monthly course module to reinforce key concepts. Students may watch recorded lectures at their own pace throughout the month.

### ***Pretesting - 105 hours***

Pretesting is associated with each monthly course module to supplement student learning throughout the program.

## *Individual Clinical Consultations - 40 Hours*

**Chikitsa Consultations:** each student will complete 2 Clinical Consultations (120 minutes) for each module KAA 205-209 and 2 follow-up sessions (60 minutes each).

## *Special Projects – 80 Hours*

### **Community Health Education Assignment (30 Hours)**

Students will prepare a total of two (2) presentations for a group in the community. They may organize this presentation themselves and invite the public or arrange to deliver this presentation at an office, school or other place of business. Each presentation should run two hours in length and be delivered on a topic of interest to the group. This topic may be related to their Research Project or Paper but may not substitute for time spent completing the research paper or project and vice versa. The student may also select to do their research paper or project on the outcome and experience of their presentations.

Approximately 13 hours of preparation should go into each presentation's preparation and planning, for a total of 26 hours of planning and 4 hours (2 hour each for both presentations) of uninterrupted delivery (i.e. the student is the main presenter and speaker).

The student must notify Kerala Ayurveda of each of their presentations at least two weeks (14 days) ahead of time.

### **Research Paper/Research Project (50 Hours)**

Research Paper or Project, as follows:

1. A comprehensive **Research Paper**, 15 to 20 pages in length, on a topic of interest to you that is first approved by the Academic Director.
2. A detailed **Research Project** on a topic and format approved by the AWP Mentor.

## *Clinical Internship – 200 Hours*

Our advanced clinical internships offer Kerala Ayurveda students, alumni and professionals from all schools of Ayurveda the opportunity to refine their scope of practice as a level II Ayurvedic Practitioner. For additional information, please review the internship guide.

## *Format Options & Requirements*

### **AWP Graduation Requirements**

Kerala Ayurveda Academy's AWP students are required to complete a total of 200 hours of Clinical Internship.

### **Continued Education**

AWP alumni and level II graduates from other schools are also eligible to attend clinical internship sessions and may receive Professional Ayurvedic Continuing Education (PACE) credits towards their professional membership with the National Ayurvedic Medical Association (NAMA).

## Internship Components

The following are the internship components available.

	<b>U.S. Clinical Internship</b> (NAMA PACE-approved)	<b>India Clinical Internship</b> (NAMA PACE-approved)	<b>Mentored Panchakarma (MPK)</b>
<b>Hours</b>	50 hours	150 hours (OR *one-on-one Independent Internship)	50 hours
<b>Schedule</b>	One week, M-F 8:00am-5:30pm	15 Days	One week, M-F
<b>Location</b>	Kerala Ayurveda Academy & Wellness Center, Milpitas, CA	The Health Village, Cochin AyurvedaGram Heritage Wellness Center, Bangalore	Kerala Ayurveda Academy & Wellness Center, Milpitas, CA
<b>Frequency</b>	Offered approximately once in every 3 months	Offered once per year	Need to be scheduled ahead of time and preparation completed at home prior
<b>Assignment</b>	Documentation of 6 Cases	Case Presentation to panel of Vaidyas	Journaling of experiential PK

\*Kerala Ayurveda India offers one-on-one flexible Independent Internships at The Health Village, Aluva, Cochin. This is done as 8 hours/day with a flexible number of days. For more details contact [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## Format Options to Achieve Required 200 Hours

U.S. Clinical Internship	1 session each of the U.S. & India Clinical Internship	3 U.S. Internships & 1 Mentored Panchakarma (MPK)
4 sessions total 50 hours each	1 session U.S. Internship 50 hours + 1 session India Internship 150 hours	3 sessions U.S. Internship 150 hours + 1 MPK – 50 hours

### *Primary Clinical Internship Training Sessions*

Kerala Ayurveda Academy offers regularly scheduled clinical Internship training opportunities at both our U.S. and India locations. These are also open to students and alumni from other institutions, as well as KAA alumni who seek additional clinical training and continued education credit with the National Ayurvedic Medical Association (NAMA).

### U.S. Clinical Internship

#### Location

Kerala Ayurveda Academy & Wellness Center  
691 S Milpitas Blvd Ste 206 Milpitas, CA

*Note on requirements:* Minimum 1 week of U.S. Clinical Internship is required.  
To meet the full 200-hour requirement for AWP completion, 4 weeks are required.

#### Format

One Week (50 hours) – Monday-Friday 8am-5:30pm

- Consultation/Clinical Assessment & Chikitsa – 20 hours
- Bhaishajyakalpana (Herbology & Formulations) – 10 hours
- Panchakarma – 10 hours
- Assignments – 10 hours

#### Tuition

\$945 per week

#### Overview

The U.S. Clinical Internship is conducted as week-long 50 hour segments at Kerala Ayurveda Academy & Wellness Center, Milpitas, CA, open to AWP students as well as students from other schools of Ayurveda. The program focuses on clinical assessment, creating Ayurvedic management protocol, implementation of Panchakarma, application of Ayurvedic herbs and formulation, Yoga and counseling. Interns gain hands-on experience managing a variety of cases across diverse age groups and disorders, all under the supervision of Kerala Ayurveda USA Director, Vaidya Jayarajan Kodikannath and other Kerala Ayurveda Faculty members.

#### Prerequisite

Completion of either the fourth module of the Ayurvedic Wellness Practitioner (AWP) program (KAA 204) or equivalent experience in Ayurvedic studies from another Ayurveda school.

## India Clinical Internship

### Location

The Health Village, Cochin, Kerala, India &  
AyurvedaGram, Bangalore, Karnataka, India

Participation can be conducted with our coordinated group trip, held every fall, or independently.

### GROUP TRIP

#### 15 Days – 150 Hours of Internship Requirements

*Note on requirements:* Minimum 1 week of U.S. Clinical Internship is required in combination with the India Internship for AWP Completion.

### Tuition

\$3,845 (does not include airfare to and from India)

### Overview

This 15-day internship to India is one of the most exciting and life-changing opportunities offered by Kerala Ayurveda Academy. To travel to India is to travel to the birthplace of the Vedas, one of the most extensive and oldest spiritual scriptures on earth and the source of Ayurvedic wisdom. This culture and its traditions have endured for millennia.

Just as the timeless value of the Vedas has been preserved and honored, so has India honored and maintained much of their glorious architecture, traditions, crafts, clothing, cuisine and customs. You will have the unique experience of seeing ways of life that have remained intact for thousands of years.

The trip is designed to experience India, Ayurvedically and culturally. You will have the exciting opportunity to see firsthand how Ayurveda is embraced and practiced with phenomenal results in a wide variety of applications.

The India Clinical Internship is a unique experience for students to experience and witness firsthand the full scope of a dynamic Ayurveda company, from seed to shelf.

The program covers the science behind Ayurvedic patient histories, practical demonstrations of physical observation and examination, how to evaluate *Prakruti* and *Vikruti* and design individualized Ayurvedic treatment plans consisting of customized natural diet plans, healing herbal and nutritional supplements, detoxification with *Panchakarma* therapies, *Rasayana* rejuvenation and Ayurvedic daily and seasonal routines.

Interns tour the Kerala Ayurveda research and manufacturing facilities as well as the renowned herbal gardens, home to more than 1,200 medicinal and herbal plants, including several rare and endangered species.

### Prerequisite

Completion of either the fourth module of the Ayurvedic Wellness Practitioner (AWP) program or equivalent experience in Ayurvedic studies from another Ayurveda school.

### Training Locations

*Kerala Ayurveda Health Village, Cochin Kerala:* an opportunity to intern at our green leaf certified hospital, Aluva. This unique hospital accommodates up to forty patients at a time, all rendering Ayurvedic services. It offers doctor consultations, in house Ayurvedic formulations and over 45 Ayurvedic



*AyurvedaGram received the prestigious Frost & Sullivan award, "The Integrated Wellness Provider Company of the Year" in 2010 and 2011 for the dedication and commitment devoted towards holistic healing and wellness. In 2016, the center was honored with the Associated Chambers of Commerce & Industry of India's (ASSOCHAM) "Spa & Wellness Centre of the Year," as well as TripAdvisor's "Certification of Excellence," ranked 5 out of 724 for 'Specialty Hospitality in Bengaluru.'*

therapies. Here you will observe patients daily and prepare herbal formulas. Gaining a deeper understanding of the authentic practices of Kerala Ayurveda.

*AyurvedaGram Heritage Wellness Centre, Bangalore:* a state of the art, 30-acre Ayurvedic herb plantation, clinic, *Panchakarma* center, restaurant, herb manufacturing pharmacy and library. You'll receive *Panchakarma* body therapies, follow *dinacharya*, learn special Kerala oil applications, review live cases and study solutions, Ayurvedic yoga, meditation, Pranayama & Ayurvedic cooking.

### **Independent Internship**

- Your choice of days of Internship at The Health Village (described above).
- In person clinical sessions with a Vaidya.
- Assignment: Case Presentation to a panel of Vaidyas

### **Mentored Experiential Panchakarma Internship**

*\*Additional fees required*

#### **Location**

Kerala Ayurveda Academy & Wellness Center  
691 S Milpitas Blvd Ste 206 Milpitas, CA

#### **Format**

- One Week
- Attend a minimum of 5 days of Panchakarma session at our Academy & Wellness Center
- Experience Panchakarma as a rogi along with practitioner mentoring, journaling & self-reflection
- Panchakarma program includes:
  - Pre-Panchakarma Consultation
  - Herbs for preparation – 1-2 weeks
  - Panchakarma protocol at our Wellness Center, Milpitas, CA
  - Daily review with practitioner
  - 2 hours of PK Procedures
  - A Kichari meal
  - Post-Panchakarma follow up consult 2 weeks after Panchakarma



## Breakdown by Hours

### *Program Hours Breakdown by Format*

Course Component	Hours	Contact Hours	Clinical Encounter Hours	Number of Clinical Encounters
Weekend Intensives	200	170	20	5
Weekly Virtual Classroom Sessions	75	75	0	0
Monthly Clinical Case Discussions	15	15	15	15
Online Recorded Lectures	285	0	0	0
Pretests, Mentor Interaction & Review	105	0	0	0
Individual Clinical Consultations	40	40	40	30
Special Projects	80	0	0	0
Clinical Internship	200	200	200	60
<b>TOTAL</b>	<b>1,000</b>	<b>500</b>	<b>275</b>	<b>110</b>

### *Program Hours Breakdown by Internship*

Applicable Course or Project for Internship	Clinical Encounter Hours	Supervised Hours for Case Management
<b>KAA 210</b>	20 hours	20 hours
<b>Clinical Case Discussion</b>	15 hours	15 hours
<b>India/US Clinical Internship</b>	200 hours	100 hours
<b>Clinical Internship Project</b>	40 Hours	0 hours
<b>TOTAL</b>	<b>275 hours</b>	<b>135 hours</b>

*\*This program includes 275 hours mandatory internship hours. This includes 135 hours of Instructor Supervised Clinical Internship and 135 Hours One on-One Consultation.*

## Mentor Program

Students have access to an AWP graduate or AD student who is supervised by an Ayurvedic Vaidya (BAMS). Mentors can be contacted via the elearning system to review and grade assignments, and are also available to assist with questions during studies.

## Tests & Grading

- Each month there will be a test on the material taught.
- Tests are multiple choice. Each test is worth 5% of the total grade. Minimum passing grade is 70%.
- Students must complete 9 out of 9 tests before they are eligible for graduation.
- All testing is conducted online through our elearning system and grades are immediately available in the student online account. Project/assignment grades are posted within 10 days of submission.
- A student who does not achieve the minimum passing grade of 70% for graduation may retake the tests up to five times. The highest score will be recorded.

## Completion Requirements

- The student paid the full tuition for the program.
- The student submitted documentation of completing equivalent of 6 credits of college level Anatomy & Physiology course.
- The student passed all tests with a minimum grade of 70%.
- The student completed and passed all assignments (graded as pass/fail).
- The student completed the 200-hour Clinical Internship.
- This program meets the NAMA (National Ayurvedic Medical Association) requirement to register at the Ayurvedic Health Counselor category of professional membership. Contact hours is the time spent in classroom instruction (including live streaming class time) and time spent with rogis (clients). The total available contact hours in this program is 500. We require minimum 300 contact hours of live class attendance to graduate, though we recommend all available contact hours of live class attendance to support your competency and material comprehension. We encourage students who miss live classes to attend the following class the next time it is offered (in approximately six months) to provide the opportunity for faculty interaction.

# Faculty

Kerala Ayurveda Academy's mission is to offer authentic Ayurvedic courses by experienced Ayurvedic Doctors. Many of our faculty members are established Ayurvedic physicians who have received degrees from renowned Universities in India – the “Holy Land” of Ayurveda – and have more than 15 years of experience in Ayurvedic practice and teaching. Faculty are eager to share and hand over this ancient wisdom to our enthusiastic students.

## Senior Faculty



**Vaidya Jayarajan Kodikannath**

**Bachelor of Ayurvedic Medicine & Surgery**

Vaidya Jayarajan is the Academy Director, Kerala Ayurveda USA responsible for all academic programs conducted internationally by Kerala Ayurveda. He is a Kerala, India native from a *Vaidya* family, a veteran Ayurveda scholar and clinician. He is also a Lead Trainer for Domain Experts in Ayurveda with over two decades of experience in health and education in India and the U.S.

## Faculty



**Vaidya Rucha Kelkar**

**Bachelor of Ayurvedic Medicine, Physical Therapist, Doctor of Physical Therapy**

Vaidya Rucha Kelkar earned her graduate degree from University of Pune, India and secured a top rank in all three academic years of her Ayurvedic education. She is an accomplished Ayurvedic practitioner, educator and writer, also a licensed physical therapist with a master's degree in physical therapy.



**Vaidya Suhas Kshirsagar**

**Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda)**

Vaidya. Suhas Kshirsagar is a skilled Ayurvedic Doctor, Panchakarma Specialist, Vedic Astrologer and prolific author and public speaker. In India, he worked in research in Ayurvedic pharmaceuticals at Ayurveda Rasashala. In the U.S., he served the Medicine at Maharshi College of Vedic Medicine as Chairman of Dept. of Medicine before assuming the role of Medical Director and an Assistant Professor at the Maharshi University of Management until 2002.



### **Alka Mulakalari**

#### **Certified Ayurvedic Practitioner, Licensed Massage Therapist**

Alka is a gifted Ayurvedic Practitioner and Panchakarma Specialist, combining her knowledge of Western massage techniques with Traditional Ayurvedic preventive measures, Ayurvedic psychology and detoxification techniques for deep healing. Her deep belief, love and passion for healing is transmitted in her teaching of the Ayurvedic root principles of heart-centered care.



### **Vaidya Namyata Pathak-Gandhi**

#### **Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda), Vaidya-Scientist Fellowship**

Vaidya Namyata Pathak-Gandhi trained in Ayurveda and modern medicine in an 8.5-year program in Mumbai, India under the Maharashtra University of Health Sciences. In 2011, she was selected as the youngest and exceptional Vaidya Scientist Fellow (VSF) in a nationwide screen by the Department of AYUSH, Government of India. She specializes in integrative health education, practice and research. Her teaching reflects a smooth blend of classical Ayurveda and certain biomedical fundamentals for safe, pragmatic application.



### **Vaidya Kamya Pillai**

#### **Bachelor of Ayurveda Medicine & Surgery**

Vaidya Kamya Pillai trained in Ayurvedic Medicine at Mahatma Gandhi University, Kerala and later served as a faculty in the same university under the Ophthalmology and ENT departments. She gained valuable experience managing a broad spectrum of disorders while operating as an independent practitioner in India during 2009-2013. Her white papers on various health topics were received in seminars across India. In 2015, she completed her Ayurvedic Wellness Practitioner (AWP) certification from Kerala Ayurveda Academy at the AWP and serves the program as a mentor for students.



### **Vaidya Pratibha Shah**

#### **Bachelor of Ayurveda Medicine & Surgery, Doctor of Medicine (Ayurveda), Master of Public Health**

Vaidya Pratibha Shah is one of the leading Ayurveda experts in New England with over 25 years of experience. Her pioneering initiatives in the field of Ayurveda in the U.S. have brought her to attention at the White House, the Department of Health and Human Services, as well as the Consulate General of India, NYC. She is a prolific speaker and educator in the community and has authored several papers. She is an editor with the Ayurveda Journal on Health and Associate Editor with the Ancient Science journal. She is a senior faculty with the Kerala Ayurveda Academy.



### **Vaidya Sheena Sooraj**

#### **Bachelor of Ayurveda Medicine & Surgery**

Vaidya Sheena Sooraj is an experienced Ayurvedic practitioner and native of Kerala, India. She developed her passion for Ayurveda at a young age, as her grandfather was a well-known Ayurvedic physician and astrologer. She has experience running her own practice in India and the U.S. and has successfully managed a wide range of diseases. An active advocate of Ayurveda, she is a public speaker on Ayurveda's importance in daily life, having led talks at schools, corporate offices and banks.



### **Vaidya Ram Tamang**

#### **Bachelor of Ayurveda Medicine & Surgery**

Vaidya Ram Tamang trained in the J. Krishnamurti foundation in Bangalore, India from where he obtained his degree in Ayurvedic Medicine and Surgery and also studied intensely with several Yoga Masters in India. He has practiced and taught internationally, including his role heading a Panchakarma Center at an Ayurveda Retreat in South India, Ayurveda workshops in Amsterdam, Netherlands and work with Allopathic Doctors in an Emergency Ward in India.

## *Board of Advisors*

### **Dr. K. Anil Kumar**

#### **BAMS, Director and Founder**

Dr. K. Anil Kumar, Executive Director of Kerala Ayurveda Ltd is now the elected member of the Central Council of Indian Medicine (CCIM) – the Apex Body of the Government of India for the Indian System of Medicine. He was the President of the Ayurvedic Medical Association of India and is a former Joint Secretary of the Ayurvedic Drug Manufacturers' Association of India. He is currently Executive Member of the Ayurvedic Medicine Manufacturers Organization of India.

### **David Frawley (Pandit Vamadeva Shastri)**

David Frawley (Pandit Vamadeva Shastri) is a one of the most well-known teachers of Ayurveda, Yoga and the Vedic sciences today. His work has long been honored in India and in the West for his ability to explain the authentic deeper teachings and place them in an easy to understand modern language. Vamadeva is the author of more than forty books published in twenty languages over the last thirty years. He has written numerous articles and several sets of training courses. His books on Ayurvedic Medicine have been pioneers in their field. These include Ayurvedic Healing (1989), which was the first book published in the West to explain the Ayurvedic treatment of common diseases, and Yoga and Ayurveda (1999), which remains the most popular book explaining the interface of these two profound Vedic healing systems. He is the director of the American Institute of Vedic Studies that represents his work, teachings and programs.

### **Vaidya. Suhas Kshirsagar BAMS; MD (Ayurveda, India)**

In addition to serving KAA as a teaching Faculty member (see above), Vaidya Suhas Kshirsagar is also one of the Academy's Advisers.

## Recommended Reading

KAA does not have a traditional library. Students will receive detailed course material and handouts in each class. The following list of recommended books is for additional reading. *These books are beneficial but not mandatory.*

Author	Titles
Prof. K. R. Srikantha Murthy	Ashtanga Hridayam: Vol 1, 2 & 3
Dr. G. Prabhakara Rao	Sahasrayogam
Prof. K. R. Srikantha Murthy	Bhavaprakasa of Bhavamisra: Vol 1 & 2
Dr. Kanjiv Lochan	Bhaisajya Ratnavali: Vol 1, 2 & 3
Prof. K.R. Shrikantha Murthy	Astanga Samgraha of Vagbhata
Frawley, David	The Art and Science of Vedic Counseling: Vol 1, 2 & 3
Dr. R. K. Sharma & Vaidya Bhagavan Dash	Charaka Samhita: Vol 1, 2, 3, 4, 5 & 6
Arya Vaidya Sala	Indian Medicinal Plants: Vol 1, 2, 3, 4 & 5



# Schedule: Spring 2021-2022

## Start and Completion Dates

**Start Date:** Orientation – May 4, 2021\*

**Completion Date:** April 29, 2022\*

*\*Please note these dates are subject to change. Kerala Ayurveda Academy reserves the right to cancel classes if student enrollment minimum is not met.*

## Test & Completion Schedule

<b>Monthly Test</b>	Testing is made available on the elearning system after each weekend intensive
<b>Completion</b>	After all requirements are fulfilled (see Completion Requirements)

## Location

### Milpitas, CA

**Kerala Ayurveda Academy & Wellness Center** 691 S Milpitas Blvd Ste 206

Located in San Francisco East Bay and 8 miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conference and auditorium rooms, consultation and Panchakarma rooms, a library and an herbal apothecary. Amenities include free wifi, ample parking space, and located within walking distance of restaurants and health clubs.

## Special Accommodations

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Accommodations are provided on an individual basis and the Academy may be contacted to make such arrangements at +1-888-275-9103 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## Application & Enrollment

**Enrollment is easy:** begin the process with our **online enrollment & application forms** via our website. As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. You are also encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.

**KAA students and alumni** who have completed our level I Ayurvedic Wellness Counselor program are not required to apply. Enroll at: [www.keralaayurveda.us/courses/programs/awp-enroll/](http://www.keralaayurveda.us/courses/programs/awp-enroll/)

**New students to KAA** are required to complete our online application form so we can verify all prerequisites. Apply at: [www.keralaayurveda.us/courses/programs/awp-admissions-application](http://www.keralaayurveda.us/courses/programs/awp-admissions-application)

# Tuition & Fees

Early bird special tuition is available through March 17, 2021 – save \$300

Tuition	
Registration Fee <i>New Students</i>	\$100
Books & Materials <sup>1</sup>	\$250
Early Bird Tuition <sup>2</sup>	\$6,500 through March 17, 2021
Tuition <sup>2</sup>	\$6,800 beginning March 18, 2021
U.S. Clinical Internship <sup>3</sup>	\$945 per week (3 weeks required)
India Internship <sup>3</sup>	\$3,845 (1 week U.S. Clinical Internship also required for completion)

## The Asha Foundation™

The Asha Foundation is a medical service and research foundation in India that provides complimentary and rehabilitative healthcare to children suffering from various ailments, particularly autism and cerebral palsy. Every year, Kerala Ayurveda Academy donates a portion of its proceeds to The Asha Foundation.

## Payment Plans for Tuition

Payment Plan	Tuition Amount	Payments	Registration Fee (New Students to KAA Only)	Early Bird Total Amount (KAA Alum)	Early Bird Total Amount (New Students)	STR F	Regular Total Amount (KAA Alum)	Regular Total Amount (New Students)
Tuition in Full	\$6,500	1	\$100	\$6,200	\$6,300	\$0	\$6,500	\$6,600
Half yearly <sup>4</sup>	\$3,400	2	\$100	\$6,500	\$6,600	\$0	\$6,800	\$6,900
Quarterly <sup>4</sup>	\$1,734	4	\$100	\$6,640	\$6,740	\$0	\$6,940	\$7,040
12 Month <sup>4</sup>	\$595	12	\$100	\$6,840	\$6,940	\$0	\$7,140	\$7,240
15 Month <sup>4</sup>	\$495	15	\$100	\$7,125	\$7,225	\$0	\$7,425	\$7,525

### Please Note

- Books and materials are included in tuition.
- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students at this time. First tuition payment is due upon enrollment. Program tuition does not include the fees for India or U.S. Internships. The U.S. and India Clinical Internship must be completed by the end of the AWP program in order to receive certification. Refunds are program-specific. See Policies & Procedures for more information.
- Travel and accommodation costs not included for U.S. Internship. Airfare not included for India Internship.
- There will be a management fee for extended payment plans listed above.
- \*STRF is 0 for all payment plans and is non-refundable

# ***Policies & Procedures***

## **Student Complaint Procedure**

If a student complaint should arise, they may contact Student Services, at +1 (888) 275-9103 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). If the student's complaint is not resolved after speaking to Student Services they may contact the Director of Kerala Ayurveda Academy, Vaidya Jayarajan Kodikannath at +1 (888) 275-9103, [director@keralaayurveda.us](mailto:director@keralaayurveda.us) or at 691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035.

### ***State of California***

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling +1 (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Website [www.bppe.ca.gov](http://www.bppe.ca.gov).

### ***State of Washington***

If the student's complaint is not resolved after exhausting the institution's grievance procedure, the student may file a complaint with the Workforce Training and Education Coordinating Board, 128 Tenth Avenue S.W., P.O. Box 43105, Olympia, Washington 98504-3105, +1 (360) 709-4600. This school is licensed under Chapter 28C.10 RCW in the State of Washington.

## **Transferring of Credits & Credentials**

"NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT KERALA AYURVEDA ACADEMY. The transferability of credits you earn at Kerala Ayurveda Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the Ayurvedic Wellness Counselor program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you seek to transfer after attending Kerala Ayurveda Academy to determine if your certificate will transfer."

KAA has not entered into an articulation or transfer agreement with any other college or university.

Transfer credit may be awarded for applicable coursework of comparable programs completed at other accredited or state approved/licensed institutions once verified by the Academy Manager and approved by the Director. Up to 70% of credit hours for AWC may be transferred. Courses will be considered for transfer credit if relevant to the certificate program and completed with a grade of B or higher, or the equivalent if another grading system was used. Prerequisite and corequisite courses must meet the criteria set forth by KAA. Official transcripts must be submitted for all transfer credit approval.

## **Experiential Credit**

There is no credit granted for experiential learning.

## Refund and Cancellation Policy

### *The Student's Right to Cancel*

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.

Student Services  
Kerala Ayurveda Academy  
691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

## Refund Policy

### *State of California*

The registration fee is nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 7<sup>th</sup> class) or online modules (accessed 7<sup>th</sup> online module).

Each In-Class Intensive covers the content of one online module. Refund Requests will be processed based on In-Class Intensives and online modules accessed (whichever is greater).

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period.

In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

#### **Refund Calculation Within the first seven days after enrollment or prior to May 16, 2021**

Step 1 Deduct \$100 (registration) from the total tuition paid

Step 2 Remainder is tuition refund due

**Example:** Student paid \$6900 at the time of enrollment

Step 1 \$6900 – \$100 \$6800.00

**Total refund will be: \$6800.00**

#### **Refund Calculation Seven days after enrollment or after May 16, 2021**

Step 1 Deduct \$350 (registration/manual fee) from the total tuition paid

Step 2 Divide the total tuition paid by 10 (number of modules) = 'tuition per module'

Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'

Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 4 In-Class Intensives or live streaming and if he/she has paid the full tuition, the refund will be as follows:

Step 1 \$6,900 – \$350 \$6,550.00

Step 2 \$6,550 / 10 \$655.00

Step 3 4 classes/live streaming x \$655 \$2,620.00

Step 4 \$6,550 – \$2,620 \$3,930.00

**Total refund will be: \$3,930.00**

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

**The following is a list of additional fees:**

Administration Fee (for students new to KAA): \$100 upon enrollment  
 Equipment: \$0  
 Lab Supplies or kit fees: \$0  
 Uniform or Special Protective Clothing Fee: \$0  
 Learning Media Fee: \$0  
 Tutoring Fees: \$50/hour (only if requested for additional private tutoring)  
 In-resident housing Fees: \$0  
 Assessment Fee: \$0  
 Transfer or Credit Fee: \$0  
 Student Tuition Recovery Fund fee (nonrefundable): \$0

***State of Washington (All students not residing in California)***

**Five-Day Cancellation:** An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday and federal and state holidays) of signing an enrollment agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

**Other Cancellations:** An applicant requesting cancellation more than five days after signing an enrollment agreement and making an initial payment, but prior to entering the school, is entitled to a refund of all monies paid (*minus the registration fee of \$100*).

**Rejection:** An applicant rejected by the school is entitled to a refund of all monies paid.

**Refund Policy Defined - WA**

1. The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.
2. The school may retain an established registration fee equal to ten percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A “registration fee” is any fee charged by a school to process student applications and establish a student record system.
3. If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
One week or up to 10%, whichever is less (attended 1 <sup>st</sup> class or accessed 1 <sup>st</sup> online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2 <sup>nd</sup> class or accessed 2 <sup>nd</sup> online module)	25%
25% through 50% (attended 3 <sup>rd</sup> class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 6 <sup>th</sup> class or accessing 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> or 11 <sup>th</sup> online module)	100%

4. When calculating refunds, the official date of a student's termination is the last day of recorded attendance:
  - a. When the school receives notice of the student's intention to discontinue the training program; or,
  - b. When the student is terminated for a violation of a published school policy which provides for termination; or,
  - c. When a student, without notice, fails to attend 2 consecutive In-Class Intensives or, fails to access online modules for ninety calendar days.
5. All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.
6. Eligible refunds will not include the applicable interest during the enrollment period.

**Example:** if the student decides to withdraw after completing 2 classes or after accessing the 4<sup>th</sup> online module and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$6,900 – \$350	\$6,550.00
Step 2	4 of 10 classes attended or modules accessed online 4/10	40%
Step 3	25% through 50% completion = KA retains 50%	\$3,275.00
Step 4	\$6,550 - \$3,275	\$3,275.00

**Total refund will be: \$3,275**

## Attendance Policy

This program meets the NAMA (National Ayurvedic Medical Association) requirement to register as the Ayurvedic Practitioner category of professional membership, and the minimum contact hours required is 400 hours of live class attendance to graduate. Contact hours is the time spent in classroom instruction (including live streaming class time) The total available contact hours in this program are 500. KAA recommends attending all of these hours to support your competency and material comprehension, and encourages students who miss live classes to attend the following class the next time it is offered (in approximately six months) to provide the opportunity for faculty interaction.

## Make-up and Retake Policy

If a student is absent from an in-class or live broadcast session, he/she may make it up at any KAA training location or via live broadcast, free of charge. If a student wishes to retake an in-class session, he/she may do so for a fee of \$100 per weekend session. To make arrangements for all make-up or retake sessions, please contact Student Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## Conduct

At KAA, programs are directed toward professional training. The students shall show respect to others and observe correct standards of conduct. The Honor System embodies values of personal integrity, honesty, and trust.

Fundamental to the Honor System is the Honor Code of Responsibility, and it is upon its principles that the Academy has based the Standards of Conduct.

### Honor Code of Responsibility

- Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.
- Each student is responsible for presenting work of her/his own creation and refraining from representing as her/his own work that which is not hers/his.
- Conduct in keeping with the attendance policies.

Nothing in the policy prevents the student from contacting the Washington Workforce Board at 360-709-4600 at any time with a concern or complaint.



## Termination Policy

1. If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the table below.
2. The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs in any of the following manners:
  - a. When the student is terminated for a violation of a published Academy policy which provides for termination; or,
  - b. When a student, without notice, either fails to attend classes or check out course videos for thirty (30) calendar days.
3. A student will be determined to be withdrawn from the institution if the student has not attended any class for three consecutive class weekends. He/she will be notified by telephone after two missed weekends and he/she will be drafted after the third weekend.
4. For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

## Suspension and Dismissal Policy

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.

- Any behavior disruptive to other students or the smooth running of the class will not be allowed.
- Students will have to pay the tuition on time.
- Students have to maintain a passing grade of 70%.

At first incidence, warning will be given. At the second incidence, the student will be suspended for the entire weekend. The student will be readmitted after the suspended weekend. If the behavior persists, the student will be dismissed from the program. When the conduct of the student threatens the other student's safety, KA reserves the right to dismiss a student immediately.

## Length of Time for Student Certifications

**AWP** Students are expected to complete within 1 year, however they can take an additional 12 months to complete for a total of 2 years. If you have not completed within this time frame, you will be considered on sabbatical for a maximum of 1 year. You may contact the school for extenuating circumstances. If after the extended time you do not complete your program, you are considered dropped. You will need to complete a new enrollment agreement and reapply for the program. Contact Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or 888.275.9103, ext. 20.

## Student Sabbatical (Leave of Absence)

If a student has circumstances that prevent them from continuing the program as originally planned, they may apply for a Sabbatical. The Sabbatical will be requested by the student to the Student Support Office at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). The office will then send a form for the student to complete and sign.

A one time sabbatical will be allowed for the student with the provision that they will come back after a maximum of 1 year, or before. With permission from the school, the student will be allowed to resume attending classes in the next class at the level where the sabbatical was initiated.

During the Sabbatical, all access to future classes will be removed from the student's account; however, they will retain access to the modules they have completed in the elearning.

If the student is on a payment plan and wishes to suspend the plan for the duration of the sabbatical, they will have to pay a \$25/month administrative fee (non-refundable, not part of tuition); otherwise they can continue paying their payment plan per their schedule.

## Resuming the Program (Re-engaging)

To resume the program, a student must notify the school (Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or 888.275.9103, ext. 20) of his or her intention to resume classes and be in good academic and financial standing. They will need to fill out a new Enrollment Form for the semester they are restarting. It is not necessary for a student to retake any previously completed classes if the course of study resumes within the 12 months from the beginning of the Sabbatical.

When an agreed-upon Sabbatical has expired, a student must return to the program or be automatically withdrawn. In the latter case, a student will need to apply for readmission to a new class at the tuition rate in effect at that time. This is also the case if a student chooses to withdraw rather than go on a Sabbatical. See "Refund Policy for Withdrawal" below for further information on withdrawals.

## Financial Aid

Kerala Ayurveda Academy does not offer state or federal financial aid to students. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the moneys not paid from federal student financial aid program funds.

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

- The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
- The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

**"Notice** - Any holder of this consumer credit contract is subject to all claims and defenses that the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds hereof, recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder."

"Kerala Ayurveda Academy does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11U.S.C. Sec. 1101 et seq.)."

## Student Tuition Recovery Fund (STRF) fee (non-refundable)

### *State of California*

“It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of noncollection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or a taxpayer identification number.”

## Student Tuition Recovery Fund – State of Washington

Kerala Ayurveda Academy is in compliance with Washington state tuition recovery fund rules and regulations.

### English as a Second Language & Foreign Students

Foreign students are accepted, however, KAA courses are instructed in English and KAA does not offer English as a second language. Foreign students are required to have proof of English proficiency with a passing score of minimum 80% on the TOEFL exam for enrollment. Visa services are not provided and Kerala Ayurveda Academy will not vouch for student status and any associated charges.

## Record Retention

All records concerning the Kerala Ayurveda Academy are kept for fifty years after a student's graduation, withdrawal or termination, with the exception of transcripts which are kept permanently. Student records are kept at 691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035. Students requesting copies of these documents must submit a signed letter to the above address to the attention of the Student Services.

*Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Kerala Ayurveda Academy acknowledges that information pertaining to an applicant's disability is voluntary and confidential, and will be made on an individual basis. If this information is presented, Kerala Ayurveda Academy will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program.*

# FAQ

## Frequently Asked Questions

- 1. How much does the program cost?** The tuition for the AWP Course is \$6,800.00 (*not including registration or management fee*). Required Internships are an additional cost. (See Tuition & Fees for details.)
- 2. Do I need a college degree or a prior license/certification to study Ayurveda at the Practitioner level?**
  - A college degree is not required, nor are prior licenses or certifications in any field other than Ayurveda. KAA welcomes students from all educational backgrounds, with degrees, licenses or certifications in any field.
  - A Level I Ayurvedic Wellness Counselor Certification or equivalent is required.
- 3. I'm not a healthcare professional; can I still earn a certificate and practice Ayurvedic medicine?**

The primary prerequisite for the AWC program is a passion for Ayurveda. KAA welcomes students with a bachelor's degree in any field. The minimum admission requirement is a high school diploma and Basic Anatomy and Physiology. If you have not taken Anatomy and Physiology, you can finish the requirement within six (6) months of your start date. Kerala Ayurveda also offers an Anatomy & Physiology course. Inquire with Student Services for more information.
- 4. Is it legal to practice Ayurveda in all fifty states?** A bill has been passed in 11 states (California, Nevada, Maine, Minnesota, Oklahoma, Idaho, Louisiana, Rhode Island, Arizona, Colorado, and New Mexico) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.
- 5. Does each state regulate the practice of Ayurvedic sciences? No.**
  - Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are advised on how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license.
  - We might say that Ayurveda's current status in the U.S. is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that particular profession. Please contact your local state representative for more information about regulations in your area.
- 6. Can I practice Ayurveda outside of the state where I receive my certification?**
  - Yes, Ayurveda is currently practiced all over the United States.
  - While none of the U.S. states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials.

- Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.
  - NAMA is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.
  - Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.
- 7. Is there an Ayurvedic association which links other practitioners and students together?** Yes, there is the National Ayurvedic Medical Association (NAMA). Many states have their own state associations, such as the California Association of Ayurvedic Medicine (CAAM).
- 8. Is there an alumni association? Can I contact previous students?** Yes, we can provide you with the contact information of several students for you to talk to. KAA is soon to announce a supportive network of alumni services and information.
- 9. How many of your graduates practice Ayurvedic medicine?**
- All of our graduates are able to practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical well-being. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and spiritual wellness. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.
  - There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic Counselors or Practitioners.
  - Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.
  - Some of our graduates launch Ayurvedic product lines or combine Ayurveda with their existing business.
- 10. Are there tests? I feel anxious about taking tests.** Please try not to feel anxious about the tests. The testing is done online and the student is given five (5) attempts at taking the test. This highest score is recorded. The tests are for you (and us) to know what you have learned and what you didn't so we can keep you up to speed. We want to make sure our students understand all the Ayurvedic concepts clearly. Ayurveda is about human health, so a clear understanding is vital.
- 11. I will be traveling from out of town to attend classes, is there housing assistance available?** KAA does not have dormitories. There are a few hotels near the campuses where students can book a room for the weekend. The range of cost is approx. \$75-\$125. In the past, some students have made good friends with classmates and stayed with them on those weekends. KAA has no responsibility to assist a student in finding housing.
- 12. When can I visit the school? Do you have open houses or visitor's events?** We allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the Academy Administrator. We are here to assist our students in any way we can.
- 13. What student services are provided?** Student mentoring is supported throughout the entire term of the program. On occasion, KAA posts job openings as they become available on group emails to



students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.

- 14. Do you offer further Ayurvedic Studies?** Our level III Ayurvedic Doctor (AD) program is available for level II AWP graduates who wish to further their study at the highest level of certification available in the U.S.
- 15. Where is your administrative office?** Kerala Ayurveda Academy & Wellness Center, 691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035. Contact Student Services at +1 (888) 275-9103 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).
- 16. What materials do I need to bring to class and what should I expect in the classroom?** A notebook and writing implement. KAA will provide classroom facilities and course manuals. The classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort.
- 17. If I have additional questions or concerns, who do I contact?** In case a student has any complaint, they may contact Student Services at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). "Any questions a student, from the State of CA, may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at BPPE address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: [www.bppe.ca.gov](http://www.bppe.ca.gov). Phone: +1 (888) 370-7589." Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10<sup>th</sup> Ave. SW, Box 43105, Olympia, Washington 98504. Web: [wtb.wa.gov](http://wtb.wa.gov), phone: +1 (360) 709-4600, e-mail address: [wtecb@wtb.wa.gov](mailto:wtecb@wtb.wa.gov).
- 18. What else does the CA Licensing Board want me to know?** "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."
- 19. Who owns Kerala Ayurveda Academy?** Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal plantations, Wellness Centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic resort AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Vaidya Jayarajan Kodikannath, who is also the Academy Director.



# COURSE CATALOG

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**Panchakarma Technician**

*v1.2*

**2021-2022 Program**

September 25, 2021 – June 12, 2022

**REGISTERED OFFICE:**

***State of CA***

Kerala Ayurveda Academy  
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Website: [www.keralaayurveda.us](http://www.keralaayurveda.us)

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# Welcome to Kerala Ayurveda Academy

**Our mission:** To integrate traditional Ayurvedic wisdom and healing with scientific research.

**Our purpose:** To serve as an authentic source of Ayurvedic education, research and community health care.

**Our commitment:** To bring the highest caliber of academic excellence to the US and abroad.

Kerala Ayurveda Academy (KAA) invites you to embark on a journey into the world of Ayurveda, where you will discover a profound potential for health and well-being offered by a time-proven, harmonious and holistic healthcare system.



Healthcare in the United States is changing. Health science has evolved to encompass our beliefs, emotions, behavior, thoughts, family and cultural systems, as well as the environmental context in which we live. All of these elements are relevant to our health. Ayurveda is a 5,000-year-old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of body, mind and spirit. Join us and get involved in this pioneering work that is transforming and reshaping our healthcare industry to a newer model of holistic health care for the 21<sup>st</sup> century.

Kerala Ayurveda Academy is committed to offering the highest quality of education and services to our students so that they become the finest Ayurvedic health practitioners and educators for the future. Our aim is to maintain the authenticity of Ayurveda in the United States.

Our curriculum is based on an Ayurvedic educational curriculum from Indian universities and is academically challenging and rewarding. Students will find studying at Kerala Ayurveda Academy intellectually stimulating and competitive. The programs encompass all fields of Ayurveda including Ayurvedic philosophy, herbology, psychology, Ayurvedic Dosha imbalance management, research, clinical practice, and clinical application.

We have assembled the most qualified and experienced faculty to teach Ayurvedic principles. Most faculty members have Ayurvedic degrees from prestigious universities in India and 15 to 30 years of clinical experience. With the Kerala Ayurveda Academy, feel assured that you will receive an authentic Ayurvedic education. The program coordinators at each location are supportive and eager to assist students in any way possible.

*We congratulate you on your decision to advance your studies and become part of an inner circle of Ayurvedic professionals who promote healing and wellness.*  
**-The Kerala Ayurveda Academy Team**

## Ayurveda: The Science of Life

*Kerala Ayurveda Academy invites you on a great life adventure...*

Kerala Ayurveda Academy is the first institution in the U.S. to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the state of **California** as well as **online programs** for the distant learner.

**Ayurveda** is the oldest and most well-documented health care system known today. The science (*Veda*) of life (*Ayur*) offers clear and practical methods to balance the body and mind, using natural therapies and herbal medicines. Ayurvedic science provides knowledge to unfold the reality beyond the physical body and achieve harmony of body, mind and spirit. The World Health Organization recognizes Ayurveda as a complete natural health care system, and it is complementary to all other healing modalities.

**Knowledge of Ayurveda in today's world is essential** as its primary goal is to preserve health and actually prevent disease. This is accomplished holistically by addressing the root causes of illness. Healing interventions include nutrition, herbs, meditation, daily routines as well as Panchakarma detoxification and bodywork therapies.

## Panchakarma's Role in Healing

*Panchakarma* is a purification process of the mind-body system. Using various bodywork techniques, client-customized oils and special diets, Panchakarma therapies are customized for individuals based on their unique constitution and health conditions. The first step of these therapies is to eliminate the accumulated toxins, wastes and blocked channels creating the imbalance. After this detoxification, rejuvenation methodologies are implemented to restore and strengthen the system for optimal functionality.



**Our program enables Ayurvedic students of all levels the opportunity to learn the traditional Panchakarma philosophy and methodologies.** Panchakarma's healing results are often deeper and longer-lasting, thus leading to increased client satisfaction and eventually lowering healthcare costs. Ayurvedic students and health professionals from all backgrounds have a

unique opportunity in this day and age to assist family, friends and clients in targeting the root cause of their illness, leading to more balanced, fulfilling and wholesome lives.

## Professional Possibilities with Ayurveda & Panchakarma

- **Licensed healthcare practitioners & healers** from all backgrounds can apply their Panchakarma knowledge to enhance their current practice.
- **Ayurvedic professionals, massage therapists, bodyworkers and estheticians** may enhance their treatments, services and products.
- **Ayurvedic professionals** may open Panchakarma centers, wellness centers, spas or resorts offering Ayurvedic body therapies.
- **Entrepreneurs** may develop Ayurvedic products for Panchakarma therapies.

**Please note:** This certification is not a "license" to practice Panchakarma. Kerala Ayurveda Academy provides the knowledge and skill training necessary to become a competent Panchakarma technician. All students of this program must verify and comply with all local rules and regulations governing aspects of Panchakarma practice.

## Why Choose Kerala Ayurveda Academy?

<b>Authenticity</b>	We offer the highest level of Ayurvedic training outside of India
<b>Comprehensiveness</b>	Curriculum includes course manuals, lectures, practical workshops & clinical internship
<b>Leading Experts</b>	Faculty & advisors include several of the world's leading academicians & physicians
<b>Convenience</b>	Weekend sessions, online learning and in-class formats
<b>Flexible</b>	Progressive elearning & live streamed classes

### *Take Pride in Knowing...*

- You are part of a globally recognized and highly respected Ayurvedic lineage which is experiencing tremendous growth in the West. With 1,500+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.
- You embark on your journey knowing that you can complete all three levels of professional certification in Ayurveda set by the National Ayurvedic Medical Association (NAMA) with us, including the option to travel to and study at our sister sites in India.
- You receive the most authentic education in Ayurveda, based on the Vedic texts. KAA programs have been developed under the guidance of experts from the Faculty of Ayurveda of Banaras Hindu University, as per the benchmarks for training in Ayurveda published by the World Health Organization (WHO) in 2010. BHU is an internationally reputed University founded in 1916 – it is a premier institution hosting schools in medicine, science, technology, social science and performing arts with over 20,000 students and 2,500 scholars.
- Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Limited (KAL), India - a full spectrum Ayurveda company operating 30 Ayurveda clinics, 2 hospitals, 400 herbal formulations, Medicinal Herbal Gardens and AyurvedaGram Heritage Wellness Centre. KAL is part of Kutra Life Sciences, which aims at providing “Wellness, Naturally” to all.
- Each year, KAL and Kerala Ayurveda USA provide wellness services to more than 70,000 people, and KAA welcomes over 100 new students to the Kerala Family.
- KAL is based in Kerala, India, referred to as “God’s Own Country”: the land that cherishes the traditional practice of Ayurveda and where the science has been preserved in its purest and most authentic form.
- KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health. KAL’s mission is to “Evolve Ayurveda” with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and wellness of humankind.
- KAL is powered by a cutting-edge research team including biologists, chemists, scholars and practitioners, and has applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and target the root cause of imbalance.
- Kerala Ayurveda is one of the most well-regarded names in Ayurveda and has received the honors:
  - \* Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017, ASSOCHAM
  - \* Indian Agribusiness Excellence Awards – Kutra Phytochem, 2017
  - \* Herbal Company of the Year, 2016, ASSOCHAM
  - \* Spa & Wellness Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
  - \* Best Integrated Wellness Provider in India - AyurvedaGram, 2010 & 2011, Frost & Sullivan Award
  - \* Make In India Emerging Entrepreneurs, 2017, India Today
  - \* Certification of Excellence – AyurvedaGram, TripAdvisor
  - \* Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore), TripAdvisor
- Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.

# Program Overview

## Panchakarma Technician - 250 Hour Certification Program

Panchakarma is a process of cleansing and rejuvenating the system based on the ancient system of Ayurveda. It works with the subtle flow of energy, incorporating various bodywork techniques to allow healing at the deepest level. Using natural ingredients, it is customized for individuals based on their constitution and health conditions. This course covers Panchakarma's philosophy, principles and methods of implementation, as outlined in the Vedic texts. Upon successful completion of the course you will be awarded a Panchakarma Technician Certificate.

### General Format

- 250 Total Hours
- 5 Weekend Intensives Total - 8am-6pm Pacific
  - Three 2-Day Intensives In-Class & Live Streamed\* - Sat-Sun
  - Two 4.5-Day Intensives In-Class Only - Wed-Sun\*\*
- Online Recorded Lectures, Independent Assignments\*\*\*

*\*Live Streamed Weekend Intensives are recorded for later viewing. \*\**

*In-Class Intensives are not live streamed or recorded. \*\*\*Internet connection required.*

### Prerequisites

- Students must submit proof of a high school diploma or equivalent.
- There are no additional prerequisites for this program for individuals who are licensed healthcare professionals undertaking this program to add value to their practice, and those who are taking this course to help themselves and their family. This program meets the competencies outlined by the National Ayurvedic Medical Association (NAMA). To be an independent Panchakarma Technician with a professional membership from NAMA, it is required to have an AHC (level I) certification\* in conjunction with the Panchakarma Technician certification.
- It is recommended to be an Allied Health Professional with a "license to touch" according to your local state regulations. See FAQ for more details.

*\* Note: NAMA's AHC level is equivalent to the AWC program of Kerala Ayurveda Academy.*

### Scope of Practice

**Upon completion, Panchakarma Technicians are able to:**

- Perform all Ayurvedic hands-on *Shamana* therapies in a clinic or private practice with an emphasis on utilizing the techniques for purposes of pacification. *Shamana* includes external calming procedures & regimen without internal cleansing.
- Perform Panchakarma therapies in connection with a Panchakarma program, under the guidance of a qualified Ayurvedic Practitioner or Ayurvedic Doctor, with an emphasis on utilizing the therapies for purposes of *Shamana* and *Shodhana Chikitsa*. *Shodhana* includes detoxification & purification procedures and requires the advanced clinical knowledge of an Ayurvedic Doctor.
- Support and help deliver the Panchakarma treatment program designed by the Ayurvedic Practitioner or Ayurvedic Doctor. The Panchakarma Technician is not trained to design a complete Panchakarma program with both *Shamana* and *Shodhana* therapies.

The individual's scope of practice will be more specifically designated by local/state guidelines. It is the individual's responsibility to be compliant.



## Learning Outcomes

This course is designed to provide a comprehensive education in the traditional Panchakarma methodologies as outlined in the Vedic texts in a contemporary context for today's health seekers and professionals. Upon completion, students will:

1. Understand the ancient Ayurvedic theory of the elements, individual constitution, subtle energetics and how to apply them in a healing context.
2. Be able to assess the Ayurvedic constitution and imbalance of a client, communicate and document the findings with an Ayurvedic Doctor or Practitioner.
3. Discover the step-by-step process of cleansing and rejuvenation for all body systems, including the three phases of Panchakarma and the five-fold detoxification process.
4. Learn how to design a customized plan for simple Panchakarma *Shamana* (external therapies) for an individual.
5. Learn how to implement a customized plan for *Shamana* (external therapies) and *Shodhana* (internal cleansing therapies) with the support of an Ayurvedic Practitioner or Ayurvedic Doctor.
6. Learn how to create specialized, client-customized oils with natural herbal ingredients for therapies.
7. Learn how to prepare specialized food during Panchakarma.
8. Understand the purpose, function, indications, contraindications, and how to perform bodywork treatments including Abhyanga, Udvartana, Svedana, Pinda Sveda, Pizhichil, Dhara, Shirodhara, Takradhara, Ksheera Dhara, Kati Vasti, Valuka Sweda, Nasya, Netra Tarpana, Upanaha, Pichu, Choorna Sweda, Marma Balancing.
9. Guide clients on the post-Panchakarma food and lifestyle practices to maintain health.

## Course Description & Objectives

The Panchakarma Technician certification program covers both theoretical and practical training, including a blend of online learning, in-class practical experience and clinical encounters. Classroom sessions consist of six weekend intensive modules, supplemented by online recorded lectures on our elearning system and assignments. Three of the weekend-intensives focus on lecture, theory and applied learning demonstrations, and three provide practical training experience.

### *Learning Materials*

- **Course manuals:** print versions and PDFs.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our Panchakarma Technician certification program content is made available to students online via our elearning system powered by TalentLMS. Elearning provides access to course information, assignments, online recorded lectures, course manuals, class slides, study guides and tests.



## Curriculum

### PK001 | Foundational Principles of Ayurveda

We begin studying the roots of Ayurveda and how this “common sense science” system can help heal and maintain balance for life. Learn how the three universal energies and the five elements are important in maintaining health and longevity, as well as the fundamental tenets of an effective Ayurvedic health program. Topics include:

- History and philosophy of Ayurveda.
- The three universal energies (*Doshas*) and five elements (*Mahabhutas*).
- Physiological disposition (*Prakruti*), imbalances (*Vikruti*) and dynamic balance.
- An Ayurvedic view of the universe and humanity’s place within it.
- A comprehensive introduction to basic Ayurvedic concepts: *Agni, Doshas, Dhatus, Malas, Srotas* and *Marmas*.
- Principles of Ayurvedic psychology.
- Principles of Ayurvedic nutrition.
- Concept of detoxification and rejuvenation.

### PK002 | Principles of Panchakarma

In this class, we will deepen our learning on detoxification and rejuvenation studying the ethics, reasons, methods and treatments during Panchakarma from beginning to end. Topics include:

- Principles of Panchakarma and how it works.
- Benefits of Panchakarma.
- Indications and Contraindications.
- Process of Panchakarma:
  - Preparatory phase.
  - Main process of purification.
  - Post purification recuperation.
- Preparation for Panchakarma:
  - Deepana and Pachana.
  - Snehana and Swedana.
- The main purification processes.
- Concept of Marma therapy.

### PK003 | Advanced Principles and Practice of Panchakarma

The final class in the theoretical series involves a combination of theory and hands-on practice, covering advanced topics of Panchakarma, including bodywork, detoxification and *Rasayana*. Topics include:

- Review of Panchakarma process will be covered, including the *Poorvakarma* (Preparation), *Pradhanakarma* (Main procedure) and *Paschatkarma* (Post panchakarma recuperation).
- The preparatory procedures, including various types of *Snehana* & *Swedana* therapies such as *Abhyanga, Choornasweda, Patrapotala Sweda, Njavarakizhi, Kateevasthi, Shirodhara, Lepam, Pichu*.
- The five-fold Ayurvedic detoxification procedures such as *Vamana, Virechana, Anuvasana, Niroohavasthi* and *Nasya*.
- The post-Panchakarma recuperation including specific food and lifestyle modification.
- *Rasayana*: rejuvenation modalities of Ayurveda.

## PK004 | Panchakarma Practicum 1: Prep and Purvakarma I

The first class of the practical series will introduce you to the hands-on knowledge and experience you will need to be a successful Panchakarma Technician, beginning with some of the preliminary Panchakarma therapies known as *Purvakarama*. Topics include:

- Scope of practice as a Panchakarma Technician.
- Review stages and benefits of Panchakarma.
- Guidelines for the client's diet and lifestyle during Panchakarma.
- Indications, contraindications, safety and precautions for the technician.

You'll receive hands-on practice in:

- Preparation of the client including draping techniques.
- Setting up the Panchakarma table and room before the bodywork.
- *Snehana* (Oleation):
  - Preparation of oils.
  - *Abhyantara Sneh* (Internal Oleation).
  - *Bahya Sneh* (External Oleation):
    - *Abhyang* (Oil application).
    - *Shiro Abhyanga* (Oil application on head).
    - *Mukha Abhyanga* (Oil application on face).
    - *Pada Abhyanga* (Oil application on feet).
    - *Deha Abhyanga* (Oil application on body).
    - *Self-abhyanga*
  - Specialty *Abhyanga*
    - *Garbhini Abhyanga* (Prenatal oleation).
    - *Sutika Abhyanga* (Postnatal oleation).
    - *Kumara Abhyanga* (Oleation for babies).
  - *Rukshana* (Dry therapies):
    - *Udvartana*.
- *Swedana* (Sudation)
  - *Anagneya Swedana* (Sudation without heat):
    - *Upanaham*.
  - *Agneya Swedana* (Sudation with heat)
    - *Bashpa Sweda*.
    - *Upanaham (Oil and herbal paste)*.
    - *Tapa Swedam* (Dry heat):
      - *Choorna Swedam* (Powder bolus).
      - *Valuka Sweda* (Sand bolus).
    - *Ushma sweda* (Moist heat):
      - *Bashpa sweda* (Steam bath).
      - *Pathra Potali Sweda* (Leaf bolus)
      - *Jambira Pinda Sweda* (Lemon bolus).
      - *Shashtika Pinda Sweda* (Rice bolus).
    - *Snehana & Swedana* (Oil & Heat):
      - *Choorna Pinda Swedam* (Powder bolus with oil).
      - *Kayaseka* (Pizhichil - The Royal Oil bath).
- Marma Balancing Therapies.



## PK005 | Panchakarma Practicum 2: Main Panchakarma Techniques and Specialty Therapies

The final intensive in the practical series focuses on the main Panchakarma techniques and specialty therapies which will be specifically conducted under the guidance of an Ayurvedic Doctor (Vaidya). These include:

- *Pradhana Karma* (Main procedures):
  - *Vamana* (Induced emesis - theoretical understanding only).
  - *Virechana* (Medicated purgation).
  - *Vasti* - Medicated Enemas:
    - *Sneha Vasti* (Preparation and practice)
    - *Kashaya Vasti* (Preparation and variations based on conditions).
  - *Nasya* (Nasal administration).
  - *Raktamokshana* (Bloodletting - theoretical understanding only).
- Specialty Shamana Therapies:
  - *Thakradhara* (*Shirodhara* with herbalised buttermilk).
  - *Ksheeradhara* (*Shirodhara* with herbalised milk).
  - *Kati Vasti* (Warm oil retained on lower back).
  - *Greeva Vasti* (Warm oil retained on neck).
  - *Janu vasti* (Warm oil retained on knee).
  - *Netra Kalpanas* (Eye therapies):
    - *Netra Sekam*
    - *Aschyotanam*
    - *Netra Pindi*
    - *Vidalakam*
    - *Netra Tarpanam or Netra Vasti*
    - *Putapakam*
    - *Anjanam*
  - *Shirovasti*
  - *Shirolepam*
  - *Ksheera Dhoomam*
- *Paschatkarma* (Post-Panchakarma recuperation).
- *Rasayana*- selection, dosage and methods of application.

## Program Format & Hours

### *Student Orientation - 1 hour*

Students will be required to attend a live streamed **1-hour orientation** on Thursday September 9, 2021 from 5 - 6 p.m. PT. It is recorded for later viewing.

### *Weekend Intensives - 127 hours*

There are five weekend intensives over the course of eight months. All are held from 8:00am-6:00pm U.S. Pacific Time Zone. There are three 2-day weekend intensives (PK001, PK002, PK003) which are held both in-class and live streamed, as well as two 4.5-day weekend intensives held in-class only at our academy in Milpitas, CA (PK004 & PK005).

Module	Subject	Days	Hours
PK001	Foundational Principles of Ayurveda	2	17 in-class or live streamed
PK002	Principles of Panchakarma	2	17 in-class or live streamed
PK003	Advanced Principles of Panchakarma	2	17 in-class or live streamed
PK004	Panchakarma Practicum 1: Prep, Purvakarma I, Purvakarma II and Shamana	4.5	38.5 in-class
PK005	Panchakarma Practicum 2: Main Panchakarma and Specialty Therapies	4.5	38.5 in-class

### *Online Recorded Lectures - 30 Hours*

To supplement classroom sessions, recorded lectures are available in the elearning system for each course module to reinforce key concepts. Students may watch recorded lectures at their own pace.

### *Pretest Assignment - 18 Hours*

Independent review includes study guides and tests associated to supplement student learning throughout the program.

### *Practical Assignments - 60 Hours*

There are two assignments for this certification to provide students with hands-on practice outside of class. These assignments are designed to allow students to apply their learning in hands-on experience to build as a technician. Students are responsible for sourcing clients to complete their practical hours, and the final assignment is submitted in a written case summary format for evaluation by the assigned Panchakarma mentor. Students have the opportunity to interact with their mentor to discuss and improve on any issues or concerns which may arise during the clinical encounters.

#### **Assignments:**

1. *Snehana* and *Swedana* therapies with 15 clients.
2. *Shamana* therapies for 15 clients.

### ***Panchakarma Protocol: 5 Cases - 10 hours***

Students are provided five (5) cases with detailed client information. The student will research, create and document a customized Panchakarma protocol including:

- *Deepana* and *Pachana* protocol.
- *Snehana* protocol.
- *Swedana* protocol.
- *Shodhana* process.
- Diet and lifestyle recommendations during and after the Panchakarma therapies.
- *Rasayana* protocol.

### ***Panchakarma Technician Mentoring - 3 hours***

We will provide the student with a mentor (our Faculty Assistant) for the program who will be available to answer questions by message within our elearning system, and who will conduct 3 mentoring webinars after each practical class.

## **Program Breakdown by Hours**

### ***Program Hours Breakdown by Curriculum***

<b>Course Component</b>	<b>Theory Hours</b>	<b>Practical Hours</b>
PK001 Weekend Intensive	17	-
PK002 Weekend Intensive	17	-
PK003 Weekend Intensive	9	8
PK004 Weekend Intensive	-	38.5
PK005 Weekend Intensive	-	38.5
Online Recorded Lectures	30	-
Pretest Assignment	18	-
Independent Practicals Assignment	-	60
Panchakarma Protocol Assignment	-	10
Panchakarma Technician Mentoring	3	-
Orientation	1	-
<b>TOTAL</b>	<b>95</b>	<b>155</b>

### *Program Hours Breakdown by Format*

Course Component	Hours
Weekend Intensives	128
Independent Assignments	120
Panchakarma Technician Mentoring	3

*Total Hours: 250 hours*

### Tests & Grading

- There are two tests on the material taught.
- Tests are multiple choice. Minimum passing grade is 70%.
- All testing is conducted online through our elearning system and grades are immediately available in the student online account. Project and assignment grades are posted within 10 days of submission.
- A student who does not achieve the minimum passing grade of 70% for graduation may retake the tests up to five times. The highest score will be recorded.

### Completion Requirements

- The student paid the full tuition for the program.
- The student attended or watched class recordings of PK001, PK002 and PK003 weekend intensives.
- The student attended in person PK004 & PK005 weekend intensives.
- The student passed all tests with a minimum grade of 70%.
- The student completed and passed all assignments (graded as pass/fail).

## Faculty

Kerala Ayurveda Academy's mission is to offer authentic Ayurvedic courses by experienced Ayurvedic Doctors. Many of our faculty members are established Ayurvedic physicians who have received degrees from renowned Universities in India – the “Holy Land” of Ayurveda – and have more than 15 years of experience in Ayurvedic practice and teaching. Faculty are eager to share and hand over this ancient wisdom to our enthusiastic students.

### Senior Faculty



*Vaidya. Jayarajan Kodikannath*

**Bachelor of Ayurvedic Medicine & Surgery**

Vaidya Jayarajan is the Academy Director, Kerala Ayurveda USA responsible for all academic programs conducted internationally by Kerala Ayurveda. He is a Kerala, India native from a Vaidya family, a veteran Ayurveda scholar and clinician. He is also a Lead Trainer for Domain Experts in Ayurveda with over two decades of experience in health and education in India and the U.S.

### Faculty



*Alka Mulakalari*

**Ayurvedic Doctor (NAMA), Ayurvedic Wellness Practitioner,  
Panchakarma Specialist, Licensed Massage Therapist**

Alka is a gifted Ayurvedic Practitioner and Panchakarma Specialist, combining her knowledge of Western massage techniques with Traditional Ayurvedic preventive measures, Ayurvedic psychology and detoxification techniques for deep healing. Her deep belief, love and passion for healing is transmitted in her teaching of the Ayurvedic root principles of heart-centered care.



*Vaidya. Sheena Sooraj*

**Bachelor of Ayurveda Medicine & Surgery**

Vaidya Sheena Sooraj is an experienced Ayurvedic practitioner and native of Kerala, India. She developed her passion for Ayurveda at a young age, as her grandfather was a well-known Ayurvedic physician and astrologer. She has experience running her own practice in India and the U.S. and has successfully managed a wide range of diseases. An active advocate of Ayurveda, she is a public speaker on Ayurveda's importance in daily life, having led talks at schools, corporate offices and banks.

# Schedule: 2021-2022

## Start and Completion Dates

**Start Date:** September 25, 2021\*

**Completion Date:** June 12, 2022\*

*\*Please note these dates are subject to change. Kerala Ayurveda Academy reserves the right to cancel classes if student enrollment minimum is not met.*

## Weekend Intensives

Classes are held from 8:00am-6:00pm Pacific with a 1.5-hour lunch break beginning at 12:30pm each day. Practicum weekends are 8:00am-6:00pm Pacific with the last day meeting 8:00am - 12:30pm Pacific.

Module	Subject	Dates	Format
PK001	Foundational Principles of Ayurveda	Sep 25–26, 2021	In-class and live streamed
PK002	Principles of Panchakarma	Nov 13-14, 2021	In-class and live streamed
PK003	Advanced Principles of Panchakarma	Feb 19-20, 2022	In-class and live streamed
PK004	Panchakarma Practicum 1: Prep & Purvakarma I & II and Shamana	Mar 30-Apr 3, 2022	In-class
PK005	Panchakarma Practicum 2: Main Panchakarma and Specialty Therapies	Jun 8-12, 2022	In-class

## Location

### Milpitas, CA

**Kerala Ayurveda Academy & Wellness Center** 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

12.8 miles from the San Jose Airport in San Francisco East Bay, Kerala Ayurveda Academy & Wellness Center consists of a spacious classroom for lectures, a kitchen for herbal formulation making and cooking classes, two Panchakarma rooms, a library and an apothecary. Amenities include free wifi, ample free parking in the building's lot. Hotels and restaurants are all within walking distance.

## Special Accommodations

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Accommodations are provided on an individual basis and the Academy may be contacted to make such arrangements at [+1 \(888\) 275-9103](tel:+18882759103) or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## Apply

**Applying is easy:** begin the process on our website at [keralaayurveda.us/courses/apply](https://keralaayurveda.us/courses/apply). As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement.

# Tuition & Fees

Tuition is due upon enrollment. Refunds are program-specific. See Policies & Procedures for more info.

## KAA Students and Alumni

**AWC, AWP or AD certification programs**

<b>Tuition</b>	<b>Books &amp; Materials<sup>1</sup></b>		\$125		
	<b>Early Bird Tuition<sup>2</sup></b>		\$2,470	<b>Regular Tuition<sup>2</sup></b>	\$2,595
	<b>Credit Discounts</b>		AWP: \$250 4-Day Panchakarma Technician Certification: \$350		
<b>Payment Plans</b>	<b>Schedule</b>	<b>Payments</b>	<b>Tuition</b>	<b>Early Bird Total</b>	<b>Regular Total</b>
	Split <sup>4</sup>	2	\$1,350	\$2,575 <sup>5</sup>	\$2,700 <sup>5</sup>
	Monthly	6	\$460	\$2,635 <sup>5</sup>	\$2,760 <sup>5</sup>

## General Public

Tuition	Books & Materials <sup>1</sup>			\$125		
	Early Bird Tuition <sup>2</sup>			\$2,670	Regular Tuition <sup>2</sup>	\$2,795
Payment Plans	Schedule	Payments	Registration Fee	Tuition	Early Bird Total	Regular Total
	Split <sup>4</sup>	2	\$100	\$1,450	\$2,875 <sup>5</sup>	\$3,000 <sup>5</sup>
	Monthly	6	\$100	\$495	\$2,945 <sup>5</sup>	\$3,070 <sup>5</sup>

**Please Note:**

- Books and materials are included in tuition.
- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans or tuition scholarships or discounts to students at this time.
- Split payment schedule: first payment billed upon enrollment, second payment billed 3 months later.
- Students choosing the extended payment plan will be required to complete and sign a Payment Agreement Contract upon enrollment. Please note that the first payment is due upon enrollment.
- There is a management fee for extended payment plans. STRF payments for all is \$.50 for every \$1K for California students.



# Policies & Procedures

## Student Complaint Procedure

If a student complaint should arise, they may contact Student Services, at +1 (888) 275-9103 x20 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). If the student's complaint is not resolved after speaking to Student Services they may contact the Director of Kerala Ayurveda Academy, Vaidya. Jayarajan Kodikannath at +1 (888) 275-9103 x20, [director@keralaayurveda.us](mailto:director@keralaayurveda.us) or at 691 S Milpitas Blvd Ste 206, Milpitas, CA 95035.

### *State of California*

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling +1 (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Web site [www.bppe.ca.gov](http://www.bppe.ca.gov).

## Transferring of Credits & Credentials

"NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT KERALA AYURVEDA ACADEMY. The transferability of credits you earn at Kerala Ayurveda Academy is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the Panchakarma Technician program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Kerala Ayurveda Academy to determine if your certificate will transfer."

KAA has not entered into an articulation or transfer agreement with any other college or university.

## Experiential Credit

There is no credit granted for experiential learning.

## Refund and Cancellation Policy

### *The Student's Right to Cancel*

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice from the student, about the cancellation is required** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.

Student Services  
Kerala Ayurveda Academy  
691 S Milpitas Blvd Suite 206 Milpitas, CA 95035

## Refund Policy

### *State of California*

The registration and manual fee is nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 3<sup>rd</sup> class).

A written notice from the students, about the cancellation will be required. A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, a student will not receive the refund for that period. The refund will be processed within 30 days from the day KAA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student. If original payment is by credit card the refund will be processed on the credit card.

Eligible refunds will not include the applicable interest during the enrollment period. In case the student decides to withdraw during the program, before the 60% of the classes are over, the following will be the refund calculation:

#### **Refund Calculation**

- Step 1 Deduct \$100 (registration fee as applicable) from total tuition paid
- Step 2 Divide total tuition paid by 5 (number of modules) = 'tuition per module'
- Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'
- Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

**Example:** if the student decides to withdraw after completing 2 Modules and if they have paid the full tuition, the refund will be as follows:

Step 1	\$2595 - \$100	\$2495.00
Step 2	\$2495 / 5	\$499.00
Step 3	2 modules x \$499.00	\$998.00
Step 4	\$2495 – \$998	\$1497.00
<b>Total refund will be:</b>		<b>\$1497.00</b>

**Refunds** will be issued within 30 days of the date of student notification, or date of school determination (withdrawn due to absences or other criteria as specified in the school catalog), or in the case of a student not returning from an authorized Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the LOA and did not return.

## Attendance Policy

Attendance is monitored via attendance taken in-class and during live streamed sessions. The total available contact hours in this program are 127.5, including 77 in-class practical weekend intensive hours (PK004 & PK005) and 51 in-class or live streamed weekend intensive hours (PK001, PK002, PK003). Contact hour means the class attended in real time, either in person or through live streaming. KAA recommends attending all of these hours to support competency and material comprehension. This program meets the NAMA (National Ayurvedic Medical Association) requirement to register as the Ayurvedic Practitioner category of professional membership, and the minimum contact hours required is 77 hours of live, in person class attendance to practical sessions PK004 & PK005.

## Make-up and Retake Policy

If a student is absent from weekend intensives PK001, PK002 or PK003, the class recordings of these sessions are available for later viewing prior to program completion.

Weekend intensives PK004 & PK005 require full in-class attendance to satisfy the completion requirements for certification; therefore, if a student is absent from any of these practical weekend intensives classes, they will be required to make up the hours through one of the following options:

- The class can be made up at a subsequent occurrence at any KAA training location, free of charge.
- Private tutoring may be arranged with advanced scheduling at any KAA training location for \$100/hour. One hour of private tutoring is equivalent to two hours of class time. For each hour of tutoring required, an additional assignment is required. Tutoring is available for up to four (4) hours maximum. *For example:* if a student misses 1 day of class, this is equivalent to eight (8) hours of class time. Four (4) hours of private tutoring would be required, plus four (4) assignments.
- A combination of in person attendance at a subsequent session and private tutoring.

If a student wishes to retake an in-class session which was previously attended, the retake fee is \$100 per weekend intensive session. To make arrangements for all make-up or retake sessions, please contact Student Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## Conduct

At KAA, programs are directed toward professional training. The students shall show respect to others and observe correct standards of conduct. The Honor System embodies values of personal integrity, honesty, and trust. Fundamental to the Honor System is the Honor Code of Responsibility, and it is upon its principles that the Academy has based the Standards of Conduct.

### Honor Code of Responsibility

- Each member is responsible for maintaining a high level of civility, integrity, honesty, and trust within the community.
- Each student is responsible for presenting work of her/his own creation, and refraining from representing as her/his own work that which is not hers/his.
- Conduct in keeping with the attendance policies.

## Termination Policy

1. If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the table below.
2. The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs in any of the following manners:
  - a. When the student is terminated for a violation of a published Academy policy which provides for termination; or,
  - b. When a student, without notice, either fails to attend classes or check out course videos for thirty (30) calendar days.
3. A student will be determined to be withdrawn from the institution if the student has not attended any class for three consecutive class weekends. They will be notified by telephone after two missed weekends and they will be drafted after the third weekend.
4. For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

## Suspension and Dismissal Policy

There are disciplinary guidelines to provide an environment to learn and grow independently, which give students rights and responsibilities.

- Any behavior disruptive to other students or the smooth running of the class will not be allowed.
- Students will have to pay the tuition on time.
- Students have to maintain a passing grade of 70%.

At first incidence, warning will be given. At the second incidence, the student will be suspended for the entire weekend. A student will be readmitted after a suspended weekend course. If the behavior persists, the student will be dismissed from the program. When the conduct of the student threatens the other student's safety, KA reserves the right to dismiss a student immediately.

## Length of Time for Student Certifications

Students are expected to complete within 1 year; however, they can take an additional 12 months to complete for a total of 2 years. If you have not completed within this time frame, you will be considered on sabbatical for a maximum of 1 year. If after the extended time you do not complete your program, you are considered dropped from the program and will need to re-apply to get back in the program. You may contact school for extenuating circumstances. Contact Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or +1 (888) 275 9103, ext 20

## Student Sabbatical (Leave of Absence)

If a student has circumstances that prevent them from continuing the program as originally planned, they may apply for a Sabbatical. The Sabbatical will be requested by the student to the Student Support Office at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). The office will then send a form for the student to complete and sign.

A one time sabbatical will be allowed for the student with the provision that they will come back after a maximum of 1 year, or before. With permission from the school, the student will be allowed to resume attending classes in the next class at the level where the sabbatical was initiated.

During the Sabbatical, all access to future classes will be removed from the student's account; however, they will retain access to the modules they have completed in the elearning.

If the student is on a payment plan and wishes to suspend the plan for the duration of the sabbatical, they will have to pay a \$25/month administrative fee (non-refundable, not part of tuition); otherwise they can continue paying their payment plan per their schedule.

## Resuming the Program (Re-engaging)

To resume the program, a student must notify the school (Student Support Services at [support@keralaayurveda.us](mailto:support@keralaayurveda.us) or 888.275.9103, ext. 20) of his or her intention to resume classes and be in good academic and financial standing. They will need to fill out a new Enrollment Form for the semester they are restarting. It is not necessary for a student to retake any previously completed classes if the course of study resumes within the 12 months from the beginning of the Sabbatical.

When an agreed-upon Sabbatical has expired, a student must return to the program or be automatically withdrawn. In the latter case, a student will need to apply for readmission to a new class at the tuition rate in effect at that time. This is also the case if a student chooses to withdraw rather than go on a Sabbatical. See "Refund Policy for Withdrawal" below for further information on

## Financial Aid

Kerala Ayurveda Academy does not offer state or federal financial aid to students. If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund. If the student has received federal student financial aid funds, the student is entitled to a refund of the moneys not paid from federal student financial aid program funds.

If a student is eligible for a loan guaranteed by the federal or state government and the student defaults on the loan, both of the following may occur:

- The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.
- The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

**“Notice** - Any holder of this consumer credit contract is subject to all claims and defenses that the debtor could assert against the seller of the goods or services obtained pursuant hereto or with the proceeds hereof, recovery hereunder by the debtor shall not exceed amounts paid by the debtor hereunder.”

“Kerala Ayurveda Academy does not have a pending petition in bankruptcy, is not operating as a debtor in possession, has not filed a petition within the preceding five years, and has not had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11U.S.C. Sec. 1101 et seq.).”

## Student Tuition Recovery Fund (STRF) fee (non-refundable)

### *State of California*

“It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, (916) 431-6959 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.

6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of non collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

However, no claim can be paid to any student without a social security number or a taxpayer identification number.”

## English as a Second Language & Foreign Students

Foreign students are accepted, however, KAA courses are instructed in English and KAA does not offer English as a second language. Foreign students are required to have proof of English proficiency with a passing score of minimum 80% on the TOEFL exam for enrollment. Visa services are not provided and Kerala Ayurveda Academy will not vouch for student status and any associated charges.

## Record Retention

All records concerning the Kerala Ayurveda Academy are kept for fifty years after a student's graduation, withdrawal or termination, with the exception of transcripts which are kept permanently. Student records are kept at 691 S Milpitas Blvd Suite 206 Milpitas, CA 95035. Students requesting copies of these documents must submit a signed letter to the above address to the attention of the Student Services.

*Kerala Ayurveda Academy encourages diversity and accepts applications from all minorities. Kerala Ayurveda Academy does not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained guide dog or service animal by a person with a disability. Kerala Ayurveda Academy acknowledges that information pertaining to an applicant's disability is voluntary and confidential, and will be made on an individual basis. If this information is presented, Kerala Ayurveda Academy will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program.*

# FAQ

## Frequently Asked Questions

1. **How much does the program cost?** The tuition for the Panchakarma Technician Certification is \$2,795.00 for General Public and \$2,595.00 for KAA Students & Alumni of our certification programs (*not including registration or management fee*). Tuition credits are available for KAA Students & Alumni. See Tuition & Fees for details.
2. **I took your 4-day Panchakarma Technician Certification - why should I take this program?** KAA offers this Panchakarma Technician Training Program as an enhanced version of our former 50 program. This program is 200 hours additional, for a total of 250 hours. It includes many additional Ayurvedic Therapies, additional hand-on training hours and more live cases for protocol creation than the previous program. These enhancements ensure the students' competency in customizing each technique for the client with the following capabilities: making a plan based on *Samprapti*; enhanced knowledge of implementation of each bodywork technique; selection of appropriate oils and natural ingredients for the techniques; selection of the progressive flow of the therapy in a series of program. For graduates of our 4-day program, taking this 250-hour program will enable the student to become a more knowledgeable, capable and confident Panchakarma technician.
3. **Do I need a college degree or a prior license/certification to study Panchakarma?** A college degree is not required, nor are prior licenses or certifications in any field for studying Panchakarma in this training program. KAA welcomes students from all educational backgrounds, without degrees, licenses or certifications in any field.
4. **I'm not a healthcare professional. Can I still earn a certificate and practice Panchakarma?** Yes.
  - The primary prerequisite for the Panchakarma program is a passion for Ayurveda. A health or medical training background is not required. KAA welcomes students with a high school diploma to any of our courses, in addition to other program-specific prerequisites or corequisites.
  - This program meets the competencies outlined by the National Ayurvedic Medical Association (NAMA). To be an independent Panchakarma Technician with a professional membership from NAMA, it is required to have an AHC (level I) certification in conjunction with the Panchakarma Technician Certification.
  - For those who are licensed healthcare professionals undertaking this program to add value to their practice, and those who are taking this course to help themselves and their family, AHC is not required.
  - The individual's scope of practice will be designated by local state guidelines. (See Scope of Practice for more details.)
5. **Is it legal to practice Ayurveda in all fifty states?** A bill has been passed in eleven states (California, Nevada, Minnesota, Oklahoma, Idaho, Louisiana, Maine, Rhode Island, Arizona, Colorado, and New Mexico) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.
6. **Does each state regulate the practice of Ayurveda?** No.
  - Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are advised on how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license.
  - We might say that Ayurveda's current status in the U.S. is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of



professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that particular profession. Please contact your local state representative for more information about regulations in your area.

- 7. Can I practice Ayurveda outside of the state where I receive my certification?** Yes. Please note:
- Ayurveda is currently practiced all over the United States.
  - While none of the U.S. states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials.
  - Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.
  - NAMA is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.
  - Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.
- 8. Do I need a “license to touch” to practice Panchakarma, and what exactly is it?** Possibly, depending on your location and how you wish to practice. A license to touch refers to regulations for professions which involve physical contact with clients. These regulations are governed by each individual state in the U.S. Panchakarma involves a variety of bodywork therapies, some of which involve physical contact and some which do not. It is important for the student to check in with local state guidelines to understand which aspects of Panchakarma are compliant and which are not, and either adjust one’s practice accordingly, or pursue the required licensure.
- 9. What’s the difference between Shamana and Shodhana therapies and how will it affect my scope of practice?** *Shamana* includes therapies to balance the mind-body system energetics, or *Doshas*, without internal cleansing. All Panchakarma techniques which do not involve internal cleansing are called *Shamana* therapies, including various types of external oil applications e.g. *Shirodhara*, *Kati Vasti*, *Udvaartana*. *Shodhana* includes therapies for deep internal cleansing, requiring clinical knowledge of the disease process and body systems. In addition to individual U.S. state regulations, an individual’s training level in general Ayurvedic wellness will determine the scope of practice. In the U.S., Ayurvedic professionals are certified at three levels according to the [National Ayurvedic Medical Association \(NAMA\)](#): level I Ayurvedic Health Counselor (AHC) equivalent to KAA’s Ayurvedic Wellness Counselor (AWC); level II Ayurvedic Practitioner (AP) equivalent to KAA’s Ayurvedic Wellness Practitioner (AWP) and level III Ayurvedic Doctor (AD). The Panchakarma Technician (PKT) certification can be taken on its own or as an add-on to the primary three levels of Ayurvedic practice. As Panchakarma Technicians, all graduates of this program are qualified to design and implement Panchakarma plans including all *Shamana* therapies (abiding by local state regulations). To design and implement a Panchakarma plan including both *Shamana* and *Shodhana*, a level II or III Ayurvedic Practitioner or Ayurvedic Doctor is required for conducting a clinical assessment. The Ayurvedic Practitioner or Ayurvedic Doctor is capable of mapping the *Samprapti*, or disease process for the individual client, for customizing the *Shodhana* therapies. With this plan, the Panchakarma Technician may support, assist and perform the *Shodhana* procedures under the guidance of the Ayurvedic Practitioner or Ayurvedic Doctor (abiding by local state regulations).
- 10. Is there an Ayurvedic association which links other practitioners and students together?** Yes: the [National Ayurvedic Medical Association \(NAMA\)](#). Many states have their own state associations, such as the [California Association of Ayurvedic Medicine \(CAAM\)](#).
- 11. Is there an alumni association? Can I contact previous students?** Yes, we can provide you with the contact information of several students for you to talk to.

**12. How many of your graduates practice Ayurvedic medicine?**

- All of our graduates are able to practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical well-being. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and spiritual wellness. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.
- There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic Counselors or Practitioners.
- Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.
- Some of our graduates launch Ayurvedic product lines or combine Ayurveda with their existing business.

**13. Are there tests? I feel anxious about taking tests.** Please try not to feel anxious about the tests. The testing is conducted online and the student is provided five (5) attempts at taking the test. This highest score is recorded. Please note: you cannot retake the test after passing. The tests are for you (and us) to know what you have learned and what you didn't so we can keep you up to speed. We want to make sure our students understand all the Ayurvedic concepts clearly. Ayurveda is about human health, so a clear understanding is vital.

**14. I will be traveling from out of town to attend classes, is there housing assistance available?** KAA does not have dormitories. There are a few hotels near the campuses where students can book a room for the weekend. The range of cost is approx. \$75-\$125. In the past, some students have made good friends with classmates and stayed with them on those weekends. KAA has no responsibility to assist a student in finding housing.

**15. When can I visit the school? Do you have open houses or visitor's events?** We allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the Academy Administrator. We are here to assist our students in any way we can.

**16. What student services are provided?** Student mentoring is provided throughout the entire term of the program. On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.

**17. Do you offer further Ayurvedic Studies?** With a bachelor's degree and KAA's first and second levels completed, you can study to receive a Master's of Ayurvedic Science (MASc) through Hindu University in Florida.

**18. Where is your administrative office?** Kerala Ayurveda Academy & Wellness Center, 691 S Milpitas Blvd Suite 206 Milpitas, CA 95035. Contact Student Services at +1 (888) 275-9103 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

**19. What materials do I need to bring to class and what should I expect in the classroom?** A notebook and writing implement. KAA will provide classroom facilities and course manuals. The classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort.

**20. If I have additional questions or concerns, who do I contact?** In case a student has any complaint, they may contact Student Services at +1 (888) 275-9103 or at [support@keralaayurveda.us](mailto:support@keralaayurveda.us). "Any questions a student, from the State of CA, may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary

Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, CA 95833, [www.bppe.ca.gov](http://www.bppe.ca.gov), Phone: +1 (888) 370-7589 or +1 (916) 431-6959, Fax: +1 (916) 263-1897."

- 21. What else does the CA Licensing Board want me to know?** "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet\*, which must be provided to you prior to signing an enrollment agreement." *\*Please note: The Performance Fact Sheet reflects only those students from California who are enrolled in the program.*
- 22. Who owns Kerala Ayurveda Academy?** Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal plantations, Wellness Centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic resort AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Vaidya. Vaidya Jayarajan Kodikannath.