



Ananda Ayurveda Academy

LEARN HOLISTIC HEALING



ACADEMIC CATALOG AND BULLETIN

Academic Year: 2020-2021

www.AnandaAyurvedaAcademy.com



***Light the lamp of Knowledge and embark
on the blissful journey of Learning
Ayurveda and Holistic Wellness***

This catalog & academic bulletin and its contents are subject to changes. AAA retains the right to change requirements, regulations, tuitions, faculties, fees and any other content of this document without notice. All policies changes made after publication of this catalog & Academic bulletin will be on file in the office of the school administrator. Changes will be distributed to students and become effective immediately upon distribution unless otherwise specified.

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1. WELCOME TO ANANDA AYURVEDA ACADEMY

Welcome to Ananda Ayurveda Academy (AAA). We are pleased and inspired by your dedication to pursue an education in Ayurveda. We pledge to match your enthusiasm with dedication, professional courtesy and a sincere desire to help you meet your personal and career goals. As an academy, we are committed to presenting the time tested methods of Ayurveda in a clear and practical manner suitable to present modern times. With this goal in mind, AAA welcomes you again to this Ayurveda's ocean of knowledge.

We are glad to walk each step of this holistic path with you and become a memorable anchor and lay the Ayurveda foundation for your wellness and the wellness you will radiate and influence.

2. HISTORY

What is Ayurveda?

Yoga and Ayurveda is based on India's timeless scriptures, known collectively as Vedas. The body of Vedic knowledge was handed down from generation to generation for over 5000 years.

Yoga and Ayurveda are two interrelated branches of the same great tree of Vedic wisdom that encompasses all of human life. Yoga and Ayurveda are not merely two separate but related healing disciplines of India. Each has its unique place and function, but each overlaps into the other on various levels.

Ayurveda is a healing aspect of Yoga while Yoga is a spiritual aspect of Ayurveda.

Ayurveda is the science of life and longevity, embodying physical balance, emotional peace, mental balance, environmental mindedness and spiritual development. Ayurveda is a holistic system which promotes health and vitality using natural ways for healing, recognizing the inter-connectedness of the body, mind and emotion.

Ayurveda offers to the learners, the perennial Vedic wisdom and practical knowledge which enable its practitioners to establish an integrated lifestyle that nurtures and balances the body mind and spirit. In line with this, the following is our mission.

Our Mission:

Ananda Ayurveda Academy's mission is to provide students with authentic Ayurveda knowledge and the best quality education in Ayurveda, with focus on achieving wellness and holistic healing.

Aim and Objective - Why it is time to learn Ayurveda now?

Modern world has fast paced, stressful life style resulting in imbalance causing early death, diseases or unhealthy body. Creating a healthier lifestyle and body is imperative for health and longevity. There is a constant need for guidance and counseling on Holistic health, Diet and Lifestyle. Today, awareness of holistic living is rapidly increasing, and the benefits are experienced by many Americans and people across the world.

With this objective in mind, AAA launched the educational program which focuses on providing systematized knowledge and practical wisdom, an art of holistic healthy living. An individual undergoing this program can get benefitted from self-help, as well as he or she can assist friends and families and community at large.

Accreditation and Licensure:

Like Yoga, Ayurveda is not a licensed health-care profession in any of the fifty United states or the ten Canadian provinces. Consequently there are currently no national, state or provisional standards for this curriculum. Also, Ayurveda is currently not accredited by a recognized United States regulatory body.

3. ENROLLMENT POLICY & APPLICATION STEPS

For admission to the Programs at AAA, applicants must possess a high school diploma or GED (General Education Development) and must attain 18 years of age prior to the start of classes.

Applicants must present proof of high school diploma, college degree or GED certificate.

Individuals applying for this course are required to appear for an interview with an admissions counselor.

Steps in the Application Process & Enrollment Registration:

1. Submission of Application Form along with the \$100 application fee made out to Ananda Ayurveda Academy.
2. Review of Student Application by School Administrators and Faculty.
3. Interview with prospective Student
4. Response to the Application – Written email/letter confirmation from AAA.
5. Within 14 days of Acceptance, completion and signing of the Enrollment Form.

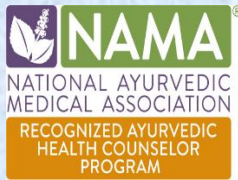
Enrollment form to be signed and mailed, along with an initial payment of \$500.00 made out to the “Ananda Ayurveda Academy” to secure a seat in the program.



4. PROGRAMS OFFERED

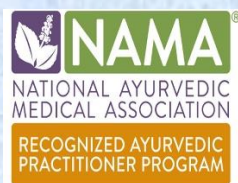
Program Level 1: The Ayurveda Wellness Counselor Program (AWC)

First year level 1 Program



Program Level 2: Ayurveda Practitioner (AP)

Second year level 2 program (Prerequisite: Complete AWC Level 1 Program)



5. PROGRAM TERM DATES

The 2020-2021 Academic year begins September and ends in Aug.

First Semester: Sep 1, 2020 to March 31, 2021

Second Semester: Apr 1, 2021 to Aug 31, 2021

6. BUILDING & FACILITIES

Ananda Ayurveda Academy (AAA) is located at Soderworld 16 W. 501 Nielson Lane Willowbrook, IL 60527. The beautiful green campus of SoderWorld has 5,500 square foot A-frame log cabin which rests on 2.25 acres of attractive wooded property offering a labyrinth, meditation garden, waterfall, nature pond with ducks and swans, meditative walking path, 8 professional treatment rooms, a retail gift shop, conscious art gallery, multi-purpose classroom, yoga studio, Himalayan Salt Cave, 3D sound healing room, infrared sauna, aqua floatation bed, and an on-campus massage training and yoga academy. The classes will be held in the large class training room which will be equipped with projector/large TV for slide presentations, whiteboard/blackboard/flip charts, Wi-Fi for online streaming through collaborative software such as Zoom meeting.



Ananda Ayurveda Academy at Soderworld Wellness Center

16 W. 501 Nielson Lane
Willowbrook, IL 60527

(630) 455-5885

info@AnandaAyurvedaAcademy.com
www.AnandaAyurvedaAcademy.com



7. FACULTY



Vaidya Ashlesha Raut

BAMS, MD in Ayurveda, NC, HHP, AD, BCIM

Program Director

Vaidya Ashlesha Raut is an Integrative Ayurvedic Physician (Vaidya), Holistic Health Practitioner, Nutritional Consultant & Board Certified in Integrative Medicine. She is also a second degree Reiki healer and Certified Pranik Healer.

Vaidya Ashlesha is a third generation classically trained Ayurvedic Physician (Vaidya) with specialization in Rasashastra (Ayurvedic Metallurgy) & Bhaishajyakalpana (Pharmaceutics) from Mumbai University, India. She earned the distinctive honor and a Gold medal for her post graduate dissertation work.

Vaidya Ashlesha has been practicing Ayurveda for more than 20 years and is a faculty at many colleges in the USA and has always been very passionate about teaching and promoting Ayurveda and standardizing Ayurveda education in North America. She has been presented by the North America award of "Charaka" in recognition of her excellence in Ayurvedic teaching. She has been an integral part of the Ayurveda healing community with a mission toward providing a holistic path and education for wellness and optimal health through Ayurveda and integrative medicine.

Vaidya Ashlesha has conducted a large number of workshops, authored publications, participated in talk shows, and presented research papers in the field of Ayurveda. She is on Board of NAMACB and is a founding member and ex-President of CAC (Council for Ayurveda Credentialing), Academic Advisor of Sampurna college of holistic sciences FL, senior academic faculty at Sambodh MI, International University of Yoga and Ayurveda, FL and holds many advisory positions in various Ayurveda holistic health organizations and schools. She is a Director and chief clinician at Ayurveda for Healing and currently practices in Bloomington-Chicago, IL and the Midwest area.



Vaidya Aparna Bapat
BAMS, Author
Senior Teaching faculty

Vaidya Aparna Bapat has been a dedicated educator, clinician, and consultant of Ayurveda internationally, since 1990. She studied Ayurvedic medicine and earned a BAMS at the University of Pune. She was then a Senior Lecturer at the College of Ayurveda in London. Vaidya Bapat is the author of numerous articles on Ayurvedic medicine and related themes, and serves on the board of the Light on Ayurveda Journal.

With over 15,000 patients, she has made multiple television appearances and is considered one of the finest teachers and practitioners of Ayurveda in the USA today.

She is an expert on legal importing of Ayurvedic herbs into the USA and has been supplying companies through AyurSpirit. Aparna has served on the Board of Directors of NAMA and AAPNA, and advisor to CAC. She had served as the faculty of the New Jersey Institute of Ayurveda, the AYU Academy, Kerala Ayurveda Academy, and The Dinacharya Institute, as well as dozens of yoga studios.



Vaidya Avinash Lele
BAMS, MD in Ayurveda
Senior Teaching faculty

Graduation B.A.M &S from R.A.Podar Government Ayurvedic College Mumbai. Post-graduation M.A.Sc from Pune University: Shalya-Shalakyatantra (Ayurvedic Surgery)

Vaidya Avinash Lele was a Medical Director of Janaki Clinic & Panchakarma Centre for 35 years. He was also a Chief Ayurvedic Physician at Atreya Ayurved Panchakarma Centre for 40 years. Vaidya Lele has been travelling around the world since 1994 to treat patients as well as to give lectures, workshops, seminars & courses on Ayurveda. He has authored number of books on Ayurveda, and some of his books have been translated in many foreign languages.

Some of his popular publications are Bahuguni Avala, Panchakarma & Ayurvedic Massage, Secrets of Marma. He is a recognized Graduate teacher since 1978 and post graduate teacher since 1983 at various Ayurvedic colleges in India.



Misty Soderholm
LMT, Esthetician, E-RYT-500
Director of Advanced Training - Soderworld Wellness Center
Teaching Faculty

Misty began her studies at the Wellness and Massage Training Institute in 1994 and graduated from the School of Healing Arts in San Diego, CA., after moving there to work at the Deepak Chopra Center for Well – Being. After intense studies in Ayurveda, Meditation, Hypnotherapy, Watsu, Feng Shui, Holistic Health and Yoga – she ventured back to Chicago to bring the knowledge she gained to her home town. She has also studied Hot Stone Therapy, Reflexology, Thai Yoga Massage, Sports Massage, Esalen Style Massage, Natural Birthing, Esthetics & Skin Care (facials, body wraps), and many various energy modalities. Misty is a Licensed Massage Therapist & Esthetician, as well as a certified yoga instructor from the Temple of Kriya Yoga and Holistic Health Practitioner with over 20 years' experience.

She is a Massage Therapist, Esthetician, Yoga Instructor & Director of the Advanced Training Academy at SoderWorld Wellness Center in Willowbrook.

She also teaches groups, private tutors and performs bodywork and yoga at various locations throughout Chicagoland and the US. She focuses more on the spiritual/energetic side of healing in her treatments and teachings. Although Misty did some art and poetry at an early age, she has recently rediscovered her passion again for writing and the arts about 4 years ago.

She also is event coordinator for the Flower of Life Art Gallery in Lockport and Secretary for TAGOL (The Artists Guild of Lockport). Member of ABMP, Yoga Alliance certified – ERYT. NCBTMB & Yoga Alliance CEU approved provider.



Jamie Durner

Ayurveda Practitioner, CAP

Teaching Faculty

Jamie Durner is an accomplished holistic wellness professional with a diversified background including 25 years clinical experience, over 3,500 hours of professional training in holistic wellness, and 15 different marketing and business programs. Her wellness training includes certifications in Ayurvedic medicine, Medicinal Aromatherapy, Inspired Learning Facilitation, Life Coaching, Kundalini Yoga, Craniosacral Therapy, Ayurvedic Body Therapies, and Massage Therapy.

Her experience includes developing and providing group and individual wellness programs, corporate wellness in-services, keynote presentations, self-care home products, facilitating healing retreats, and serving on staff in an Ayurveda school providing Ayurveda training, pulse diagnosis, business education and intern supervision. She is the creator of the “Creating Health & Harmony”, “Healthy Weight, Healthy You” and “Healing from the Inside Out” wellness programs as well as the Audio Kundalini Yoga Class series. She is a contributing author in the books: “Your Better Body: The Woman’s Guide to Holistic Health & Wellness” and “Yoga in America”; has published articles online and in print publications, and produces the Holistic Business Prosperity blog.

Having worked primarily as a sole proprietor, she knows firsthand what it takes to be a successful, profitable and balanced soloprenuer. Today, Jamie combines her insider wellness knowledge as an Ayurveda Practitioner and holistic coach with practical business insight & coaching expertise to serve emerging and developing Ayurveda and holistic professionals. She offers Individual Mentor Coaching and the group mentor “Business Success Breakthrough” program. Her passion is to make sure that all the beautiful people called to share their healing gifts have the critical, comprehensive business skills to succeed and have a profitable business to support their families, too!



Karla A. Cain
Academic Counselor and teaching faculty
Ayurveda Health Counselor, E-RYT-200 Yoga Instructor
Panchakarma Therapist, ACE Certified Fitness Instructor
Founder, Sattvic Sage Solutions

Karla led a lifetime career in the Financial Industry, with over 20 years' experience in Brokerage Account Administration, Financial Planning, Investment Advisory, Investment State Law, Insurance, Staff Coaching & Training, Marketing, Business Development, Networking and Public Relations.

In 2015, after years of study & having found a true passion for Ayurveda, she left the corporate world to make holistic healing her primary focus. She has studied Ayurveda, Ayurvedic Herbs and Panchakarma Therapies in the US, Italy and India. She has completed countless courses, workshops and conferences in Ayurveda, Yoga, Anatomy, Nutrition and Herbology.

Karla currently teaches Yoga, Meditation and Paranayama at Lifetime Fitness Corp, Soderworld Center for Expanded Consciousness in Willowbrook, IL and formerly at the Hindu Temple of Greater Chicago in Lemont, IL. She is also a national ACE-Certified Fitness Instructor.

She has recently moved her private practice, Sattvic Sage Ayurveda, to Phoenix, AZ. She offers personal consultations on Ayurvedic Health & Wellness, Seasonal Group Cleanse programs to attain natural health and Panchakarma Body Therapies. She conducts many Classes, Courses & Workshops on natural living, spiritual healing, herbal remedies & the introduction of Ayurveda to her community. She is also the Owner/Founder of Sattvic Sage Solutions, an IT Solution created specifically for the Ayurvedic Practice.



Pushpa Soundararajan, Teaching Faculty
AHE, RDN, LDN, Yoga Instructor

Pushpa Soundararajan, RDN, LDN is a Registered Licensed Dietitian who graduated with a Bachelor's Degree in Nutrition and Medical Dietetics from University of Illinois in Chicago. She has over 25 years of experience in nutrition counselling to patients in many settings including dialysis units, hospitals and outpatient canter.

Pushpa is also a Certified Yoga teacher, Ayurvedic Health Educator (Yoga Gnan Jyoti) and Ayurvedic Food and Nutrition Consultant (International School of Yoga and Ayurveda). Her engagements include talks on Ayurveda at the Global Ayurveda Conferences on integrating Ayurveda and Modern Nutrition on topics including Obesity, Autism and woman's health issues like PMS. She has also written a chapter on Ayurveda in an upcoming Functional Medicine Textbook.

She is currently in Private Practice as a Registered Dietitian and has a unique way of integrating Modern Medical Dietetics with ancient principles of Ayurveda in providing her clients a comprehensive individualized nutrition plan that not only helps with healing but also enhances their wellbeing. Her nutrition counselling services include but are not limited to Diabetes, Obesity, kidney disease, digestive disorders and Vegetarian Nutrition.

*Faculties are subject to change without any advance notice.

8. LEARNING OPTIONS

Ananda Ayurveda Academy is glad to offer two (2) Student Program Options and two (2) Learning Mode Options, based on the program and needs of our Students.

Regular Student Option:

This is a comprehensive program option where students are required to attend a yearlong course to receive complete credit and certification. Students are required to take Quizzes, complete Homework, attend student-client interactions, complete assignments, projects and take the required exams to receive the certification and final grade.

Audit Student Option:

Audit Student learning option is for those who do not want to appear for quizzes, exams, assignments and projects, internship. They will have the opportunity to learn along with the regular students.

The 'Audit Student' will take the same classes as the 'Regular Student' with the exception of quizzes, exams, assignments and projects, webinars, internship.

Please note that "Audit Student" option will not earn any credit for program attended.

This option also has discounted fees due to less number of program hours.

Any change to the "Regular Student" option to "Audit Student" or vice-versa options after admission will require a non-refundable fee of \$250 to be paid by the student.

9. TRAINING FORMAT

The programs at Ananda Ayurveda Academy are designed for working adults and ensure flexibility and ease of learning for busy individuals. The Training formats offered are a good blend of on campus In-class, workshops, webinars, as well as off-campus live-streaming virtual classroom sessions.

On Campus In-Class Sessions: Students attend the program in-class at our Soderworld Learning center campus.

Off-Campus Live-Streaming: Webinars, Virtual Classroom Sessions. Specially offered to our students who are unable to travel and attend the in-class session at any point in time.

However, restrictions do apply as some classes will need in-person attendance for Pulse Analysis and Internship. All options give each student a personal login, with access to online information, videos, the capability to attend Webinar classes in the Virtual Classroom and upload documents and class assignments.

10. TUITION AND FEES

Please refer to the following payment plan options and choose the plan best for you. Kindly note that Tuition includes classes, exams and certification fees.

Access to video conferencing, audio conferencing, and online meeting access learning software like “Zoom” and student portal will be included in the student fees.

Additional Costs that are responsibility of the students:

- Books needed for the program. Please refer to recommended reading section for list of books.
- Additional Workshops offered outside this program may have an added cost.
- Laptop/PC with required operating software and access to Google Docs, webcam, microphone, headphone. High speed internet connection for remote login.
- India visit for Gurukul Program travel and holistic wellness centers.
- Internship case studies - Students are required to bring their own clients at the Student-learning Internship event. Faculty time cost for Student- Internship event is about \$30 per half hour.
- Virtual Student annual postage fee.

AWC Regular Student Learning Option: 12 Month Program

Tuition: First Level - Ayurveda Wellness Counselor \$5,500

Registration \$100 (non-refundable)

Payment Plan options	Tuition Plan Installment	Number of Payments	Seat Reservation	Total Cost	installment Due Date
A –One-time full payment	\$5,000.00	1	\$500	\$5,500	By 09/1
B -Half Term	\$2,750	2	\$500	\$6,000	1 st Installment : By 09/01 2 nd Installment : By 03/01
C- Quarterly	\$1,388	4	\$500	\$6,052	1 st Installment : By 09/01 2 nd Installment: By 12/01 3 rd Installment : By 03/01 4 th Installment : By 06/01
D- Monthly	\$467	12	\$500	\$6,104	1 st Installment: By 09/01 2 nd through 12 th installment: By 1 st of Every month until 08/01

AWC Audit Student Learning Option: 11 Months Program

Tuition: First Level - Ayurveda Wellness Counselor \$4,900

Registration \$100 (non-refundable)

Payment Plan options	Tuition Plan Installment	Number of Payments	Seat Reservation	Total Cost	installment Due Date
A –One-time payment in Full	\$4,400	1	\$500	\$4,900	By 09/01/19
B -Half Term (5 Months)	\$2,420	2	\$500	\$5,340	1 st Installment: By 09/01/19 2 nd Installment: By 02/01/20
D- Monthly (11 Months)	\$448	11	\$500	\$5,428	1 st of every month until 07/01/19

AP Regular Student Learning Option: 12 Month Program

Tuition: Second Level - Ayurveda Practitioner \$6,500

Registration \$100 (non-refundable)

Payment Plan options	Tuition Plan Installment	Number of Payments	Seat Reservation	Total Cost	installment Due Date
A –One-time full payment	\$6,000.00	1	\$500	\$6,500	By 9/1
B -Half Term	\$3,300	2	\$500	\$7,100	1 st Installment : By 09/01 2 nd Installment : By 03/01
C- Quarterly	\$1,665	4	\$500	\$7,160	1 st Installment : By 09/01 2 nd Installment: By 12/01 3 rd Installment : By 03/01 4 th Installment : By 06/01
D- Monthly	\$560	12	\$500	\$7,220	1 st Installment: By 09/01 2 nd through 12 th installment: By 1 st of Every month until 08/01

AP Audit Student Learning Option: 11 Months Program

Tuition: Second Level - Ayurveda Practitioner \$5,900

Registration \$100 (non-refundable)

Payment Plan options	Tuition Plan Installment	Number of Payments	Seat Reservation	Total Cost	installment Due Date
A –One-time payment in Full	\$5,400	1	\$500	\$5,900	By 09/01
B -Half Term (5 Months)	\$2,970	2	\$500	\$6,440	1 st Installment: By 09/01 2 nd Installment: By 02/01
D- Monthly (11 Months)	\$550	11	\$500	\$6,550	1 st of every month until 07/01

First payment is due upon enrollment per the “Tuition Plan Installment” amount for respective plan.

Subsequent payments will be due for selected payment plan on half yearly, quarterly or monthly as applicable with no grace period. A \$25 late fee will be charged for delayed payments. All subsequent payments are due per the chosen payment plan term Installment due dates.

Payments must be made by check or major credit cards only. Notify the Academy administration one month before payment is due if there are any changes with your credit card on file. All credit card payments will be charged with 4% processing fee.

Ananda Ayurveda Academy does not offer state or federal financial aid, educational loans or tuition scholarships to students currently. Maintenance of a current and satisfactory account standing is required for continued Enrollment in the Program, graduation and for the issuance of transcripts. Students who lapse in their tuition payments will be dropped from Enrollment.

India Gurukul Program – Program Internship

Our students can benefit from our affiliation in India for advanced and practical experience, to gain the clinical exposure and experiencing “Living Ayurveda”. These experiential trips are scheduled for 3-4 weeks in during at additional cost to students. This program is built-in with clinical exposure, lectures, hands-on experiential learning with out-patient and in-patient hospital experience in India. This program is available in the winter.

11. REFUND and CANCELLATION POLICY

We don't want to see you go! But if for any reason you must leave the program, please see our policy here.

If the student decides to cancel, withdraw the enrollment at any point in time, a written request via email from the student is required to be sent to: info@AnandaAyurvedaAcademy.com.

Both parties have the right to cancel the contract within the first three days of the first class start date.

100% refund of Tuition if students decides to discontinue within 3 days of class start date.

The \$100 Application fee is not refundable.

There will be no refunds if the student decides to withdraw, cancel after 4 classes have been conducted for the program.

The refund will be processed within 30-45 days from the day AAA receives the official written request of cancellation from the student. The refund check will be mailed to the official address of the student on the file.

Eligible refunds will not include any interest, processing fees on the Tuition at any point in time. Pro rata per month deduction for classes expended until the receipt of cancellation request will be applied for respective Tuition plan options for eligible refund calculations.

No tuition will be refunded if the enrollee's payments are not current, nor may any of his or her prior payments be applied to future Programs or courses.

Withdrawal or cancellation after attendance has begun, but prior to completion of the 4th class, will result in a prorated refund computed, based on the number of hours completed to the total course hours.

Any additional changes, fees incurred (i.e., credit card fees) etc. will not be refunded.

The refund due to the student is calculated using the last date of attendance or withdrawal/cancellation request date – which-ever is latest date will be used to compute the student last date for refund purposes.

Costs expended for fees for all classes conducted until the date of cancellation are not subject to refund.

12. MAKE UP CLASS, SINGLE MODULES MAKE UP CLASS

Make up class may be taken individually by listening to the pre-recorded session before attending the next class.

13. CLASS SCHEDULE

Classes include a perfect blend of In-Class theory and practical hands-on training experience, Virtual Class case study discussions and built-in Internship hours to ensure proper theoretical and practical training.

Course classes cover 14 modules along with internship and monthly workshops/webinars and virtual classroom sessions for case study discussion and counselor coaching.

Classes are conducted at the following frequency:

- On-campus classroom sessions: Monthly - One weekend Saturday and Sunday per month.
 - 8:30 AM to 6:30 PM
- Off-campus Online Live-Virtual Classroom: Weekly – Tuesdays (AP) or Wednesdays (AWC)
 - 6 PM to 8 PM
- On/off-campus - Webinars/Workshop: Usually once a month
 - Mostly Sundays –Time varies

In addition to the above classroom hours, Internship dedicated hours throughout year - Practical hands-on coaching throughout the year and Clinical training immersion at the end of the program

Typical Class routine: (Sat & Sun)

- Start the class with
 - Pranayama – Yogic Breathing – 3 mins
 - Meditation for 11 mins
 - Chanting Om and Sanskrit Mantra – 3 times
- Q&A on last class if any or any other questions
- Class teaching
- Breaks – 15 mins bio break after every 2 hours
- Lunch – 1 hour break
- Hatha Yoga – 20 mins
- End the class with Shanti Mantra (Only on Sunday)

A Midterm exam will be conducted after the 6th Session:
February 27, 2021

Final exam will be conducted at end of program for areas of instruction:
August 28, 2021

Please Note: Practice Webinars, Midterm, Final & Internship dates do not apply to 'Audit Option' Students. The course sequence, course numbers, course names, hours, instructors are subject to change.

14. HOLIDAYS OBSERVED

- New Year's Day
- Martin Luther King Day
- Good Friday
- Memorial Day
- Independence Day
- Labor Day
- Veteran's Day
- Thanksgiving Day
- Friday after Thanksgiving Day
- Christmas day

15. COURSE OBJECTIVE

As the name suggests, Ayurveda – The science of life has offered health and wellness to the mankind since ages. The recommendations can be found in the Ayurvedic ancient scripts on Dinacharya – Daily Lifestyle practice and changes one should adopt with seasons and their individual prakruti.

The Level-1 Ayurveda Wellness Counselor (AWC) program is developed to educate students about Ayurvedic way of life which helps an individual to learn about Ayurvedic wisdom for balancing life style for self- healing. The AWC program equips student with knowledge that they can use to enhance their health with appropriate diet and lifestyle based on the wisdom of Ayurveda. The program can also help in educating families, friends, and clients in adopting a holistic lifestyle based on the proven Ayurvedic principles.

The primary focus of the Level-1 program is prevention of imbalances through deeper understanding of the body rhythms, time, and nature. Individuals learn about the knowledge to balance health, life style changes in daily living practice for health and longevity.

The Level-2 Ayurveda training program is known as **Ayurveda Practitioner (AP)** program. The pre-requisite for Level-2 is successful completion of Level-1 program. AP program focuses on in-depth knowledge of Ayurveda wellness. The AP students will be able to restore their balance and harmony to achieve perfect health. Level-2 program is more focused on learning the ancient art of healing.

After graduating from Level-2 program, the Ayurveda Practitioner, will be able to restore the balance and harmony of the individual, resulting in self-healing, good health and longevity.

16. RECOMMENDED READING

Students at AAA will receive class notes/handouts for each session. While there is no traditional Library, here is the list of Books which will be beneficial for supplemental reading while taking the course.

For Level 1

- Ayurveda Natures Medicine – Dr. Ranade and Dr. Frawley
- Ayurveda Text Book – Vol I - Dr.Lad
- The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine – Dr. Frawley and Dr. Lad
- Ayurveda and the Mind – Dr. D. Frawley

For Level 2:

- Ayurveda Text Book – Vol II and V III - Dr.Lad

Further recommended reading and names of books, articles etc. will be provided by respective AAA faculties from time to time as we advance in each class.

17. ACADEMIC CALENDAR

2020-2021 Class Schedule for Ayurveda Wellness Counselor (AWC)

Module	Title	Date
AAA101	Padarthavigyan, Itihas & Yoga Darshana	September 5 & 6
AAA 102	Sharir Vigyana I	October 3 & 4
AAA 103	Sharir Vigyana II	October 17
AAA 104	Manas Shastra and Sooskma sharir	November 7 & 8
AAA 105	Aahar Vigyana	December 12 & 13
AAA 106	Swasthavritta	January 16 & 17
AAA 107	Yoga Shastra	February 20 & 21
AAA 109	Nidan panchak and Nadi Vigyana	March 20 & 21
AAA 108	Dravyaguna Shastra	April 17 & 18
AAA 110	Ayurveda Rasayana and Panchakarma I	May 15 & 16
AAA 111	Ayurvedic Chikittsa	June 19 & 20
*AAA 112	Ayurvedic Practice & Management	July 10, 2020
*AAA 113	Internship	July 17 & 18
*AAA 114	Internship	August 21 & 22

Please note: All dates may be subject to change without notice

*These modules are not applicable for Audit Students

In addition to above schedule there will be weekly one night Virtual classroom session and once a month Webinar / Workshop organized on Sundays to fulfill the classroom hours and internship hours.

2020-2021 Class Schedule for Ayurveda Practitioner (AP)

Module	Title	Date
AAA2101	Vikruti Vignyan	Sep 26 & 27
AAA2102	Dravyagua Shastra II & Bhaishajya Kalpana I	Oct 10 & 11
AAA2103	Yoga Shastra II and Marma Vigyana	Nov 14 & 15
AAA2104	Panchakarma II	Dec 19 & 20
AAA2105	Ayurveda Sooksma Chikitsa Ayurveda Research Methodology	Jan 2 & 3
AAA2106	Kayachikitsa I	Feb 6 & 7
AAA2107	Kayachikitsa II	Mar 6 & 7
AAA2108	Kayachikitsa III	Apr 3 & 4
AAA2109	Kayachikitsa IV	May 1 & 2
AAA2110	Kayachikitsa V	Jun 5 & 6
AAA2111	Kayachikitsa VI	Jul 24 & 25
AAA2112	Kayachikitsa VII	Aug 7 & 8
*AAA2113	Clinical Practicum immersion	Jul 17 & 18
*AAA2114	Clinical training-Gurukul.	TBD

Please note: All dates may be subject to change without notice

*These modules are not applicable for Audit Students

In addition to above schedule there will be weekly one night Virtual classroom session and once a month Webinar / Workshop organized on Sundays to fulfill the classroom hours and internship hours.

18. COURSE/PROGRAM DESCRIPTION:

Program Description and outcome

AWC Program

AAA 101 – Padarthvigyan and Ayurveda itihaas and Yoga Darshana

Subject Description: The course teaches introduction to the science of Ayurveda, the core principles and the ancient history and cosmology. The topics will include but not restricted to

- Ayurveda definition, purpose,
- Founding philosophies- Shad Darshana
- Building blocks of Ayurveda (Panchamahabhuta theory)
- Ayurvedic history, literary review and intro to reference text book of Ayurveda
- Ayurvedic view of cosmology,
- Sankhy, Yoga darshana

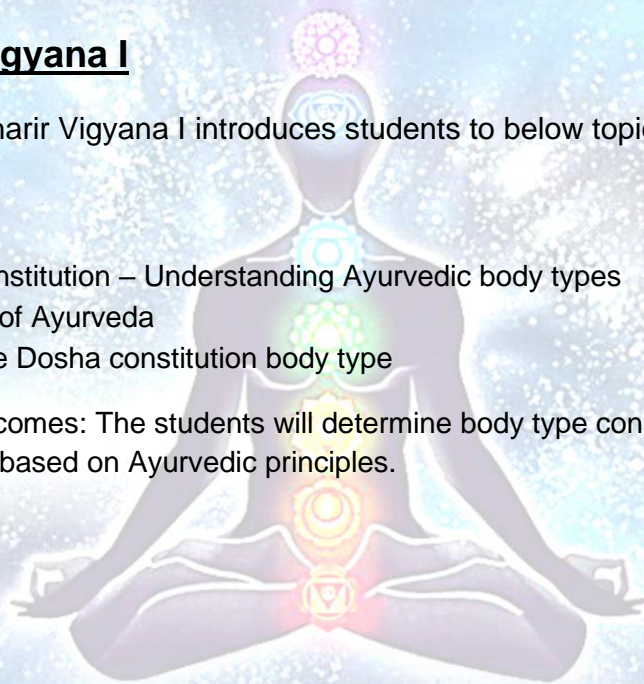
Program learning outcomes: The students will able to describe history, philosophies, fundamental principles and basic terminologies explained in Ayurveda.

AAA 102 –Sharir Vigyana I

Subject Description: Sharir Vigyana I introduces students to below topics but not restricted to

- Dhosha theory
- Triguna theory
- Evaluation of Constitution – Understanding Ayurvedic body types
- Anatomical view of Ayurveda
- How to determine Dosha constitution body type

Program learning outcomes: The students will determine body type constitution and assess the imbalance in Doshas based on Ayurvedic principles.



AAA 103 – Sharir Vigyana II

Subject Description: Sharir Vigyan II introduces students to below topics but not restricted to

- Knowledge of Saptadhatu (Ayurvedic tissues)
- Concept of Bodily wastes and their functions
- Concept of Ojas – Essence of life
- Bodily micro channels (Strotamsi)

Program learning outcomes: The students will have deeper knowledge of Ayurvedic physiology that helps understanding of Health and wellness.

AAA 104- Manas Shastra & Sookshma Sharir

Subject Description: Fundamentals of Manas Shastra and Sookshma introduces students to below topic but not restricted to

- Central and outer pathways and energetic anatomy (chakras, koshas and nadis).
- Mind in Ayurvedic perspective
- The soul (Atman)
- The nature and functions of mind and how it functions and operates.
- Types of mind- antarmana, bahyamana
- Different mental processes _ Dhi, dhriti, Smruti
- Relation of mind and body
- Mental constitutions- Satvic, Rajasic, Tamasic

Program learning outcomes: The students will have psychological perspective of human body and from a cosmology and energetic perspective.

AAA 105 – Ayurveda Aharavigyana

Subject Description: Fundamental of Ayurvedic Nutrition & Food science introduces students to below topics but not limited to

- Ayurvedic Parameters of food evaluation – Rasa, Veerya, Vipaka etc.
- Different tastes and their effect on body and mind
- Diet recommendation for constitution type
- Food compatibilities and incompatibilities
- Food etiquettes in Ayurveda – When, where, what and how to eat

Program learning outcomes: The students will have knowledge of assessing diet of the client and can recommend Ayurvedic dietary plan based on Dosha Prakruti for health and wellness.

AAA 106 – Swastha Vritta

Subject Description: An Ayurvedic principle of healthy living introduces students to below topics but not limited to

- Ayurvedic recommendations for creating healthy lifestyles,
- Ayurvedic daily routine for balancing health
- Ayurvedic seasonal routines, self-care.
- Therapies such as Gandusha (oil pulling), Tongue scraping, Danta dhavan, Daily Nasya etc.
- Ancient ethical conducts
- Ayurvedic behavioral regimen

Program learning outcomes: The students will have knowledge to describe methods to help balance daily routine.

AAA 107 –Yogashastra

Subject Description: Fundamentals of Yoga principles introduces students to below topics but not restricted to

- Detail understanding of eight limbs of Yoga
- Different types of Yoga
- Health benefits of Yoga
- Yoga postures for Body types
- Pranayama – Yogic Breathing exercise
- Yogic cleansing practices
- Meditation types and practices etc.

Program learning outcomes: The students will have knowledge to recommend of yogic practices for health and wellness.

AAA 108 – Dravyaguna Shastra

Subject Description: Ayurvedic Herbal science introduces students to below topics but not restricted to

- Understanding herbal energies
- Ayurvedic methods of evaluating herbs and spices
- Method of herbal formulation preparation
- Different qualities, actions, effects, applications, indications and contra-indications, toxicity and dosage of selected Ayurvedic herbs as dietary supplements
- Different methods of herb administration
- How to enhances the healing properties of herbs

Program learning outcomes: The students will have deeper knowledge in understanding house hold spices and able to recommend single herbs or spices as a food supplement and their combination for health and wellness.

AAA 109 – Nidan Panchak & Nadi Vigyana

Subject Description: Nidan Panchak and Nadi vigyana introduce students to below topics but not restricted to

- How to analyze the various systems and structure of the body
- Clinical assessment methodologies
- Descriptive methods of Darshan (observation), Sparshan (palpation) and Prashna (interrogation)
- Analysis of Pulse, tongue and Mala
- Understanding Ayurvedic view of disease process
- Classroom case demonstrations and review

Program learning outcomes: The students will have knowledge of in depth examination of case studies.



AAA 110 – Ayurveda Rasayana Shastra and Panchakarma I

Subject Description: Ayurveda Detoxification and Rasayana Shastra introduces students to below topics but not restricted to

- Approach to the Ayurvedic detoxification strategies and modalities
- Different types of Shamana
- Different types of Shodana methods
- Methods of Panchakarma therapies
- Home mini detox methods
- Methods of rejuvenation in Ayurveda
- Description of Vajikarana(Aphrodisiac therapies)
- Hands on introduction to Abhyanga, Swedana, Kati Bast, Netra Basti, Shirodhara, Shiroabhyanga

Program learning outcomes: The students will recommend and perform basic Ayurvedic therapies for health and wellness.

AAA 111 – Ayurvedic Chikitsa - Healing & Wellness Solutions

Subject Description: Fundamental of Ayurvedic healing wellness solution introduces students to below topics but not restricted to

- Discussing different imbalances (Roga) to understand the pathology and disease manifestations.
- Mapping of various stages of imbalances (Roga) to arrive at a treatment protocol.
- Ayurvedic health management process
- Introduction to the use of spices for bringing the sound health.
- Ayurvedic healing methods including simple herbs, dietary and lifestyle changes to restore and maintain equilibrium.
- Lifestyle recommendations for day today health maintenance

Program learning outcomes: The students will have knowledge of recommending Ayurvedic diet, lifestyle plan for health promotion and disease prevention.

AAA 112 – Ayurvedic Practice and Management

Subject Description: Ayurvedic practice management introduces students to below topics but not restricted to

- Legal, ethical aspects of Ayurvedic practice
- Professional ethics and communication
- Ancient ethical Ayurveda practice
- HIPAA compliance
- How to build and sustain Ayurveda practice
- Client management techniques
- Ayurveda as a developing profession and the need for accreditation
- Working within scopes of practice

Program learning outcomes: The students will be able to apply business principles and manage wellness practice.

AAA 113,114 – Internship

Subject Description: Students are trained in Ayurvedic practice, methods and case management. Students will participate in assessment of a client including observation, supervised case management, record keeping, and case review. Students learn the application of

- Ayurvedic health management process
- Ayurvedic assessment methodologies
- Collaborative review and follow-up
- Client management techniques

Each student must complete a minimum of 50 case encounters with appropriate documentation and submit their results on a regular basis.

Program learning outcomes: The students will be able to apply Ayurvedic health principles and manage wellness working within the scope of practice.

Please note that this is just an outline for the program teaching.

AP Program:

AAA2101 – Vikruti Vignyan &Nidan Panchak (Ayurvedic Pathophysiology, etiological factors)

Subject Description: Fundamental of Ayurveda Vikruti vignyana introduces students to below topics but not limited to:

- Understanding Samprapti (Pathogenesis) in Ayurvedic view
- Study of Nadana Panchaka:
- Detailed study of reaction between Dhatus with dosha
- Discussion on Srotodushti and Dhātu vikruti
- Classification of Vyadhi per Ayurveda
- Chief causes of Rogotpatti

AAA 2102 – Dravyaguna Vignyan II (Ayurvedic material science II) & Bhaishajya Kalpana (Ayurvedic pharmaceuticals)

Subject Description: Dravyaguna vinyana & Bhaishajya kalpana introduce students to below topics but not limited to:

- Comprehensive knowledge of principles of Dravyaguna such as Rasa, Guna, Veerya, Vipaka, Prabhava, Karma.
- Thorough understanding of single herbs used in specific samprapti.
- The principles that govern Bhaishajya kalpana such as Mana (weights and measures), Mantra (Posology), Sevana Kala, PRAYOGA MARGA (Root of administrations) and ANUPANA
- Commonly used multiple-herb formulations

AAA 2103 – Yoga Shastra II, Pranayama, Meditation and and Marma Vigyana

Subject Description:

Fundamental of yogashastra introduces students to below topic but not limited to:

- Use of Yoga postures in management of Dosha balance.
- Detail study of all limbs of Yoga with reference to enhancing individuals health
- Different types of Dhyana(meditations) Practices.
- Different applications of Pranayama
- Types of Marma

AAA 2104 – Panchakarma II (Ayurveda Detoxification)

Subject Description: Advance study of Panchakarma introduce students to below topics but not limited to:

- Study of Panchakarma – Vaman, Virechana, Basti karma, Nasya, Raktamokshana
- Details of Poorvakarma of Panchakarma
- Describing Paschata karma of Panchakarma procedure
- The Rasayana (rejuvenation) concepts of Ayurveda
- Introduction to Vajikarna Concept and learning of various Rasayana & Vajikarna herbs and formula

AAA2105 – Ayurveda sookshma chikitsa (subtle therapies), and Ayurveda Research methodology

Subject Description: Fundamental of Ayurveda sookshma chikitsa (subtle therapies) introduce students to below topics but not limited to:

- Discussing Five types of sensory therapies and their Ayurvedic applications such as Aromatic therapy, Taste therapy, Touch therapy, Sound therapy, Visual therapy
- Intro to Jyotish (Vedic Astrology)
- Intro to Vastu (Vedic Architecture)
- Intro to Ayurvedic Research methodology

AAA 2106 – Kayachikitsa I(Ayurvedic Protocols I) – Pranavaha, Annavah, Udakavaha strotas (Respiratory, Water, & Digestive Channels) Wellness solutions

Subject Description: Fundamental of Ayurvedic protocol for Pranavah, Annavaha, Udakavah strotas wellness solutions introduce students to below topics but not limited to:

- Ayurvedic etiology and samprapti of Pranavaha, Annavaha , Udakavaha imbalances

- Management of Vataj, Pittaj, Kaphaj Pranavah, Annava, Udakavaha disorders
- Discussion on Ama and Nirama conditions and various disorders such as Aruchi, Adhaman, Swasa, Kasa, Hikka, Grahani, Trushna, Shotha.

AAA 2107 – Kayachikitsa II (Ayurvedic Protocols II) – Rasavah & Raktavaha, Purishavaha (Lymphatic, Blood & Skin Channels) Wellness solutions

Subject Description: Fundamental of Ayurvedic protocol of Rasavah & Raktavaha strotas wellness solutions introduce students to below topics but not limited to:

- Ayurvedic etiology and samprapti of Rasavah, Raktavaha, Purishavaha strotas imbalances
- Management of Vataj, Pittaj, Kaphaj Rasavaha, Raktavaha, Purishvaha disorders
- Discussion on Agni states in respective imbalances such as Jwara, Pandu, Raktapitta, Atisara, Arsha

AAA 2108 – Kayachikitsa III (Ayurvedic Protocols III) – Mansavaha & Medovaha, Mootravaha (Muscular, Fat Metabolism, Urine Channels) Wellness Solutions

Subject Description: Fundamental of Ayurvedic Protocol for Mamsavaha, Medovaha, Mutravaha wellness solutions introduce students to below topics but not limited to:

- Ayurvedic etiology and samprapti of Mamsavaha, Medovaha strotas imbalances
- Ayurvedic protocol for Vataj, Pittaj, Kaphaj Mamsavaha, Medovaha, Mutravaha strotas imbalances
- Discussion on various strotas respective imbalances such as Gamdamala, Mamsagatvat, Sthaulya, Ashmari

AAA 2109 – Kayachikitsa IV (Ayurvedic Protocols IV) – Asthivaha Majjavaha, Swedavaha Strotas (Skeletal & Nervous Channels) Wellness solutions

Subject Description: Fundamental of Ayurvedic Protocol for Asthivaha, Majjavaha, Swedavaha strotas wellness solutions introduce students to below topics but not limited to:

- Ayurvedic etiology and samprapti of Asthivaha, Majjavaha, Swedavaha strotas imbalances
- Management of Vataj, Pittaj, Kaphaj Asthivaha, Majjavaha, Swedavaha disorders
- Discussion on various strotas imbalances such as Asthigatavata, Sandhigatavata, Vatavyadhi, Kushta

AAA 2110 – Kayachikitsa V (Ayurvedic Protocols V) – Shukravaha & Artavavaha strotas (Reproductive Channels, Pre, Postnatal care) Wellness solutions

Subject Description: Fundamental of Ayurvedic Protocol for Shukravaha strotas wellness solutions introduces students to below topics but not limited to:

- Ayurvedic etiology and samprapti of Shukraavaha, Artavavaha strotas imbalances
- Management of Vataj, Pittaj, Kaphaj Shukravaha, Aartavavaha disorders
- Prenatal, postnatal therapies such as Diet and life style measures for both new born and mother, Food and herbs which promote lactation

AAA 2111 – Kayachikitsa VI (Ayurvedic Protocols VI) – Balaroga, Jara vyadhi (Pediatric, Geriatric & Rejuvenative Protocols) Wellness solutions

Subject Description: Fundamental of Ayurvedi Balaroga, Jaravyadhi and Rasayana chikitsa wellness solution introduce students to below topics but not limited to:

- Ayurvedic etiology and samprapti of Bala and Jara Roga

- Ayurvedic view of child's health, Diet and lifestyle appropriate for different age groups, herbs suitable to promote health
- Ayurvedic protocols for mild vikruti in different age groups

AAA 2112 – Kayachikitsa VII Ayurvedic Protocols VII – Urdhvajatrugata and Manovaha strotas (Head-neck region including EENT and Mind channels) wellness Solutions

Subject Description: Fundamental of Ayurveda Urdhvajatrugata and Manovaha wellness solution introduces students to below topics but not limited to:

- Knowledge and imbalanced dosha, sub-dosha, updhatu of this region
- Knowledge and imbalanced dosha, sub-dosha, updhatu of this region
- Samprapti and Nidana panchak of various imbalances of this region such as Karnaroga, Netraroga, Adhimantha, Nasaroga, Unmada, Akshepa
- Utility of Sattva Avajaya Cikitsa: methods to improve the health and stable functions of the mind by enhancing sattva guna.

AAA 213 – Internship

Subject description:

Ayurveda Internship and case experiential education includes one on one Ayurveda consultations performed by Vaidya faculty. Students will have an opportunity to observe and understand:

- Applying assessment protocol to identify Samprapti.
- Creating a healing protocol for bringing dosha balance and achieving wellness.
- Interaction skills with client for guiding the healing recommendations.

AAA214 – Gurukula Internship at INDIA: Two to three weeks (Extra fees applies)

The program is designed to offer an additional opportunity to strengthen the knowledge and build experience for gaining the confidence in Ayurveda healing. It focuses on Ayurvedic assessment, creating Ayurvedic healing protocols, botanical identification and application of Ayurvedic herbs, implementation of Panchakarma and Beauty therapies, hands-on preparing various Ayurvedic multi herbal formulations, Yoga, Jyotish and Vastu counseling. Also, students gain practical hands-on huge experience managing a variety of cases across diverse age groups and disorders.

19. TOTAL PROGRAM HOURS AND STRUCTURE

AWC (Ayurveda Wellness Counselor):

Program structure: AWC is designed as a Hybrid program providing optimal flexibility and effectiveness to our students with options for on-campus, virtual and off campus on-line classroom sessions.

Program Length: **14 Modules/1year/651hours**

Classes are conducted at the following frequency:

- On-campus classroom sessions: Monthly - One weekend per month – 3rd weekend/month
 - 8:30 AM to 6:30 PM
- Off-campus Online Live-Virtual Classroom: Weekly – Tuesday evenings.
 - 6 PM to 8 PM
- On/off-campus - Webinars/Workshop: Monthly - Mostly on a Sunday/month.
 - Time varies

In addition to the above classroom hours, Internship dedicated hours throughout year - Practical hands-on coaching throughout the year and Clinical training immersion at the end of the program.

For case experiential study: Each student must complete a minimum of 50 client encounters, submitting appropriate documentation to meet the graduation requirement.

The AWC Program Hours (651 Hours) are distributed as below:

Course Code	Course Title	Total hours
AAA101	Padarthvigyan, Ayurveda Itihaas & Yoga Darshana, Sanskrit Samhita	50
AAA102	Sharir Vigyana I	35
AAA103	Sharir Vigyana II	35
AAA104	Manas Shastra & Sookshma Sharir	35
AAA105	Ayurveda Aharavigyana	35
AAA106	Swastha Vritta	40
AAA107	Yoga Shastra I	39
AAA108	Dravyaguna Shastra	37
AAA109	Nidan Panchak & Nadi Vigyana	37
AAA110	Ayurveda Rasayana Shastra and Panchakarma I	40
AAA111	Ayurvedic Chikittsa	41
AAA112	Ayurvedic Practice & Management	39
AAA113	Clinical Practicum I (All year long)	148
AAA114	Clinical Practicum II (clinical immersion)	40
	Total hours	651

The AWC program hours include faculty teaching, coaching, counseling, supervised clinical training, exams, clinical practice, applied subject teaching (labs).

The time spent on independent review study, homework, reading assignments, vocabulary memorization is NOT included in above contact hours.

AP (Ayurveda Practitioner):

Program structure: AP is designed as a perfect blend Hybrid program to provide optimal flexibility and effectiveness to our students with options for on-campus, virtual and off campus on-line classroom sessions.

Program Length: **14 Modules/ 1year / 936 hours**

Classes are conducted as follows:

- On-campus classroom sessions: Monthly - One weekend per month – 1st weekend/month
 - 8:30 AM to 6:30 PM
- Off-campus Online Live-Virtual Classroom: Weekly – Tuesday evenings.
 - 6 PM to 8 PM
- On/off-campus - Webinars/Workshop: Monthly - Mostly on a 2nd Sunday/month.
 - Time varies

In addition to the above classroom hours, Internship dedicated hours throughout year - Practical hands-on coaching throughout the year and Clinical training immersion at the end of the program.

For case experiential study: Each student must complete a minimum of 100 client encounters, submitting appropriate documentation to meet the graduation requirement.

The AP Program Hours (936 Hours) are distributed as below:

Course Code	Course Tittle	Total hours
AAA2101	Vikruti Vignyan & Sanskrita Samhita	50
AAA2102	Dravyagua Shastra II & Bhaishajya Kalpana I	73
AAA2103	Yoga Shastra II and Marma Vigyana	39
AAA2104	Panchakarma II	39
AAA2105	Ayurveda Sooksma Chikitsa Ayurveda Research Methodology	47
AAA2106	Kayachikitsa I	37
AAA2107	Kayachikitsa II	37
AAA2108	Kayachikitsa III	37
AAA2109	Kayachikitsa IV	37

AAA2110	Kayachikitsa V	37
AAA2111	Kayachikitsa VI	37
AAA2112	Kayachikitsa VII	39
AAA113	Clinical Practicum (All year long)	131
AAA114	Advanced training-Gurukul	280
	Total hours	936

The program hours include faculty teaching, coaching techniques, supervised clinical training, exams, clinical practice, and applied subject teaching (labs).

The time spent on independent review study, homework, reading assignments, vocabulary memorization is NOT included in above contact hours.

20. TRANSFER OF CREDIT

Transfer of credit is not applicable as of now. However, accepting this school's credits is individual school's choice.

Students who have completed all or a portion of an Ayurvedic Program of study offered by another

Institution in the US or abroad may, on a case-by case assessment basis, have certain modules of the Institute's Program waived along with the equivalent proportion of tuition. In such cases, AAA offers to review and assess the student's academic records and determine their potential for attaining AAA Certification. For information about our Recognition of Prior Training and Ayurvedic Credential Consolidation, Contact the Program Director.

21. ASSESSMENT & GRADING POLICY

The grading and assessment are designed to help the student meet the learning objectives and is a measure of the student's progress. Every assessment is directly related to one or more learning objectives and the final grade is the reflection of how much you have learned in the course.

The assessment is done throughout the program and includes but not limited to quizzes, exams, homework, various assignments, project work etc.

To determine the student's final average for course completion, AAA will be using the following individual letter and numeric grading system for computing GPA (Grade Point Average).

Letter Grade	Grade Points	Description	% Obtained
A	4.00	Highest honors	90 to 100%
B	3.00	High honors	80 to 89%
C	2.00	Honors	70 to 79%
D	1.00	Passed	60 to 69%
F	0.00	Failed	Below 60%
I		Incomplete	
W		Withdrawal	

22. SATISFACTORY PROGRESS

- Student progress will be evaluated on regular basis for each subject through assessments.
- The student must maintain at least a minimum grade point average of 2.00 with no more than one subject class grade below 70%.
- The student will be placed on “Academic Probation” if they fail to achieve the expected GPA of 2.0
- Grade reports will also be provided to a student's sponsors if applicable.

ACADEMIC PROBATION & DISMISSAL

Students will be placed on Academic Probation if they have cumulative GPA below 2.0.

In such circumstances they will receive formal notification and be assigned an intervention advisor to discuss a plan of action to improve their GPA. The school will document this in the student's file. If the student does not demonstrate satisfactory progress at the end of this probationary period, that student's enrollment will receive Academic Dismissal and be terminated from the program. Students who receive academic dismissal can reapply post passing the interview.

***Incomplete:** An "I" for Incomplete is assigned when all the work of a subject class cannot be completed due to circumstances beyond the control of the student. The student may complete the work by the end of the term, or the student can notify the Program Director for readmission for one opportunity to complete the work in a subsequent term beginning no later than 12 calendar months after the end of the term in which the student was assigned the "I". There will be no additional administrative or tuition fees charged for students who exercise this option; however, there may be additional fees for books, supplies, and/or tool kit.

***Withdrawal:** A "W" for Withdrawal indicates that the student officially withdrew or was administratively withdrawn from the subject class.

23. REPEATED COURSES

When a subject class assessment is repeated, the higher grade for the repeated assessment will be considered in the determination of the student's grade average for the course of study.

24. ATTENDANCE POLICY

Students are expected to attend scheduled classes, webinars, internships etc. and to be punctual in attending all sessions.

In order to receive full credit, all course work must be completed within the allotted time along with fulfillment of the internship requirements for Regular student program option. In case the student misses any assignments/exams/quizzes, the Program Director together with the course faculty may consider student requests for rescheduling. The final decision, in such instances rests with the Program Director.

Punctuality is required of students, a tardy is defined as arriving in the session after the designated time for the beginning of the class or for the continuation of class after breaks. Six tardies to class will be counted as one absence.

At AAA, we understand that at times students may have unforeseen circumstances that requires them to miss the class. At the discretion of administration exceptions and adjustments to our attendance policies will be made for our students who are absent for cause. However, students should not miss more than 40% of the total program due to the nature of the program content and teaching format.

Leave of Absence

The Program director may grant a leave of absence after determining that good cause is shown.

A Student in need of a temporary leave or Withdrawal from a program of study is required to complete and submit an official notice of withdrawal. If a student requests a withdrawal, all current semester courses will be reflected on the students transcripts with a "W" (W = Withdrawal). The student will be subject to any changes in course or program curriculum that occurs after the student has withdrawn and before they continue classes at AAA. These changes may include taking additional core courses or having requirements added to the curriculum, program or courses.

25. STUDENT CONDUCT EXPECTATIONS

Students at AAA are expected to behave in a manner that will create a safe and orderly academic environment for themselves and others. Students found in violation of these conduct expectations will be subject to disciplinary action which may include written warning, suspension, dismissal, and/or referral to law enforcement officials.

Below is a partial list of inappropriate behaviors that will be subject to disciplinary action. This list is not all- inclusive.

1. Academic dishonesty, including any form of plagiarism, cheating, falsification of records, or collaboration with others to defraud
2. Actions that disrupt teaching, learning, administration, or interfere with the rights of others

3. Non-compliance with the directives of school faculty and staff
4. Violation of written policies, rules, or procedures
5. Theft of any kind, and related behaviors such as possessing stolen property or using the property of others without their permission
6. Damage to property or destruction of property
7. Creation of unsafe conditions
8. Carrying out a false alarm or creating an emergency situation such as a fire or a bomb threat
9. Hurting others, threatening others, or engaging in behavior that may result in harm to others
10. Selling, consuming, and/or possessing alcoholic beverages
11. Possessing or using drugs not prescribed for the student by a physician; selling any drugs; possessing or using illegal drugs or narcotics
12. Possessing a firearm or other deadly or dangerous weapons such as knives, knuckles, clubs, baseball bats, and hammers while on the property of the school or in any part of the school building

Reenrollment after Dismissal for Violation of Student Conduct Expectations:

After one four-week term has elapsed, a student whose enrollment was terminated for violation of student conduct expectations that did not result in the involvement of law enforcement officials will have one opportunity for reenrollment in a subsequent term in the next 12 calendar months.

26. SEXUAL HARASSMENT DEFINED

AAA is committed to maintaining at all times, learning environment free of sexual harassment and intimidation. Sexual harassment of or by any student, faculty/staff member is strictly prohibited.

Sexual harassment can include, but is not limited to, the following:

- An unwanted physical advance or verbal approach of a sexual nature;
- Subtle or overt pressure for sexual involvement;
- Unwanted reference to one's physical appearance, sexuality or to sexual activities;
- Unwanted physical contact;
- The demand for sexual favors accompanied by implicit or explicit threats;
- Any comments or actions which denigrate a person based upon gender;
- Unsolicited sexual gestures or comments or the display of offensive, sexually graphic materials

27. GRADUATION REQUIREMENTS

A Certificate of Completion in Ayurvedic Wellness Counselor and Ayurvedic Practitioner will be awarded to each student who completes all the subjects of the course of study, participates in 90% of the externship, maintains at least a minimum grade point average of 2.00, and has no more than one subject class grade below 70.

A student who has completed the course of study but does not meet course completion requirements can contact the Program director, for one opportunity to repeat subject classes if necessary or resubmit the assignments with unsatisfactory grades in a subsequent term beginning no later than 12 calendar months after the end of the term in which the student was originally enrolled.

There will be no additional administrative or tuition fees charged for students who exercise this option; however, there may be additional fees for books, supplies, and fees. Following are the list of course completion requirements other than attending the classes:

For prospective Level 1 graduates (Regular Students Only):

1. Community outreach lecture - Eligibility after AAA106
2. Classroom case presentations (2 case presentations)
3. Ayurveda wellness counseling coaching reports covering twelve months (4 minimum = 40 lifestyle coaching reports),
4. Internship case studies (50 client encounters), strictly AAA's faculty observed. (Students are required to bring their own clients in Student- Internship event. Faculty time cost for Student- Internship event is only \$30 per half hour) Please note AAA faculties are not allowed and responsible to share their clientele due confidentiality according to HIPPA.
5. In-class quizzes (11) completed and submitted during each class,
6. Anatomy & Physiology credit course completion due by end of the course,
7. Sanskrit, Vaastu and Jyotish workshops completion,
8. Mid-term and final examination grades (are applicable),
9. The final reach project paper (1) - Any subject student can choose for research paper,
10. Homework & Lab work assignments,
11. Prakruti analysis 15 cases – Externship,
12. Video reviews (3 minimum), after 3rd module

For prospective Level 2 graduates (Regular Students Only):

1. Community outreach lecture - Eligibility after AAA206
2. Classroom case presentations (2 case presentations)
3. Ayurveda wellness Chikitsa coaching reports covering twelve months (4 minimum clients-Chikitsa coaching reports),
4. Internship case studies (150 client encounters), AAA's faculty observed. (Students are required to bring their own clients in Student- Internship event. Faculty time cost for Student- Internship event is only \$30 per half hour) Please note AAA faculties are not allowed and responsible to share their clientele due confidentiality according to HIPPA.
5. Class quizzes completed and submitted during each class,
6. Homework and Lab work assignments,
7. Sanskrit and other Sookshma chikitsa workshops completion,
8. Mid-term and final examination grades (are applicable),
9. The final reach project paper (1) – Specific subject will be directed to student for research paper,
10. Making of Herbarium
11. Video/article/book reviews (5 minimum)

28. STUDENT COMPLAINTS (Grievance Procedure)

A student who has a concern about a school-related issue is encouraged to write in confidence to the school Program Director and/or schedule a conference with the Program Director to find a resolution. If an issue is not resolved to a student's satisfaction through the conference, the student can file a formal complaint in writing with the school director who will formally investigate the complaint, take appropriate action, and provide a written response to the student by the 10th business day after the day the formal written complaint is received.

29. READMISSION

Timelines and conditions for reenrollment are described under the following titles of this catalog: Academic Probation, Student Conduct Expectations, Attendance Policy and Make up class. Students wishing to be readmitted and enrolled should contact the school Program Director.

If the student enrolls to repeat a subject that is no longer offered, the program director will select an appropriate substitute subject for the student to meet that part of the program requirement. The readmission may involve additional fees/charges as applicable from time to time.



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