

Ayurved Sadhana Vidyalaya

Student Catalog 2023

Volume I

Origination

July 1, 2017

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Ayurved Sadhana

Healing Begins Here...

2082 Grayden Court, Superior, Colorado, 80027



“Approved and Regulated by the Colorado Department of Higher Education, Private Occupational School Board”



This is a Non Placement Program

***Policies in this Student Catalog may be subject to change.**

Changes will be distributed to students and become effective immediately upon distribution unless otherwise specified.



Ayurved Sadhana Student Catalog

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FORWARD

Welcome to Ayurved Sadhana, which includes Ayurvedic Teaching Institute, Ayurvedic Clinic and upcoming Ayurvedic Panchakarma Center in India.

Ayurved Sadhana comes under the umbrella of Prabhuram Ayurvedic Vidyalaya Trust, Mumbai, India.

Mission Statement

Ayurved Sadhana Vidyalaya is committed to educating and equipping students of Ayurveda on a path of healing, love and peace with an open mind toward the future of Ayurveda and research, while providing authentic Ayurvedic education.

Healing Begins Here....

The Ayurved Sadhana Vidyalyaya

{ Organization & Structure

President	Dr. Bharat Vaidya
Vice President	Mrs. Anupama Vaidya
Treasurer	Mrs. Anupama Vaidya

Core Faculty

Main Lectures and Academics Dr. Bharat Vaidya
School Director

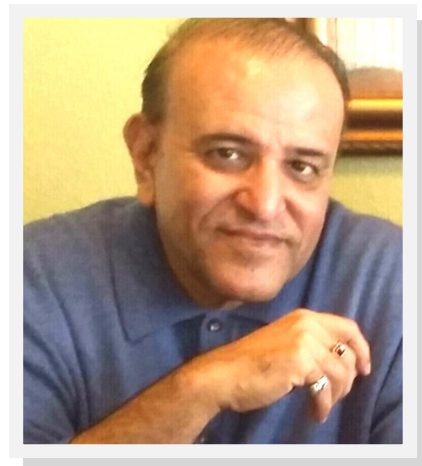
Cooking and Ayurvedic Doula Mrs. Anupama Vaidya
Meditation & Chanting Ms. Susan V. Gordon

The History and Lineage of Ayurved Sadhana Vidyalaya

The Prabhuram Ayurvedic Vidyalaya (College) was founded in 1896 with good intention to establish a Ayurvedic college which will improve the standards for Ayurvedic practitioners in India and inadequate practitioners can be removed from the system. At that time Ayurveda was already in despair and British Government closing Ayurvedic practices and dispensaries in Bombay and other places with the fear of growth of irresponsible and incompetent physician and at the same time to apply their own system of medicine (allopathic) which they brought with them. One of the practitioners who stood up against it was Vaidya Prabhuram Jivanram and later his son Dr. Popat Prabhuram Vaidya. In Bombay, Vaidya Prabhuram Jivanram started an Ayurvedic practice, and saw it continued to grow. During the times, when Allopathic doctors tried to prove that Ayurveda did not work and tried to stop vaidyas from practicing, Vaidya Prabhuram Jivanram proved that Ayurveda works. He impressed with his clinical knowledge and helped curing many people using Ayurvedic herbs and principles. He demonstrated that this several thousands year old science was indeed very valid and useful.



He was very open minded and shared Ayurvedic knowledge by communicating it with European Allopathic doctors, such as Dr. Cook, Dr. Carter, Dr. Mensur, Dr. Arnot, Dr. Bhavdaji, Dr. Kirtikar and Dr. Hedge, Ayurvedic principles.

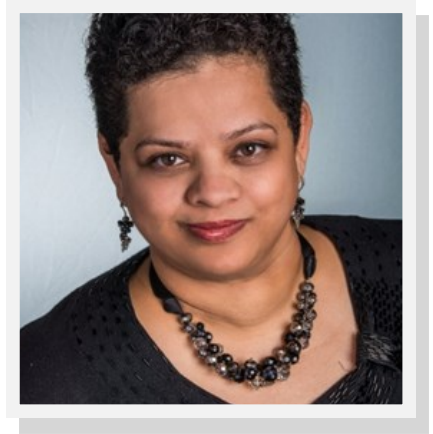


Dr. Bharat Vaidya is a skilled Advanced Ayurvedic physician who received his Ayurvedic degree (B.A.M.S.) and advanced medical training in Mumbai. Then obtained a medical degree (M.D.) from prestigious Catholic University of Leuven, Belgium, Europe. He comes from an Ayurvedic family who was instrumental in the establishment of modern Ayurvedic universities in India. He has practiced medicine in India, Europe and in United States.

He specializes in history of Ayurveda, pharmacology, gerontology, rejuvenation, vajikarana (Science of Aphrodisiacs) and other branches of Ayurveda. His main focus is History of Ayurveda, Philosophy and Sutras of Ayurveda, Ethno-pharmacology, Madhav Nidhan (Diagnostics Criteria), Dhātu (Ayurvedic Pathologies), Wellness/Disease Cooking, Seasonal and Panchakarma Cooking, Rasayana (Rejuvenation), Gerontology, Panchakarma, Nighantu (Advanced Ayurvedic Herbal Studies) and Pharmacology. Dr. Vaidya is loved by many of his students for his passionate teaching style and deep knowledge about Ayurveda and its practices along with Vedic knowledge.

Currently, Dr. Bharat Vaidya is practicing Ayurveda in Superior, Colorado USA. Also, he conducts consultations online or via telephone. His practice focuses on chronic diseases, women and children's diseases and health which include Ayurvedic lifestyle counseling, herbal medicines, and prevention measures. He was the main faculty member at Rocky Mountain Institute of Yoga and Ayurveda (RMIYA) and Alandi Ashram. Currently, he teaches Ayurved Sadhana Vidyalaya along with consultations and mentoring of students Dr. Vaidya also specializes and offers Ayurvedic Doula classes for certified Doulas covering diet, food, and health and oils.

Anupama Vaidya is a software engineer, skilled Ayurvedic cook, and mother of two growing boys.



She co-teaches with her husband, Dr. Bharat Vaidya, for the herbal preparation and cooking hands on classes. Her cooking classes offer flavorful Indian style, gluten free and most important, Ayurvedic preparations for different doshas, seasons and conditions. Her class notes are detailed and clear with valuable recipes and information. She teaches many delicious recipes for prenatal, postnatal and baby nutrition and health care.

Anupama also co-teaches medicinal preparations for the Aushad Kriya and Rasayana classes, including decoctions, compounding, making infusions, cough syrups, medicated ghees, rasayanas, and family health care recipes.



Susan Gordon became interested in Yoga in 1983, when Swami Vishnu Devananda arrived at Aerolite Aviation, a family owned flying school in the United Kingdom.

- In 2002 She received her 200 Yoga Teacher Training from Jeannine Armstrong at Gentle Strength Yoga.
- Later She went to the Sivananda Ashram, Paradise Island, Nassau, Bahamas and received her 300 hour Yoga Teacher Training Certificate. She continues to visit the Ashram and is a senior staff member and has assisted in the 300 hour Yoga Teacher Training Programs.
- In 2011 She received her Thai yoga Massage Certification at the Sivananda Ashram.
- In 2009–2012 Susan worked as the Executive Director for The Rocky Mountain Institute of Yoga and Ayurveda.

In 2015 she joined Ayurved Sadhana as Administrator and core faculty member. Susan teaches Meditation, Chanting and some Asana classes for Ayurved Sadhana Vidyalyaya.

Susan received her Gardening Certification from Denver Botanic Gardens and hopes to bring a horticulture presence to the school in the future.

Susan maintains Private yoga Students and Thai Yoga clients in Grand Junction, Colorado.

FOUNDATIONS-FACILITIES AND SETTINGS

Here at Ayurveda Sadhana, we teach people in a manner that helps bring out their inner and greater potential.

Not only do we focus on the foundations of Ayurveda, but go further beyond that and build a strong scientific foundation for our students. From other schools you may hear terms and definitions and different words that stem from Ayurveda, but here at Ayurveda Sadhana we actually tell you what they mean. We prove everything we teach in a proper scientific manner and help answer the greatest of questions “Why?” In doing so, we make sure that our students actually have faith in the knowledge they take from us.

Our facilities are located at 2082 Grayden Court, Superior, Colorado 80027. Ayurved Sadhana Vidyalaya offers the latest in technology for on-line attendances for your ease of learning. Providing a clean, safe environment for hands on learning is always a fun and amazing experience.

Ayurved Sadhana provides each student with a Course syllabus prior to class start. Online attendance is provided with an invitation to Zoom Meeting and an electronic version of the Course syllabus.

ADMISSION/ENTRANCE REQUIREMENTS

The admissions policy is listed in detail below. For further questions, please contact Ayurved Sadhana Administration at 720-382-6488 or emailing at admin@ayurvedsadhana.com

Enrollment:

Students are currently accepted into the school once a year at the start of Fall semester (see school calendar). Late enrollments will be accepted only two weeks into the course, depending on the length of the course. The school does not discriminate based on race, sex, religion, ethnic origin, or disability.

Prospective students must have a high school diploma or equivalency diploma to be accepted for enrollment. If applicants are beyond the age of compulsory school attendance in Colorado and do not possess a diploma or equivalency diploma, they may complete an ability to benefit test. The school does not administer the test, but will provide information on availability when requested

Materials Due For Admission and Enrollment Procedures

Step 1:

- **Application Form**
- **Application fee of \$50.00**
- **Registration fee of \$100.00**
- **Tech Fee of \$150.00 (due Annually)**
- **Two letters of recommendation from a teacher, professor, advisor, or employer.**

The above items are due in order to be considered as a student here at Ayurved Sadhana.

Step 2:

Make an appointment with Ayurved Sadhana Administration 720-382-6488 for an interview. Bring the above materials if not already sent by email. Allow one hour for this interview. After the interview we will make a decision if you are a fit for our school. You will be notified in writing within 24 hours.

Step 3 :

Complete and submit the forms below:

- **Enrollment Form with**
- **Payment Plan and Installment Agreement**
- **Signed Student Catalogue, Intellectual Property, Permission of Release and**

All materials due July 15th prior to Orientation.

All prospective students who have applied before this date will be considered priority applications. Applications submitted after may get offered a position if space is available. Ayurved Sadhana will not accept any enrollments after the second week of course commencement.

You may schedule an appointment or an interview. To schedule a visit at admin@ayurvedsadhana.com with the subject line "appointment."

NOTE: Credits from previous training, education or experience evaluated on a case by case basis and Ayurved Sadhana Vidyalaya does not guarantee the transferability of its credits to any other institutions.

AYURVED SADHANA VIDYALAYA academic calendar

Google Calander has all details

2023 to 2024

August 2023						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Sep 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Oct 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Nov 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Dec 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Jan 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Feb 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Mar 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Apr 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Jun 2024						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Jul 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Important dates

Fall Semester Dates To-From

FALL SEMESTER **BEGINS** 8/3/2023 – **ENDS** 12/14/2023 (includes winter break)

Spring Semester Dates To-From

SPRING SEMESTER **BEGINS** 1/15/2024 – **ENDS** 5/22/2024 Spring break 3/22/2024 – 3/31/2024

Summer Session Dates To-From

5/22/2024 – August date (TBA)



APPROPRIATE DRESS

Ayurved Sadhana Vidyalaya students are encouraged to dress in a compatible fashion for the class needs and learning environment. Comfortable, loose, modest clothing which will not distract others is recommended as sometimes floor seating is part of the activity.

Loose and heavy jewelry can pose a hazard in some yoga asana classes and should be removed before class.

Dressing in layers that can easily be removed or put back on is since temperatures may vary during the day.

Students are requested to dress in an professional manner in internship situations where contact with clients or the public is part of the internship training.

STUDENT GRIEVANCE PROCEDURE

Student Grievance Procedure

Attempting to resolve any issue with the **School first is strongly encouraged.**

Student Complaints may be brought to the attention of the Division of Private Occupational Schools online at <http://highered.colorado.gov/dpos> or 303-862-3001. There is a two-year statute of limitations for the Division to take action on a student complaint (from student's late date of attendance).

A Grievance form is located toward the end of the Student Catalog.

COMPLETE REFUND POLICY

Complete Refund Policy

Students not accepted to the school are entitled to all moneys paid. Students who cancel this contract by notifying the school within three (3) business days are entitled to a full refund of all tuition and fees paid. Students, who withdraw after three (3) business days, but before commencement of classes, are entitled to a full refund of all tuition and fees paid except the maximum cancellation charge of \$150.00 or 25% of the contract price, whichever is less. In the case of students withdrawing after commencement of classes, the school will retain a cancellation charge plus a percentage of tuition and fees, which is based on the percentage of contact hours attended, as described in the table below. The refund is based on the official date of termination or withdrawal.

Student is entitled to upon withdrawal/ termination*	Refund
Within first 10% of program	90% less cancellation
After 10% but within first 25% of program	75% less cancellation
After 25% but within first 50% of program	50% less cancellation
After 50% but within first 75% of program	25% less cancellation
After 75% (Lesson 16) [if paid in full, cancellation charge is not applicable]	NO Refund

1. The student may cancel this contract at any time prior to midnight of the third business day after signing this contract.
2. All refunds will be made within 30 days from the date of termination. The official date of termination or withdrawal of a student shall be determined in the following manner:
 - The date on which the school receives written notice of the student's intention to discontinue the training program; or
 - The date on which the student violates published school policy, which provides for termination.
 - Should a student fail to return from an excused leave of absence, the effective date of termination for a student on an extended leave of absence or a leave of absence is the earlier of the date the school determines the student is not returning or the day following the expected return date.
3. The student will receive a full refund of tuition and fees paid if the school discontinues a Program/Stand Alone course within a period of time a student could have reasonably completed it, except that this provision shall not apply in the event the school ceases operation.
4. The policy for granting credit for previous training shall not impact the refund policy.

Student Payment Plan: Please remember that this payment plan is for Students financial ease. This Payment Plan is a binding contract and any unpaid balances can result in not receiving transcripts and may also go to collections upon a student leaving. Should any unpaid balances result in a student leaving and not return from a leave of absence will reflect full prices of program tuition. To enroll in the school, student has to provide a credit card on file and ASV will charge the credit card every month automatically as per enrollment agreement between student and ASV. Enrollment and Application form signed and completely filled in is a requirement by ASV, otherwise student will not be enrolled in any program.

Should a student discontinue the school program for more than two semesters or one year, tuition fees and other policies may have changed, and returning student will need to re-enroll.

Program	Actual Cost	Student Discount
Ayurvedic Practitioner Program	\$29,085.00	\$21,000.00
Advanced Ayurvedic Practitioner Program	\$37,980.00	\$27,920.00
Ayurvedic Doula Nutrition and Support Program	\$6500.00	\$5,500.00

Payment Plan Options for APP and AAPP

3 –Years Ayurveda Vaidya Bhishagwar (Ayurvedic Practitioner Program)	2166 Hours 132.5 Credit Hours	<ul style="list-style-type: none">• \$21,000 – Payment Option 1 with Down Payment• \$22,500 – Payment Option 2 with No Down Payment• \$23,100 – Payment Option 3 with No Down Payment and Extended Payment Plan
4 –Years Ayurveda Parangat (Advanced Ayurvedic Practitioner Program)	3035 Hours 188.5 Credit Hours	<ul style="list-style-type: none">• \$27,920 – Payment Option 1 with No Down Payment• \$29,920 – Payment Option 2 with No Down Payment• \$30,520 – Payment Option 3 with No Down Payment and Extended Payment Plan

Postponement

Postponement of a starting date, whether at the request of the school or the student, requires a written agreement signed by the student and the school. The agreement must set forth:

- Whether the postponement is for the convenience of the school or the student, and;
- A deadline for the new start date, beyond which the start date will not be postponed.

If the course is not commenced, or the student fails to attend by the new start date set forth in the agreement, the student will be entitled to an appropriate refund of prepaid tuition and fees within 30 days of the deadline of the new start date set forth in the agreement, determined in accordance with the school's refund policy and all applicable laws and rules concerning the Private Occupational Education Act of 1981.

ATTENDANCE AND DISMISSAL POLICY

Attendance Requirements:

Students are expected to arrive on time, sign in to zoom in time for class with proper materials and folders made available to the student.

An overall attendance rate of at least **85%** is required.

FOR EXAMPLE:

- Out of 15 session class you may have 2 absences.
- Out of 5 session class you may have 1 absence.

Unsatisfactory Attendance:

If a student is absent for more than 15% of the semester combined with theory and lab hours, the student will be put on probation. Ayurved Sadhana will allow the student One month to make up all missing work to bring them into good standing with the school.

Instructors may request your withdrawal from a course or program if absences or tardiness exceed 70%.

NOTE: For Specialized classes such as Jyotish and Sankrit, missing even one class can negatively impact moving forward with your education.

Probation policy:

Students should follow the Code of Conduct of ASV. Also, should a student be found aiding, abetting and/or assisting anyone in the commission of any acts stated in Code of Conduct, or not maintaining satisfactory grades or attendance will result in:

1) Verbal warning 2) Written warning 3) 1 Week Probation Period 4) Dismissal notice.

For readmittance into Ayurved Sadhana you may write a letter of reconciliation to be reviewed by the Administration. Readmittance is considered but not guaranteed.

NOTE: For Specialized classes such as Jyotish and Sankrit, missing even one class can negatively impact moving forward with your education.

Instructors may request your withdrawal from a course or program if absences or tardiness exceed 70%.

Hands on classes:

These classes are mandatory and may not be scheduled for another two years, possibly affecting your graduation date. Some classes are designed in teams or with a specific number of students and are important to attend so as not to negatively affect other students' experience.

Alumni Attendance:

Alumni are welcome to attend all scheduled online **theory classes** for their review. Please remember that you are a guest and should refrain from consistent interruption. Please pose your questions after class to the instructor.

Students who attend **Hands on Classes** for a second time to review should be in observation mode and allow the new and current attending students to learn and ask their own questions. As the Alumni has already had this opportunity. Please refrain from consistent interruptions.

Note: Attendance of any **Hands on Classes** must be pre- authorized by Anupama Vaidya. Also some hands on classes may impose a materials fee.

Notification and communication of any foreseeable absence or tardiness is required for all courses or sessions, please notify the school by calling, texting your Class Teach or the Student Absent Calendar is available on ASV google drive that is shared with you during Orientation.

Attendance Adjustment: If you have any physical, mental injuries, traumatic events, chronic pain issues, etc., please communicate this to each faculty member at the beginning of your first class with them, so that the teacher satisfactorily adjusts.

Communication:

Consistent communication with Administration pertaining to Grades, Attendance, Assignments is a requirement.

The Director of Education may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct, may be allowed to resume attendance. The director will review each case and decide upon re-admittance.

In case of Contagious Illness:

(for example the flu in the first seven days, a cold in the first three days etc.), please observe the principle of ahimsa. Stay home to get well and not transfer the illness to others!

LEAVE OF ABSENCE/WITHDRAWAL POLICY

Leaves of Absence:

Ayurved Sadhana encourages a healthy learning environment.

If difficulties arise in a student home life, emotional life or unforeseen financial circumstances that directly affect their ability to be enrolled for classes at ASV, students must fill out Leave of Absence Form stating reasons and sign off on the remaining financial obligation to Ayurved Sadhana as **monthly payments will continue**. Students should ensure continuous Leave of Absence does NOT occur as this will lead to a withdrawal. Please request form from ASV Administration.

Withdrawal:

If a student decides to withdrawal from Ayurved Sadhana Administration will require a Withdrawal form, stating reason (s) and sign off on remaining financial obligations. **Monthly payments will continue** until all unpaid balances in good standing. Please request a Withdrawal Form from ASV Administration.

GRADING SYSTEM

Grading Categories

GRADE LETTER	MIN POINTS	DIRECT EQUIVALENT	GRADE POINTS
A	92	96	4.0
A-	90	91	3.70
B+	88	89	3.30
B	82	85	3.00
B-	80	81	2.70
C+	78	79	2.30
C	72	75	2.00
C-	70	71	1.70
D	65	67	1.00
I	0	0	0
D - Represents unsatisfactory grade I - Represents incomplete (student may have 1 month to submit assignment or on-line exam for a grade. After 1 month, submitted assignment or quiz grade will be marked down in 5% increments per late month.			

REPORTING OF GRADES

Submission of Grades

Online Quizzes and Comprehensive Online grades are Automatically Generated and are available for instant review.

All other Homework turned in as per the assigned due date will be returned to the Students Personal Google drive folder 4 weeks after being submitted.

The responsible teacher shall submit a scholastic cognitive grade of A, B, C, D, F for each student for Student Records.

Notification to Students: Any Hard copy homework that needs to be returned to the student, must submit with the project a self addressed stamped envelope or as required, upon after grading, the hard copy will be sent to the student.

Unsatisfactory Progress

Students must maintain a satisfactory grades. Those who do not will be placed on probation for 30 days. During the probation period students must raise their grade average to passing or higher. The student may be terminated if grades are not satisfactory at the end of the probationary period. Termination shall be at the school Administration's discretion. The Director has final authority and shall notify the student of the final decision.

STUDENT RECORDS

Records - Inspection of Student Personal Records

Federal regulations require an annual notice that informs students of their rights regarding personally identifiable records. The policy for student inspection of their personally-identifiable records in the office of the Ayurved Sadhana Vidyalyaya is as follows:

1. Academic records directly related to, and personally-identifiable with, students are maintained with the Ayurved Sadhana Vidyalyaya Administration. These records include transcripts, grade records, course registration records and contact Information.
2. Maintenance of educational and billing records is a responsibility of the Administration. The Faculty and administrative staff have access to these records for administrative purposes.
3. Copies of a student's transcript will be provided only at the request of a student or At the end of the end of each FALL SEMESTER. Reproduction of academic records can be made at the student's request.

Unofficial copies of a student's transcript will be provided by e-mail when requested by e-mail, at no charge to the student, and upon proper identification by the student. Official transcripts are available only at the written request of a student, and An admin fee for \$25 should be included with the request.

4. The following information concerning students is classed as "**Directory Information**" and can be shared with ASV faculty and students, unless a student informs ASV in writing that such Information is not to be released by ASV:

Name, local address, telephone number, email.

It is the responsibility of the student to notify the ASV administration of all such changes.

5. A student who wishes his/her name to be changed on the academic record must submit a written request accompanied by appropriate documentation to the Administration. A student who wishes to change his/her address in the student directory may submit the request via e-mail or by telephone to Ayurved Sadhana Vidyalyaya.

PROGRESS POLICY

Measurement and Evaluation

Students must maintain an 70% grade point average. Those who do not will be placed on probation for 30 days. During the probation period students must raise their grade average to passing or higher. Student's evaluation and grades are based on quizzes, assignments, comprehensive examinations, academic research papers, class participation, and attendance. Student has until the fourth Friday following the completion of each course to turn in homework to Ayurved Sadhana by Uploading to their assigned personal Google drive folder. If assigned deadline is not met, students will automatically have a full letter grade deducted from the said assignment. Extensions may be given under extreme circumstances, on a case by case basis. Students must contact Ayurved Sadhana Administration one week prior to assigned due date to arrange for a possible extension at admin@ayurvedsadhana.com and/or 720-382-6488. **PLEASE as you schedule time for your attendance also schedule time for assignments, homework, and project that are subject to DUE DATES.**

Online Quizzes: Are closed book UNLESS specified. They are set to take in ONE sitting, and can be taken up to three times.

Comprehensive Online Exams: Are Closed book UNLESS specified and can be retaken up to three times

Academic Research Papers: Must be uploaded as a editable Word Document for grading. All Papers should be identified with a **header or footer** identifying Student Name, Class paper is for, and Date. Please follow research paper guidelines located in Class Folder on Google Drive.

Unless otherwise instructed, all submissions are to be uploaded to Students assigned personal homework Google drive folder at Ayurved Sadhana. At certain times a project hard copy for e.g. herbarium, herbal formulas preparations, will be required to be delivered to the school. Please ensure the student's name, address, and phone number clearly displayed for correct identification. Students must keep a copy of each written assignment until a final grade has been given for the course. Students who wish a final paper returned to them after the last class meeting must provide the instructor with a stamped, self-addressed envelope.

Class Participation: Is always encouraged to enhance the overall experience and education.

Attendance: It is important to attend all classes please make this your priority.

Probation

The student may be terminated if grades are not satisfactory at the end of the probationary period. Termination shall be at the school Director's discretion. The Director has final authority and shall notify the student of the final decision.

Leave of Absence

After leave of absence, it is student's responsibly to submit all outstanding homework, quizzes, exams, and any other assignments before resuming studies.

Re Admittance

Students who are unable to attend courses for medical reasons or severe personal problems will be required to take a leave of absence until they are able to return to the School. Proper documentation will be required to substantiate a student's withdrawal.

Probation policy

Student should follow code of conduct of ASV. Should a student be found aiding, abetting and/or assisting anyone in the commission of any acts stated in Code of Conduct, will result in 1) verbal warning 2) written warning 3) 1 Week Probation Period 4) Dismissal notice. To resume studies, write a letter giving reasons to ASV for their doing and how they can rise to betterment.

Leaves of Absences

Ayurved Sadhana encourages a healthy learning environment. If for difficult reasons for needing a leave of absence the student must ensure that the occurrence does not repeat. Please submit these absent days in the “**Student—Absent Notification Calendar**” This location will be shared with you after enrollment.

Fees due to Absence

Ayurved Sadhana will not implement any fees associated with a Leave of Absence.

Dismissal

Any student may be dismissed for violations of rules and regulations of the school, as set forth in school publications. A student also may be withdrawn from classes if he or she does not prepare sufficiently, neglects assignments, or makes unsatisfactory progress. The director, after consultation with all parties involved, makes the final decision.

The Director of Education may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct, may be allowed to resume attendance. The director will review each case and decide upon re-admittance.

Alumni Attendance

Alumni are welcome to attend all scheduled online theory classes for their review. Please remember that you are a guest and do not interrupt the class. Please pose your questions after class to the instructor. Attendance of any Hands on Classes will have to be pre-authorized by Anupama Vaidya.

POLICY OF PREVIOUS AND TRANSFER CREDITS for APP—AAPP

Credits from previous training, education or experience is evaluated on a case by case basis.

Ayurved Sadhana Vidyalaya will review class transcripts with Dr. Bharat Vaidya from other Schools or Institutes and requires the syllabus and transcripts of said classes in order to make a final decision.

The previous training establishment will be contacted by Ayurved Sadhana administration, Contact Information is required.

As a part of enrollment, transfer student has to take entrance exam to let ASV understand his/her knowledge in Ayurveda, which will help Dr. Vaidya to decide which courses student need to attend in ASV programs. All Client Encounters must be verified by the school administration that you are transferring from.

We are not an a la carte school and to obtain a Certificate as an Ayurvedic Practitioner, Advanced Ayurvedic Practitioner or Ayurvedic Doula – Nutrition and Support, all your records will be measured to our transcripts and advised what continuing classes you might require for a certificate.

In the event that certain classes have already been taken at a previous training institution, ASV will require an online exam to assess knowledge depth.

Also, Ayurved Sadhana Vidyalaya does not Guarantee the transferability of its credits to any other institution unless there is a written agreement with another institution.

CODE OF CONDUCT

Teacher – Student Relationship

A good teacher – student relationship requires the teacher to have high standards of professional conduct. Teachers need to respect the rights and dignity of all students. They also need to respect the trust placed in the teacher by the student. The following codes emphasize trust and safety as the basis for the teacher – student relationship. Please note, here the word ‘student’ includes those attending classes, teacher trainees and those being mentored.

Confidentiality

Ayurved Sadhana will protect all Students information, will protect student’s privacy right.

Professional Boundaries

Ayurved Sadhana will maintain Professional boundaries with all staff members and students

Professional Performance

Our teachers will act and maintain a positive and professional performance

CODE OF CONDUCT continued

By a preponderance of evidence, any student found to have committed the following misconduct is subject to the disciplinary sanctions may be put on Probation.

- 1.** Acts of dishonesty including, but not limited to, the following:
 - a. Cheating, plagiarism, or other forms of academic dishonesty;
 - b. Submitting the same work for different classes unless disclosed to and approved by the faculty member
 - c. Furnishing false information to any professor
 - d. Forgery, alteration, or misuse of school document, record, or instrument of identification;
 - e. Assisting anyone in the commission of any acts stated above.
- 2.** Disruption or obstruction of teaching, research, administration, disciplinary proceedings, or other school activities including public service functions.
- 3.** Assault, physical abuse, brawling or any conduct which threatens or endangers the health or safety of any person. a. Verbal abuse, threats, intimidation, coercion or any unwelcome conduct by an individual(s) that is sufficiently severe or pervasive that it alters the conditions of education or employment and creates an environment that a reasonable person would find intimidating, hostile or offensive.
- 4.** Attempted or actual theft of and/or damage to property of the school, property of a member of the school community or other personal or public property. a. Identity theft – use, or attempted use of another person’s identifying information without their knowledge or permission.
- 5.** Failure to comply with a reasonable request from school officials acting in performance of their duties and/or failure to identify oneself to these persons when requested to do so.
- 6.** Violation of federal, state, or local law.
- 7.** Possessing, using, providing, manufacturing, distributing, or selling of narcotics or other controlled substances, including marijuana, or related drug paraphernalia, or prescription drugs in violation of law or school policies. Attending classes or school functions while under the influence of drugs/illegal substances shall also be considered a violation of this Code.
- 8.** Illegal or unauthorized possession or use of firearms, explosives, other weapons or dangerous chemicals.
- 9.** Breach of peace; aiding or abetting or procuring another person to breach the peace on school premises.

CODE OF CONDUCT continued

- 10.** Any activity involving school technology resources, which knowingly interferes with someone else's academic freedom or the institution's goals or policies. Any unauthorized use of electronic or other devices to make an audio or video record of any person while on University premises without his/her prior knowledge or without his/her effective consent when such a recording is likely to cause injury or distress
- 11.** Intentionally obstructing or delaying a police officer, firefighter, security officer, or school official in performance of his/her duty.
- 12.** Turning in a false bomb alarm or fire alarm, or misusing fire safety equipment.
- 13.** Influencing or attempting to influence the academic process through explicit or implied sexual behavior, bribery, or threats.
- 14.** Failing to comply with contractual obligations with the Ayurved Sadhana Vidyalaya.
- 15.** Furnishing false information or academic credentials with the intent to deceive or mislead when applying for admission to the school or for any of its programs and services.
- 16.** Conduct that is disorderly, lewd or indecent.
- 17.** Knowingly pursuing malicious, frivolous or fraudulent charges against a faculty, student or staff member without cause.
- 18.** Stalking, which is a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear. Stalking behaviors include but are not limited to: Non-consensual communication, including face-to-face communication, telephone calls, voice messages, e-mails, written letters, gifts, or any other communications that are undesired and place another person in fear.
- 19.** Sexual Harassment/Sexual Misconduct– any violation of sexual harassment and misconduct shall be reported to ASV administration in writing.
- 20.** FALSE allegations to or against a student or teacher of any sexual harassment or sexual misconduct will simply NOT be tolerated and immediately dealt with by engaging LEGAL COUNSEL at the onset. Please submit written complaint to ASV Admin at info@ayurvedsadhana.com. ASV will start investigating the complaint by contacting involved parties. Beware this will not be taken lightly or tolerated.
- 21.** Aiding, abetting and/or assisting anyone in the commission of any acts stated above. Should a student commit any of the above will result in 1) verbal warning 2) written warning 3) One Week Probation Period 4) Dismissal notice.
- 22.** What can a student do to be re admitted if they are disciplined? Write a letter giving reasons to ASV for their doing and how they can rise to betterment.

NON-DISCRIMINATION POLICY

In complying with the letter and spirit of applicable laws and pursuing its own goals of diversity, Ayurved Sadhana Vidyalaya shall not discriminate in student admissions or other policies on the grounds or basis of race, color, religion, sex, gender, sexual orientation or gender expression, national origin, ethnicity, citizenship status, age, or disability. The School provides reasonable accommodation recommendations to individuals with disabilities upon request.

We wish to state that Ayurveda and Yoga is an integrated set of disciplines of body, mind, and spirit; strong ethical precepts; and various philosophical traditions. The great Yogi masters have historically accepted students of different religions, our faculty represents a variety of religious backgrounds, and people of all faiths or no particular faith are welcome.

Questions regarding discrimination should be directed to the Administration of Ayurved Sadhana Vidyalaya via written email to info@ayurvedsadhana.com.

NOTE: In the event that an incident has been at the school Please reach out to ASV Administration Susan Gordon via written email info@ayurvedsadhana.com to resolve. If resolution is not reached, then a grievance form is located on page 65 of the Student Catalog.

Please also note, if any incident should occur off site and out of school activities, please understand that ASV does not and cannot take action on behalf of student/teacher to resolve the issue.

AYURVED SADHANA COURSE CATALOG BEGINS HERE

Note to Student:

This course catalog depicts all your Academic Hours.

Additional hours that will be included in Both the APP and AAPP are all your clinical hours, Externship and One-on-One, and India Clinic via Livestream (until the Authentic Ayurvedic Experience in India resumes) that will reflect in achieving the hours required by the National Ayurvedic Medical Association.

**Recognized
Program**



AYURVEDIC
ACCREDITATION
COMMISSION

**Candidate for
Accreditation**



AYURVEDIC
ACCREDITATION
COMMISSION

Ayurveda Sadhana Vidyalaya

offers the following programs

- **3 Years Ayurved Vaidya Bhishagwar (Ayurvedic Practitioner) – 2166 hours (132.5credits) (Without Seva Hours)**

The Ayurvedic Practitioner Program is a three year program that consists of six semesters and approximately 360—400 hours both Theory and Hands -On combined (appx 22 credits) per semester. If students cannot meet these commitments, then it will take more than 3 years for a student to complete this program. Externship/Internship

This Ayurvedic Practitioner Certification Program will requires an average attendance as follows:

- 2 weekends per month - 15 hours each weekend
- 2 –3 weeknight sessions per week - 15 weeks in a semester

- **4 Years Ayurved Parangat (Advanced Ayurvedic Practitioner) – 3035 hours (188.5 credits) (Without Seva Hours)**

The Advanced Ayurvedic Practitioner Program is a four year program that consists of eight semesters and 3035 hours in total with approximately 380—400 hours both Theory and Hands-on combined (appx. 23.5 credits) per semester. The Attendance requirements is the same as Ayurvedic Practitioner Program.

Advanced Ayurvedic Practitioner Certification Program students will need to complete all of the Ayurvedic Practitioner Certification Program and its related commitments prior to enrolling in this Advanced program. If students cannot meet these commitments, then it will take more than 4 years for a student to complete this program.

- **9 Months Sutika Seviika (Ayurvedic Doula - Nutrition and Support Program 262 Hours (16 Credits)**

The Ayurvedic Doula Program is a 9 month program; approximately 262 hours. The certificate will be issued only after completing all the courses listed in the program.

Students must attend the entire Ayurvedic Doula - Nutrition and Support Program, individual course attendance is not offered. This insures the highest standards of quality education for every Ayurved Sadhana Student.

Note: For each program, certificate will be issued only after completing all the courses listed in the program. Each program is limited to 12—16 students per year.

1. The student may cancel this contract at any time prior to midnight of the third business day after signing this contract.
2. All refunds will be made within 30 days from the date of termination. The official date of termination or withdrawal of a student shall be determined in the following manner:
 - The date on which the school receives written notice of the student's intention to discontinue the training program; or
 - The date on which the student violates published school policy, which provides for termination.
 - Should a student fail to return from an excused leave of absence, the effective date of termination for a student on an extended leave of absence or a leave of absence is the earlier of the date the school determines the student is not returning or the day following the expected return date.
3. The student will receive a full refund of tuition and fees paid if the school discontinues a Program/Stand Alone course within a period of time a student could have reasonably completed it, except that this provision shall not apply in the event the school ceases operation.
4. The policy for granting credit for previous training shall not impact the refund policy.

Student Payment Plan: Please remember that this payment plan is for Students financial ease. This Payment Plan is a binding contract and any unpaid balances can result in not receiving transcripts and may also go to collections upon a student leaving. Should any unpaid balances result in a student leaving and not return from a leave of absence will reflect full prices of program tuition. To enroll in the school, student has to provide a credit card on file and ASV will charge the credit card every month automatically as per enrollment agreement between student and ASV. Enrollment and Application form signed and completely filled in is a requirement by ASV, otherwise student will not be enrolled in any program.

Should a student discontinue the school program for more than two semesters or one year, tuition fees and other policies may have changed, and returning student will need to re-enroll.

Program	Actual Cost	Student Discount
Ayurvedic Doula Nutrition and Support Program	\$6,000.00	\$5,500.00
Ayurvedic Practitioner Program	\$21,000.00	\$19,2500.00
Advanced Ayurvedic Practitioner Program	\$29,000.00	\$26,250.00

Ayurvedic Practitioner Program (APP)

PREREQUISITE - 6 COLLEGE CREDITS OF ANATOMY & PHYSIOLOGY

\$21000.00

**Type of Instruction: This Program is both Classroom or On-line,
Live Stream, Hands On Attendance**

Total Hours: 2166

Theory: 615

Lab / Hands On /Internship : 763.5

Externship : 787.5

Vidyalaya Seva—Gurukula Spiritual Practice incorporating Puja, Community Ayurvedic Events

Hours : 560

This Program price is inclusive of all Tuition except for Panchakarma Practical

NOTE:

**An Authentic Ayurvedic Experience in India will be organized outside of Ayurved
Sadhana as a private EDUCATIONAL experience in the future**

**TUITION BOOKS, SUPPLIES AND INTERNSHIP/EXTERNSHIP Are not provided by the school BUT,
are an additional expense to the student for the program or class they are enrolled in.**

**Upon Completion of this Program Students can begin to explore their
occupation or careers in these areas, and are not limited to these areas**

Ayurvedic Counselor/Practitioner

Ayurvedic Lifestyle Coach

Ayurvedic & Sanskrit Mantra, Chant and Meditation Instructor.

Ayurvedic Cooking Coach

THIS IS A NON PLACEMENT PROGRAM

Ayurvedic Practitioner Program

Semester One

Type of Instruction: Classroom and On-Line



History of Ayurveda: Journey of Significance

(1.5 Credits) 3 Days / 8.5 Hours per day/ Includes Break Times

Ayurveda, the “Science of Life”, is the world’s oldest health care system and continues to be practiced worldwide. Its roots lie in ancient times, the earliest of the Vedas, and its journey spans over four thousand years of spoken and recorded history. The course will cover:

- Ayurveda in pre- Vedic era.
- Vedic culture and the development of early Ayurvedic principles.
- First medical texts: contributions, additions, and disparities in thinking between the three main founders - Charak, Shushruta, and Vaghbhat and their students.
- Early CE to Madhav Nidan.
- Medieval Period.
- Ayurveda in British Raj and Ayurveda in modern times.

Assignments/Assessment: Academic paper.



Fundamentals of Ayurveda

(1.5 Credits) 8 Sessions / 3 Hours per day Each Session

An introduction to the basic concepts, including Vedic Sankhya philosophy, which explains the world view and the workings of Ayurvedic herbs; a general idea of the field including definitions of health, Ayurvedic anatomy and physiology; causes and symptoms of imbalances, and the development of ailments. It teaches practical skills of assessment of prakruti and vikruti science in Ayurveda; and a basic understanding of Ayurvedic principles like lifestyle, diet, therapeutic methods, doshas, sub-doshas, agni, ama, malas, prana, tejas and ojas will be discussed.

Assignments/Assessment: Quizzes and a comprehensive exam at the end of class.

Ayurvedic Pathology: Dhatu and Shrotansi

(1.5 credits) 3 Days / 8.5 Hours per day/ / Includes Break Times

For deeper education or review into the body channels and tissues and their relation to health care, students of Ayurveda are guaranteed to gain new and deeper understanding. The dhatus are the 7 bodily tissues, and the shrotamsi/shrotas/ srotansi are the bodily channels – micro to macroscopic, including the organs. It covers classical approaches from the Ancient masters of Ayurveda, for detection of imbalances and understanding of the ailments process from dosha, malas (waste products), role of dhatu agnis (fire), and ojas (life force), tejas (glow), prana (life) in the dhatu and srotansi – essential for individual care according to Ayurveda.

Assignments/Assessment: Quiz and comprehensive exam at the end of class.



Swasthavritta: Ayurvedic Approach to Healthy Life

(1 Credit) 2 Days / 8.5 Hours per day/ / Includes Break Times

Swasthavritta is a science which prescribes the theory, practice and maintenance of a good lifestyle. Swasthavritta mainly emphasizes on following a proper daily regime as well as seasonal regime. This class will provide students with knowledge about Jala Chikista, Sun Chikista, langhana , exercise regime, preventive measures and curative measures, and pathya-apathya vicharas (healthy living and eating habits), etc.

Assignments/Assessments: Create one personal self-care plan for your family member or friend.



Ayurvedic Ethnobotany

(1 Credit) 2 Days / 8.5 Hours per day/ / Includes Break

This course covers Ethnobotany of Pre-Vedic India, Vedic era, and in British Raj. It discusses how different herbs and plants were used ethno-botanically in these different time spans successfully.

Assignments/Assessment: Poetry on one herb and other assignment.



Aushadh Kriya: Ayurvedic Herbal Preparations

(3 Credits) 6 Days / 8.5 Hours per day/ / Includes Break Times

The traditional methods of collecting, preparing, and purifying common plant and mineral substances.

Understanding of the historical development of Aushadh Kriya through the Samhitas.

Assessing quality of herbs and minerals and determining correct dosage, ancient measures and their modern equivalents. Different types of preparations: Churna, Vati, Kalka, Swaras, and Kashay.

Purification of common minerals.

Assignments/Assessment: Herbal preparation making quiz and one sample of Ayurvedic herbal preparation; researched and presented by the student.



Sanskrit

(2 Credits per Semester)

Each Session 2 Hours per day/ x 15 Weeks per semester

Total 2 Semesters - 4 Credits

This course will cover alphabets, vocabulary, sentence structures, grammar, pronunciations, and chanting, in the language of Sanskrit. The students will be able to read and write in Sanskrit by the end of this two year class.

Assignments/Assessments: Weekly quizzes and exams



Meditation and Chanting

(1 Credit Per Semesters)

Each Session 3 Hours per day/ x 5 Sessions

Total 6 Semesters - 6 Credits

This course emphasizes on the specific practices designed to enhance meditation skills, and teaches multiple mantras which can help students to connect with their inner soul. We will talk in-depth about Bhagvad Geeta, Mahabharata, Ramayana and other Pauranic stories which inspire the human being to go on the path of righteousness, kindness, and self-realization.

Assignments/Assessments: Meditation practice journal and personal practice.



Students' Enrichment and Mentoring

(1 Credit per Semester)

Each Session is 3 Hours per day/ x 5 Sessions

Total 6 Semesters - 6 Credits

The students' enrichment program is important for the individual development of each student in the subject which they are most interested; as well as the students can obtain the answers for any difficult questions they have. In this course, the students will have allocated time to study in a self-directed manner, and to get ready for the exams, quizzes, and research papers with open discussion and group study sessions. The faculty will be available for any mentoring questions in every session.

Assignments/Assessments: Academic research paper presented at end of semester.

Ayurvedic Practitioner Program

Semester Two



Madhav Nidan Basics: Categories of Chikista / Part 1 –Clinical Examination and Part 2—Theory

(2 Credit) 4 Days / 30 hours / 8.5 Hours per day / Includes Break Times

The students will gain the broad understanding of the different categories of chikista (treatments) as per Ayurveda, such as: Ekvidha, Dvidha, Trividha, Caturvidha, Panchavidha, Sadvidha, and Saptavidha. It will also covers other aspects of Chikista: Anubandha Chatushya, Upadrava, Arista, Nidan and Linga, etc. The students will gain basic insight and knowledge of how to analyze the ailments.

Assignments/Assessments: Quizzes.

Western Terminology and Understanding

(1 Credit) 2 Days / 8.5 Hours per day/ / Includes Break Times

After taking this course, the students will be able to interpret basic Western analytical and medical reports, understand the analytical assessments of the practitioner, chiropractor, physical therapist, or other health and medical professionals. They will be able to discuss the nature of the Analytical test and why the test is performed, normal vs. abnormal tests and be able to comprehend the tests brought in by clients to understand various Western medicinal terminologies. Hence, students will learn how to understand and make use of laboratory tests, pathology reports, and medical imaging reports.

Assignments/Assessment: Medical report reading exam



Nighantu: Advanced Ayurvedic Herbal Studies

(7 Credits)

Each Session 3 Hours for 15 Weeks

Plus 8 Additional Days / 8.5 Hours per day/ / Includes Break Times

Topics covered in this class include:

Understand basic principles of pharmacology including: therapeutic index, toxicity, safety, and efficacy.

Understand the concepts of pharmacodynamics and pharmacokinetics.

Mechanisms of herb administration, absorption, transport, metabolism, and excretion

Mechanisms of herb drug interactions.

Nighantu texts and nighantu descriptions of seventy commonly prescribed Ayurvedic herbs such Haritaki,

Bibhitaki, Amlaki, etc.

Understand phytochemical terms such as alkaloid, glycoside, lignan, saponin, tannin, sterol etc., and their therapeutic and toxic implications.

Assignments/Assessments: Herbarium of 25 herbs and a research paper on one herb.

Nadi Pariksha: Pulse Diagnosis

(1 Credit) 2 Days / 8.5 Hours per day/ Includes Break Times

This in depth course develops skills in the ancient Ayurvedic art of pulse findings. This class will include the compassion for pulse diagnosis and will include practice time. The students will have ample opportunity to develop their pulse reading skills during the practice time under faculty's supervision.

The teachings on therapeutic approaches for the various pulse findings serve to make this class uniquely useful.

Assignments/Assessments: Quizzes and Pulse exam at end of class.



Ayurvedic Cooking for Seasons and Doshic Balance

(1 Credit) 2 Days / 8.5 Hours per day/ Includes Break Times

In a kitchen setting, students will learn to cook traditional dishes helpful for daily and seasonal balancing. Prepare and enjoy delicious recipes, with variations to promote well-being for each dosha, the state of our digestive fire, accumulated wastes, and other factors affecting our vitality, immunity, and happiness. Learn how certain foods and seasonings are preferred through the changes of the seasons and their influence on our mind and emotions. Students will also learn recipes for the Ayurvedic cleansing approaches called panchakarma. Traditional Ayurvedic cooking methods and recipes demonstrate how we can care for ourselves, family and clients by choosing wisely from the world food sources. This course includes:

- Theory of seasonal diets.
- Theory of Panchakarama diets.
- Learn to cook several traditional dishes which are helpful to clients undergoing Panchakarama therapy.
- Learn to cook seasonal diets.

Assignments/Assessments: Comprehensive spices and food chart.



Ayurvedic Cooking for Wellness

(1 Credit) 2 Days / 8.5 Hours per day / Includes Break Times

This class teaches the classical principles of Ayurvedic nutrition as it relates to the management of specific ailments. The students will experience hands on preparation of specific dishes and recipes which are famous in traditional Ayurveda treatments for specific ailments.

Assignments/Assessments: Quizzes



APP Externship/Internship (11.5 Credits per Semester) Total – 5 Semesters—57.5/Credits

AAPP Externship/Internship (11.5 Credits per Semester) Total – 7 Semesters—80.5/Credits

This Externship/Internship is the major class students have to complete before gaining any certification. It will help students to develop their abilities and skills in diet and lifestyle counseling, client's condition assessment and history, taking vital signs, and client communication and well-being outcome. The students will get one-on-one feedback and mentoring directly from faculty.

In Externship-Internship, client encounter is described as a student having Observation, Direct Hands-On and One-On-One experience with a client. Student is encouraged to develop a stable of clients, that can each receive an initial intake, with three or more follow up visits in order to establish positive outcome experiences.

Student Clinic: Hands-on Intensive: (1.5 Credits per Semester)

In this hands-on course, students will observe Senior Faculty or Advanced Ayurvedic Physician assess 18 clients per semester. Students will record all of Senior Faculty member's or Advanced Ayurvedic Physician's findings in their individual client assessment packets. Students will witness observations and do the hands-on practice including: Client's Health History, Tongue Diagnosis, Nail Diagnosis, Eye Diagnosis, Blood Pressure findings, Pulse Findings, Recommendations for Client and etc. This course is designed to empower students through mentorship observation, while also launching them into keeping their own records for client intake forms.

One-on-One: Direct/Indirect: (10 Credits per Semester)

The internship will help students to develop their abilities and skills, diet and lifestyle counseling, client's condition assessment and history, taking Ayurvedic vital signs and client's communication and well-being outcome.

NOTE: Advanced Ayurvedic Practitioner Students will Have a further two semesters of Externship Internship above the APP.

Assignments/Assessments: Client's medical assessment worksheet and case study chart for every week.

Additional Courses for Semester Two:

- Sanskrit - Page 32
- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32

NOTE: Please see the page 32 for the details for above classes.

Ayurvedic Practitioner Program

Semester Three



Classical Ayurvedic Sutras

(1 Credit) 2 Days / 8.5 Hours per day / Includes Break Times

We will engage together in some deep study of key sutras in the Major Triad (Charak, Shushruta, and Vagbhata) as well as considering to understanding them as per Ayurveda.

Assignments/Assessments: Sutra chanting/practice journal.



Padartha Vigyana: Metaphysical Aspects of Ayurveda

(1 Credit) 6 Sessions x 3 Hours per day Each Session

The Padartha Vigyana class will cover Ayurveda Shashtra and connection with Vedanta; introduction to Sada Darshana including Sankhya Darshana and effects of philosophy on Ayurveda, utility of knowledge of six padarthas in Ayurveda, dravya and mahabhutas – utility of mahabhutas in Ayurveda, Pancha Kar-mendriya, Pancha Gyanendriya, mahabhutas and its relationship. The class also comprises atman -soul, manas, gunas- attributes and its use in Ayurveda, including trigunas, pramana- epistemology and Ayurveda.

Assignments/Assessment: Academic paper and quizzes.



Shalakya Tantra I: Ears, Nose, and Throat Ailments

(1 Credit) 6 Sessions x 3 Hours per day Each Session

This course gives the Ayurvedic approach for evaluating and administering treatments for Ear, Nose, and Throat ailments. Every topic in this course is deep, practical, and insightful. The approach we use in our classes support practitioners to “think Ayurvedically” and serve their clients with wisdom and knowledge for their scope of practice.

Assignments/Assessments: Quiz and small comprehensive exam.



Ayurvedic Cooking for Pregnancy

(1 Credit) 2 Days / 8.5 Hours / Includes Break Times

Nutrition and cooking for Pregnancy provides a better understanding of dietary support for the monthly changes during fetal development, while addressing common concerns with guidelines from the ancient Ayurvedic texts and traditional experienced vaidyas of the 20th century. Learn to profoundly support mother and fetus through the stages of development. Help prevent seeded imbalances called deha prakruti (influences on fetal constitution during pregnancy). Student will learn delicious classical recipes, key foods, and special styles of preparation for the best experience during pregnancy. Herbal food preparations are demonstrated, and enjoyed.

Assignments/Assessments: Comprehensive spices, herbs and food chart.



Therapeutic Yoga Principles and Basics

(2 Credits) 4 Days / 8.5 Hours per day / Includes Break Times

In this course, students will gain the knowledge and understanding of Ayurveda and therapeutic yoga connections, and their uses for treating different ailments. Covered topics include:

- What a practitioner of Ayurveda and therapeutic yoga does.
- The scope of practice of Ayurveda and therapeutic yoga.
- How an Ayurveda and therapeutic yoga regimen can complement client care.
- Therapeutic tools utilized by a practitioner of Ayurveda and therapeutic yoga.

Assignments/Assessments: Quizzes and practical.



Jyotish and Ayurveda

(2 Credits per semester)

Each Session 2 Hours per day x 15 Weeks per Semester

Total 2 Semesters - 4 Credits

The Jyotish is an integral part of treating clients in Vedic point of view. We will gain an understanding of when to refer clients a Vedic or Medical Jyotiṣi for assessment and gain an education on the general scope and value of Vedic or Medical Jyotiṣi. The course will cover the following topics:

- What is Jyotish and what are the basic principles of Jyotish.
- What a Vedic or Medical Jyotiṣi is.
- What a Vedic or Medical Jyotiṣi does.
- The scope of practice of Vedic or Medical Jyotiṣi.
- How a Vedic or Medical Jyotiṣi can complement client care.

Assignments/Assessments: Weekly quizzes and exams.



Additional Courses for Semester Three

- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship/Internship—Page 35

NOTE: Please see page 32 and page 35 for the details for above classes.

Ayurvedic Practitioner Program

Semester Four



Traditional Panchakarma : New Perspectives

(2.5 Credits) 5 Days / 8.5 Hours per day / Includes Break Times

Panchakarma plays an important role in treating various ailments and restoring the client to perfect well-being. This class focuses on complete 'Panchakarma' as per the classical Ayurvedic text; an in- depth approach to the subject with topics like selection of herbs and oils, indication, contraindication etc. The course addresses concerns about incorrectly administered and taught Panchakarma in the west and discusses theory, in-depth. This course is included in our curriculum for its important role in enhancing fertility and well-being concerns, with the added benefit of improving the quality of Panchakarma practice for many.

Assignments/Assessments: Quizzes and presentation of five Panchakarma cases by each student.



Western Nighantu: Western Herbal Studies

(1 Credit) 2 Days / 8.5 Hours per day / Includes Break Times

This class exclusively deals with western plants (Europe and America), its Ayurvedic perspectives and how these plants are studied by our traditional Vaidyas and how they were being used in Ayurvedic practice hundreds of years ago. This class can take Ayurvedic practitioners/students one step further.

Assignments/Assessments: Research paper on one herb.



Ayurvedic Cooking for Postpartum

(1 Credit) 2 Days / 8.5 Hours per day / Includes Break Times

This course provides clear instruction on postnatal nutrition; it integrates ancient references from multiple classical texts of Ayurveda, and professional and personal experiences from Anupama and Dr. Bharat Vaidya. It includes discussion of key concerns, conditions of postpartum management, understanding the significant role of nutrition, and cooking in the kayakalpa window; this curriculum supports lactation, regeneration, mood, colic, immunity, strength, and ojas, through mother and baby's first year.

Learn additional reasons why certain herbs, spices, and foods are best used during the postpartum period, and how to appropriately use them. The alchemy of cooking illuminated in this class will teach unusual preparation and cooking techniques; using familiar, as well as new resources from Ayurvedic classical and personal family traditions, to prevent colic, enhance mood, increase immunity, enhance strength, improve sleep, and help with lactation problems, to name a few.

Assignments/Assessments: Comprehensive spices, herbs and food chart.



Marma Points

(2 Credits) 4 Days / 8.5 Hours per day / Includes Break Times

The ancient has long been considered sacred because of the power they hold; linking body, mind, and consciousness. We will engage the students in an introduction to the vital energy points used in Ayurvedic Marma points and how they are used in treatment.

Assignments/Assessments: Quizzes and practical exam at end of class.

Additional Courses for Semester Four

- Jyotish - Page 37
- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship– Internship - Page 35

NOTE: Please see the page 32, page 37 and page 35 for the details for above classes.

Ayurvedic Practitioner Program

Semester Five

Manas Shasatra: Ayurvedic Psychology

(2 Credits) 10 Sessions / 3 Hours per day / Each Session

The Manas Shastra class will cover study of Ayurvedic psychology like relationship of body and soul (Sharira and Chetna); Manas Guna –Satwa, Rajas and Tamas; Pargya- Intellect, Psychological ailments in Ayurveda like Bhoot Badha, Unmada, Apasmara and others. It will also include treatment plans, psychological evolution as per Ayurveda and modern psychology.

Assignments/Assessment: Research paper and comprehensive exam at end of semester



Avurved Sadhana

Kaumarabhritya: Ayurveda and Children's Wellness

(2 Credits) 4 Days / 8.5 Hours per day / Includes Break Times

This class will cover knowledge of which practitioners will be able to offer appropriate recommendations for children's well-being issues. It will include an introduction of Kaumarbhrutya through Kashap Samhita and recommendations, nutritional disorders and food and lifestyle ailments of growth and developments (Poshak Ahara Lopa, Upachaya Awastha Vyadhi).

Assignments/Assessments: Research paper and comprehensive exam at end of semester



Avurved Sadhana

Rasayana: Ayurvedic Rejuvenation Therapy

(2 Credits) 4 Days / 8.5 Hours per day / Includes Break Times

- Topics covered include:
- Rasayana or Ayurvedic rejuvenation practices.
- Regimens of special diets, seclusion, and mantra, meditation, and other yoga practices.
- Anti-aging and immune-stimulant plants and their effects.
- Types of Rasayana preparations and important Rasayana formulas.
- Lifestyle and diet supportive of rejuvenation.
- Kayakalpa and other seclusion practices.

Assignments/Assessments: Quizzes and one formula of Ayurvedic Rasayana preparation, researched and presented by a student



Herbal Ghee (Ghrita) Preparations

(1 Credit) 2 Days / 8.5 Hours per day / Includes Break Times

Processing of Ghrita, or clarified butter, with plant material is renowned for enhancing the therapeutic efficacy of the plant ingredients. This class will discuss the three stages of Ghrita Kalpana or Ghrita preparations: Poorva karma, Pradhana karma and Paschat karma. It will also discuss ghritapakas and its therapeutical uses as an Ayurvedic treatment for various ailments.

Assignments/Assessment: Ghrita making quiz and one sample preparation of an Ayurvedic Ghrita, researched and presented by the student.



Tinctures, Syrups, and Salves Preparations

(1 Credit) 2 Days / 8.5 Hours per day / Includes Break Times

Tinctures have gained more popularity due to their stability, reliability, retention of phyto-constituents in its natural form, and, last but not least, easy to carry and administrative properties. This class will cover different types of tinctures, syrups, and salves, and their uses as Ayurvedic treatments.

Assignments/Assessment: Tincture/Syrup/Salve making quiz and one sample of an Ayurvedic Tincture/Syrup/Salve preparation; researched and presented by the student.



Additional Courses for Semester Five

- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship– Internship - Page 35

NOTE: Please see page 32 and page 35 for the above classes

Ayurvedic Practitioner Program

Semester Six



Ayurved Sadhana India Clinic - Online

(12 Credits) 3days /6 Semester/ 180 Hours

NOTE: Since Covid-19 presented itself Ayurved Sadhana Vidyalaya included a genuine India clinic online in order to maintain and continue to provide authentic origins of Ayurveda.

During this online clinic students will generate Direct Supervision Client Encounter needed to meet their Externship/Internship.

This India Clinic is an 11 Hour Time difference as it is Live Stream from India.

A Daily Clinic Experience

6am—12:00 noon

- 6 Client Interviews with Protocols and Herbal distribution
- Protocol will include meal plan, lifestyle, herbal remedies,
- Clinical discussions on each Client, giving student time and opportunity to engage with the Lead Practitioners. Students will be required to document this Direct Supervision and be responsible for maintain the information file

Disease and Ailments look very different to those in America. This Clinic gives the students a worldly exposure and an Authentic Ayurvedic Experience.

Assignments/Assessment: Daily Participation, case discussions, client worksheets, herbal journal, etc.

All cases should be uploaded to their individual Direct Supervision Folders and added to the Externship/ Internship File

Authentic Ayurvedic Experience in India

A future 18 day Authentic Ayurvedic Experience will be organized as a group Educational Clinical experience outside of ASV. Please contact Admin for future information.

Additional Courses for Semester Six

- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship— Internship - Page 35

NOTE: Please see page 32 and page 35 for details of the above classes

Advanced Ayurvedic Practitioner Program (AAPP)

PREREQUISITE - 6 COLLEGE CREDITS OF ANATOMY & PHYSIOLOGY

\$27920.00

Note: Students continuing from Ayurvedic Practitioner Program

Will pay \$7,000 for 4th year

**Type of Instruction: This Program is both Classroom or On-line,
Live Stream, Hands On Attendance**

Total Hours: 3035

Theory: 1013

Lab / Hands On /Internship : 919.5

Externship : 1102.5

Vidyalaya Seva—Gurukula Spiritual Practice incorporating Puja, Community Ayurvedic Events

Hours : 560

TUITION BOOKS, SUPPLIES AND INTERNSHIP/EXTERNSHIP Are not provided by the school BUT,
are an additional expense to the student for the program or class they are enrolled in.

This Program price is inclusive of all Tuition except for Panchakarma Practical

NOTE:

**An Authentic Ayurvedic Experience in India will be organized outside of Ayurved
Sadhana as a private EDUCATIONAL experience in the future**

Upon Completion of this Program Students can begin to explore their occupation or
careers in these areas, and are not limited to these areas

Advanced Ayurvedic Counselor

Advanced Ayurvedic Practitioner

Ayurvedic Lifestyle Coach

Ayurvedic & Sanskrit Mantra, Chant and Meditation Instructor

Ayurvedic Cooking Coach

Ayurvedic Instructor

THIS IS A NON PLACEMENT PROGRAM

Advanced Ayurvedic Practitioner Program

Semester One to Semester Five

Note: Student enrolling in Advanced Ayurvedic Practitioner Program must complete all Ayurvedic Practitioner's Course work and earn the credits required.

Semester One to Semester Four:

- Semester One to Semester Four are same as Ayurvedic Practitioner Program's Semester One to Semester Four



Semester Five:

- Semester Five is same as Ayurvedic Practitioner Program's Semester Five with the addition of the following course:



Ayurvedic Care and Treatment for Elders: Gerontology

(2 Credits) 4 Days / 8.5 Hours per day / Includes Break Times

This class covers the processes of aging, as understood by Ayurveda and Western Medicine, the broad uses of Rasayana to maintain a sense of well-being, and treatments for specific ailments of aging.

Ayurvedic Care and Treatment for Elders Gerontology

Assignments/Assessment: Research paper and comprehensive exam.

Advanced Ayurvedic Practitioner Program

Semester Six



Madhav Nidan: Advanced Analytical Criteria for Ailments

(4 Credits – Semester 1)

(4.5 Credits – Semester 2)

Each Session is 4 hours per day for 15 weeks per Semester

Plus 1 Additional 8.5 Hour Day in 2nd Semester

(Total - 2 Semesters – 8.5 Credits)

An in-depth approach to a major text of Ayurvedic ailments study correspondences between Ayurvedic and modern descriptions of ailments. Ayurvedic Analytical criteria for treatment of ailments is clearly and deeply brought together in the classical texts called Madhav Nidan, which are drawn from the three principle ancient Ayurvedic medical texts by Charak, Vagbhatt, and Sushrut. Vaidya Bharat carefully weaves wisdom from these three texts and other Ayurvedic materials to explain holistic tools and treatment principles of nidana, purvarupa, rupa, upashaya, samprapti and chikitsa for differential analysis within many ailments and conditions. The course compares the classical Ayurvedic approaches to modern medical concerns, providing valuable research and exposure to modern descriptions and treatments, while informing the student of the ancient views.

Assignments/Assessment: Three small exams and one comprehensive exam at the end of each semester.



Mantra Science

(1 Credit per Semester)

Each Session 2 Hours per day / 8 weeks per Semester

Total - 2 Semesters - 2 Credits

We will engage together in some deep study of key mantras from the vedic text as well as considering to understand them per the vedic science for healing through universal energies. The fundamental principle which is behind Mantra science is that, this entire durable and material universe which we see around us is made up of different kind of energies and vibrations working at different levels. Vibrations fabricate at the basis of form using word structure in its vast sense. The visible universe is full of an infinite number and variety of forms which helps in cognition with our sense organs, physical or beyond physical. Thus by taking help of universal wise energies cure through 'Mantra Science' was part of treatment during Vedic age. In this class, we will learn various Mantras to cure and create positive energies around us and Universe.

Assignments/Assessments: Mantra chanting/practice journal.

Agada Tantra: Ayurvedic Toxicology

(3 Credits) 6 Days / 8 .5 Hours per day / Includes Breaks

Ayurvedic Toxicology deals with the signs, symptoms, and management of poisoning resulting from the bites of snakes, insects, worms, spiders, rodents, etc. and various other poisons produced by improper combinations of substances or different drugs. It is the science which deals with poisons with references to their sources, properties, mode of action, symptoms which they produce, lethal dose, treatment, methods of detection and estimation.

Assignments/Assessment: Quizzes



Panchakarma Practical

(4 Credits) 8 Days / 8.5 Hours per day / Includes Breaks

This course will be focused on ancient traditional techniques of Panchakarma which were utilized in the purification process of human body. Students will learn the basic treatments such as Snehan (Oiliation), Abhyangha (Whole body oil massage), Swedan (fomentation), Vamana (medicated emesis), Virechana (medicated purgation), Basti (medicated enemas), Nasya (nasal treatment), Shirodhara (pouring liquids – oil, milk, or yoghurt over the forehead especially on third eye region), Netra Basti (Eye purification), and Nadi Swedana (localized steam), etc.

Assignments/Assessment: Practice at home



Additional Courses for Semester Six

- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship– Internship - Page 35

NOTE: Please see page 32 and page 35 for the above classes

Advanced Ayurvedic Practitioner Program

Semester Seven

Shalakya Tantra II : Eye Ailments

(2 Credits) 4 Days / 8 5 Hours per day / Includes Breaks

We will learn history of Shalakya Tantra and ancient literary references of Shalakya Tantra, availability of Shalakya literature in samhitas and by ancient sages. It will also include Netra Sharira - Anatomy of Eyes, Netra Karya – Physiology of Eyes, Netra Pariksha - Examination of Eyes, Netra Swathaya Raksha - Diet and lifestyle to protect, prevent and cure eye ailments. This class covers Netra Roga Nidanam with hetu, purvarupa, rupa, samprapti , classification of eye ailments according to doshas, sharira (physiology), sadhya-asadhya (Curable and not curable), classification of ailments according to treatment principles, treatments, surgical intervention.

Assignments/Assessment: Quizzes and comprehensive exam at end of semester.



Shalya Tantra

(3 Credits) 6 Days / 8.5 Hours per day / Includes Breaks

This is a theory only class which will discuss creation of Shalya Tantra, Dhanvantari School, Dhanvantari Time, Shushruta Time, Shushruta Samhita, modern history of surgery and its achievements. It will include the following topics:

- Vrana Vrana Prakara – Ulcer, Sinus, Wound, Burns, and Scalds.
- Vrana Sotha-Inflammation.
- Vidradhi –Abscess.
- Rakta Strava- Hemorrhage
- Stabdhata-Shock.
- Aghan-Infusion.
- Yantra-Blunt Instruments.
- Bandhan-Bandages.
- Purva Karma- Pre operative, Pradhan Karma- Post Operative and Paschat Karma-Post operative measures.
- Sangyanash- Anesthesia.
- Kshar Karma- Potential Cautery.

- Rakta Mokshna- Bloodletting.
- Sandhan Karma- Plastic Surgery
- Some important operations in modern surgery and students' fact sheet.

Assignments/Assessment: Quizzes and research paper at end of semester



Vajikaran Therapy

(1 Credit) 2 Days / 8.5 Hours per day / Includes Breaks

This class will cover management and treatment of Virilification, historical study of Vajikarana, Nirukti, Paribhasha and Bheda of Vajikarana (Etymology), definition and types of Virilification therapy. It will provide the understanding of Vajikarana Sevana Yogya and Ayogya Ayu and Food & lifestyle, age for appropriate and non-appropriate personal treatments. It will go in-depth on ailments of male and female sperm and ovum, impotency, pre-treatment for Virilification, herbs for Virilification therapy and dosages, Vajikarana yoga and aphrodisiac Recipes.

Assignments/Assessment: Research paper.

Additional Courses for Semester Seven

- Madhav Nidan: Advanced Analytical Criteria for Ailments - Page 46
- Mantra Science - Page 46
- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship– Internship - Page 35

NOTE: Please see page 32, page 35 and page 46 for the above classes

Advanced Ayurvedic Practitioner Program

Semester Eight



Madhav Nidan Stri Rog: Advanced Analytical Criteria for Women's Ailments

(2.5 Credits) 5 Days / 8.5 Hours per day / Includes Breaks

This course provides clear instructions for integrating ancient references from multiple classical texts of Ayurveda and from Dr. Vaidya's professional and personal experiences. The class will cover discussion of key concerns and conditions of women's well-being and various ailments. Stri Rog (Women's Ailments) with Madhav Nidan (Analytical Criteria) will cover Asragdara (Menorrhagia), Yoni Vyapat (Ailments of vagina), Yoni Kanda (Vaginal tumors), Mudh Grabha (Abnormal pregnancy), etc.

Assignments/Assessment: Research paper and comprehensive exam at semester end.



Vastu Sastra

(1 Credit) 2 Days / 8.5 Hours per day/ Includes Breaks

This course include clear instructions for Recommendations, Treatment and Intervention and Referring out. Covering objectives in; What is vastu, vastu encompassing its meaning, Its compliments to care, and Therapy provided by vastu.

Assignments/Assessment: Online exam and Assignment: to create an alter to include the elements and proper placement.

Additional Courses for Semester Eight

- ASV India Clinic Online - Page 43
- Meditation and Chanting - Page 32
- Student's Enrichment and Mentoring - Page 32
- Externship– Internship - Page 35

NOTE: Please see page 32, page 35 and page 43 for the above classes

Ayurvedic Doula - Nutrition and Support Course (ADP)

**Prerequisite Doula Certification or Postpartum Doula
Certification**

\$5,500

**Type of Instruction: This Program is both Classroom or
On-line, and Hands On attendance**

Total Hours: 262

Theory: 91.50

Lab or Hands On: 170.5

Upon Completion of this Program Students can begin to explore their
occupation or careers in these areas, and are not limited to these areas

Ayurvedic Doula

Ayurvedic Maternal Lifestyle Coach

Ayurvedic Cooking Coach

Ayurvedic Instructor for Doula Program

THIS IS A NON PLACEMENT PROGRAM

Ayurvedic Doula - Nutrition and Support Program



Avurved Sadhana

Ayurvedic Doula — Fundamentals of Ayurveda

(1 Credit) 5 Sessions x 3 Hours per day Each Session

A beginning general idea of the field including definitions of health, Ayurvedic anatomy and physiology; causes and symptoms of imbalances, and the development of disease. Teaching in practical skills of assessment of prakruti and vikruti science of Ayurveda.

- What are Vedas Learn about Rig, Sam, Yajur, Atharva
- Eight Branches of Ayurveda
- The Three Gunas
- Panchamahabootas
- Tridosha Theory and Doshas in Detail
- Upadoshas in Detail
- Twenty gunas as per Ayurveda
- Six tastes as per Ayurveda
- Virya, vipak, and prabhav
- Tejas Ojas
- Prakruti and Vikruti
- Samprapti and Agni

Assignments/Assessments: Exam and self-study



Avurved Sadhana

Ayurvedic Foundations of Women's Health in Pregnancy and Postpartum

(1 Credit) 2 Days / 8.5 Hours per day day/Includes Break Times

This course provides clear instructions, integrating ancient references from multiple classical texts of Ayurveda and from Vaidya's professional and personal experiences. The class will cover discussion of key concerns and conditions of women's well-being and various ailments in the postpartum period.

- Women's Vata ailments
- Treatments of Vata ailments as per Ayurveda
- Women's Pitta ailments
- Treatments of Pitta ailments as per Ayurveda
- Women's Kapha ailments
- Treatments of Kapha ailments as per Ayurveda

Assignments/Assessments: Exam and self-study



Herbs and Spices for Pregnancy and Postpartum

(0.5 Credit) 1 Day/ 8.5 Hours per day /Includes Break Times

In this theory based course, students will explore common kitchen spices and their beneficial effects throughout the pregnancy and postpartum period. Students will discuss contraindications, foundational formulas, and appropriate applications.

The topics covered in this class are:

- Herbs and Spices for Postpartum
- Herbs and Spices for Pregnancy
- Foundational Formulas
- Contraindications
- Scope of Practice

Assignments/Assessment: Exam and self-study



Maternal Mental Health and Well-being

(1 Credit) 2 Days/8.5 Hours per day /Includes Break Time

In this theory based class, students will learn about maternal mental health and wellbeing from both an Ayurvedic and western lens. This course will cover vast array of topics throughout the perinatal and postpartum periods.

At the completion of this course students will be equipped with a vast understanding of perinatal and postpartum psychology. This awareness will prepare students to more fully support their clients, while also informing them when it is appropriate to refer out to a licensed psychologist.

- Prenatal and Postpartum Psychology
- Perinatal Mood Disorder
- Trauma Considerations: Including traumatic birth and when survivors give birth
- Paternal Mental Health
- Bringing Baby Home
- Sex after Baby
- Family/Partner/Relationship Concerns
- Miscarriage
- Termination
- Stillborn
- Newborn Loss
- LGBTQIA Support
- Doula Self Care
- Referrals and Resources

Assignments/Assessment: Exam and write an essay three to five pages on course topic of Students choice.



Calendar of Care

(1 Credit) 2 Days / 8.5 Hours per day /Includes Break Times

Students will learn what to expect throughout the first 42 days of care with postpartum mamas. Students will learn to support the many layers and transitions that mothers go through during the postpartum period. This class will be taught by a seasoned Ayurvedic Doula so students get an accurate view into the practical applications of their studies.

- First Days Care
- Week by Week Care
- Lactation Cycles
- Daily routine
- Menu Planning
- Postpartum Movement
- C Birth
- Birth Trauma
- Do's and Don'ts
- When to Refer

Assignments/Assessments: Generate a class group list of questions for interview. Interview 3 Mothers



Doula Self Care

(0.5 Credit) 1 Day / 8.5 Hours per day /Includes Break Times

Students will learn unique self-care practices to add to their personal and professional lives to enhance the sustainability of their careers as Ayurvedic Doulas. At the completion of this course students will be equipped with tangible self-care practices that will support their personal well-being, and aid in preventing burn out. Students will leave with a better understanding of how to support their own needs, so they may show up more fully for their future clients. Topics included are:

- Ayurvedic Foods
- Meditation
- Yoga Asana
- Pranayama
- Energy Work
- The Importance of Community

Assignments/Assessment: Maintain a self-care log during the length of entire course



Ayurvedic Breast Care

(1 Credit) 2 Days / 8.5 Hours per day / Includes Break Times

In this theory based class, students will learn about common ailments that may arise with postpartum mothers, in relation to breast health. At the completion of this class students will be equipped to support mothers with their breast health through preventative Ayurvedic practices. Students will also be trained on how and when to refer to a physician in the case of complications.

- Common ailments
- Signs of infection
- Cracked Nipples
- Mastitis
- Inflammation
- Herbal Poultices
- Oils and Salves
- Self-Breast Massage Instruction

Assignments/ Assessment: Self breast assessment.



Ayurvedic Doula Cooking for Pregnancy

(1 Credit) 2 Days / 8.5 Hours per day / Includes Break Times

Nutrition and cooking for Pregnancy provides understanding for dietary support in the month by month changes while carrying a child, while addressing common concerns with guidelines from the ancient Ayurvedic texts and traditional experienced Vaidya of the 20th century. Learn to profoundly support mother and fetus through the stages of development. Help prevent seeded imbalances called deva prakruti (influences on fetal constitution during pregnancy). Delicious classical recipes, key foods, special styles of preparation for best experience in pregnancy. Herbal food preparations are demonstrated, and enjoyed. Topics included are:

- Theory - body changes in pregnancy
- Theory - diet Normal diet and nutrition during pregnancy in each trimester
- Theory - mode of life of pregnant woman
- Theory - avoidable items in diet and life style of the pregnant women
- Discussing several food items, grains, herbs and spices
- Cooking and discussing several recipes pregnancy

Assignments/Assessment: Cook three meals for a Pregnant Mother in her third trimester



Mother's Ayurvedic Warm Oil Application Instructions

(1.5 Credits) 3 Days/ 8.5 Hours per day / Includes Break Times

Students will learn how to perform a warm oil Ayurvedic Massage for the postpartum period. Students will learn general Ayurvedic Mothers Massage, as well as modifications for special cases.

The topics which are covered in the class are:

- Essential Oils
- Carrier Oils
- Set up
- Draping
- Special Cases
- Breast feeding modifications
- Post Massage Care

Assignments/Assessment: Offer three postpartum mothers warm oil application instructions. Must be three months postpartum.



Infant Ayurvedic Warm Oil Application Instructions

(0.5 Credit) 1 Day / 8.5 Hours per day / Includes Break Times

Students will be equipped with the skill set to support parents with both the theoretical and practical application of warm oil care for infants, as per Ayurveda. Students will also learn about special cases, preventative care, and when to refer. Students will learn to formulate oils and soaps for general care, as well as how to offer support in special cases.

- Benefits for Baby
- Benefits for Mama (and/or Dad)
- Milk Schedule
- The Importance of Warmth
- Asking Permission
- Infant Soap
- Carrier Oils
- Special Cases
- Preventative Care
- Post Care
- When to Refer to a physician
- Hands-on Application Only by Parents
- Drapery
- Oil Warming
- Hot Water Bottles
- Extra Towels
- Clean up

Assignments/Assessment: Teach parent the Ayurvedic Warm Oil Application Instructions including pre and post care. Students must instruct a minimum of Three Families.



Mother's Marma for Pregnancy and Postpartum

(1 Credit) 2 Days / 8.5 Hours per day / Includes Break Times

In this hands-on course, students will be introduced to Marma and its many benefits. Students will learn how to treat common pregnancy and postpartum ailments using Marma and the appropriate corresponding points on the body. This course will also touch on Baby Marma Basics. Contraindications, appropriate applications, and scope of practice will be discussed.

- Introduction to Marma Therapy
- Marma Points for Common Postpartum Ailments
- Marma Points for Common Pregnancy Ailments
- Baby Marma
- Set up
- Post Care
- Contraindications
- Scope of Practice

Assignments/Assessment: Offer three pregnancy or postpartum mothers marma points instructions.



Ayurvedic Doula Cooking for Postpartum

(1 Credit) 2 Days/ 8.5 Hours per day / Includes Break Times

The alchemy of cooking illuminated in this class with unusual preparation and cooking techniques, using familiar and a few new resources, from Ayurvedic classical and personal family traditions. Recipes prevent colic, mood, immunity, enhances strength, improves sleep, and lactation problems. It will also cover discussion of key concerns and conditions of postpartum management. Topics included are:

- Theory - body changes in postpartum as per Ayurveda
- Aims of Postnatal care as per Ayurveda
- Theory - Normal diet and nutrition during postpartum for 4 months
- Theory - life style changes and challenges for new mother and baby
- Theory - avoidable items in diet and life style of postpartum women
- Discussing several food items, grains, herbs and spices affecting new mother
- Cooking and discussing several recipes for postpartum mother

Assignments/Assessment: Cook three meals for One Postpartum Mother 3 months or less



Postpartum Oils, Salves and Herbal Ghees

(1 Credit) 2 Days/ 8.5 Hours per day / Includes Break Times

Students will learn how to make salves, oils, and ghees to aid in the postpartum period. Students will study the properties of each substance, and learn different formulations that aid in sustaining the mother's overall health in the postpartum period.

The topics which will be covered:

- Properties of Oils, Salves, Ghee, and Pantry Herbs
- Traditional Ayurvedic formulations and recipes
- Contraindications
- Special Cases
- When to Refer Out

Assignments/Assessment: Make and bring in two kinds of herbal ghees as per instructor. To be evaluated and assessed by Instructor



Externship

(4 Credits) 60 Hours in 72 Days

The externship allows students to have hands on practice in their field, under the supervision of a Senior Ayurvedic Doula. Students will shadow and assist the Senior Ayurvedic Doula for a minimum of 60 hours. Students will record case study forms for each day of their externship

- Mothers Ayurvedic Warm Oil Application Instruction
- Infant Ayurvedic Warm Oil Application Instruction
- Meal Planning/Preparation
- Breast Health
- Client Assessment
- Self-Care Log
- Essay
- Review and Reflections with Admin

Assignments/Assessment: After completing the required hours, students will write an essay about their experience. The essay should be a minimum of 3 pages, and no more than 5 pages. Students will then meet with an Administrator from Avurved Sadhana, and their Senior Ayurvedic Doula, so the student can receive feedback and reflections about their performance as a whole. The externship must be completed for a student to qualify for certification. This externship complies with the Rules and Regulations for Occupational School by the State of Colorado



"Approved and Regulated by the Colorado Department of Higher Education, Private Occupational School Board."

Ayurvedic Practitioner Applicant Information And Advanced Ayurvedic Practitioner Applicant Information

* Applying for which
Program: _____

* Full Name: _____ Date: _____
Last First M.I.

* Address: _____
Street Address Apartment/Unit #

City State ZIP Code

* Phone: _____ * Email _____

(Prefer GMAIL account for course work storage)

* Facebook Account: _____ * Date of Birth: _____

(*) Required Fields

Education

High School: _____ Address: _____

From: _____ To: _____ Did you graduate? YES NO Diploma: _____

College: _____ Address: _____

From: _____ To: _____ Did you graduate? YES NO Degree: _____

Other: _____ Address: _____

References

Please list two professional references.

Full Name:

Company:

Address:

Relationship:

Phone:

Full Name:

Company:

Address:

Relationship:

Phone:

How did you hear about us?

Ayurvedic Practitioner Application Questions

Do you have any Ayurvedic background or training? *If yes, please list below and provide Certification(s) with this application.*

Do you have any other related educational background? *(For e.g. massage, holistic herbal, yoga, etc. if yes, please provide copies of your certificates or diplomas.)*

What are your professional and personal goals by obtaining ASV's Ayurvedic or Advanced Ayurvedic Practitioner Certification?

Obstacles we encounter can be a lesson and fundamental to later success. Describe a time or event when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?

How do you plan to balance your daily life, family and job with your course schedule, assignments and exams?

Do you have any pending travel dates that will require you to miss any course sessions? If yes, please list these dates.

Are there any other areas of your life that might distract you from your education with ASV? (e.g. an older parent, children, travel etc.) *If yes, please list all.*

Additional Questions for Advanced Ayurvedic Application Questions

Which School are you transferring from? <i>(Provide all, certificates, diplomas and Transcripts with Course Titles, Credit Hours and Credits)</i>
Please explain why you are transferring to Ayurved Sadhana Vidyalaya?
How many Client Encounters have you completed? <i>(Please provide proof of all Client encounters)</i>
Describe a topic, idea, or concept which captivate you?? Essay 300- 500 words. <i>(Please submit essay in pdf format)</i>

Date: _____

Student Signature: _____

Office Use	
	Required fields
	Reference Letters
	Certificates/Diplomas
	Transcripts
	Essay
	Application Fee

PLEASE SUBMIT THIS APPLICATION AND SUPPORTING DOCUMENTS TO: info@ayurvedsadhana.com



"Approved and Regulated by the Colorado Department of Higher Education, Private Occupational School Board."

Ayurvedic Doula Nutrition & Support Applicant Information

* Full Name: _____ Date: _____
Last First M.I.

* Address: _____
Street Address Apartment/Unit #

City State ZIP Code

* Phone: _____ * Email _____
(Prefer GMAIL account for course work storage)

* Facebook Account: _____ * Date of Birth: _____

(*) Required Fields

Education

High School: _____ Address: _____

From: _____ To: _____ Did you graduate? YES NO Diploma: _____

College: _____ Address: _____

From: _____ To: _____ Did you graduate? YES NO Degree: _____

Other: _____ Address: _____

From: _____ To: _____ Did you graduate? YES NO Degree: _____

References

Please list two professional references.

Full Name: _____ Relationship: _____
Company: _____ Phone: _____
Address: _____

Full Name: _____ Relationship: _____
Company: _____ Phone: _____
Address: _____

How did you hear about us?

Ayurvedic Doula Application Questions

Do you have any Ayurvedic background or training? If yes, please list below and provide Certification(s) with this application.
Have you done any Doula training? If yes, please list below and provide Certification(s) with this application.
Do you have any other related educational background? (For e.g. massage, birth psychology, nursing etc.)
What are your professional and personal goals by obtaining ASV's Doula Certification?
How can we help you accomplish your goals?
Do you have any physical or psychological health conditions that might interfere with your training?
Are there any other areas of your life that might distract you from training? (For e.g. an older parent, children, travel etc.)
Do you have any pending travel dates that will require you to miss any course sessions? If yes, please list these dates.

Acknowledgement of Receipt

I acknowledge that I have been given the opportunity to review the Ayurved Sadhana Vidyalaya Handbook in its entirety on the following web site:
www.ayurvedsadhana.com

I acknowledge that I have been given the opportunity to review the Ayurved Sadhana Vidyalaya Student Liability Waiver in its entirety.

In the absence of web site access, I have received the handbook and Student Liability Waiver Form in printed form or by email.

By signing this form I understand and agree that **Photos** and **Videos** are taken during courses and can be distributed to Facebook or Marketing purposes.

By signing this form I understand that it is my responsibility to read the handbook and be familiar with the policies and Liability Waiver established by the Ayurved Sadhana Vidyalaya.

Signature

Date

Please print full legal name Student Number

Please return this page to [Info@Ayurved Sadhana Vidyalaya.com](mailto:Info@AyurvedSadhanaVidyalaya.com) or mail it to:

School Administer: Ms. Susan V. Gordon

2082 Grayden Court

Superior, Colorado

80027

Grievance Form

Open but private communication is the key to successful dispute resolution. Should you believe that a rule, procedure or policy was applied to you in an unfair or inequitable manner or that you have been treated unfairly by a faculty member or administrator, please observe each step of the following procedure.

Date: _____

Student Name _____

ID#: _____ Phone: _____

E-mail address _____

Semester: _____ Instructor: _____

Class _____

Provide a statement that briefly and clearly outlines the nature of your complaint.
(Additional pages may be attached)

What remedy or corrective action are you requesting?

NOTE: No action will be taken on this matter until it has been reviewed in accordance with Ayurved Sadhana Vidyalaya Student Handbook within five (5) school days of this form being filed).

You may also contact on the Division of Private Occupational Schools. There is a two year limitation (from the students last date of attendance on the Division taking action contact higher.ed.colorado.gov/dpos or 303-862-3001.

Liability Waiver

Ayurved Sadhana Vidyalaya LLC

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

Name: _____ Date of Birth _____
Address: _____
Email: _____ Phone: _____
Name/Phone of Emergency Contact: _____

Do you have any physical limitations that could be aggravated by exercise (i.e. back, neck, shoulder or knee problems) If so please explain:

I have read the above release and waiver of liability and fully understand its content. I am legally competent to sign and voluntarily agree to the terms and conditions stated above. Please practice mindfully and enjoy the many benefits of practicing Ayurveda and Yoga.

Print name: _____
Signature: _____
Date Signed: _____

It is your responsibility to inform the instructor of your limitations before class begins. I represent and warrant that I am in good physical health and do not suffer from any medical condition which would limit my participation in the classes offered at ASV. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in any of the yoga classes, programs, or workshops. I understand the risks associated with the activities offered by ASV and I agree to follow all instructions so that I may safely participate in classes, workshops, or other activities.

I hereby WAIVE AND RELEASE ASV its owners, officers, employees, and instructors from any claim, demand, cause of action of any kind resulting from or related to my participation in the programs offered at the facility. In taking part in the yoga classes, workshops, or other activities at ASV, I understand and acknowledge that I am fully responsible for any and all risks, injuries, or damages, known or unknown, which might occur as a result of my participation in the classes, workshops, or other activities. I have read the above release and waiver of liability and fully understand its content. I am legally competent to sign and voluntarily agree to the terms and conditions stated above. Please practice mindfully and enjoy the many benefits of practicing yoga with ASV.

I have read the above release and waiver of liability and fully understand its content. I am legally competent to sign and voluntarily agree to the terms and conditions stated above. Please practice mindfully and enjoy the many benefits of practicing yoga and Ayurveda with ASV LLC.

Print name: _____
Signature: _____
Date Signed: _____