

CATALOG



Ayurvedic Wellness Practitioner

v1.0

Spring Program

April 20, 2020 – September 30, 2021

REGISTERED OFFICES:

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Welcome to Kerala Ayurveda Academy

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

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

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

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



Healthcare in the United States is changing. Health science has evolved to encompass our beliefs, emotions, behavior, thoughts, family and cultural systems, as well as the environmental context in which we live. All of these elements are relevant to our health. Ayurveda is a 5,000-year-old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of Body, Mind and Spirit. Join us and get involved in this pioneering work that is transforming and reshaping our healthcare industry to a newer model of holistic health care for the 21st century.

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

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

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

We congratulate you on your decision to advance your studies become part of an inner circle of Ayurvedic practitioners who promote healing and wellness.
-The Kerala Ayurveda Academy Team

Ayurveda: The Science of Life

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

Kerala Ayurveda Academy is the first institute in the U.S. to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the states of **California** and **Washington**, plus **online programs** for the distant learner.

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

Knowledge of Ayurveda in today's world is essential as it aims for the preservation of health and prevention of disease by establishing balance and harmony through nutrition, herbs, meditation, and daily routines. Ayurvedic science provides knowledge to unfold the reality beyond the physical body and achieve harmony of Body, Mind and Spirit. **The World Health Organization recognizes Ayurveda as a complete natural health care system.**

Now is the perfect time for Ayurvedic graduates to embark on a professional journey. They have a unique opportunity in this day and age to lead successful lives by assisting family, friends and clients in creating healthier bodies and lifestyles, thus eventually lowering healthcare costs.

Upon completion, graduates are able to:

- Perform health history intakes, Ayurvedic nutritional and lifestyle consultations
- Determine and analyze a client's unique Body Constitution
- Suggest food and lifestyle changes
- Recommend personalized Ayurvedic therapies, formulations, home remedies, Yoga and pranayama
- Write articles, offer talks and classes on Ayurvedic concepts

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

-Kari

Professional Possibilities with Ayurveda

- **Licensed Healthcare Practitioners & Healers** from all backgrounds can apply their Ayurvedic knowledge to enhance their current practice.
- **Massage Therapists & Bodyworkers** can open Panchakarma centers.
- **Estheticians** in skin and beauty may enhance their treatments, services and products.
- **Freelance Writers** may launch Ayurvedic publications.
- **Research-savvy Students** may get involved in Ayurvedic research projects. The Office of Alternative Medicine funds many research projects in holistic healthcare.
- **Entrepreneurs** may develop Ayurvedic herbal products, food packages, Ayurvedic cosmetics, or open wellness centers, spas or resorts.
- **Students in Academics** may teach or deepen their education with more continued studies. Kerala Ayurveda Academy offers **advanced programs in continued education** in the U.S. as well as programs in **Kerala Ayurveda Academic Facilities** in **Cochin** and **Bangalore, India**.



Why Choose Kerala Ayurveda Academy?

Authenticity	We offer the highest level of Ayurvedic training outside of India
Comprehensiveness	Curriculum includes course manuals, lectures, practical workshops & clinical internship
Leading Experts	Faculty & advisers include several of the world's leading academicians & physicians
Convenience	Weekend & evening sessions, online learning and in-class formats
Flexible	Progressive elearning & live streamed classes

Take Pride in Knowing...

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

Ayurvedic Wellness Practitioner (AWP) - 1000 Hour Certification Program

The Ayurvedic Wellness Practitioner (AWP) program is based on the second goal of Ayurveda—*Aaturasya Vikara Prashamanam* (Disease management). At this level, the emphasis is on gaining a deeper understanding of the disease process and management techniques at its various stages. Students will gain a deeper understanding of Ayurvedic concepts and techniques. **Upon successful completion of the AWP Course you will be awarded an Ayurvedic Wellness Practitioner Certificate.**

General Format

- 1.5 Year – 1,000 Total Hours
- 10 Weekend Intensives – In-Class or Live Streamed*
- 50 Weekly Virtual Classes – Live Streamed*
- 10 Monthly Clinical Case Discussion Webinars*
- Online Recorded Lectures, Projects & Independent Review*
- Clinical Internship – In-Class

**Weekend Intensives & Weekly Virtual Classes are all live streamed and recorded for later viewing. Internet connection required.*

KAA accepts a limited number of students for in-class attendance in Milpitas, CA: up to 30 for Weekend Intensives.

Prerequisites

The prerequisites for admission to the AWP program are:

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



Distance Learning

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

-Nadja, AWC Graduate

Scope of Practice

With this certificate, students gain the skills and knowledge to assess the Ayurvedic constitution and imbalances in a client and suggest food, lifestyle changes and recommend Ayurvedic herbs, spices and Ayurvedic herbal supplements based on the Samprapti/imbalances. However, the practice of these may vary from state to state. Please check the regulations with the state in which you practice.

Ayurvedic Practitioners can:

- Analyze Body Constitution
- Do history taking
- Assess the imbalances of Agni, Dosha, and Strotases based on the Ayurvedic Principles
- Suggest food and lifestyle changes based on the Ayurvedic Constitution (Prakriti) and various imbalances in the mind/body systems (Vikriti)
- Suggest Ayurvedic herbs, spices and Ayurvedic herbal supplements based on the Ayurvedic Constitution (Prakriti) and various imbalances in the mind/body systems (Vikriti)
- Suggest Ayurvedic bodywork techniques based on the Ayurvedic Constitution (Prakriti) and various imbalances in the mind/body systems (Vikriti)
- Explain about Ayurvedic concepts (related to Prakriti, Vikriti, qualities etc)
- Explain the connection between Body and Mind and how diet and lifestyle, meditation, Pranayama, Ayurvedic herbs, Ayurvedic bodywork techniques and Yoga can help manage many physical, mental and emotional problems
- Offer talks/write articles on various concepts on Ayurveda
- Offer simple Ayurvedic bodywork techniques based on the Ayurvedic Constitution (Prakriti) and various imbalances in the mind/body systems (Vikriti)
- Offer cooking classes giving simple cooking tips

Ayurvedic Practitioners cannot:

- Diagnose diseases medically
- Treat diseases medically
- Prescribe medical treatments or medicines
- Perform Panchakarma (unless allowed in your scope of practice under other licensing)

Course Description & Objectives

The Ayurvedic Wellness Practitioner certification program covers both theoretical and practical training, including is a blend of online learning, in-class hands-on training experience, clinical encounters and independent assignments. Classroom sessions consist of 10 in-class & live streamed weekend intensive modules, 50 live streamed weekly evening sessions, 200 hours of clinical internship with multiple format options, supplemented by online recorded lectures on our elearning system and assignments.

This AWP course is a blend of Online Learning, In-Class Practical Training experience and Clinical Encounters to ensure proper theoretical and practical/hands-on training.

Learning Materials & Resources

- **Course manuals:** print versions and PDFs.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our AWP certification program content is made available to students online via our elearning system powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, study guides and tests.



- **Mentoring:** each student is provided a mentor for the program who will be available to answer questions via message within our elearning system. The mentor will also work with the student on designated portions of the Independent Assignments.

Curriculum

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

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

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

Includes a detailed exploration of the five stages of disease identification: *Nidan*, *Purvaroop*, *Roopa*, *Upashaya*, and *Samprapti*. This course also looks at the six stages of the disease process: *Sanchaya*, *Prakopa*, *Prasara*, *Sthanasamshraya*, *Vyakti* and *Bheda*. Students will gain an understanding of the signs of *Dhatu* and *Srota Dushti*. Students will delve deeply into threefold client examination: *Darshana*, *Sparshana*, and *Prashana*, as well as the eight-fold clinical evaluation: Pulse, Tongue, Voice, Physical Stature, Vision, Skin, Urine, and Bowel.

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

Expands upon the principles of Ayurvedic herbal energetics, actions, uses and preparations with over thirty additional herbs. Other topics include the preparation of popular Ayurvedic formulations and their clinical application (pills, powders, oils, ghees, jams, etc.), times of administration and *Anupanas*. Other topics include measurements and dosage of Ayurvedic herbs and formulations.

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

Advanced Bodywork, Detoxification and *Rasayana* is a hands-on course. A detailed theory of Panchakarma will be covered, including the *Poorvakarma* (Preparation), *Pradhanakarma* (Main Procedure) and *Paschatkarma* (Post-Procedural Convalescence). The preparatory procedures including, various types of *Snehana* & *Swedana* therapies including *Abhyanga*, *Choornasweda*, *Patrapotala Sweda*, *Njavarakizhi*, *Pizhichil*, *Kateevasthy*, *Nethratharpanam*, *Lepam*, *Pichu*, etc. This course also includes the five-fold Ayurvedic Detoxification procedures such as *Vamana*, *Virechana*, *Anuvasana*, *Niroohavasthy* and *Nasya*. The post Panchakarma convalescence like specific food and lifestyle modification is also a part of this course. This course also covers various aspects of *Rasayana* – the anti-ageing modalities of Ayurveda.

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

Includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several digestive and metabolic disorders such as Stomatitis, GERD, Hyperacidity, Ulcers, Diarrhea, IBS, Hepatitis, Fatty Liver, Ulcerative Colitis, Gallbladder Stones, Diabetes, Obesity, High Cholesterol, Anemia and Thyroid problems.

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

Includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several nervous system and musculoskeletal disorders such as Multiple Sclerosis, Hemiplegia, Parkinson's Disease, Motor Neuron Disease, Rheumatoid Arthritis, Osteo-arthritis, Gout, Osteoporosis, Sciatica, Fibromyalgia, Muscular Dystrophy, Low Back Pain, Spondylitis, Avascular Necrosis. This course also includes fracture management and bandages.

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

Includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several respiratory, circulatory and cardiac disorders such as Allergic Rhinitis, Asthma, Cough, COPD, Sleep Apnea, Hypertension, Coronary Artery Disease, DVT, Migraine and Varicose Veins.

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

Includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several skin disorders, diseases of sense organs and mental disorders such as Eczema, Psoriasis, Acne, Rosacea, Herpes, Atopic Dermatitis, Cataract, Macular Degeneration, Stye, Myopia, Otitis, Meniere's Disease, Nasal Polyp, Anxiety, Depression, Insomnia, Schizophrenia, ADHD, Alzheimer's Disease, Autism, Addiction and Dementia.

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

Includes the Ayurvedic etiology, pathogenesis, symptoms, signs, detailed herbal treatments and dietary and lifestyle changes for several female and male reproductive system disorders such as Amenorrhea, Menorrhagia, Dysmenorrhea, PMS, Menopausal syndrome, Endometriosis, PCOD, Yeast Infection, Erectile Dysfunction, Prostate Enlargement, Impotency, Urinary Stones, UTI, Hemorrhoids, Anal Fissures, Fistula-in-Ano, Infertility, Ante-Natal Care and Post-Natal Care. This course also covers a general outline of child care and management of pediatric conditions.

KAA 210 | Clinical In-Class Internship (80 Hours)

40 hours of internship is included in the 10 sessions of the 2 day monthly in-class learning experience. Another 40 hours of internship with one-on-one consultation is included as a clinical internship project. Students will evaluate clients in the following areas: Potential treatments, dietary and lifestyle recommendations, Ayurvedic herbal formula recommendations, daily routines and seasonal changes.

Program Format & Hours

Student Orientation - 2 hours

Students will be required to attend a live streamed **2-hour orientation** prior to the class start date. It is recorded for later viewing.

Weekend Intensives - 200 hours

Module	Course Description	Days	Class Hours	Test Hours
KAA 201	<ul style="list-style-type: none"> → In-depth discussion of the Doshas, Subdoshas, Dhatus, Malas, Agni, Dhatus, Malas, Agni and Srotas. → Detailed learning on the <i>Srotas</i> and <i>Marmas</i>. 	2	17	3
KAA 202	<ul style="list-style-type: none"> → Detailed learning on the disease progression and five stages of disease identification: <i>Nidan</i>, <i>Purvaroop</i>, <i>Roopa</i>, <i>Upashaya</i>, <i>Samprapti</i>. → Six stages of the disease process: Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyakti and Bheda. → Signs of <i>Dhatu</i> and <i>Srota Dushti</i>. → Threefold client examination (<i>Darshana</i>, <i>Sparshana</i>, and <i>Prashana</i>) → Eight-fold clinical evaluation (pulse, tongue and sound evaluation, observation of physical stature & vision and examination of the <i>Malas</i>). 	2	17	3
KAA 203	<ul style="list-style-type: none"> → Principles of Ayurvedic pharmaceuticals. → Study of over thirty additional herbs. → Preparation of Formulations: Decoctions, Herbal Oils, Ghees, Pastes, Poultices, Pills, Powders & Jams. → Measurements & dosage. → Traditional preparation of buttermilk & ghee from milk. 	2	17	3
KAA 204	<ul style="list-style-type: none"> → Advanced Bodywork & Detoxification Methods. → Snehana & Swedana Therapies - Abhyanga, Choornasweda, Patrapotala Sweda, Njavarakizhi, Pizhichil, Udwartanam, Kateevasthy, Nethratharpanam, Lepam, Pichu. → Panchakarma: Vamana, Virechana, Anuvasana, Niroohavasthy, Nasya → Rasayana. 	2	17	3
KAA 205	<ul style="list-style-type: none"> → Digestive and Metabolic Disorders → Nidana and Samprapti. → Ayurvedic Clinical Assessment. → Management Protocol. → Preparation of Specific Formulations. → Internship. 	2	17 Clinical Training & Internship (2 Clinical Encounters)	3
KAA 206	<ul style="list-style-type: none"> → Musculoskeletal & Neurological Disorders. <ul style="list-style-type: none"> ○ Nidana and Samprapti. ○ Ayurvedic Clinical Assessment. ○ Management Protocol. ○ Preparation of Specific Formulations. → Internship. 	2	17 Clinical Training & Internship (2 Clinical Encounters)	3

KAA 207	<ul style="list-style-type: none"> → Respiratory and Cardiovascular System Disorders. <ul style="list-style-type: none"> ○ Nidana and Samprapti. ○ Ayurvedic Clinical Assessment. ○ Management Protocol. ○ Preparation of Specific Formulations. → Internship. 	2	17 Clinical Training & Internship (2 Clinical Encounters)	3
KAA 208	<ul style="list-style-type: none"> → Diseases of Special Senses and Mental Disorders. <ul style="list-style-type: none"> ○ Nidana and Samprapti. ○ Ayurvedic Clinical Assessment. ○ Management Protocol. ○ Preparation of Specific Formulations. → Internship. 	2	17 Clinical Training & Internship (2 Clinical Encounters)	3
KAA 209	<ul style="list-style-type: none"> → Reproductive & Excretory System Disorders. <ul style="list-style-type: none"> ○ Nidana and Samprapti. ○ Ayurvedic Clinical Assessment. ○ Management Protocol. ○ Preparation of Specific Formulations. → Ayurvedic Gynecology. → Ayurvedic Pediatrics. <ul style="list-style-type: none"> ○ Prenatal & Post-Natal Therapies. ○ Baby Massage. → Internship. 	2	17 Clinical Training & Internship (2 Clinical Encounters)	3
KAA 210	<ul style="list-style-type: none"> → Clinical Internship. → Supervised internship. → One-on-one clinical consultation and creation of chikitsa protocol. 	2	17 Clinical Training & Internship (10 Clinical Encounters)	3

Weekly Virtual Classroom Sessions - 75 hours

Weekly Virtual Classes are live streamed and recorded for all students on Thursdays from 5:30-7:30pm U.S. Pacific Time. Each session is conducted by a KAA Faculty member and focuses on a topic related to the curriculum. The final 30 minutes of the session are reserved for student questions. The class access link and recording link are made available on the elearning system.

Monthly Clinical Case Discussions - 15 hours

Clinical Case Discussions are live streamed and recorded for all students on Tuesdays from 5:00-6:30pm U.S. Pacific Time. Ten sessions are offered on a monthly basis and conducted by a KAA Faculty member and Ayurvedic Doctor. The participating audience is also composed of students from outside of the AWP program, including level III Ayurvedic Doctor students, alumni and qualified students from other institutions.

Online Recorded Lectures - 285 hours

To supplement classroom sessions, recorded lectures are available in the elearning system for each monthly course module to reinforce key concepts. Students may watch recorded lectures at their own pace throughout the month.

Pretesting – 105 hours

Pretesting is associated with each monthly course module to supplement student learning throughout the program.

Individual Clinical Consultations - 40 Hours

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

Special Projects – 80 Hours

Community Health Education Assignment (30 Hours)

Students will prepare a total of two (2) presentations for a group in the community. They may organize this presentation themselves and invite the public or arrange to deliver this presentation at an office, school or other place of business. Each presentation should run two hours in length and be delivered on a topic of interest to the group. This topic may be related to their Research Project or Paper but may not substitute for time spent completing the research paper or project and vice versa. The student may also select to do their research paper or project on the outcome and experience of their presentations.

Approximately 13 hours of preparation should go into each presentation's preparation and planning, for a total of 26 hours of planning and 4 hours (2 hour each for both presentations) of uninterrupted delivery (i.e. the student is the main presenter and speaker).

The student must notify Kerala Ayurveda of each of their presentations at least two weeks (14 days) ahead of time.

Research Paper/Research Project (50 Hours)

Research Paper or Project, as follows:

1. A comprehensive **Research Paper**, 15 to 20 pages in length, on a topic of interest to you that is first approved by the Academic Director.
2. A detailed **Research Project** on a topic and format approved by the AWP Mentor.

Clinical Internship – 200 Hours

Kerala Ayurveda Academy offers Clinical Internship training opportunities at both our U.S. and India locations, which are also open to students and alumni from other institutions, as well as KAA alumni who seek additional clinical training.

Format & Requirements

Graduation Requirements

Kerala Ayurveda Academy's AWP students are required to complete a total of 200 hours of Clinical Internship to satisfy certification requirements.

The required 200 hours may be satisfied with the following format options:

	Option 1 U.S. Clinical Internship	Option 2 India & Clinical Internship	Option 3 U.S. Clinical Internship and Externship	Option 4 U.S. Clinical Internship and Mentored Panchakarma (MPK)
Hours	200 hours completed in four 50 hour sessions	50 hours U.S. Internship 150 hours India Internship	150 hours U.S. Internship 50 hours externship	200 hours completed in four 50 hour sessions
Schedule	Each session is one week, Mon-Fri 9am-5:30pm	U.S. Internship: <i>see left</i> India: 15 Days	U.S. Internship: <i>see left</i>	Each session is one week, Mon-Fri 9am-5:30pm
Location	Kerala Ayurveda Academy & Wellness Center, Milpitas, CA	U.S. Internship: <i>see left</i> The Health Village, Cochin AyurvedaGram Heritage Wellness Center, Bangalore	U.S. Internship: <i>see left</i>	Kerala Ayurveda Academy & Wellness Center, Milpitas, CA
Frequency	Offered approximately every 3 months	U.S. Internship offered approximately every 3 months. India Internship offered once per year.	U.S. Internship offered approximately every 3 months	U.S. Clinical Internship offered approximately every 3 months. MPK can be scheduled during regular internship week or separately.

U.S. Clinical Internship

One Week – 50 Hour Segments

Kerala Ayurveda Academy & Wellness Center, Milpitas, CA

Format

One Week (50 hours) – Monday-Friday 9am-6pm

- Consultation/Clinical Assessment & Chikitsa – 15 hours
- Bhaishajyakalpana (Herbology & Formulations) – 10 hours
- Panchakarma – 10 hours
- Assignments – 15 hours

Overview: The U.S. Clinical Internship is conducted as week-long 50 hour segments at Kerala Ayurveda Academy & Wellness Center, Milpitas, CA, open to AWP students as well as students from other schools of Ayurveda. The program focuses on clinical assessment, creating Ayurvedic management protocol, implementation of Panchakarma, application of Ayurvedic herbs and formulation, Yoga and counseling. Interns gain hands-on experience managing a variety of cases across diverse age groups and disorders, all under the supervision of Kerala Ayurveda USA Director, Dr. Jayarajan Kodikannath.

Prerequisite: Completion of either the fifth module of the Ayurvedic Wellness Practitioner (AWP) program (KAA205) or equivalent experience in Ayurvedic studies from another Ayurveda school.

India Internship

15 Days – 150 Hour Trip

The Health Village, Kochi & AyurvedaGram, Bangalore

Overview: This 15-day internship to India is one of the most exciting and life-changing opportunities offered by Kerala Ayurveda Academy. To travel to India is to travel to birthplace of the Vedas, one of the most extensive and oldest spiritual scriptures on earth and the source of Ayurvedic wisdom. This culture and its traditions have endured for millennia.

Just as the timeless value of the Vedas has been preserved and honored, so has India honored and maintained much of their glorious architecture, traditions, crafts, clothing, cuisine and customs. You will have the unique experience of seeing ways of life that have remained intact for thousands of years.

The trip is designed to experience India, Ayurvedically and culturally. You will have the exciting opportunity to see firsthand how Ayurveda is embraced and practiced with phenomenal results in a wide variety of applications.

The India Clinical Internship is a unique experience for students to experience and witness firsthand the full scope of a dynamic Ayurveda company, from seed to shelf.

The program covers the science behind Ayurvedic patient histories, practical demonstrations of physical observation and examination, how to evaluate *Prakruti* and *Vikruti* and design individualized Ayurvedic treatment plans consisting of customized natural diet plans, healing herbal and nutritional supplements, detoxification with *Panchakarma* therapies, *Rasayana* rejuvenation and Ayurvedic daily and seasonal routines.

Interns tour the Kerala Ayurveda research and manufacturing facilities as well as the renowned herbal gardens, home to more than 1,200 medicinal and herbal plants, including several rare and endangered species.

Prerequisite: Completion of either the fourth module of the Ayurvedic Wellness Practitioner (AWP) program or equivalent experience in Ayurvedic studies from another Ayurveda school.

Training Locations

- *AyurvedaGram Heritage Wellness Centre, Bangalore:* a state of the art, 30-acre Ayurvedic herb plantation, clinic, *Panchakarma* center, restaurant, herb manufacturing pharmacy and library. You'll receive *Panchakarma* body therapies, follow *dinacharya*, learn special Kerala oil applications, review live cases and study solutions, Ayurvedic yoga, meditation, Pranayama & Ayurvedic cooking.
- *Kerala Ayurveda Health Village, Cochin Kerala:* an opportunity to intern at our green leaf certified hospital, Aluva. This unique hospital accommodates up to forty patients at a time, all rendering Ayurvedic services. It offers doctor consultations, in house Ayurvedic formulations and over 45 Ayurvedic therapies. Here you will observe patients daily and prepare herbal formulas. Gaining a deeper understanding of the authentic practices of Kerala Ayurveda.



AyurvedaGram received the prestigious Frost & Sullivan award, "The Integrated Wellness Provider Company of the Year" in 2010 and 2011 for the dedication and commitment devoted towards holistic healing and wellness. In 2016, the center was honored with the Associated Chambers of Commerce & Industry of India's (ASSOCHAM) "Spa & Wellness Centre of the Year," as well as TripAdvisor's "'Certification of Excellence,' ranked 5 out of 724 for 'Specialty Hospitality in Bengaluru.'

Program Highlights

- Internship with Senior Ayurveda Doctors on Ayurveda Diagnosis, *Panchakarma*, Diet & Lifestyle
- Experience Traditional *Panchakarma* Therapies
- Ayurvedic Cooking
- Ayurveda Beauty Therapies
- Special Yoga Modules
- Botanical Tours – learn about medicinal herbs in an Herbal Garden of more than 500 species
- Ayurvedic Medicine Manufacturing
- Procuring & Storage of Medicinal Herbs
- Exposure to Ayurveda Research & Development Methodologies
- Natural & Cultural Attractions

Externship Options – 50 hours

KAA-Approved Practitioner or Doctor Supervised Externship

- 15 consultations & development of Chikitsa protocol or 10 consultations and 10 follow-ups within 2-4 weeks
- Assignment: submission of Case Studies with practitioner's endorsement

Community Service Project for Established Practitioners

- 15 consultations & development of Chikitsa protocol or a combination of consultations & Panchakarma techniques
- Assignment: submission of case studies/notes on Panchakarma procedures conducted

Mentored Experiential Panchakarma Internship

**Additional fees required*

- Attend a 5-day Panchakarma session at our Academy & Wellness Center, Milpitas, CA
- Experience Panchakarma as a rogi along with practitioner mentoring, journaling & self-reflection
- Panchakarma program includes:
 - Pre-Panchakarma Consultation
 - Herbs for preparation – 1-2 weeks
 - 5 days of Panchakarma at our Wellness Center, Milpitas, CA
 - Daily review with practitioner
 - Pranayama with practitioner
 - 2 hours of PK Procedures
 - A Kichadi meal
 - Post PK follow up consult 2 weeks after PK.

Breakdown by Hours

Program Hours Breakdown by Format

Course Component	Hours	Contact Hours	Clinical Encounter Hours
Weekend Intensives	200	170	40
Weekly Virtual Classroom Sessions	75	75	0
Monthly Clinical Case Discussions	15	15	15
Online Recorded Lectures	285	0	0
Pretesting	105	0	0
Individual Clinical Consultations	40	40	40
Special Projects	80	0	0
Clinical Internship	200	200	200
TOTAL	1,000	500	295

Program Hours Breakdown by Internship

Applicable Course or Project for Internship	Clinical Encounter Hours	Supervised Hours for Case Management
KAA 205	4 Hours	4 Hours
KAA 206	4 Hours	4 hours
KAA 207	4 hours	4 hours
KAA 208	4 hours	4 hours
KAA 209	4 hours	4 hours
KAA 210	20 hours	20 hours
India/US Clinical Internship	200 hours	100 hours
Clinical Internship Project	40 Hours	0 hours
TOTAL	280 hours	140 hours

**This program includes 280 hours mandatory internship hours. This includes 140 hours of Instructor Supervised Clinical Internship and 140 Hours One on-One Consultation.*

Mentor Program

Students have access to an AWP graduate or AD student who is supervised by an Ayurvedic Vaidya (BAMS). Mentors can be contacted via the elearning system to review and grade assignments, and are also available to assist with questions during studies.

Tests & Grading

- Each month there will be a test on the material taught.
- Tests are multiple choice. Each test is worth 5% of the total grade. Minimum passing grade is 70%.
- Students must complete 9 out of 9 tests before they are eligible for graduation.
- All testing is conducted online through our elearning system and grades are immediately available in the student online account. Project/assignment grades are posted within 10 days of submission.
- A student who does not achieve the minimum passing grade of 70% for graduation may retake the tests up to five times. The highest score will be recorded.

Completion Requirements

- The student paid the full tuition for the program.
- The student submitted documentation of completing equivalent of 6 credits of college level Anatomy & Physiology course.
- The student passed all tests with a minimum grade of 70%.
- The student completed and passed all assignments (graded as pass/fail).
- The student completed the 200-hour Clinical Internship.
- This program meets the NAMA (National Ayurvedic Medical Association) requirement to register at the Ayurvedic Health Counselor category of professional membership. Contact hours is the time spent in classroom instruction (including live streaming class time) and time spent with rogis (clients). The total available contact hours in this program are 515. We require minimum 400 contact hours of live class attendance to graduate, though we recommend all available contact hours of live class attendance to support your competency and material comprehension. We encourage students who miss live classes to attend the following class the next time it is offered (in approximately six months), to provide the opportunity for faculty interaction.

Faculty

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

Senior Faculty



Dr. (Vaidya) Jayarajan Kodikannath

Bachelor of Ayurvedic Medicine & Surgery

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

*Dr. Suhas
[Kshirsagar] could
not be any more kind,
knowledgeable or
funny.
-Anonymous*

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

Faculty



Dr. (Vaidya) Rucha Kelkar

Bachelor of Ayurvedic Medicine, Physical Therapist, Doctor of Physical Therapy

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

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



Dr. (Vaidya) Suhas Kshirsagar

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

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



Alka Mulakalari

Certified Ayurvedic Practitioner, Licensed Massage Therapist

Alka is a gifted Ayurvedic Practitioner and Panchakarma Specialist, combining her knowledge of Western massage techniques with Traditional Ayurvedic preventive measures, Ayurvedic psychology and detoxification techniques for deep healing. Her deep belief, love and passion for healing is transmitted in her teaching of the Ayurvedic root principles of heart-centered care.



Dr. (Vaidya) Namyata Pathak-Gandhi

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

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



Dr. (Vaidya) Kamya Pillai

Bachelor of Ayurveda Medicine & Surgery

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



Dr. (Vaidya) Pratibha Shah

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

Dr. (Vaidya) Pratibha Shah is one of the leading Ayurveda experts in New England with over 25 years of experience. Her pioneering initiatives in the field of Ayurveda in the U.S. have brought her to attention at the White House, the Department of Health and Human Services, as well as the Consulate General of India, NYC. She is a prolific speaker and educator in the community and has authored several papers. She is an editor with the Ayurveda Journal on Health and Associate Editor with the Ancient Science journal. She is a senior faculty with the Kerala Ayurveda Academy.



Dr. (Vaidya) Sheena Sooraj

Bachelor of Ayurveda Medicine & Surgery

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



Dr. Ram Tamang

Bachelor of Ayurveda Medicine & Surgery

Dr. (Vaidya) Ram Tamang trained in the J. Krishnamurti foundation in Bangalore, India from where he obtained his degree in Ayurvedic Medicine and Surgery and also studied intensely with several Yoga Masters in India. He has practice and taught internationally, including his role heading a Panchakarma Center at an Ayurveda Retreat in South India, Ayurveda workshops in Amsterdam, Netherlands and work with Allopathic Doctors in an Emergency Ward in India.

Board of Advisors

Dr. K. Anil Kumar

BAMS, Director and Founder

Dr. K. Anil Kumar, Executive Director of Kerala Ayurveda Ltd is now the elected member of the Central Council of Indian Medicine (CCIM) – the Apex Body of the Government of India for the Indian System of Medicine. He was the President of the Ayurvedic Medical Association of India and is a former Joint Secretary of the Ayurvedic Drug Manufacturers' Association of India. He is currently Executive Member of the Ayurvedic Medicine Manufacturers Organization of India.

David Frawley (Pandit Vamadeva Shastri)

David Frawley (Pandit Vamadeva Shastri) is a one of the most well-known teachers of Ayurveda, Yoga and the Vedic sciences today. His work has long been honored in India and in the West for his ability to explain the authentic deeper teachings and place them in an easy to understand modern language. Vamadeva is the author of more than forty books published in twenty languages over the last thirty years. He has written numerous articles and several sets of training courses. His books on Ayurvedic Medicine have been pioneers in their field. These include Ayurvedic Healing (1989), which was the first book published in the West to explain the Ayurvedic treatment of common diseases, and Yoga and Ayurveda (1999), which remains the most popular book explaining the interface of these two profound Vedic healing systems. He is the director of the American Institute of Vedic Studies that represents his work, teachings and programs.

Dr. Suhas Kshirsagar BAMS; MD (Ayurveda, India)

In addition to serving KAA as a teaching Faculty member (see above), Dr. Suhas Kshirsagar is also one of the Academy's Advisers.

Recommended Reading

KAA does not have a traditional library. Students will receive detailed course material and handouts in each class. The following list of recommended books is for additional reading. *These books are beneficial but not mandatory.*

Author	Titles
Prof. K. R. Srikantha Murthy	Ashtanga Hridayam: Vol 1, 2 & 3
Dr. G. Prabhakara Rao	Sahasrayogam
Prof. K. R. Srikantha Murthy	Bhavaprakasa of Bhavamisra: Vol 1 & 2:
Dr. Kanjiv Lochan	Bhaisajya Ratnavali: Vol 1, 2 & 3
Prof. K.R. Shrikantha Murthy	Astanga Samgraha of Vagbhata
Frawley, David	The Art and Science of Vedic Counseling: Vol 1, 2 & 3
Dr. R. K. Sharma & Vaidya Bhagavan Dash	Charaka Samhita: Vol 1, 2, 3, 4, 5 & 6
Arya Vaidya Sala	Indian Medicinal Plants: Vol 1, 2, 3, 4 & 5

Schedule: Spring 2020-2021

Start and Completion Dates

Start Date: Orientation – April 20, 2020*

Completion Date: Sep 30, 2021*

**Please note these dates are subject to change. Kerala Ayurveda Academy reserves the right to cancel classes if student enrollment minimum is not met.*

Test & Completion Schedule

Monthly Test	Testing is made available on the elearning system after each weekend intensive
Completion	After all requirements are fulfilled (see Completion Requirements)

Location

Milpitas, CA

Kerala Ayurveda Academy & Wellness Center 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035

Located in San Francisco East Bay and 8 miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conference and auditorium rooms, consultation and Panchakarma rooms, a library and an herbal apothecary. Amenities include free wifi, ample parking space, and located within walking distance of restaurants and health clubs.

Special Accommodations

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Accommodations are provided on an individual bases and the Academy may be contacted to make such arrangements at [+1-888-275-9103](tel:+18882759103) or support@keralaayurveda.us.

Application & Enrollment

Enrollment is easy: begin the process with our **online enrollment & application forms** via our website. As a prospective student, you are encouraged to review this Catalog prior to signing the Enrollment Agreement. You are also encouraged to review the Student Performance Fact Sheet, which must be provided to you prior to signing the Enrollment Agreement.

KAA students and alumni who have completed our level I Ayurvedic Wellenss Counselor program are not required to apply. Enroll at: www.keralaayurveda.us/courses/programs/awp-enroll/

New students to KAA are required to complete our online application form so we can verify all prerequisites. Apply at: www.keralaayurveda.us/courses/programs/awp-admissions-application

Tuition & Fees

Early bird special tuition is available through March 2, 2020 – save \$300

Tuition	
Registration Fee <i>New Students</i>	\$100
Books & Materials ¹	\$250
Early Bird Tuition ²	\$6,500 through March 2, 2020
Tuition ²	\$6,800 beginning March 3, 2020
U.S. Clinical Internship ³	\$945 per week (3 weeks required)
India Internship ³	\$3,845 (1 week U.S. Clinical Internship also required for completion)

The Asha Foundation™

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

Payment Plans for Tuition

Payment Plan	Tuition Amount	Payments	Registration Fee (New Students to KAA Only)	Early Bird Total Amount (KAA Alum)	Early Bird Total Amount (New Students)	Regular Total Amount (KAA Alum)	Regular Total Amount (New Students)
Tuition in Full	\$6,500	1	\$100	\$6,200	\$6,300	\$6,500	\$6,600
Half yearly ⁴	\$3,400	2	\$100	\$6,500	\$6,600	\$6,800	\$6,900
Quarterly ⁴	\$1,734	4	\$100	\$6,640	\$6,740	\$6,940	\$7,040
12 Month ⁴	\$595	12	\$100	\$6,840	\$6,940	\$7,140	\$7,240
15 Month ⁴	\$495	15	\$100	\$7,125	\$7,225	\$7,425	\$7,525

Please Note

- Books and materials are included in tuition.
- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students at this time. First tuition payment is due upon enrollment. Program tuition does not include the fees for India or U.S. Internships. The U.S. and India Clinical Internship must be completed by the end of the AWP program in order to receive certification. Refunds are program-specific. See Policies & Procedures for more information.
- Travel and accommodation costs not included for U.S. Internship. Airfare not included for India Internship.
- There will be a management fee for extended payment plans listed above.

Policies & Procedures

Student Complaint Procedure

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

State of California

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

State of Washington

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

Transferring of Credits & Credentials

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

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

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

Experiential Credit

There is no credit granted for experiential learning

Refund and Cancellation Policy

The Student's Right to Cancel

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

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

Refund Policy

State of California

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

Each In-Class Intensives covers the content of one online modules. Refund Requests will be processed based on In-Class Intensives and online modules accessed (whichever is greater).

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

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

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

Refund Calculation

- Step 1 Deduct \$350 (registration/manual fee) from the total tuition paid
- Step 2 Divide the total tuition paid by 10 (number of modules) = 'tuition per module'
- Step 3 Multiply number of classes attended or modules accessed in elearning by 'tuition per module'
- Step 4 Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

Example: if the student decides to withdraw after completing 4 In-Class Intensives or live streaming and if he/she has paid the full tuition, the refund will be as follows:

Step 1	\$6,900 – \$350	\$6,550.00
Step 2	\$6,550 / 10	\$655.00
Step 3	4 classes/live streaming x \$655	\$2,620.00
Step 4	\$6,550 – \$2,620	\$3,930.00

Total refund will be: \$3,930.00

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

State of Washington

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

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

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

Refund Policy Defined - WA

1. The school must refund all money paid if the applicant is not accepted. This includes instances where a starting class is canceled by the school. The school must refund all money paid if the applicant cancels within five business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.
2. The school may retain an established registration fee equal to ten percent of the total tuition cost, or \$100, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A "registration fee" is any fee charged by a school to process student applications and establish a student record system.
3. If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
One week or up to 10%, whichever is less (attended 1 st class or accessed 1 st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2 nd class or accessed 2 nd online module)	25%
25% through 50% (attended 3 rd class or accessed the 3 rd online module)	50%
More than 50% (no refund issued after attending 6 th class or accessing 6 th , 7 th , 8 th , 9 th , 10 th or 11 th online module)	100%

4. When calculating refunds, the official date of a student's termination is the last day of recorded attendance:
 - a. When the school receives notice of the student's intention to discontinue the training program; or,
 - b. When the student is terminated for a violation of a published school policy which provides for termination; or,
 - c. When a student, without notice, fails to attend 2 consecutive In-Class Intensives or, fails to access online modules for ninety calendar days.
5. All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student's official termination date.
6. Eligible refunds will not include the applicable interest during the enrollment period.

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

Step 1	\$6,900 – \$350	\$6,550.00
Step 2	4 of 10 classes attended or modules accessed online 4/10	40%
Step 3	25% through 50% completion = KA retains 50%	\$3,275.00
Step 4	\$6,550 - \$3,275	\$3,275.00

Total refund will be: \$3,275

Distance Learning

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

1. The school may retain an established registration fee equal to fifteen percent of the total tuition cost, or \$150, whichever is less, if the applicant cancels after the fifth business day after signing the contract or making an initial payment. A “registration fee” is any fee charged by a school to process student applications and establish a student record system.
2. If training is terminated after the student enters classes, the school may retain the registration fee plus a percentage of the total tuition as described as follows:

If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
0-10%, or one week, whichever is less (attended 1 st class or accessed 1 st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2 nd class or accessed 2 nd online module)	25%
26% through 50% (attended 3 rd class or accessed the 3 rd online module)	50%
More than 50% (no refund issued after attending 6 th class or accessing 6 th , 7 th , 8 th , 9 th , 10 th or 11 th online module)	100%

3. When calculating refunds, the official date of a student’s termination is the last day of recorded attendance:
 - a. When the school receives notice of the student’s intention to discontinue the training program; or,
 - b. When the student is terminated for a violation of a published school policy which provides for termination; or,
 - c. When a student, without notice, fails to attend 2 consecutive In-Class Intensives or, fails to access online modules for ninety calendar days.
4. All refunds must be paid within thirty calendar days of receiving a completed and signed Kerala Ayurveda official refund request form and the student’s official termination date.
5. Eligible refunds will not include the applicable interest during the enrollment period.

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

Step 1	\$6,900 – \$350	\$6,550.00
Step 2	4 of 10 classes attended or modules accessed online 4/10	40%
Step 3	25% through 50% completion = KA retains 50%	\$3,275.00
Step 4	\$6,550 - \$3,275	\$3,275.00

Total refund will be: \$3,275

Attendance Policy

This program meets the NAMA (National Ayurvedic Medical Association) requirement to register as the Ayurvedic Practitioner category of professional membership, and the minimum contact hours required is 400 hours of live class attendance to graduate. Contact hours is the time spent in classroom instruction (including live streaming class time) The total available contact hours in this program are 475. KAA recommends attending all of these hours to support your competency and material comprehension, and encourages students who miss live classes to attend the following class the next time it is offered (in approximately six months) to provide the opportunity for faculty interaction.

Make-up and Retake Policy

If student is absent from an in-class or live broadcast session, he/she may make it up at any KAA training location or via live broadcast, free of charge. If a student wishes to retake an in-class session, he/she may do so for a fee of \$100 per weekend session. To make arrangements for all make-up or retake sessions, please contact Student Services at support@keralaayurveda.us.

Conduct

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

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

Honor Code of Responsibility

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

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

Termination Policy

1. If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the table below.
2. The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs in any of the following manners:
 - a. When the student is terminated for a violation of a published Academy policy which provides for termination; or,
 - b. When a student, without notice, either fails to attend classes or check out course videos for thirty (30) calendar days.
3. A student will be determined to be withdrawn from the institution if the student has not attended any class for three consecutive class weekends. He/she will be notified by telephone after two missed weekends and he/she will be drafted after the third weekend.
4. For a student who is on authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

Suspension and Dismissal Policy

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

- Any behavior disruptive to other students or the smooth running of the class will not be allowed.
- Students will have to pay the tuition on time.
- Students have to maintain a passing grade of 70%.

At first incidence, warning will be given. At the second incidence, the student will be suspended for the entire weekend. Student will be readmitted after suspended weekend. If the behavior persists, the

student will be dismissed from the program. When the conduct of the student threatens the other student's safety, KA reserves the right to dismiss a student immediately.

Leave of Absence

Students can take a leave of absence for up to one (1) year with written permission. School may be contacted at +1 (888) 275-9103 or by mail at 691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035. The student may resume classes the following year at the level where he/she took leave. Unless prior arrangements are made with the school about the payment, student is obligated to pay the tuition as per plan.

Financial Aid

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

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

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

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

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

Student Tuition Recovery Fund – State of California

"Effective January 1, 2015, the Student Tuition Recovery Fund (STRF) assessment rate will be zero (\$0) per \$1,000. Therefore, all institutions required to collect STRF assessments must stop collecting STRF assessments from students."

"You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and

2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party."

(b) In addition to the statement described under subdivision (a) of this section, a qualifying institution shall include the following statement on its current schedule of student charges:

"The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency programs attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education.

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act."

Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, CA 95833 (mailing address: PO Box 980818, West Sacramento, CA 95798-0818), Toll Free: +1 (888) 370-7589, Fax: +1 (916) 263-1896.

Student Tuition Recovery Fund – State of Washington

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

English as a Second Language & Foreign Students

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

Record Retention

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

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

Our Team

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FAQ

Frequently Asked Questions

- 1. How much does the program cost?** The tuition for the AWP Course is \$6,800.00 (*not including registration or management fee*). Required Internships are an additional cost. (See Tuition & Fees for details.)
- 2. Do I need a college degree or a prior license/certification to study Ayurveda at the Practitioner level?**
 - A college degree is not required, nor are prior licenses or certifications in any field other than Ayurveda. KAA welcomes students from all educational backgrounds, with degrees, licenses or certifications in any field.
 - A Level I Ayurvedic Wellness Counselor Certification or equivalent is required.
- 3. I'm not a health care professional; can I still earn a certificate and practice Ayurvedic medicine?**
The primary prerequisite for the AWC program is a passion for Ayurveda. KAA welcomes students

with a bachelor's degree in any field. The minimum admission requirement is a high school diploma and, Basic Anatomy and Physiology. If you have not taken Anatomy and Physiology, you can finish the requirement within six (6) months of your start date. Kerala Ayurveda also offers an Anatomy & Physiology course. Inquire with Student Services for more information.

4. **Is it legal to practice Ayurveda in all fifty states?** A bill has been passed in 11 states (California, Nevada, Maine, Minnesota, Oklahoma, Idaho, Louisiana, Rhode Island, Arizona, Colorado, and New Mexico) allowing the residents of those states to approach the non-licensed healing practitioners with informed consent.
5. **Does each state regulate the practice of Ayurvedic sciences?** No.
 - Ayurvedic practitioners are not licensed in the United States, and its practice is not regulated by state or federal agencies. Standards of competency are set by individual schools that have received state approval. Ayurvedic practitioners in the United States are advised on how to practice legally within a limited scope of practice so they are not viewed as practicing medicine without a license.
 - We might say that Ayurveda's current status in the U.S. is analogous to the Chinese medical profession during its early years in the 1970s. While each state does not regulate the practice of Ayurvedic medicine itself, some aspects of Ayurvedic practice may fall within the scope of professions that are regulated. Students and graduates of the academy should be careful not to allow their practice to overlap one of those regulated professions unless they are licensed in that particular profession. Please contact your local state representative for more information about regulations in your area.
6. **Can I practice Ayurveda outside of the state where I receive my certification?**
 - Yes, Ayurveda is currently practiced all over the United States.
 - While none of the U.S. states currently have Ayurvedic practitioners or physicians as primary care physicians, many of these well-trained professionals utilize their education and skills in combination with other health care related credentials.
 - Yoga Instructors, Massage Therapists, Registered Nurses, Nutritionists/Dietitians, Acupuncturists, Chiropractors, Medical Doctors and other health care professionals are recognizing and utilizing the benefits of educational training in Ayurveda.
 - NAMA is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.
 - Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.
7. **Is there an Ayurvedic association which links other practitioners and students together?** Yes, there is the National Ayurvedic Medical Association (NAMA). Many states have their own state associations, such as the California Association of Ayurvedic Medicine (CAAM).
8. **Is there an alumni association? Can I contact previous students?** Yes, we can provide you with the contact information of several students for you to talk to. KAA is soon to announce a supportive network of alumni services and information.
9. **How many of your graduates practice Ayurvedic medicine?**
 - All of our graduates are able to practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical well-being. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and spiritual wellness. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.

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

10. Are there tests? I feel anxious about taking tests. Please try not feel anxious about the tests. The testing is done online and the student is given five (5) attempts at taking the test. This highest score is recorded. The tests are for you (and us) to know what you have learned and what you didn't so we can keep you up to speed. We want to make sure our students understand all the Ayurvedic concepts clearly. Ayurveda is about human health, so a clear understanding is vital.

11. I will be traveling from out of town to attend classes, is there housing assistance available? KAA does not have dormitories. There are a few hotels near the campuses where students can book a room for the weekend. The range of cost is approx. \$75-\$125. In the past, some students have made good friends with classmates and stayed with them on those weekends. KAA has no responsibility to assist a student in finding housing.

12. When can I visit the school? Do you have open houses or visitor's events? We allow our prospective students to sit in with the current class, so that they get a feel of the classroom setting and the topic. With a prior appointment, students are welcome to visit the academy and talk to the Academy Administrator. We are here to assist our students in any way we can.

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

14. Do you offer further Ayurvedic Studies? Our level III Ayurvedic Doctor (AD) program is available for level II AWP graduates who wish to further their study at the highest level of certification available in the U.S.

15. Where is your administrative office? Kerala Ayurveda Academy & Wellness Center, 691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035. Contact Student Services at +1 (888) 275-9103 or support@keralaayurveda.us.

16. What materials do I need to bring to class and what should I expect in the classroom? A notebook and writing implement. KAA will provide classroom facilities and course manuals. The classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort.

17. If I have additional questions or concerns, who do I contact? In case a student has any complaint, he/she may contact Student Services at +1 (888) 275-9103 or at support@keralaayurveda.us. "Any questions a student, from the State of CA, may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 2535 Capital Oaks Drive, Suite 400, Sacramento, CA 95833, www.bppe.ca.gov, Phone: +1 (888) 370-7589 or +1 (916) 431-6959, Fax: +1 (916) 263-1897." Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10th Ave. SW, Box 43105,

Olympia, Washington 98504. Web: wtb.wa.gov, phone: +1 (360) 709-4600, e-mail address: wtecb@wtb.wa.gov.

- 18. What else does the CA Licensing Board want me to know?** "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."
- 19. Who owns Kerala Ayurveda Academy?** Kerala Ayurveda Academy is run by Ayurvedic Academy Inc., a wholly owned subsidiary of Kerala Ayurveda Limited, Athani, Aluva Post, Kerala, India 683585. Kerala Ayurveda Limited is a pioneer in Ayurveda and operates herbal plantations, Wellness Centers, manufacturing facilities, Ayurvedic academies, and the Ayurvedic resort AyurvedaGram. Kerala Ayurveda Academy's Board of Directors includes Ramesh Vangal and Dr. Jayarajan Kodikannath, who is also the Academy Director.