

# CATALOG



## **India Internship**

*v1.1*

### **Fall 2019 Program**

Session 1: October 14-28, 2019

Session 2: October 28-Nov 11, 2019

**REGISTERED OFFICES:**

***State of CA***

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Registration: [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us)

All Other Course Support: [support@keralaayurveda.us](mailto:support@keralaayurveda.us)

Website: [www.keralaayurveda.us/courses](http://www.keralaayurveda.us/courses)

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# Welcome to Kerala Ayurveda Academy

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

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

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

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



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

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

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

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

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

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



## Why Choose Kerala Ayurveda Academy?

<b>Authenticity</b>	We offer the highest level of Ayurvedic training outside of India
<b>Comprehensiveness</b>	Curriculum includes course manuals, lectures, practical workshops & clinical internship
<b>Leading Experts</b>	Faculty & advisers include several of the world's leading academicians & physicians
<b>Convenience</b>	Eleven 2-day weekend In-Class & Live Streamed Intensives
<b>Flexible</b>	Progressive E-Learning System & Live Streaming for online learning

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

Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.



# Program Overview

## India Internship – 15 Day Clinical Training Program

Our 15-day internship to India is one of the highlights of studying with Kerala Ayurveda Academy. This trip of a lifetime will bring you to the birthplace of Ayurveda: Kerala. You will have the exciting opportunity to see first-hand how Ayurveda is embraced and practiced with phenomenal results as a fully-fledged medical system.

Kerala Ayurveda's medical team in India will supervise your hands-on training at the Level II Practitioner level at our award-winning healing centers. Additional learning opportunities include a company tour to witness Kerala Ayurveda Limited's seed to shelf process of researching, cultivating, manufacturing and packaging traditional Ayurvedic formulations and high quality products. You'll finally conclude the trip experiencing the healing power of India's Ayurvedic firsthand during a personalized rejuvenation program at our award-winning AyurvedaGram Heritage Wellness Center.

## Prerequisites

For admission into the India Internship, student must be one of the following:

- Graduate of a NAMA-approved Level I Ayurvedic Health Counselor program (please see [www.ayurvedanama.org](http://www.ayurvedanama.org) for details)
- Graduate or enrolled student Ayurveda Wellness Practitioner (AWP) student with four months of studies completed (through KAA204)
- Graduate or student (on clinical topics) of an equivalent program - contact [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us) to confirm eligibility

## Course Objectives

The main goal of the India Internship program is to learn and appreciate how Ayurveda is accepted and practiced as a complete and self-sufficient medical system in India.

Clinical training during 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.

Additional learning and experiential opportunities will offer you an insider's look into the Ayurvedic industry to witness how herbs are manufactured into Ayurvedic medicines, and experience how Ayurvedic healing protocol is performed firsthand.

We ask that you observe and respect the differences between the practice of Ayurveda in India versus the United States and other countries. You may return home and implement some of the principles that you learn, but please be aware that the scope of practice outside of India is different, and you may not be able to bring home all of the new techniques that you learn.



# Ayurvedic Knowledge & Preparation

## What you are expected to know

It is expected that you have attended classes and studied your materials of both your Level I and Level II programs, as far as you have reached in the program before arrival for your internship.

### The following are topics you should have studied prior to the program:

- All curriculum outlined by NAMA for the Level I Ayurvedic Health Counselor scope of practice (please visit [www.ayurvedanama.org](http://www.ayurvedanama.org) for details)
- Advanced Anatomy, Physiology & Basic Principles (Dosha Dhatu Mala Vigyan)
- Pathophysiology & Ayurvedic Diagnostic Methods (Advanced Nidan & Rogi Pariksha)
- Advanced Herbology & Ayurvedic Pharmaceutics (Dravya Guna & Bhaishajya Kalpana)
- Advanced Bodywork, Detoxification & Rasayana (Panchakarma & Rasayana)

You should also be aware of how Ayurveda is currently being practiced in your home country so you can add that perspective during discussions with the doctors in Kerala.

### If you have questions about your preparedness for this program, please contact us:

- Current students of KAA may contact Student Support: [support@keralaayurveda.us](mailto:support@keralaayurveda.us)
- New students to KAA may contact Admissions at [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us)

## Program Format

### Clinical Rounds

The majority of your clinical training will occur during clinical rounds and hands-on demonstrations while shadowing Kerala Ayurveda's medical team. You'll witness how Ayurveda is practiced as a complete medical system and observe the unique scope of practice available to Indian clinicians. After the consultation, interns will have the opportunity to ask any questions they may have.

### Cooking Class

Ayurvedic cooking will be demonstrated in the traditional Kerala style of preparation.

### Yoga Session

Daily Yoga and meditation classes are available during your stay. These classes are encouraged but optional.

### Herbal Garden & Product Manufacturing Tour

A pinnacle of the internship is a visit to our herbal garden in Cochin, where you will see more than 150 varieties of herbs being grown. One of our experts will guide you during the tour in identifying features of the various plants and their Ayurvedic usage. We recommend taking notes, photos and video to document your learning. We'll then visit our manufacturing unit where you will be shown how the Ayurvedic medicines are manufactured in large quantities.



## Community Ayurvedic Health Camp

One of the tenets of practicing Ayurveda in India is devotion to one's community. Ayurvedic practitioners place the health and well-being of their patients, or rogis, first. In this spirit, Kerala Ayurveda sponsors a home for the elderly as well as an orphanage, providing a free health checkup every month for the tenants. You will have a special opportunity to volunteer at one of these camps and interact with the doctors and patients.

## Assignments

You'll be assigned a case paper analysis and presentation for peer review. This assignment will be detailed further prior to your trip.

## Complete Rejuvenation Program

After your clinical training at The Health Village in Aluva, you will end your program by experiencing the healing power of Kerala's Ayurveda yourself at the heart of healing: AyurvedaGram, our award-winning resort! Your healing program will include:

- Ayurvedic Doctor consultation
- Two Ayurvedic therapies per day (1 major – 60min, 1 minor – 45min)
- Guidelines to instruct your daily schedule of herbal formulations, diet, yoga, pranayama and meditation



# Accommodations

## The Health Village

Monastery Lane, Karimattathu, Aluva Munnar  
Road, Aluva, Kerala, India-683101

The Health Village is an Ayurvedic healing center situated along the banks of the Periyar River, where life in Kerala has evolved for over five millennia.

It is host to leading healing and rejuvenation programs focusing on Panchakarma therapies with specialties in arthritis, lower back pain, obesity, depression, infertility and impotency and women's health.



## Dining

The restaurant at the Health Village, Mahānasam, offers an excellent Ayurvedic menu with one of the best chefs in Kerala. Please note Mahānasam serves only vegetarian food. Meals are served buffet-style at regular times. *Please notify us at least four weeks in advance of any food allergies.*

## During Your Stay

- **Amenities** – Yoga and meditation hall, pharmacy, on-call doctor and nurses, library, herbal garden, free low band WiFi, information desk and currency exchange (with advance notice).
- **Healing Services** – Free daily Yoga and Pranayama classes. Ayurvedic services can be booked during your stay at the information desk at an extra cost, time permitting.
- **Riverside** – There is a beautiful spot where you can sit and birdwatch, read or observe the scenery. Please note swimming in the river is prohibited as there can be unexpected currents

*Learn more* at [www.thehealthvillage.biz](http://www.thehealthvillage.biz)

## AyurvedaGram Heritage Wellness Center

Hemmandanahalli, Samethanahalli Post,  
Whitefield, Bangalore-560 067

AyurvedaGram Heritage Wellness Centre is among the Top Five Ayurvedic health resorts in the country, internationally reputed for authentic Ayurveda treatments and long term rejuvenation programs.



Although located near Bangalore for convenience, the Ayurvedic soul of Kerala is channeled with lush medicinal gardens and transplanted antique traditional Kerala homes composing the classical healing complex. The cool breeze accompanied by the sounds of birds and the aroma of herbs comprise a serene ambiance to elevate the soul.

### *Dining*

Commonly called Ootupura, AyurvedaGram's dining establishment is an exclusive vegetarian restaurant famous for its exclusive Kerala-style preparations and other south Indian delicacies. Please note Mahānasam serves only vegetarian food. Meals are served buffet-style at regular times. *Please notify us at least four weeks in advance of any food allergies.*

### *During Your Stay*

- **Amenities** – Yoga and meditation hall, pharmacy, on-call doctor, Panchakarma center, activity center and library, fitness center, jogging/walking paths, free low band WiFi, information desk and currency exchange (with advance notice).
- **Healing Services** – Free daily Yoga, Meditation and Pranayama classes. Additional Ayurvedic services beyond your package can be booked during your stay at the Panchakarma center for at an extra cost, time permitting.
- **Herbal Grounds** – AyurvedaGram hosts beautiful grounds and gardens with walking paths. The cool breeze accompanied by the sounds of birds and the aroma, comprising a serene ambiance of to elevate your soul into the canopy of heaven!

*Learn more* at [www.ayurvedagram.com](http://www.ayurvedagram.com)



# Schedule

Session 1      **Start Date:** October 14, 2019\*    **Completion Date:** October 28, 2019\*

Session 2      **Start Date:** October 28, 2019\*    **Completion Date:** November 11, 2019\*

*\*Please note these dates are subject to change. Kerala Ayurveda Academy reserves the right to cancel program if student enrollment minimum is not met. Interns should arrive prior to the program start date and leave after the completion date.*

# Registration

## Enrollment and Application Process

**Registration closes on June 20, 2019.** Registration is conducted through our U.S. Team and is available online at [keralaayurveda.us/courses/programs/india-internship](http://keralaayurveda.us/courses/programs/india-internship)

### *New Students to KAA*

**Online application is required for new students to Kerala Ayurveda Academy prior to registration:**

please complete online at [keralaayurveda.us/courses/programs/internship-admissions-application](http://keralaayurveda.us/courses/programs/internship-admissions-application). If you have any questions about the program or the enrollment process, please contact Admissions at:

+1 (888) 275-9103 x10 or [admissions@keralaayurveda.us](mailto:admissions@keralaayurveda.us)

### *AWP Students*

No application is required – you can enroll directly. Please use the link above to register online. If you need assistance or have questions about the program, contact Student Support at +1 (888) 275-9103 x20 or [support@keralaayurveda.us](mailto:support@keralaayurveda.us).

## Tuition

Tuition	
Tuition <sup>1</sup>	\$3,845
Deposit due upon enrollment	\$500

## Payment Schedule and Plan Options

Payment Plan	Cost	Deposit	First Tuition Payment Due	Tuition in Full Due	Payments	Total Cost
Tuition in Full	\$3,345	\$500	June 20, 2019	June 20, 2019	1	\$3,845
Split Payments <sup>2</sup>	\$1,725	\$500	Upon Enrollment	July 18, 2019	2	\$3,950



***Please Note***

1. Includes all expenses except airfare and airport travel in the U.S. Travel to and from airports and between cities in India is included. Price based on double occupancy. Limited single occupancy at the additional cost of \$750. Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students at this time.
2. There will be a management fee for extended payment plans listed above.

***Refund Policy***

Through June 20, 2019, refunds are available. From June 21-July 18, 2019, the \$500 deposit is nonrefundable and full refunds are not available. Beginning July 19, 2019, refunds are no longer available.



# Our Team

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## FAQ

### Frequently Asked Questions

- 1. When do I need to register by?** Registration closes June 20, 2019.
- 2. If my plans change, are refunds available?** Through June 20, 2019, refunds are available. Beginning June 21, 2019, full refunds are not available. Please see the Tuition page for refund policy details.
- 3. Are flights included? How are flights booked?** Airfare to and from India is not included in the program fee. (Transport to and from Indian airports and between cities is included.) Attendees are required to book their own airfare. Please refrain from booking flights until our program minimum is met.
- 4. Will I be sharing a room?** Trip fee is based on double occupancy, though limited single occupancy is available for an additional cost of \$750.
- 5. When do I need to arrive?**  
**For Session 1 (October 14-28, 2019):**
  - The training program begins Monday, October 14, 2019 at 9:00am. We recommend you arrive by Sunday, October 13. Please note your meals on October 13 are included as well as your overnight stay that night.
  - The earliest arrival time to avoid additional accommodation fees at The Health Village is Sunday, October 13, 2019.
  - The latest departure time to avoid additional accommodation fees at AyurvedaGram is Tuesday, October 29 at 1:00am.**For Session 1 (October 28-November 11, 2019):**
  - The training program begins Monday, October 28, 2019 at 9:00am. We recommend you arrive by Sunday, October 27. Please note your meals on October 27 are included as well as your overnight stay that night.
  - The earliest arrival time to avoid additional accommodation fees at The Health Village is Sunday, October 27, 2019.
  - The latest departure time to avoid additional accommodation fees at AyurvedaGram is Tuesday, November 12 at 1:00am.
- 6. Can I arrive earlier / stay later than the scheduled program?** Yes! You are welcome to arrive earlier to The Health Village or stay later at AyurvedaGram at an additional cost. Please note fees are subject to change and we will assist with arrangement and confirmation of prices.
  - The Health Village rates: approximately 7,750Rs – Single, 6,750 – Per Person Double



- AyurvedaGram rates: approximately 11,000Rs – Single, 9,250Rs – Per Person Double
  - Rates include: Breakfast, Lunch, Dinner, Coffee/Tea twice per day, Daily Yoga, Meditation and Pranayama Sessions, One Major (1 hour) Treatment at AyurvedaGram and The Health Village, 1 Minor (45min) Treatment at AyurvedaGram. *All fees are subject to a 6% service charge.*
7. **Can I bring family?** It is not recommended to bring family as it can be very distracting during your internship. However, we can accommodate family members at an additional cost if necessary. Please notify us well in advance so necessary arrangements can be made. Accommodations, transportation, treatments and meals will all be an additional cost.
  8. **Do I need a visa to travel to India?** Yes, you will need to obtain a student visa for your stay during the internship.
  9. **Should I get any vaccines?** Kerala Ayurveda acknowledges that vaccinations are a personal choice. We recommend speaking to your primary care physician and consulting with a travel clinic before deciding upon vaccines.
  10. **What will the weather be like?** The weather in Cochin and Bangalore will be warm and humid the majority of time, with the average recorded temperature of 78 degrees and occasional showers
  11. **What will the food be like?** Food at The Health Village and AyurvedaGram is vegetarian and prepared in the Kerala, Ayurvedic style. There will be a buffet with multiple dish options for each meal. Please note: all non-vegetarian foods and alcoholic drinks are prohibited within the hospital and campus limits. If you have any special dietary requirements, make sure to let us know at least four weeks in advance. We do our best to accommodate *as per available resources*.
  12. **Are there sightseeing opportunities?** An afternoon of sightseeing will be arranged for interns, though additional time for sightseeing will not be available during the internship. If you arrive early, we can assist in planning additional sightseeing from The Health Village.
  13. **Will pulse diagnosis be practiced?** Please know that pulse diagnosis is not considered an exclusive or special method of diagnosis in Kerala. Kerala doctors rely more on the patient's descriptions and a well-rounded assessment process using all tools.
  14. **Is there a library?** At the academy in Aluva near The Health Village and at AyurvedaGram, there are libraries which you can use. All books should be returned to the library before you leave.
  15. **Will there be internet?** All locations will have low band WiFi. You can obtain the password from reception or the information desk. Please note that internet disruptions do occur intermittently.