



HOLISTIC AYURVEDIC COACH (HAC)

FALL 2024 PROGRAM



Time Period of the Catalog: June 1, 2024 – April 1, 2025
PERIOD OF ENROLLMENT:
JUNE 1, 2024 - FEBRUARY 1, 2025

All Other Course Support: support@keralaayurveda.us
REGISTERED OFFICES

State of CA
Kerala Ayurveda Academy
691 S. Milpitas Blvd Suite
206
Milpitas, CA 95035
Toll Free: +1 (888) 275-9103
Fax: +1 (510) 257-4378

State of WA
910 207th Ave NE
Sammamish, WA 08074
Toll Free: +1 (888) 275-9103

India
The Health Village
Monastery Lane, Karimattathu
Aluva Munnar Road
Aluva, Kerala, India-683101

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

Norway
Shankha Ayurveda Klinik Trondheim
2nd floor, Dronningens Gate 38,
Trondheim, Sør-Trøndelag, Norway 7011

Registration: admissions@keralaayurveda.us
All Other Course Support: support@keralaayurveda.us
Website: www.keralaayurveda.us/courses

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Kerala Ayurveda Academy, in the State of California, is a privately-owned institution that is approved to operate by the Bureau for Private Postsecondary Education under School Code# 72482254. BPPE address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: www.bppe.ca.gov. Phone:(916) 574-8900 or (888) 370-7589. Approval to operate means compliance with state standards as set forth in the California Private Postsecondary Education act of 2009. Kerala Ayurveda Academy, in the State of Washington, is licensed under Chapter 28C.10 RCW. Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10th Ave. SW, Box 43105, Olympia, Washington 98504. Web: wtb.wa.gov, phone: +1 (360) 709-4600, e-mail address: wtecb@wtb.wa.gov.

Kerala Ayurveda Academy offers certificate programs in ayurveda which are approved by BPPE. We are currently in candidacy for accreditation with the Ayurvedic Accreditation Commission (AAC) which itself is in candidacy for accreditation with the US Department of Education. We are currently not accredited by an accrediting agency recognized by the US Department of Education.





Holistic Ayurvedic Coach (HAC)

300 Hour Training Program

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

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



Classroom Location

Milpitas, CA

691 South Milpitas Blvd Suite 206

Located in San Francisco South Bay and eight miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conferences and auditorium rooms, consultation and Panchakarma rooms, and more. Our facilities include free Wi-Fi and ample parking space. The center is close to public transportation, a distance of restaurants and health clubs. Our Student Support team can provide more information and local guidance for planning your visit.

Online Learning

All our courses include a combination of in-person and online learning. Online learning is conducted through live-streamed classes via Zoom and self-paced learning and resource

OUR MISSION:

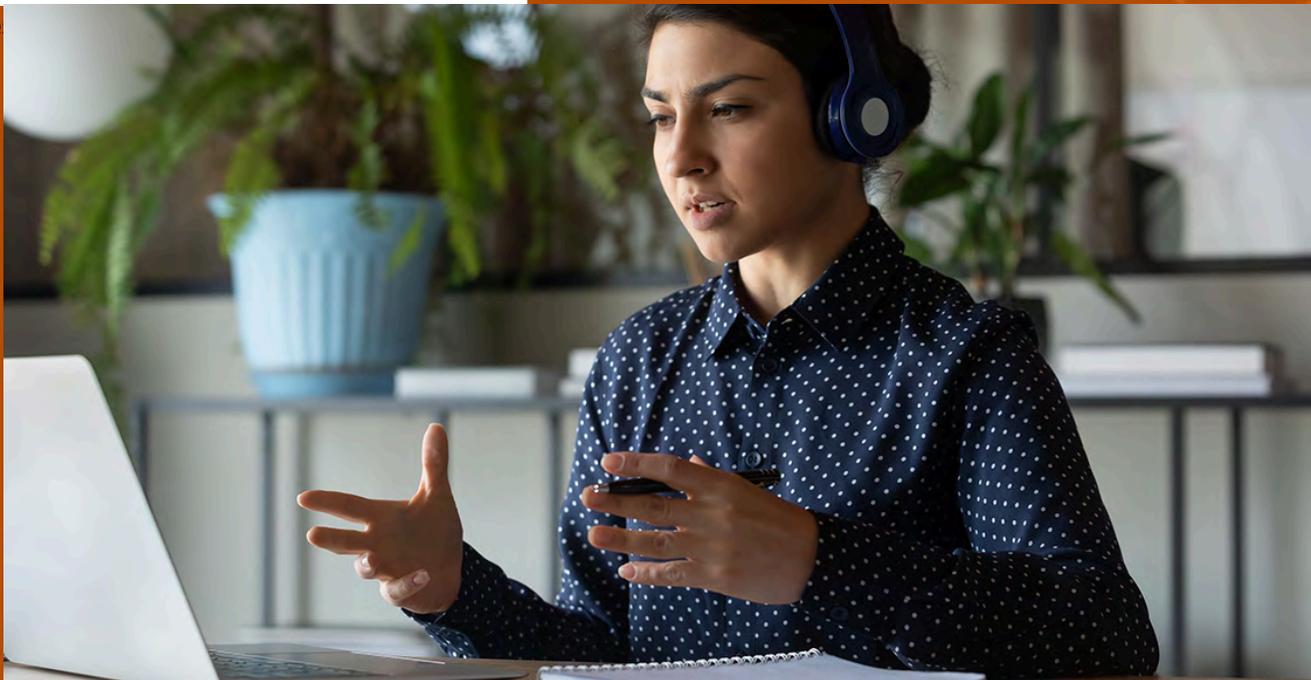
To integrate traditional Ayurvedic wisdom and healing with scientific research.

OUR PURPOSE:

To serve as an authentic source of Ayurvedic education, research and community healthcare.

OUR COMMITMENT:

To bring the highest caliber of academic excellence to the US and abroad



Faculty

Vaidya Jayarajan Kodikannath, BSc, BAMS

Vaidya Kanya Pillai, BAMS, AWP

Vaidya Princy Prasad, BAMS, MS (Ayu), PhD (Ayu)

Vaidya Sheena Sooraj BAMS

Guest Faculty

Vaidya Vandana Barnawal, BSc, BAMS, MD (Masters in Ayurveda)

Anuradha Gupta, Certified Ayurvedic Doctor, Engineer, MBA, 200 HYT

Vaidya Rucha Kelkar, BAMS, PT, DPT

Alka Mulakalari, CAP, LMT, AD (NAMA)

Neha Pitla, BAMS, MD (Ayu)

Vaidya Nimin Sreedhar, BAMS

Maryna Stasiuk AHC, AP, AD, Engineer

Vaidya Ram Tamang, BAMS

Revathi Veeraraghavan, AWP



Prerequisite

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

Learning Materials & Resources

Course Manuals: digital manuals are provided for each Weekend Intensive module. Print manuals are available for an additional cost.

Elearning: learn anytime, anywhere, at your own convenience on your own computer. Our HAC training program content is made available to students online via our elearning platform powered by Talent LMS. E learning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, pretests and tests.

On-Site Reference Library: We offer an onsite reference library in the main classroom for students to use while they are at the Academy either during breaks or when they are on campus outside of classroom hours.





Weekend Intensives

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

- Begin your education with an introduction to the 5,000-year-old history and philosophy of Ayurveda. The three universal energies (Doshas) and five fundamental elements (Mahabhutas) are the starting point for any Ayurvedic student. This leads to an understanding of the 20 foundational qualities of life (Gunas), the key to health. The application of these guiding principles will also be covered as it relates to the concepts of physiological disposition (Prakruti), imbalance (Vikruti) and Dynamic Balance. Additional topics include:
 - The fundamental tenets of an effective Ayurvedic health program
 - The universe and humanity's place within it: An Ayurvedic View
 - The cosmology of the soul
 - Comprehensive introduction to basic Ayurvedic concepts: Doshas, Dhatus, Malas, Asthis, Sandhis, Srotas

KAA 102 | Ayurvedic Physiology (Dosha Dhatu Mala Vigyan)

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

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





KAA 103 | Ayurvedic Psychology (Manasa Shastra)

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

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

KAA 104 | Ayurvedic Nutrition & Cooking (Ahara Vigyan)

Ayurvedic Nutrition & Cooking places an emphasis on foods that ground the soul, nourish the body and delight the senses. This is a fun course with in-person cooking demonstrations teaching how to prepare simple, nutritious and sensually gratifying meals. Ayurvedic cooking is aimed towards pleasing all five senses and experiencing all six tastes. This course will also review techniques for maximum nutrient absorption and explain how that relates to a balanced digestive system. Additional topics include:

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

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

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

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



KAA 106 | Ayurveda and Yoga (Yoga Vigyan) and Clinical Practice (3 days)

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

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

1-Day Clinical Practicum

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

Tuesday Virtual Classes

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

Group Mentoring Sessions

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

Online Recorded Lectures

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

Assignments

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

Personal Transformation Journey

Healing begins right at home for the healer. When we learn to work with Ayurveda to bring healing to our own lives, we can ground our knowledge in first-hand experience



and better support others in doing the same. This assignment involves a self-assessment and experiential process of implementing the Ayurvedic principles and practices learned in class.

Ayurvedic Constitution Assessments

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

Clinical Consultations

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

Pretests & Tests

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

Schedule and Hours

For detailed class dates see the online schedule: keralaayurveda.us/courses/schedules

Fall 2024 start and completion

- **Start Date:** Orientation – Tuesday, October 15, 2024, 5:30-7:00pm Pacific.
- **End Date:** Closing Ceremony – April 1, 2025, 5:30-6:30pm Pacific.



General Class Schedule

Student Orientation

Tuesday, October 15 5:30pm-7:00pm US Pacific Time

6 Weekend Intensives

Saturday-Sundays 8:00am-6:00pm US Pacific Time

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

1-Day Clinical Practicum – live streamed

Monday 8:00am-6:00pm US Pacific Time

12 Tuesday Virtual Classroom Sessions

Tuesdays, 5:30-7:30pm US Pacific Time

Live streamed and recorded for later viewing.

5 Group Mentoring Sessions

Mondays, 5:30-6:30pm or 5:30-7:00pm US Pacific Time

Live streamed and recorded for all students.

Self-paced

Ayurvedic Constitution Assessments
Clinical Consultations
Recorded Lectures

Closing Ceremony

Tuesday, April 1, 2025, 5:30-6:30pm US Pacific Time

Grading

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



Graduation Requirements

- Tuition is paid in full.
- Attendance requirements are met (See Attendance Policy on page 21).
- All tests, assignments and elearning course material are complete with a passing grade.

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



Tuition and Fees

Program Tuition

Registration Fee	\$100
Tuition	\$3,850
TOTAL	\$3,950

Multiple payment plans are available.
For more information see the **Payment Plans** section.

Books & Materials

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

Application

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



Payment Plans

Tuition

Registration Fee	\$100
Tuition	\$3,850

Payment Plan	Tuition Payment	Payments	Registration Fee	TOTAL
Pay in full	\$3,750	1	\$100	\$3,850
Split payments	\$1,925	2	\$100	\$3,950
Monthly	\$667	6	\$100	\$4,102

TOTAL CHARGES FOR THE CURRENT PERIOD OF ATTENDANCE:

For the period of October 15, 2024 – April 1, 2025, is:

Pay in Full \$3850; Split Payment \$3,950; Monthly Payments \$4,102.

Estimated Total Charges for the entire Educational Program: \$3,850

Please Note

- Kerala Ayurveda Academy does not offer financial aid or educational loans to students currently.
- There is a management fee for the monthly payment plan listed above.
- STRF is \$0.00 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.

Refund Policy

The Student’s Right to Cancel

The student has a right to cancel the enrollment agreement and obtain a refund. **A written notice or an email from the student will be required for the cancellation** 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

Students must follow the following to withdraw/cancel from the institution:



- A written notice or an email will be required from the students about the cancellation.
- The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first-class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes.
- Each in person Intensive covers the content of one online module. Refund Requests will be processed based on in person Intensives and online modules accessed (whichever is greater).
- A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive a 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 the original payment is by credit card, the refund will be processed on the credit card.

Withdrawal Policies and Procedures

A Student may withdraw from the school at any time after the cancellation period (through attendance at the first-class session, or the seventh day after enrollment).

Refunds: The student will receive a pro rata refund if they have completed 60 percent or less of the educational program “period of attendance.” A pro rata refund shall be no less than the total amount owed by the student for the portion of the educational program provided subtracted from the amount paid by the student, calculated as follows: (1) The amount owed equals the per module price (total institutional charge, divided by the number of modules in the program) multiplied by the number of modules the student attended, or was scheduled to attend, or accessed in the e learning, prior to withdrawal. The refund will be less the non-refundable registration fee (\$100.00) and within 30 days after the withdrawal is determined. If the student has completed more than 60 percent of the period of attendance of which the student was charged, the tuition is considered earned and the student will receive no refund. For determining a refund under this section, a student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution in writing to Student Support Services via email, hand delivery, or written notice mailed to 691 S. Milpitas Blvd Ste 206, Milpitas, CA 95035 of the student’s intention to withdraw, or as of the date of the student’s withdrawal, whichever is later.
- The institution terminates the student’s enrollment for failure to maintain satisfactory progress; failure to abide by the rules and regulations of the institution; absences more than the maximum set forth by the institution; and/or



failure to meet financial obligations to the school. (See Termination and Dismissal Policy).

- Failure to return from a Sabbatical (LOA: Leave of Absence).

For determining the amount of the refund, the date of the student's withdrawal shall be deemed the last date of recorded attendance. For programs beyond the current "payment period," if a student withdraws prior to the next payment period, all charges collected for the next period will be refunded. If any portion of the tuition was paid from the proceeds of a loan or third party, the refund shall be sent to the lender or third party.

Tuition Owed: If the student has completed more than 60 percent of the period of attendance, the student will be responsible for the full tuition cost for the period of attendance.

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

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

Refund calculation within the first seven days after enrollment or prior to October 27, 2024

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

Step 2 Remainder is tuition refund due

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

Step 1 \$3,950- \$100 \$3,850.00

Total refund will be \$3,850.00

Refund calculation seven days after enrollment or after October 27, 2024

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

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

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

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

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

Step 1 \$3,950 - \$100 \$3,850.00

Step 2 \$3,850 / 6 \$642.00

Step 3 3 classes / live streaming * \$642 \$1,926.00

Step 4 \$3,850 - \$1,926 \$1,924.00

Total refund will be: \$1,924.00



State of Washington (For Students not living in California)

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

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

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

Refund Policy Defined - WA

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

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

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

If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
One week or up to 10%, whichever is less (attended 1st class or accessed 1st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2nd class or accessed 2nd online module)	25%
25% through 50% (attended 3rd class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 4th class or accessing 5th or 6th online module)	100%



The school may keep this percentage of the tuition cost:

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

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

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

- Eligible refunds will not include the applicable interest during the enrollment period.
- Example: if the student decides to withdraw after completing 2 classes or after accessing
- the 4th online module and if they have paid the full tuition, the refund will be as follows:

Step 1	\$3,950 - \$100	\$3,850.00
Step 2	2 of 6 classes attended or modules accessed online 2/6	33%
Step 3	25% through 50% completion = KA retains 50%	\$1,925.00
Step 4	\$3,850 - \$1,925	\$1,925.00

Total refund will be: \$1,925.00

Additional Fees

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

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

Please Note: Registration Fee and STRF are non-refundable



Student Tuition Recovery Fund (STRF)

Fee (non-refundable) – State of California

"The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if 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.

You are not eligible for protection from the STRF, and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program."

"It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, Phone:(916) 574-8900 or (888) 370-7589.

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

- The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
- You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or location of the institution or were enrolled in an educational program within the 120-day period before the program was discontinued.
- You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
- The institution has been ordered to pay a refund by the Bureau but has failed to do so.
- The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law or has failed to pay or reimburse proceeds received by the institution more than tuition and other costs.



- You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
- You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

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

Fee – State of Washington

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

Diversity & Religious Accommodation

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

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



student shall work with their assigned Student Mentor to determine a schedule for making up missed work.

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

Special Accommodations

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Requests For Reasonable Accommodation ASNT is committed to providing qualified students with disabilities an equal opportunity to access the benefits, rights and privileges of school services, programs, and activities in compliance with the American with Disabilities Act and Section 504 of the Rehabilitation Act of 1973. Students who believe they need accommodations should contact Student Support at +(510) 257- 6640 x20 or support@keralaayurveda.us. Students with a documented disability must provide a current (within three years) document stating the disability and requested accommodations. This must be done prior to the start of the program. If you should develop a disability, condition, or illness while in school, KAA will work with you to accomplish your goal of completing your program.

Attendance Policy

Students must attend all the weekend intensive courses which can be accomplished via live streaming attended in real time (live synchronous), recorded (asynchronous) or in person in Milpitas, CA. All materials in each module must be viewed, tests passed, and assignments completed.

Make-up and Retake Policy

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

Length of Time for Program:

HAC Students are expected to complete within 6 months; however, they can avail a 1-month extension to complete their program with mentor assistance. If they do not complete within this time frame, they will be considered dropped from the program.



Student Sabbatical (Leave of Absence)

If a student has circumstances that prevent them from continuing the program as originally planned, they may apply for a one-time Sabbatical. The Sabbatical will be requested by the student to the Student Support Office at support@keralaayurveda.us. The office will then send a form for the student to complete and sign. There is a \$50 fee to go on Sabbatical.

If a student has completed their full tuition payment or wants to take sabbatical and is paid up to date, they may take a sabbatical up to 6 months and then re-enroll in the next program, transferring their payment credit and attendance to the new class co-hort. (Note: During the sabbatical there is no access to their course materials or their mentor).

If a student does not return from their 6-month sabbatical, they will be dropped from the program. If they wish to return after being dropped, they will need to re-enroll in the program as a new student and complete their payment prior to the class start date.

Procedure: Students must contact Student Support Services for a Sabbatical Request form and pay a \$50 fee. Once the form has been submitted and approved, the student has up to 6 months from that date for their sabbatical.

Termination And Dismissal Policy

- If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the Refund Policy.
- A student will be assessed for dismissal from the institution if the student has not attended any class for the first quarter of their program. They will be notified by email in their elearning system, and they will be contacted by a phone call followed up with an email, and subsequently dismissed after this attempt with no response.
- For a student who is on authorized Sabbatical, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.
- **For nonpayment issues:** verbal and written warnings will be sent from Student Support Services. After a minimum of 3 attempts within 3 months and no response from the student, the student will be immediately dismissed.

Suspension Policy

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

- Any behavior disruptive to other students or the smooth running of the class will not be allowed.



- Students will have to pay the tuition on time; this includes one-time fees and payment plans.
- Students must maintain a passing grade of 70%.

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

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.

Financial Aid

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

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

- The federal or state government or a loan guarantee agency may act 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 (11USC. Sec. 1101 et seq.).”

Scholarships: Kerala Ayurveda Academy has a limited number of merit and financial need-based scholarships. Please contact Admissions at admissions@keralaayurveda.us for more information.

English as a Second Language & Foreign Students

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

Record Retention

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

Student Complaint (Grievance) Procedure

Students have the right to submit grievances to resolve disputes concerning issues considered by a student policy. This process is important for ensuring fairness and accountability within educational institutions, as it gives students a mechanism to address concerns and seek resolution when they feel their rights or privileges have been adversely affected. By establishing clear procedures for handling grievances, schools can promote transparency and uphold standards of justice within their community. Here is a breakdown of the steps:

Step One: Attempt to Resolve the Grievance through an Informal Grievance Process



Informal Resolution: This step encourages students to address their concerns directly with the faculty, staff, or administrator involved. If this doesn't lead to a satisfactory resolution, they can escalate the issue to the lead or Student Support.

Step Two: Submit a Formal Grievance

Formal Grievance: If the informal process does not help to resolve the issue, the student can submit a formal grievance. This must be done in writing, within a specified timeframe mentioned below, and must outline the steps taken during the informal process, the alleged policy violation, the person(s) involved, and the requested resolution.

The formal grievance must:

Be submitted in writing within thirty calendar days of the decision, action, or events giving rise to the grievance.

Describe the steps taken to remedy the situation through the informal grievance process.

State how the decision or action is unfair and harmful to the grievant and list the policy that has been violated, if known;

Name the person(s) against whom the grievance is filed;

State the requested resolution.

Step Three: Investigation and Resolution

Investigation and Resolution: The designated authority will investigate the grievance and communicate the outcome to the student within a specified timeframe. This step ensures transparency and accountability in resolving the grievance.

Final Appeal of Student Grievance

Final Appeal: If the student is not satisfied with the resolution provided, they have the option to file a final appeal within 14 days. During this period, any claims or disciplinary actions are placed on hold until the issue has reached resolution and is implemented. The designee will review the appeal and communicate the final decision within a specified timeframe; this decision is considered final. This process ensures a fair and timely resolution to the grievance.

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](tel:+13607094600). 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 OUR INSTITUTION.



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 Holistic Ayurvedic Coach (HAC) 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 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 Holistic Ayurvedic Coach (HAC) certificate will transfer."

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

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

Experiential Credit

There is no credit granted for experiential learning.

FAQs

How much does the program cost?

Holistic Ayurvedic Coach (HAC): \$3950

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

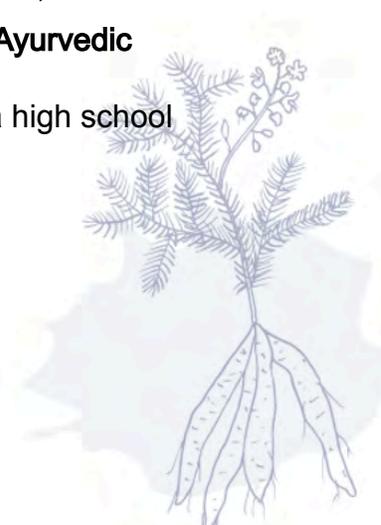
- No.
- KAA welcomes students from all educational backgrounds, with degrees, licenses or certifications in any field.
- Ayurvedic studies are especially complimentary to Certified/Licensed Practitioners in health-related fields including Yoga, Yoga Therapy, Massage Therapy, Chiropractic, Nursing, Naturopathy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

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

Yes! The minimum admissions requirement for our Ayurvedic Trainings is a high school diploma or equivalent.

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 status in the US 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 spring 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 profession. Please contact your local state representative for more information about regulations in your area.

Is it legal to practice Ayurveda in all fifty states?

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

Can I practice Ayurveda outside of the state where I receive my training?

- Yes, Ayurveda is currently practiced all over the United States.
- While none of the US 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.
- The AAC is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.
- Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.

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

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

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

- Once enrolled in our programs, students are welcome to join our private Student and Alumni Facebook group for community discussion and networking.
- Upon request, KAA can provide contact information of students for networking or informational purposes. Many of our students and alumni are happy to talk to prospective students and share their experiences.



- KAA has an online database for alumni services and information to assist community interaction and promote alumni practices to the public.

How many of your graduates practice Ayurvedic medicine?

- All our graduates can practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical well-being. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental and spiritual Life. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.
- There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic Coaches, Counselors or Practitioners.
- Many of our graduates incorporate Ayurvedic knowledge in their current practice as healers, such physicians, nurses, yoga teachers and massage therapists. Ayurveda complements all other healing modalities.

Are there tests? I feel anxious about taking tests.

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

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

Please bring a notebook and writing implement. KAA will provide classroom facilities and digital course manuals. The classes are taught in a traditional, clean, well-lit classroom with tables and chairs for your comfort. There is no additional equipment or materials needed for class.

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

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

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

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

What student services are provided?

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

Placement Services



On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.

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

- KAA does not have dormitories.
- There are a few hotels near the campus where students can book a room for the weekend. The range of cost is approx. \$100-\$175. In the past, some students have made good friends with classmates and stayed with them on those weekends.
- KAA has no responsibility to assist a student in finding housing.

What should I do for meals during class times?

For students attending on-site, complementary water and tea is available at our center. Classes are scheduled between 8:00am-6:00pm US Pacific Time. A 1.5-hour lunch break is provided. Students may bring lunch and are welcome to eat in our classroom. A breakroom is available in the building with a refrigerator, sink and microwave. KAA can provide recommendations for local restaurants.

What are the US Department of Labor's Standard Occupational Classification Codes?

The US Department of Labor's Standard Occupational Classification Code is 31-9099 Healthcare Support Workers, Holistic Ayurvedic Coach

Do you offer further Ayurvedic Studies?

We also offer Ayurvedic Health Counselor, Ayurvedic Practitioner and Level III Ayurvedic Clinical Specialist (formerly known as AD) training. For continued education, we offer several short programs and workshops in Ayurvedic assessment, formulations, marma and more. You can learn more on our website: keralaayurveda.us/courses/programs/continuing-education/

Where is your administrative office?

Kerala Ayurveda Academy & Wellness Center, 691 S Milpitas Blvd Ste 206 Milpitas, CA 95035. Contact Student Support at +1 (510) 257-6640 x20 or support@keralaayurveda.us.

How do I seek support from the Office of Student Assistance and Relief to the office?

In case a student has any complaint, they may contact Student Support at +1 (510) 257-6640 x20 or at support@keralaayurveda.us.

Any questions: "The Office of Student Assistance and Relief is available to support prospective students, current students, or past students of private postsecondary educational institutions in making informed decisions, understanding their rights, and navigating available services and relief options. The office may be reached by calling (888) 370-7589 or by visiting www.bppe.ca.gov."

Do you have any financial assistance?



Kerala Ayurveda Academy has a limited number of merit and financial need-based scholarships. Please contact Admissions at admissions@keralaayurveda.us for more information.

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

In case a student has any complaint, they may contact Student Support at +1 (510) 257-6640 x20 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 BPPE address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: www.bppe.ca.gov. Phone:(916) 574-8900 or (888) 370-7589. Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10th Ave. SW, Box 43105, Olympia, Washington 98504. Web: wtb.wa.gov, phone: +1 (360) 709-4600, e-mail address: wtecb@wtb.wa.gov.

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

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

Are the programs accredited by an accrediting agency recognized by the United States Department of Education?

Kerala Ayurveda Academy offers certificate programs in ayurveda which are approved by BPPE. We are currently in candidacy for accreditation with the Ayurvedic Accreditation Commission (AAC) which itself is in candidacy for accreditation with the US Department of Education. We are currently not accredited by an accrediting agency recognized by the US Department of Education.

The BPPE requires that KAA disclose the following:

- A. Graduates of the certificate programs will not be eligible to sit for a licensure exam in California nor other states.
- B. KAA certificate program graduates from this unaccredited institution are not recognized for some employment positions, including, but not limited to, positions with the State of California.
- C. A student enrolled in an unaccredited institution is not eligible for federal financial aid programs.

Who owns Kerala Ayurveda Academy?

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





Period of Enrollment: June 1, 2024 – February 1, 2025

www.keralaayurveda.us/courses





COURSE CATALOG

Ayurvedic Health Counselor (AHC)

Ayurvedic Practitioner (AP)

Fall 2024 Programs

v1.5

Time Period of the Catalog: June 6, 2024 – May 6, 2025

Period of Enrollment: June 6, 2024 – January 6, 2025

REGISTERED OFFICES

State of CA
Kerala Ayurveda Academy
691 S. Milpitas Blvd Suite 206
Milpitas, CA 95035
Toll Free: +1 (888) 257-6640
Fax: +1 (510) 257-6640

State of WA
910 207th Ave NE
Sammamish, WA 08074
Toll Free: +1 (888) 257-6640

India
The Health Village
Monastery Lane, Karimattathu
Aluva Munnar Road
Aluva, Kerala, India-683101

AyurvedaGram Heritage Wellness Center
Hemmandanahalli, Samethanahalli Post
Whitefield, Bangalore-560067



Registration: admissions@keralaayurveda.us

All Other Course Support: support@keralaayurveda.us

Website: www.keralaayurveda.us/courses

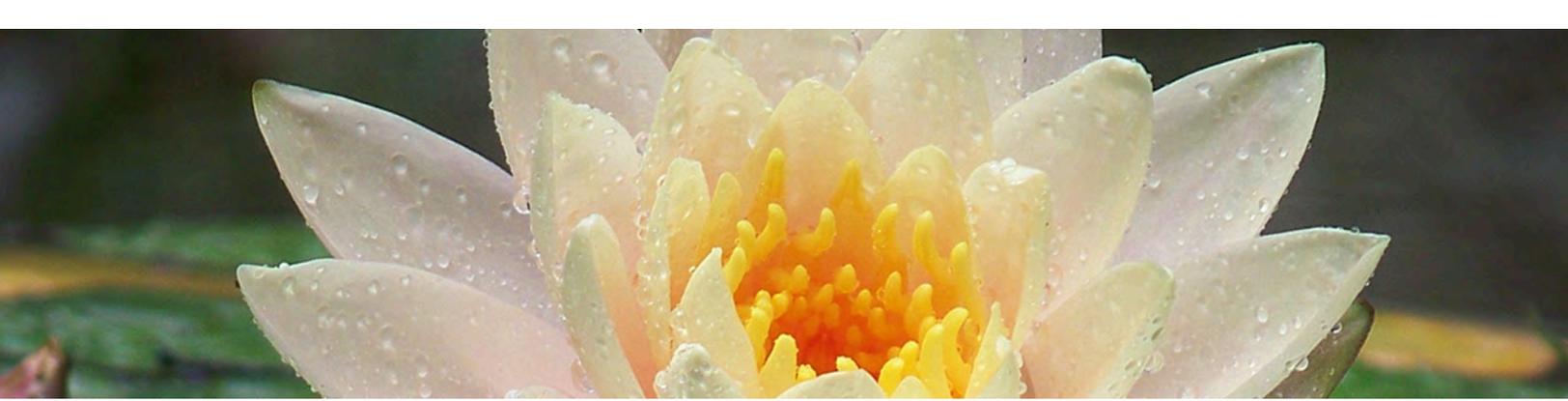
Date of Publication: 7/9/24

Kerala Ayurveda Academy, in the State of California, is a privately-owned institution that is approved to operate by The Bureau for Private Postsecondary Education under School Code #72482254. BPPE Address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: www.bppe.ca.gov. Telephone and Fax #'s: (888) 370-7589 or by fax: (916) 263-1897; (916) 574-8900 or by fax: (916) 263-1897

Approval to operate means compliance with state standards as set forth in the California Private Postsecondary Education act of 2009. Kerala Ayurveda Academy, in the State of Washington, is licensed under Chapter 28C.10 RCW. Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10th Ave. SW, Box 43105, Olympia, Washington 98504. Web: wtb.wa.gov, phone: +1 (360) 709-4600, e-mail address: wtecb@wtb.wa.gov.

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Welcome to Kerala Ayurveda Academy

OUR MISSION: At Kerala Ayurveda USA, our mission is to bring awareness to the consciousness-based practice of Ayurveda. By blending ancient wisdom with modern expertise, we aim to establish ourselves as a premier authority in traditional Ayurvedic education, the creation of safe and effective herbal products, and holistic community health. Our goal is to become a trusted companion for natural wellness seekers as they awaken the healer within to attain optimal health and well-being.

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 these elements are relevant to our health. Ayurveda is a 5,000-year-old Indian system of healing that encompasses these aspects while offering solutions to achieve harmony at the level of Body, Mind and Spirit. Join us to become involved with this pioneering work that is transforming our healthcare industry into a more current model of holistic healthcare.



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

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

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

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



AYURVEDA: THE SCIENCE OF LIFE

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

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

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

Knowledge of Ayurveda in today's world is essential as it aims to preserve health and 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 access the infinite power of the subtle energetic fields. The World Health Organization recognizes Ayurveda as a complete natural healthcare system.

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





PROFESSIONAL POSSIBILITIES WITH AYURVEDA*

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

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

Why Choose Kerala Ayurveda Academy?

AUTHENTICITY	We offer the highest level of Ayurvedic education outside of India based on the root Vedic texts. Our faculty and advisors include several of the world's leading Ayurvedic experts.
FLEXIBILITY	Programs include weekend and evening sessions, online learning, live streamed and in person formats.
ALUMNI BENEFITS	We strive to offer the most generous alumni benefits including continued access to curriculum and discounts.
GLOBAL COMMUNITY	Our students and alumni are part of a global Ayurvedic community and have access to rich resources in India with support from Kerala Ayurveda, Ltd., a full spectrum Ayurvedic company.

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

- You are part of a globally recognized and highly respected Ayurvedic lineage that is experiencing tremendous growth in the West. With 1,500+ alumni, you are a part of one of the largest student bodies of Ayurveda in the country.



- You embark on your journey knowing that you can qualify for all three levels of professional membership in Ayurveda set by the Ayurvedic Accreditation Commission (AAC), including the option to study at our sister sites in India.
- Kerala Ayurveda Academy is a 100% subsidiary of Kerala Ayurveda Limited (KAL), India - a full spectrum Ayurveda company operating 30 Ayurveda clinics, 2 hospitals, 400 herbal formulations, Medicinal Herbal Gardens and AyurvedaGram Heritage Life Centre. KAL is part of Katra Life Sciences, which aims at providing “Life, naturally” to all.
- Each year, KAL and Kerala Ayurveda USA provide Life services to more than 70,000 people, and KAA welcomes over 200 new students to the Kerala Family.
- KAL is based in Kerala, India, referred to as “God’s Own Country”: the land that cherishes the traditional practice of Ayurveda and where the science has been preserved in its purest and most authentic form.
- KAL and KAA have embarked on a journey to make Ayurveda a global choice for better health. KAL’s mission is to “Evolve Ayurveda” with substantial investments in research so that Ayurveda is promoted globally in an authentic manner for the benefit and Life of humankind.
- KAL is powered by a cutting-edge research team including biologists, chemists, scholars and practitioners, and has applied science to adapt this ancient wisdom for the new millennium – for products that are pure, safe and functional.
- Kerala Ayurveda is one of the most well-regarded names in Ayurveda and has received the honors:
 - Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017, ASSOCHAM
 - Indian Agribusiness Excellence Awards – Katra Phytochem, 2017
 - Herbal Company of the Year, 2016, ASSOCHAM
 - Spa & Life Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
 - Best Integrated Life Provider in India - AyurvedaGram, 2010 & 2011, Frost & Sullivan Award
 - Make in India Emerging Entrepreneurs, 2017, India Today
 - Certification of Excellence – AyurvedaGram, TripAdvisor
 - Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore), TripAdvisor
- Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.



THE ASHA FOUNDATION™

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





CLASSROOM LOCATION

Milpitas, CA

Kerala Ayurveda Academy & Wellness Center

691 South Milpitas Blvd Suite 206

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

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

IN PERSON & ONLINE LEARNING

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



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





The Ayurvedic Study Journey

It's our goal at Kerala Ayurveda Academy to provide all available levels of professional education – in alignment with the most current industry standards, and in a progressive format so you can upskill at an achievable pace. This catalog includes detailed information on the first two levels of Professional Ayurvedic Training: **Ayurvedic Health Counselor (AHC)** and **Ayurvedic Practitioner (AP)**. If you would like more information on any other of our Ayurvedic programs, please visit our website at www.keralaayurveda.us.

TRAINING LEVELS, AAC, NAMA AND PROFESSIONAL MEMBERSHIP

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

■ LEVEL I - Ayurvedic Health Counselor (AHC)

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

The level I Ayurvedic Health Counselor program focuses on the fundamental principles of Ayurveda, Ayurvedic physiology and psychology, nutrition, Yoga, lifestyle and seasonal protocols for self-improvement or career enhancement, Ayurvedic herbology, an introduction to Panchakarma detoxification, as well as disease pathology and management. Upon graduation an AHC can determine and analyze body constitution, conduct Ayurvedic lifestyle consultations, and offer guidance on daily routines, Ayurvedic therapies and home remedies.

■ LEVEL II - Ayurvedic Practitioner (AP)

Prerequisite: Level I AHC • Corequisite: Anatomy & Physiology

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



Ayurvedic Accreditation Commission

Our Academy aligns with the Ayurvedic Accreditation Commission (AAC), the largest Ayurvedic organization in the US, to provide industry standards. We also encourage students to join the National Ayurvedic Medical Association (NAMA) to help support these goals as Ayurveda is not currently licensed as a medical practice in the US, and one of AAC and NAMA's goals is to make licensure possible.

NAMA membership by students and professionals is all optional. KAA opts into this alignment as we believe that standardization of the profession and licensure offers benefits to professionals as well as clients, making Ayurveda more accessible.

We are associated with AAC in the following ways:

1. As Recognized School
2. AHC, AP and ACS are AAC-recognized which means that graduates of these programs qualify to sit for the National Ayurvedic Medical Association Certification Board ([NAMACB](#)) certification exams.



We are associated with NAMA in the following ways:

1. As an Organizational Member
2. As a PACE (Professional Ayurvedic Continuing Education) sponsor.
3. We sponsor NAMA's annual conference and attend as an exhibitor.

We encourage our students and faculty to explore what NAMA offers. Students can join NAMA at the Student Membership level at no cost.



FACULTY

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

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

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

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

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

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

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

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

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



ACADEMY DIRECTOR & MASTER FACULTY



Vaidya. Jayarajan Kodikannath

BSc, BAMS

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

MAIN FACULTY



Vaidya. Kamy Pillai

BAMS, AWP

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



Vaidya. Princy Prasad

BAMS, MS (Ayu), PhD (Ayu)

Vaidya. Princy Prasad has a special focus on Orthopedic management, Para-surgical procedures and diverse health conditions. She has a degree in Ayurvedic Medicine and Surgery and master's degree in surgery (Ayu) from Kerala University of Health Sciences. Her research studies in Gujarat Ayurveda University, Jamnagar led her to a Doctor of Philosophy (Ayu). She authored articles in Ayurveda for reputable Ayurvedic journals and is the subject editor of International Journal for AYUSH case reports.



Vaidya. Sheena Sooraj

BAMS

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



GUEST FACULTY



Vaidya. Vandana Barnawal

BSc, BAMS, MD (Masters in Ayurveda)

Vaidya. Vandana, the founder of AyurveDatri, is a leading expert of Ayurveda specializing in women's health. She has more than 25 years of experience of clinical, research, teaching and education in Ayurveda. She is on the Board of Directors at Council for Ayurveda Research, USA (CAR), a professional member of NAMA, Ohio State Director of the Association of Ayurvedic Professionals of North America (AAPNA). She is the author of *Stree Roga Vimarsh*, a book of Ayurvedic Gynecology and *Prasuti Tantra Sandarshini*, a book of Ayurvedic obstetrics.



Anuradha Gupta

Ayurvedic Doctor, Engineer, MBA, 200 HYT

Anuradha Gupta is a graduate of the Ayurvedic Doctor program, AP Mentor and Content Specialist at KAA. Her great grandmother was an Ayurvedic Vaidya which encouraged her to pursue Ayurveda. She received her Master of Management Studies degree from Birla Institute of Technology and Sciences, Pilani, India. She then completed her MBA from the Indian Institute of Foreign Trade (IIFT), New Delhi, India. Anuradha is a voracious writer who has written many articles on Ayurveda for Art of Living and Kerala Ayurveda, and a book on Ayurveda. Anuradha owns her practice, Ayurvedic Footprints and is a volunteer with Project Welcome Home Troops, Art of Living, IAHV, NAMA, WWF and PFLAG.



Vaidya. Sriranjini Jaideep

MD (Ayurveda), PhD (NIMHANS)

Vaidya. Sriranjini is a clinician researcher and an MD in Kayachikitsa with a PhD from NIMHANS, a Vaidya Scientist Fellow and a certified Yoga Instructor from SVYASA University. She was a consultant physician at the Institute of Ayurveda and Integrative Medicine and the Ramaiah India Specialty Ayurveda. She has been a Co-investigator on research projects and faculty on research methodology, medical ethics, biostatistics and scientific writing. She has published research articles in scientific journals at international conferences. She is a Freelance Research Consultant at Ramaiah Ayurveda and provides Ayurveda consultations from Canada.





Vaidya. Rucha Kelkar

BAMS, PT, DPT

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



Alka Mulakaluri

CAP, LMT, AD (NAMA)

Alka believes that touch is the best source to heal people and to reach their heart. Alka is a certified Ayurvedic Wellness Practitioner and Panchakarma Technician from Kerala Ayurveda Academy and has earned her diploma in Ayurvedic Sciences at well-known Ayurveda colleges in India. She is also a California LMT. She specializes in Panchakarma techniques and Ayurvedic detox programs, combining the knowledge of western massage techniques and traditional Ayurvedic preventive measures.



Vaidya Neha Pitla

BAMS, MD (Ayu)

Vaidya. Neha Pitla graduated with a Bachelor of Ayurvedic Medicine and Surgery (BAMS) from R.A. Podar Ayurved Medical College and Hospital in Mumbai, Maharashtra; a Master of Ayurvedic Medicine in Rachana Sharir (Human Anatomy) from Government Ayurvedic College and Hospital in Nanded, Maharashtra; and a Diploma in Yoga Teacher from Yashwantrao Chavan Maharashtra Open University. She earned a Certification and Diploma in Garbh Sanskar (Antenatal Program) from the National Institute of Ayurveda in Jaipur, Rajasthan, India. Her goal is to use an Ayurvedic lifestyle to improve pediatric health from the beginning of a child's life to that of a healthy adult. She has worked as an assistant professor and as a resident physician.





Maryna Stasiuk

AHC, AP, AD, Engineer

Maryna completed her engineering studies at KYIV Polytechnic Institute and the Ayurvedic Doctor program at Kerala Ayurveda Academy. She holds a certification as a skilled Yoga Counselor from the American Institute of Vedic Studies. Sharing her expertise as a faculty member and mentor, Maryna guides numerous students at Kerala Ayurveda Academy. She also owns Ayurvedic Way Wellness Center in Sammamish, WA, where she offers Ayurvedic consultations and Panchakarma cleansing. Maryna is community-focused, and actively contributes to her local community.



Revathi Veeraraghavan

AWP

Revathi Veeraraghavan is a certified Ayurvedic Practitioner, Marma Chikitsa Trainer, and a Yoga and Meditation Instructor. As an Ayurveda educator, she regularly travels and conducts Ayurvedic workshops on Dinacharya (Ayurvedic selfcare/daily routine), Skin and Beauty, Cooking and Nutrition, and "Herbs, Spices and Home Remedies". She has trained over three hundred fifty Marma practitioners in the US. She serves as a teaching faculty at Kerala Ayurveda Academy in Milpitas, California. She holds a master's degree in mass communications and a Bachelors in Electronics Engineering.



Vaidya. Nimin Sreedhar

BAMS

Vaidya. Nimin Sreedhar Ayurveda doctor by profession, and he is dedicating his career to contribute towards projects that would make Ayurvedic learning, practice and healing even more efficient and effective. Through his flagship project, the Dravya App, he is constantly searching for innovative solutions to some of the most nagging problems in the Ayurveda sector.



Vaidya. Ram Tamang

BAMS

Vaidya. Ram Tamang trained in the J. Krishnamurti foundation in Bangalore where he earned his degree in Ayurvedic Medicine and Surgery and studied intensely with several Yoga masters in India. He has practiced and taught internationally, including his role heading a Panchakarma Center at an Ayurveda Retreat in South India, Ayurveda workshops in Amsterdam, Netherlands and work with Allopathic Doctors in an emergency ward in India.





Ayurvedic Health Counselor (AHC)

600 HOUR TRAINING PROGRAM

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

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



Program Overview

SCOPE OF PRACTICE

With this certificate, students can counsel clients for wellness. This program does not lead to positions that would require licensing in this field, as there is no required licensing for Ayurveda at this time.

Ayurvedic Counselors **can**:

- Analyze mind-body constitution
- Complete health history intake
- Suggest dietary changes (explain Ayurvedic view about qualities and 6 tastes)
- Suggest daily routine changes (explain daily predominance of Doshas at different times)
- Suggest seasonal routine (explain seasonal predominance of Doshas)
- Suggest life cycle routine (explain life cycles and predominance of Doshas)
- Explain about Ayurvedic concepts (related to Prakriti, Vikriti, qualities, etc.)
- Explain the connection between Body and Mind and how diet and lifestyle, meditation, Pranayama can help prevent many emotional problems.
- Offer talks and write articles on various concepts on Ayurveda
- Offer basic oil therapies
- Offer cooking classes using Ayurvedic recipes along with techniques and tips to create Ayurvedically balanced meals
- Suggest common herbs and spices

Ayurvedic Counselors **cannot**:

- Diagnose diseases
- Treat diseases
- Prescribe treatments or medicines (including herbal medicines)
- Prescribe or perform Panchakarma (unless allowed in your scope of practice under other licensing)
- Perform pulse diagnosis

PREREQUISITES

- Students must submit a high school diploma or equivalent prior to enrollment.
- It's essential for Ayurvedic students in professional programs to have adequate knowledge of Anatomy and Physiology (A&P). As a condition of graduation from the AHC program, the equivalent of four (4) college-level A&P credits (60 hours) is required. (A&P credit completion is not required prior to enrollment, it may be taken as a corequisite alongside the AHC program). KAA offers an online partner A&P course, or you can provide documentation of A&P credit completion from an approved institution. Please visit our website to learn more about our partner course or to submit your documentation.



GENERAL FORMAT

1 Year – 600 Total Hours

- 11 Weekend Intensives – in person or live streamed*
- 1-Day Clinical Practicum – live streamed*
- 28 Tuesday Virtual Classes – live streamed*
- 6 Monday Virtual Classes – live streamed*
- 10 Group Mentoring Sessions – live streamed*
- Online Recorded Lectures – elearning*
- Assignments – elearning*
- One 5-Day AHC Practical – In person (required)

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

Curriculum

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

LEARNING MATERIALS & RESOURCES

- **Course manuals:** digital manuals are provided for each Weekend Intensive module. Print manuals are available for an additional cost.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Our AHC training program content is made available to students online via our elearning platform powered by Talent LMS. Elearning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, pretests and tests.
- **On Site:** We offer an onsite reference library in the main classroom for students to use while they are at the Academy either during breaks or when they are on campus outside of classroom hours.

MENTOR PROGRAM

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



RECOMMENDED READING

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

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

WEEKEND INTENSIVES

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

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

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

KAA 102 | Ayurvedic Physiology (Dosha Dhatu Mala Vigyan)

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

- The 15 subtle energies of the body (Subdoshas), their locations, qualities and importance in health



- Natural wastes and their functions
- The essence of life that is responsible for vigor and youthfulness (Ojas), as well as how it is regenerated and preserved

KAA 103 | Ayurvedic Psychology (*Manasa Shastra*)

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

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

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

Ayurvedic Nutrition & Cooking places an emphasis on foods that ground the soul, nourish the body and delight the senses. This is a fun course with in-person cooking demonstrations teaching how to prepare simple, nutritious and sensually gratifying meals. Ayurvedic cooking is aimed towards pleasing all five senses and experiencing all six tastes. This course will also review techniques for maximum nutrient absorption and explain how that relates to a balanced digestive system. Additional topics include:

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

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

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

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

KAA 106 | Ayurveda and Yoga (*Yoga Vigyan*)

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

- How Yoga and Ayurveda combined can create the foundation for a transformed experience of living



- Yoga and Ayurveda to deepen your spiritual practice
- Pranayama and meditation techniques

KAA 107 | Ayurvedic Herbology (Dravya Guna Shastra)

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

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

KAA 108 | Introduction to Ayurvedic Bodywork (Panchakarma)

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

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

KAA 109 | Assessment of Dosha Imbalances (Roga Nidan)

Assessment of Dosha Imbalances will describe how diseases form and progress, how an individual can spring from health to imbalances. This course will cover simple ways to identify warning signs long before they become full-blown symptoms. Additional topics include:

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

KAA 110 | Management of Dosha Imbalances (Kaya Chikitsa)

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

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



KAA 111 | Review, Clinical Management

Review and Clinical Management will take a final look at the prior ten months in a summarized review and investigate Ayurveda's application in modern times. Students will be guided on how to build and sustain clinical practice and how the science of Ayurveda applies to the business model. The highlights of the class are consultation demonstrations and practice for the students.

AHC PRACTICAL (COINCIDES WITH KAA 111)

This 5-day Practical (including weekend module KAA 111) reviews the process from client intake through final recommendations. It offers many practice sessions with live case consultations, and exploration of the practical ways in which this training can be implemented.

Required in person attendance for All Students.

1-DAY CLINICAL PRACTICUM

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

Live streamed and recorded for later viewing.

TUESDAY VIRTUAL CLASSES

Tuesday Virtual Classes are offered live approximately 2-3 times per month, covering topics in alignment with the upcoming or recent Weekend Intensive. These sessions offer students opportunities to explore topics raised in the Weekend Intensives in more depth, such as *Doshas* (one of the core principles of Ayurveda), *Ahara* (the inputs of life) and *Dinacharya* (daily and nightly rituals), and watch our experienced faculty perform intakes with live clients.

MONDAY VIRTUAL CLASSES

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

ONLINE RECORDED LECTURES

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

Ashtanga Hridayam

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

Part 2: Daily Regimen for Health and Longevity

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



learn the text line-by-line, how to chant the Sanskrit and understand the deeper meaning behind the principles.

ASSIGNMENTS

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

Personal Transformation Journey

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

Ayurvedic Constitution Assessments

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

Clinical Consultations

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

Chikitsa Protocols

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

Community Health Presentation OR Research Paper

Students have the choice of a Community Health Presentation or Research Paper.

Community Health Presentation Description

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

OR

Research Paper Description

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



PRETESTS & TESTS

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

Schedule and Hours

For detailed class dates see the online schedule: keralaayurveda.us/courses/schedules

FALL 2024-2025 START & COMPLETION

- **Start Date:** Orientation - Tuesday, October 15, 2024, 5:30-7:00pm Pacific
- **End Date:** Closing Ceremony – Tuesday, October 14, 2025, 5:30-7:00pm Pacific

GENERAL CLASS SCHEDULE

For attendance requirements see the Attendance Policy

Student Orientation

11 Weekend Intensives

Saturday-Sundays 8:00am-6:00pm US Pacific Time

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

AHC Practical – in person

Mondays-Wednesday 8:00am-6:00pm US Pacific Time

5-day intensive (including weekend intensive KAA 111)

Required in person attendance for all students.

1-Day Clinical Practicum – live streamed

Monday 8:00am-6:00pm US Pacific Time

Live streamed and recorded for later viewing.

28 Tuesday Virtual Classroom Sessions

Tuesdays, 5:30-7:30pm US Pacific Time

Live streamed and recorded for later viewing.

6 Monday Virtual Classroom Sessions

Mondays 5:30-7:30pm US Pacific Time

Live streamed and recorded for all students.

10 Group Mentoring Sessions

Mondays 5:30-6:30pm or 5:30-7:00pm US Pacific Time

Live streamed and recorded for all students.



Self-paced

- Ayurvedic Constitution Assessments
- Clinical Consultations
- Chikitsa Reviews with Mentor
- Recorded Lectures
- Ashtanga Hridayam Recordings

Closing Ceremony

Evening session at the end of the program

GRADING AND GRADUATION REQUIREMENTS

Grading

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

Graduation Requirements

- Tuition is paid in full.
- Documentation is submitted of completing the equivalent of 4 credits of college level Anatomy & Physiology course.
- Attendance requirements are met
- All tests, assignments & elearning course material are complete with a passing grade.

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



Tuition and Fees

PROGRAM TUITION

Registration Fee	\$100
Tuition	\$8,950
TOTAL	\$9,050

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

BOOKS & MATERIALS

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

Application

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

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





Ayurvedic Practitioner (AP)

900 HOUR TRAINING PROGRAM

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

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

Program Overview

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. This program does not lead to positions that would require licensing in this field, as there is no required licensing for Ayurveda at this time.

Ayurvedic Practitioners can:

- Analyze Body Constitution
- Complete health history intake
- 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)



PREREQUISITES

It's essential for Ayurvedic students in professional programs to have adequate knowledge of Anatomy and Physiology (A&P). As a condition of graduation from the AP program, the equivalent of six (6) college-level A&P credits (90 hours) is required. (A&P credit completion is not required prior to enrollment, it may be taken as a corequisite alongside the AP program). KAA offers an online partner A&P course, or you can provide documentation of A&P credit completion from an approved institution. Please visit our website to learn more about our partner course or to submit your documentation.

GENERAL FORMAT

1.5 Years – 900 Total Hours

- 10 Weekend Intensives – in person or live streamed*
- 1 Online Internship – live streamed*
- 135 (150 Hours India) AP Clinical Internship – in person
- 31 Virtual Classes – live streamed*
- 10 Monthly Review Sessions – live streamed*
- 10 Monthly Clinical Case Discussions - live streamed*
- 5 Group Mentoring Sessions - live streamed*
- Online Recorded Lectures – elearning*
- Assignments – elearning*

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

Curriculum

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

LEARNING MATERIALS & RESOURCES

- **Course manuals:** digital manuals are provided for each Weekend Intensive module. Print manuals are available for an additional cost.
- **Elearning:** learn anytime, anywhere, at your own convenience on your own computer. Assignments are reviewed on a pass/fail basis and are submitted in the elearning platform. Project and assignment grades are posted within 10 days of submission.
- AP training program content is made available to students online via our elearning platform powered by Talent LMS. E learning provides access to course information, live class recordings, assignments, online recorded lectures, course manuals, class slides, pretests, and tests.
- **On Site:** We offer an onsite reference library in the main classroom for students to use while they are at the Academy either during breaks or when they are on campus outside of classroom hours.



MENTOR PROGRAM

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

RECOMMENDED READING

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

Author	Title
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
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
Kodikannath, Jayarajan and Gregory, Alyson Young	The Parent's Complete Guided to Ayurveda

WEEKEND INTENSIVES

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

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

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

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

Includes a detailed exploration of the five stages of disease identification: *Nidan*, *Purvaroop*, *Roopa*, *Upashaya*, and *Samprapti*. This course also looks at the six stages of the disease



process: *Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyakti and Bheda*. Students will gain an understanding of the signs of *Dhatu* and *Srota Dushti*. Students will delve deeply into Ayurvedic client examination methods. Topics include:

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

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

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

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

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

Advanced Bodywork, Detoxification and *Rasayana* is a hands-on course. A detailed theory of Panchakarma will be covered, including the *Poorvakarma* (Preparation), *Pradhanakarma* (Main Procedure) and *Paschatkarma* (Post-Procedural Convalescence). The preparatory procedures, including various types of *Snehana* & *Swedana* therapies, will be explained. This course also covers the five Ayurvedic Detoxification procedures. The post Panchakarma convalescence, such as specific food and lifestyle modifications, is also a part of this course. Topics include:

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

KAA 205-208 | Kayachikitsa I-IV

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

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

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

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



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

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

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

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

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

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

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

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

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

KAA 210 | Clinical Internship Weekend Intensive

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

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



AP ONLINE CLINICAL INTERNSHIP

- Complete clinical management including conducting consultations
- Honing the clinical assessment skills
- Creating protocol based on *Samprapti* and client guidance
- Live streamed and required for all students

AP CLINICAL INTERNSHIP

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

THURSDAY VIRTUAL CLASSES

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

ONLINE RECORDED LECTURES

Online Recorded Lectures are included in each monthly module, covering topics in alignment with the Weekend Intensives and include the following:

Vedic Formulations: Clinical Applications

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

Ashtanga Hridayam

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

As an Ayurveda student, it is important to use the authentic teachings of the ancient Vedic texts. As part of your AP training, the recordings of Parts 3 -9 of our Ashtanga Hridayam series are included.

MONTHLY REVIEW SESSIONS

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



CLINICAL CASE DISCUSSIONS

This program is dedicated to interactive reviews of clinical conditions, including cases submitted by participants. It is an opportunity for students to receive feedback on live cases and collaborate with fellow Ayurvedic Practitioners and Level 3 students on protocol development. Note: if there are no participant-submitted cases for a session, the faculty member will provide cases for review.

ASSIGNMENTS

Individual Clinical Consultations

Chikitsa Consultations:

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

Assignments - choose one of the following:

- *Community Health Education Assignment*
Students will prepare a presentation for a group in the community. They may organize this presentation themselves and invite the public or arrange to deliver this presentation at an office, school or other place of business. This presentation should run two hours in length and be delivered on a topic of interest to the group.
- *Research Paper*
A comprehensive Research Paper, 15 to 20 pages in length, on a topic of interest to you that is first approved by the AP Mentor.
- *Research Project*
A detailed Research Project on a topic and format approved by the AP Mentor.

PRETESTING AND TESTING

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

Schedule and Hours

See the Schedule for a complete calendar of classes: keralaayurveda.us/courses/schedules

FALL 2024-2025 START & COMPLETION

- **Start Date:** Orientation: October 17, 2024
- Closing Ceremony: May 4, 2026



GENERAL CLASS SCHEDULE

For attendance requirements see the Attendance Policy

1 Student Orientation

Weekday Evening 5:30-7:30pm US Pacific Time

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

10 Weekend Intensives

201-204: Sat-Sun 8:00am-6:00pm US Pacific Time

205-210: Friday 4:30-7:30pm, Sat-Sun 8:00am-6:00pm US Pacific Time

Offered once per month for 10 months, both in person and live streamed. They are recorded for later viewing.

1 Online Clinical Internship

Mon-Fri 8:00am-6:00pm US Pacific Time

5-day intensive offered online. It is required for all students.

31 Thursday Virtual Classroom Sessions

Thursdays 5:30-7:30pm US Pacific Time

Live streamed and recorded for later viewing.

5 Group Mentoring Sessions

Thursdays 5:30-7:00pm US Pacific Time

Live streamed and recorded for later viewing.

10 Monthly Review Sessions

Thursdays 5:30-7:30pm US Pacific Time

Live streamed and recorded for later viewing.

10 Monthly Clinical Case Discussions

Tuesdays 5:00-6:30pm US Pacific Time

Live streamed and recorded for later viewing.

Elearning platform

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

- ◆ Weekend Topic teachings
- ◆ Ashtanga Hridayam parts 3-9
- ◆ Vedic Formulations part 1

AP Clinical Internship

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

For more information see the AP Clinical Internship section



AP Clinical Internship

Kerala Ayurveda Academy offers regularly scheduled AP Clinical Internship training opportunities at our US and India locations. Students may design a format based on their location interest. Internships are also open to students and alumni from other institutions, as well as KAA alumni who seek additional clinical training. AP students may commence their AP Clinical Internship training midway through the AP program and are required to complete 135 hours in person total for graduation.

NOTE: AP Clinical Internship training tuition is separate from course tuition. See Tuition and Payment Plans for more information. You may also find more detailed information on the India Internship in our Clinical Internship guide, available on the website at keralaayurveda.us/courses/india-internship

PREREQUISITE

Completion of either the sixth module of the Ayurvedic Practitioner (AP) program (KAA 206) or equivalent experience in Ayurvedic studies from another Ayurveda school.

FORMAT

The following session combinations achieve the required 135 hours, (excluding the 1 mandatory US Clinical Internship session online).

US Only	India	US + Independent India
US AP Clinical Internships 3 total	India Internship: 1 session	Combination of 1 US Internship + 90 hours of Independent India Internship, or 2 US Internships + 45 hours of Independent India Internship

US CLINICAL INTERNSHIP

The US AP Clinical Internship is conducted as week-long, 45-hour segments at Kerala Ayurveda Academy & Wellness Center, Milpitas, CA. The program focuses on clinical assessment, creating Ayurvedic management protocol, Panchakarma protocols, application of Ayurvedic herbs and formulations, and counseling. Interns gain hands-on experience managing a variety of cases across diverse age groups and disorders, all under the supervision of Kerala Ayurveda USA Director, Vaidya. Jayarajan Kodikannath and other Kerala Ayurveda Faculty members. (3 in person US AP Clinical Internships is required for your program unless you are choosing one of the other Internship formats mentioned above).

INDIA CLINICAL INTERNSHIP

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



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

Locations

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

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

FOR MORE INFORMATION

See our AP Clinical Internship Guide available at keralaayurveda.us/courses

INDEPENDENT INDIA INTERNSHIP

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

FOR MORE INFORMATION

See our India Internship Guide, available on the website at keralaayurveda.us/courses

Grading and Graduation Requirements

Grading

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



Graduation Requirements

- Tuition is paid in full.
- The student submitted documentation of completing equivalent of 6 credits of college level Anatomy & Physiology course.
- Attendance requirements are met (see Attendance Policy: AP).
- This program requires the student to attend the online Clinical Internship.
- The student completed a minimum of 135 hours of AP Clinical Internship.
- All tests, assignments and course material are complete with a passing grade.

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



Tuition and Fees

PROGRAM TUITION

New Students Only: Registration Fee	\$100
Tuition	\$12,950
TOTAL	\$13,050

Multiple payment plans are available depending on the student's commitment to learning. [For more information](#) see the Payment Plans section.

AP CLINICAL INTERNSHIP – FEES

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

US AP Clinical Internship (online and in person*)	\$995 per week	*Lodging, meals and airfare not included.
India Internship	\$4295*	*Lodging and meals included. Airfare not included.
Independent India Internship*	\$310* single per day	*Airfare not included *Subject to availability

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

Please Note: These prices are valid for India Internships held in 2024. We cannot guarantee prices for 2025 and beyond.

BOOKS & MATERIALS

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

Application

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

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





Payment Plans and Refund Policies

FOR ALL PROGRAMS

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

Ayurvedic Health Counselor (AHC)

AHC PROGRAM

Tuition and Fees	
Registration Fee	\$100
Tuition	\$8,950

Payment Plan	Tuition Payment	Payments	Registration Fee	TOTAL
Pay in full	\$8,725	1	\$100	\$8,825
Split payments	\$4,475	2	\$100	\$9,050
Monthly	\$776	12	\$100	\$9,412

TOTAL CHARGES FOR THE CURRENT PERIOD OF ATTENDANCE:

For the period of October 15, 2024 - October 14, 2025, is:

Pay in Full \$8,825; Split Payment \$9,050; Monthly Payments \$9,412.

Estimated Total Charges for the entire Educational Program: \$9,050.

Please Note

- Kerala Ayurveda Academy does not offer state or federal financial aid or educational loans to students currently.
- There is a management fee for the Monthly payment plan listed above.
- STRF is \$0 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.

AHC PROGRAM REFUND POLICY

The Student's Right to Cancel

The student has a right to cancel the enrollment agreement and obtain a refund. A written notice or an email from the student will be required for the cancellation 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

Students must follow the following to withdraw/cancel from the institution:

- A written notice or an email will be required from the students about the cancellation.
- The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first-class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes.



- Each in person Intensive covers the content of one online module. Refund Requests will be processed based on in person Intensives and online modules accessed (whichever is greater).
- A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive a 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 the original payment is by credit card, the refund will be processed on the credit card.

Withdrawal Policies and Procedures

A Student may withdraw from the school at any time after the cancellation period (through attendance at the first-class session, or the seventh day after enrollment).

Refunds: The student will receive a pro rata refund if they have completed 60 percent or less of the educational program “period of attendance.” A pro rata refund shall be no less than the total amount owed by the student for the portion of the educational program provided subtracted from the amount paid by the student, calculated as follows: (1) The amount owed equals the per module price (total institutional charge, divided by the number of modules in the program) multiplied by the number of modules the student attended, or was scheduled to attend, or accessed in the e learning, prior to withdrawal. The refund will be less the non-refundable registration fee (\$100.00) and within 30 days after the withdrawal is determined. If the student has completed more than 60 percent of the period of attendance of which the student was charged, the tuition is considered earned and the student will receive no refund. For determining a refund under this section, a student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution in writing to Student Support Services via email, hand delivery, or written notice mailed to 691 S. Milpitas Blvd Ste 206, Milpitas, CA 95035 of the student’s intention to withdraw, or as of the date of the student’s withdrawal, whichever is later.
- The institution terminates the student’s enrollment for failure to maintain satisfactory progress; failure to abide by the rules and regulations of the institution; absences more than the maximum set forth by the institution; and/or failure to meet financial obligations to the school. (See Termination and Dismissal Policy).
- Failure to return from a Sabbatical (LOA: Leave of Absence).

For determining the amount of the refund, the date of the student’s withdrawal shall be deemed the last date of recorded attendance. For programs beyond the current “payment period,” if a student withdraws prior to the next payment period, all charges collected for the next period will be refunded. If any portion of the tuition was paid from the proceeds of a loan or third party, the refund shall be sent to the lender or third party.

Tuition Owed: If the student has completed more than 60 percent of the period of attendance, the student will be responsible for the full tuition cost for the period of attendance.



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

Refund calculation within the first seven days after enrollment or prior to October 30, 2024

Step 1 Deduct \$100 (non-refundable registration fee) from the total tuition paid

Step 2 Remainder is tuition refund due

Example: Student paid \$9,050 at the time of enrollment

Step 1 \$9,050 – \$100 \$8,950.00

Total refund will be: \$8,950.00

Refund calculation seven days after enrollment or after October 30, 2024

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

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

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

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

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

Step 1 \$9,050 – \$100 \$8,950.00

Step 2 \$8,950 / 11 \$814.00

Step 3 3 classes/live streaming * \$814 \$2,442.00

Step 4 \$9,050 – \$2,442 \$6,608.00

Total refund will be: \$6,608.00

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

State of Washington (For Students not living in California)

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

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

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

Refund Policy Defined - WA

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



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

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

If the student completes this amount of training:	The school may keep this percentage of the tuition cost:
One week or up to 10%, whichever is less (attended 1 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 -5 th class or accessed the 3rd -5 th 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%

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

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

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

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

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

Step 1 \$9,050 – \$100	\$8,950.00
Step 2 4 of 11 classes attended or modules accessed online 4/11	36%
Step 3 25% through 50% completion = KAA retains 50%	\$4,475.00
Step 4 \$8,850 - \$4,475	\$4,475.00
<i>Total refund will be: \$4,475</i>	



TRANSFER TO AHC FROM HAC PROGRAM

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

For more information about the HAC program, please visit www.keralaayurveda.us/courses

Tuition and Fees	
Registration Fee (new students only)	\$100
Tuition	\$5,000

Payment Plan	Tuition Amount	Payments	Total
Pay in full	\$4,900	1	\$4,900
Split payments	\$2,500	2	\$5,000
Monthly	\$865	6	\$5,190

Please Note

- Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans, tuition scholarships or discounts to students currently.
- There is a management fee for the monthly payment plan listed above.
- STRF is \$0 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.

REFUND POLICY

The Student's Right to Cancel

The student has a right to cancel the enrollment agreement and obtain a refund. A written notice or an email from the student will be required for the cancellation 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

Students must follow the following to withdraw/cancel from the institution:

- A written notice or an email will be required from the students about the cancellation.
- The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first-class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes.



- Each in person Intensive covers the content of one online module. Refund Requests will be processed based on in person Intensives and online modules accessed (whichever is greater).
- A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive a 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 the original payment is by credit card, the refund will be processed on the credit card.

Withdrawal Policies and Procedures

A Student may withdraw from the school at any time after the cancellation period (through attendance at the first-class session, or the seventh day after enrollment).

Refunds: The student will receive a pro rata refund if they have completed 60 percent or less of the educational program “period of attendance.” A pro rata refund shall be no less than the total amount owed by the student for the portion of the educational program provided subtracted from the amount paid by the student, calculated as follows: (1) The amount owed equals the per module price (total institutional charge, divided by the number of modules in the program) multiplied by the number of modules the student attended, or was scheduled to attend, or accessed in the e learning, prior to withdrawal. The refund will be less the non-refundable registration fee (\$100.00) and within 30 days after the withdrawal is determined. If the student has completed more than 60 percent of the period of attendance of which the student was charged, the tuition is considered earned and the student will receive no refund. For determining a refund under this section, a student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution in writing to Student Support Services via email, hand delivery, or written notice mailed to 691 S. Milpitas Blvd Ste 206, Milpitas, CA 95035 of the student’s intention to withdraw, or as of the date of the student’s withdrawal, whichever is later.
- The institution terminates the student’s enrollment for failure to maintain satisfactory progress; failure to abide by the rules and regulations of the institution; absences more than the maximum set forth by the institution; and/or failure to meet financial obligations to the school. (See Termination and Dismissal Policy).
- Failure to return from a Sabbatical (LOA: Leave of Absence).

For determining the amount of the refund, the date of the student’s withdrawal shall be deemed the last date of recorded attendance. For programs beyond the current “payment period,” if a student withdraws prior to the next payment period, all charges collected for the next period will be refunded. If any portion of the tuition was paid from the proceeds of a loan or third party, the refund shall be sent to the lender or third party.

Tuition Owed: If the student has completed more than 60 percent of the period of attendance, the student will be responsible for the full tuition cost for the period of attendance.

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



Refund calculation within the first seven days after enrollment or prior April 6, 2025

Student Paid: \$5,000.00

Total refund will be: \$5,000.00

Refund calculation seven days after enrollment or after April 6, 2025

Step 1 Student paid tuition

Step 2 Divide the total tuition paid by 5 (number of modules) = 'tuition per module'

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

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

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

Step 1:	\$5,000	
Step 2:	\$5,000/5 modules	\$1,000
Step 3:	3 classes/live streaming \$1000	\$3,000
Step 4:	\$5,000 – \$3,000	\$2,000

Total Refund will be: \$2,000

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

State of Washington (For Students not living in California)

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

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

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

Refund Policy Defined - WA

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



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

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

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

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

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

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

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

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

Step 1	\$5,000	\$5,000.00
Step 2	2 of 5 classes attended or modules accessed online 3/5	40%
Step 3	25% through 50% completion = KA retains 50%	\$2,500.00
Step 4	\$5,000 - \$2,500	\$2,500.00
	<i>Total refund will be: \$2,500.00</i>	



Ayurvedic Practitioner (AP)

AP PROGRAM PAYMENT PLAN

Tuition and Fees	
Registration Fee (New Students Only)	\$100
Tuition	\$12,950

Payment Plan	Tuition Payment Amount	Payments	Registration Fee	TOTAL
Pay in full	\$12,625	1	\$100	\$12,725
Split payments	\$6,475	2	\$100	\$13,050
Monthly	\$1,122	12	\$100	\$13,564

There is a management fee for the Monthly payment plan listed above.

TOTAL CHARGES FOR THE CURRENT PERIOD OF ATTENDANCE:

For the period of October 17, 2024 - May 4, 2026, is:

Pay in Full \$12,725; Split Payment \$13,050; Monthly Payments \$13,564.

Estimated Total Charges for the entire Educational Program: \$12,950

Please Note

- Kerala Ayurveda Academy does not offer state or federal financial aid or educational loans to students currently.
- Program tuition does not include the fees for India or US Internships. The US and India Clinical Internship must be completed by the end of the AP program to receive the certificate of completion.
- There is a management fee for the Monthly payment plan listed above.
- STRF is \$0 per \$1,000 for all payment plans and is non-refundable. STRF is for California Students only.

AP REFUND AND CANCELLATION POLICY

The Student's Right to Cancel

The student has a right to cancel the enrollment agreement and obtain a refund. A written notice or an email from the student will be required for the cancellation 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

Students must follow the following to withdraw/cancel from the institution:



- A written notice or an email will be required from the students about the cancellation.
- The registration fee and material fee are nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first-class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes.
- Each in person Intensive covers the content of one online module. Refund Requests will be processed based on in person Intensives and online modules accessed (whichever is greater).
- A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive a 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 the original payment is by credit card, the refund will be processed on the credit card.

Withdrawal Policies and Procedures

A Student may withdraw from the school at any time after the cancellation period (through attendance at the first-class session, or the seventh day after enrollment).

Refunds: The student will receive a pro rata refund if they have completed 60 percent or less of the educational program “period of attendance.” A pro rata refund shall be no less than the total amount owed by the student for the portion of the educational program provided subtracted from the amount paid by the student, calculated as follows: (1) The amount owed equals the per module price (total institutional charge, divided by the number of modules in the program) multiplied by the number of modules the student attended, or was scheduled to attend, or accessed in the e learning, prior to withdrawal. The refund will be less the non-refundable registration fee (\$100.00) and within 30 days after the withdrawal is determined. If the student has completed more than 60 percent of the period of attendance of which the student was charged, the tuition is considered earned and the student will receive no refund. For determining a refund under this section, a student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution in writing to Student Support Services via email, hand delivery, or written notice mailed to 691 S. Milpitas Blvd Ste 206, Milpitas, CA 95035 of the student’s intention to withdraw, or as of the date of the student’s withdrawal, whichever is later.
- The institution terminates the student’s enrollment for failure to maintain satisfactory progress; failure to abide by the rules and regulations of the institution; absences more than the maximum set forth by the institution; and/or failure to meet financial obligations to the school. (See Termination and Dismissal Policy).
- Failure to return from a Sabbatical (LOA: Leave of Absence).

For determining the amount of the refund, the date of the student’s withdrawal shall be deemed the last date of recorded attendance. For programs beyond the current “payment period,” if a student withdraws prior to the next payment period, all charges collected for the next period will be refunded. If any portion of the tuition was paid from the proceeds of a loan or third party, the refund shall be sent to the lender or third party.



Tuition Owed: If the student has completed more than 60 percent of the period of attendance, the student will be responsible for the full tuition cost for the period of attendance.

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

Refund calculation within the first seven days after enrollment or prior to Nov 10, 2024

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

Example: Student paid \$13,050 at the time of enrollment

- Step 1 \$13,050 – \$100 \$12,950.00
- Total refund will be: \$12,950.00*

Refund calculation seven days after enrollment or after Nov 10, 2024

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

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

- Step 1 \$13,050 – \$100 \$12,950.00
 - Step 2 \$12,950 / 10 \$1295.00
 - Step 3 4 classes/live streaming x \$1295 \$5,180.00
 - Step 4 \$12,950 - \$5180 \$7,770.00
- Total refund will be: \$7,770.00

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

State of Washington (All students not residing in California)

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

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

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



Refund Policy Defined - WA

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

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

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

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

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

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

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

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

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

Step 1 \$13,050 – \$100 \$12,950.00



Step 2	4 of 10 classes attended or modules accessed online 4/10	40%
Step 3	25% through 50% completion = KA retains 50%	\$6,475.00
Step 4	\$12,950 - \$6,475.00	\$6,475.00
	<i>Total refund will be: \$6,475.00</i>	

Additional Fees

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

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

Note: The Registration Fee and STRF Fee are Non-Refundable

Student Tuition Recovery Fund (STRF)

FEE (NON-REFUNDABLE) – STATE OF CALIFORNIA

"The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if 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.

You are not eligible for protection from the STRF, and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program."

"It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, (916) 574-8900 or (888) 370-7589.

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



- The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
- You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or location of the institution or were enrolled in an educational program within the 120-day period before the program was discontinued.
- You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
- The institution has been ordered to pay a refund by the Bureau but has failed to do so.
- The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law or has failed to pay or reimburse proceeds received by the institution more than tuition and other costs.
- You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
- You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

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

FEE – STATE OF WASHINGTON

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





Academy Policies

FOR ALL PROGRAMS

DIVERSITY & RELIGIOUS ACCOMMODATION

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

Kerala Ayurveda Academy will make good faith efforts to provide reasonable religious accommodations to students who have genuinely held religious practices or beliefs that conflict with a scheduled program requirement. Students requesting a religious accommodation should make the request, in writing, directly to Student Support (support@keralaayurveda.us) with as much advance notice as possible. Absence from class does not excuse students from keeping up with any information shared or expectations set during the missed class. Students are responsible for reviewing the class recording and obtaining information provided during any class missed. The student shall work with their assigned Student Mentor to determine a schedule for making up missed work.



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

SPECIAL ACCOMMODATIONS

Kerala Ayurveda Academy is required to provide necessary accommodations to provide students with disabilities an equal opportunity for participation in the program. Requests For Reasonable Accommodation ASNT is committed to providing qualified students with disabilities an equal opportunity to access the benefits, rights and privileges of school services, programs, and activities in compliance with the American with Disabilities Act and Section 504 of the Rehabilitation Act of 1973. Students who believe they need accommodations should contact Student Support at +1 (510) 257-6640 x20 or support@keralaayurveda.us. Students with a documented disability must provide a current (within three years) document stating the disability and requested accommodations. This must be done prior to the start of the program. If you should develop a disability, condition, or illness while in school, KAA will work with you to accomplish your goal of completing your program.

ATTENDANCE POLICY

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

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

Ayurvedic Health Counselor (AHC)

Students must attend a minimum of 40 hours in person. The Weekend intensive courses can be accomplished via live streaming attended in real time (live synchronous) or in person in Milpitas, CA.

Ayurvedic Practitioner (AP)

Out of 900 hours of the program, 180 hours are mandatory clinical Internship hours. Therefore, students must attend 135 hours of Clinical Internship in person and 45 hours of Online Clinical Internship (live streamed). From the remaining 725 hours, 120 hours must be completed either in person or live streaming in real time.

MAKE-UP AND RETAKE POLICY

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



AHC Practical Retake Fee

All students who attended the AHC Practical online or in person and who wish to retake the Practical online or in person may attend a future Immersion, are responsible for a nonrefundable fee of \$160 per day.

LENGTH OF TIME FOR STUDENT TRAININGS

AHC Students are expected to complete within 1 year, however they can use the 3-month extension to complete their program including the Anatomy & Physiology requirement. (see below).

AP students have 18 months per published catalog to complete the coursework and assignments. There is a free 6-month Extension for students to complete the internships, with no mentor assistance. If a student has not completed their program after the 18 months and 6-month extension, they will be dropped from the program.

(Note: If mentor assistance is needed after the 18-month duration, students must request private mentoring at \$50/hour from Student Support.)

Anatomy & Physiology:

Students should complete their A&P corequisite within the program duration or within the 3-month extension. If the work is not completed within this 3-month free extension, the \$200/month extension will go into effect. **Note:** during this free A&P extension there is no mentor assistance.

If a student has not completed the program within the extension period, the student will be considered on dropped (see below).

Contact Student Support Services at support@keralaayurveda.us or +1 (510) 257-6640 x 20

STUDENT SABBATICAL (LEAVE OF ABSENCE)

If a student has circumstances that prevent them from continuing the program as originally planned, they may apply for a one-time Sabbatical. The Sabbatical will be requested by the student to the Student Support Office at support@keralaayurveda.us. The office will then send a form for the student to complete and sign. There is a \$50 fee to go on Sabbatical.

AHC

If a student has completed their full tuition payment or wants to take sabbatical and is paid up to date, they may take a sabbatical up to 6 months and then re-enroll in the next program, transferring their payment credit and attendance to the new class co-hort. (Note: During the sabbatical there is no access to their course materials or their mentor).

If a student does not return from their 6-month sabbatical, they will be dropped from the program. If they wish to return after being dropped, they will need to re-enroll in the program as a new student and complete their payment prior to the class start date.



Procedure: Students must contact Student Support Services for a Sabbatical Request form and pay a \$50 fee. Once the form has been submitted and approved, the student has up to 6 months from that date for their sabbatical.

AP

If a student has completed their full tuition payment or wants to take sabbatical and is paid up to date, they may take a sabbatical up to 1 year and then re-enroll in the next program, transferring their payment credit and attendance to the new class co-hort. (Note: During the sabbatical there is no access to their course materials or their mentor).

If a student does not return from their 1-year sabbatical, they will be dropped from the program. If they wish to return after being dropped, they will need to re-enroll in the program as a new student and complete their payment prior to the class start date.

Procedure: Students must contact Student Support Services for a Sabbatical Request form and pay the \$50 fee. Once the form has been submitted and approved, the student has up to 1 year from that date for their sabbatical.

For all programs:

To resume the program: Students must notify the school (Student Support Services at support@keralaayurveda.us or +1 (888) 257-6640, ext. 20) of their intention to resume classes and be in good academic and financial standing.

TERMINATION AND DISMISSAL POLICY

- If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the Refund Policy.
- A student will be assessed for dismissal from the institution if the student has not attended any class for the first quarter of their program. They will be notified by email in their elearning system, and they will be contacted by a phone call followed up with an email, and subsequently dismissed after this attempt with no response.
- For a student who is on authorized Sabbatical, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.
- **For nonpayment issues:** verbal and written warnings will be sent from Student Support Services. After a minimum of 3 attempts within 3 months and no response from the student, the student will be immediately dismissed.

SUSPENSION (PROBATION) POLICY

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

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



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

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.

FINANCIAL AID

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

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

- The federal or state government or a loan guarantee agency may act 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 (11USC. Sec. 1101 et seq.).”

ENGLISH AS A SECOND LANGUAGE & FOREIGN STUDENTS

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

RECORD RETENTION

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

GRIEVANCE POLICY AND PROCEDURES – COMPLAINTS

STUDENT COMPLAINT (GRIEVANCE)

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's internet

Website address: www.bppe.ca.gov..

"BPPE Address:

1747, Market Street Blvd. Ste 225 Sacramento, CA 95834,
P.O. Box 980818, West Sacramento, CA 95798-0818,
Telephone and Fax (888)-370-7589 or by fax (916)-263-1897
(916)-574-8900 or by fax (916)-263-1899.”

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.

If a student complaint or grievance should arise, they may contact Student Support, at +1 (510) 257-6640 x20 or at support@keralaayurveda.us to formally submit the complaint. If the student's complaint is not resolved after speaking to Student Support, they may contact the Director of Kerala Ayurveda Academy, Vaidya Jayarajan Kodikannath at +1 (510) 257-6640 x20, director@keralaayurveda.us or at 691 S Milpitas Blvd Ste 206, Milpitas, CA 95035.

STUDENT COMPLAINT (GRIEVANCE) PROCEDURE

Students have the right to submit grievances to resolve disputes concerning issues considered by a student policy. This process is important for ensuring fairness and accountability within educational institutions, as it gives students a mechanism to address concerns and seek



resolution when they feel their rights or privileges have been adversely affected. By establishing clear procedures for handling grievances, schools can promote transparency and uphold standards of justice within their community. Here is a breakdown of the steps:

Step One: Attempt to Resolve the Grievance through an Informal Grievance Process

Informal Resolution: This step encourages students to address their concerns directly with the faculty, staff, or administrator involved. If this doesn't lead to a satisfactory resolution, they can escalate the issue to the lead or Student Support.

Step Two: Submit a Formal Grievance

Formal Grievance: If the informal process does not help to resolve the issue, the student can submit a formal grievance. This must be done in writing, within a specified timeframe mentioned below, and must outline the steps taken during the informal process, the alleged policy violation, the person(s) involved, and the requested resolution.

The formal grievance must:

- Be submitted in writing within thirty calendar days of the decision, action, or events giving rise to the grievance.
- Describe the steps taken to remedy the situation through the informal grievance process.
- State how the decision or action is unfair and harmful to the grievant and list the policy that has been violated, if known.
- Name the person(s) against whom the grievance is filed.
- State the requested resolution.

Step Three: Investigation and Resolution

Investigation and Resolution: The designated authority will investigate the grievance and communicate the outcome to the student within a specified timeframe. This step ensures transparency and accountability in resolving the grievance.

Final Appeal of Student Grievance

Final Appeal: If the student is not satisfied with the resolution provided, they have the option to file a final appeal within 14 days. During this period, any claims or disciplinary actions are placed on hold until the issue has reached resolution and is implemented. The designee will review the appeal and communicate the final decision within a specified timeframe; this decision is considered final. This process ensures a fair and timely resolution to the grievance.



TRANSFERRING OF CREDITS & CREDENTIALS

“NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION.

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 educational 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 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 KAA may be transferred. Courses will be considered for transfer credit if relevant to the certificate program and completed with a grade of B or higher, or the equivalent if another grading system was used. Prerequisite and corequisite courses must meet the criteria set forth by KAA. Application and official transcripts must be submitted for all transfer credit approval.

EXPERIENTIAL CREDIT

There is no credit granted for experiential learning.





FAQ

FREQUENTLY ASKED QUESTIONS

How much does the program cost?

The tuition for each program is as follows:

- Ayurvedic Health Counselor (AHC): \$8,950
- Ayurvedic Practitioner (AP): \$12,950 + the tuition for the AP Clinical Internship. See the AP Clinical Internship section for tuition rates.
- Note: tuition does not include registration and management fees. See Tuition and Fees for each program for details.

Are the programs approved by the Ayurvedic Accreditation Commission (AAC), and how do I get my NAMA membership?

- The AHC and AP programs meet program competencies set forth by AAC. We are also a recognized program with AAC and for eligibility to take the NAMACB exam as a Level I – Ayurvedic Health Counselor or Level II – Ayurvedic Practitioner, students must complete the attendance requirements. Completion of KAA's programs does not guarantee NAMA professional membership. Upon passing the Board Exam, individuals may apply for NAMA professional membership. For more information, please contact NAMA directly.

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

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

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

- Yes! The minimum admissions requirement for our Ayurvedic Trainings is a high school diploma or equivalent.
- For AHC and AP applicants only Basic Anatomy and Physiology credits are also required. If you have not taken Anatomy and Physiology, Kerala Ayurveda offers an Anatomy and Physiology course. Inquire with Student Services for more information.

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 status in the US 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 spring 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 profession. Please contact your local state representative for more information about regulations in your area.

Is it legal to practice Ayurveda in all fifty states?

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

Can I practice Ayurveda outside of the state where I receive my training?

- Yes, Ayurveda is currently practiced all over the United States.
- While none of the US 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.
- The AAC is currently working on developing educational standards, scope of practice, and related materials to support future licensing initiatives throughout the US.
- Many Academy graduates use their Ayurvedic education to enhance pre-existing professional careers.

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

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

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

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

How many of your graduates practice Ayurvedic medicine?

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



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

- There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic Coaches, 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.

Are there tests? I feel anxious about taking tests.

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

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

Please bring a notebook and pen. If any textbooks are required for an individual session, you will be notified in advance. KAA provides all classroom facilities including any equipment used for panchakarma demonstrations and herbology preparation. Equipment used for these classes include computers, monitors, video projectors, microphones, cameras, massage tables, linens, hotplates, towel warmers, vessels and utensils for cooking, shirodhara stand and vessels, and all perishable and nonperishable provisions used. Classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort. A kitchen and restrooms are nearby the classroom.

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

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

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

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

What student services are provided?

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

What Placement Services do you have?

On occasion, KAA posts job openings as they become available on group emails to students and alumni. KAA will do its best to help graduates to get into practice or a related career but there are no specific student services for career planning or job placement.



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

- A. KAA does not have dormitories.
- B. There are a few hotels near the campus where students can book a room for the weekend. The range of cost is approx. \$95-\$175. In the past, some students have made good friends with classmates and stayed with them on those weekends.
- C. KAA has no responsibility to assist a student in finding housing.

What should I do for meals during class times?

For students attending on-site, complementary water and tea is available at our center. Classes are scheduled between 8:00am-6:00pm US Pacific Time. A 1.5-hour lunch break is provided. Students may bring lunch and are welcome to eat in our classroom. A breakroom is available in the building with a refrigerator, sink and microwave. KAA can provide recommendations for local restaurants.

What are the US Department of Labor’s Standard Occupational Classification Codes?

The US Department of Labor’s Standard Occupational Classification Code is 31-9099 Healthcare Support Workers, All Other – Ayurvedic Health Counselor & Ayurvedic Practitioner

Do you offer further Ayurvedic Studies?

We also offer a Level III program that aligns with the AAC Level 3 Ayurvedic Clinical Specialist (formerly known as AD) training.

For continued education, we offer several short programs and workshops in Ayurvedic assessment, formulations, Sanskrit and more. You can learn more on our website: [keralaayurveda.us/courses/programs/continuing education/](http://keralaayurveda.us/courses/programs/continuing%20education/)

How do I seek support from the Office of Student Assistance and Relief to the office?

In case a student has any complaint, they may contact Student Support at +1 (510) 257-6640 x20 or at support@keralaayurveda.us.

Any questions: “The Office of Student Assistance and Relief is available to support prospective students, current students, or past students of private postsecondary educational institutions in making informed decisions, understanding their rights, and navigating available services and relief options. The office may be reached by calling (888) 370-7589 or by visiting www.bppe.ca.gov.”

Where is your administrative office?

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

Contact Student Support at:

+1 (510) 257-6640 x20 or support@keralaayurveda.us.



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

In case a student has any complaint, they may contact Student Support at +1 (510) 257-6640 x20 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

BPPE address:

1747 N. Market Blvd. Ste 225 Sacramento, CA 95834,

PO Box 980818, West Sacramento, CA 95798-0818,

website address: www.bppe.ca.gov.

Phone:(916) 574-8900 or (888) 370-7589.

Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10th Ave. SW, Box 43105, Olympia, Washington 98504. Web: wtb.wa.gov, phone: +1 (360) 709-4600, e-mail address: wtecb@wtb.wa.gov.

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

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

Are the programs accredited by an accrediting agency recognized by the United States Department of Education?

Kerala Ayurveda Academy (KAA) offers certificate programs in ayurveda which are approved by BPPE. We are currently in candidacy for accreditation with the Ayurvedic Accreditation Commission (AAC) which itself is in candidacy for accreditation with the US Department of Education. We are currently not accredited by an accrediting agency recognized by the US Department of Education. The BPPE requires that KAA disclose the following:

- A. Graduates of the certificate programs will not be eligible to sit for a licensure exam in California nor other states.
- B. KAA certificate program graduates from this unaccredited institution are not recognized for some employment positions, including, but not limited to, positions with the State of California.
- C. A student enrolled in an unaccredited institution is not eligible for federal financial aid programs.

Who owns Kerala Ayurveda Academy?

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



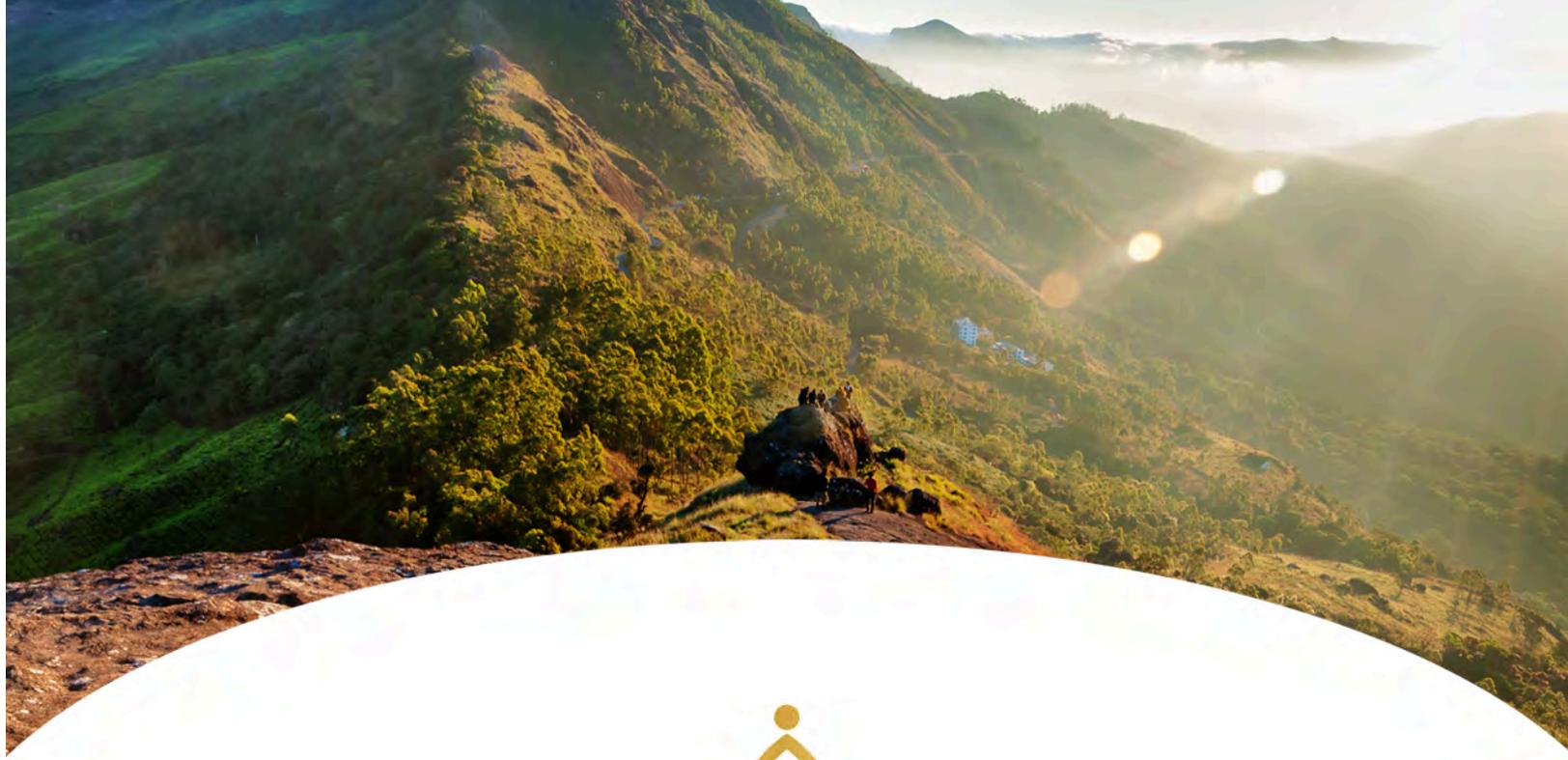
*Akasasya yadha nantah surairapyavagamyate
Tasmat arogya danasya nanto vai vidyate kwacit*



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

KERALA AYURVEDA ACADEMY

691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035



kerala
AYURVEDA

COURSE CATALOG

Level 3: Ayurvedic Clinical Specialist

2024-2027 PROGRAM

v1.2

January 24, 2024 – October 1, 2026

REGISTERED OFFICE

State of CA

Kerala Ayurveda Academy
691 S. Milpitas Blvd Suite 206
Milpitas, CA 95035
Toll Free: +1 (888) 275-9103
Fax: +1 (510) 257-4378



Registration: Admissions@keralaayurveda.us
All Other Course Support: support@keralaayurveda.us
Website: www.keralaayurveda.us/courses

Date of Publication: 11/5/25

Kerala Ayurveda Academy, in the State of California, is a privately-owned institution that is approved to operated by the Bureau for Private Postsecondary Education under School Code# 72482254. BPPE Address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, Website Address: www.bppe.ca.gov. Phone: +1 (888) 370-7589 or (916) 574-8900 Fax: (916) 263-1897". Approval to operate means compliance with state standards as set forth in the California Private Postsecondary Education act of 2009. Kerala Ayurveda Academy, in the State of Washington, is licensed under Chapter 28C.10 RCW. Inquiries or complaints regarding this private vocational school may be made to the: Workforce Board, 128 10th Ave. SW, Box 43105, Olympia, Washington 98504. Web: wtb.wa.gov, phone: +1 (360) 709-4600, e-mail Address: wtecb@wtb.wa.gov.

While Kerala Ayurveda Academy is not accredited with the US Department of Education, we are currently undergoing accreditation with the Ayurvedic Accreditation Commission (AAC), which is undergoing the process of recognition with the US Department of Education.



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Kerala Ayurveda Academy

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

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

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

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

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

with this pioneering work that is transforming our healthcare industry into a more current model of holistic healthcare.

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

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

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

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



“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

AYURVEDA: THE SCIENCE OF LIFE

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

Kerala Ayurveda Academy is the first institute in the US to provide authentic Ayurvedic programs throughout the country. We currently offer classroom programs in the state of California plus online programs for the distant learner.

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

Knowledge of Ayurveda in today's world is essential as it aims 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 healthcare system.

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

PROFESSIONAL POSSIBILITIES WITH AYURVEDA*

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

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

WHY CHOOSE KERALA AYURVEDA ACADEMY?

AUTHENTICITY	We offer the highest level of Ayurvedic training outside of India based on the root Vedic texts. Our faculty and Advisors include several of the world's leading Ayurvedic experts.
FLEXIBILITY	Programs include weekend and evening sessions, online learning, live streamed and in person formats.
ALUMNI BENEFITS	We strive to offer the most generous alumni benefits including continued access to curriculum and discounts.
GLOBAL COMMUNITY	Our students and alumni are part of a global Ayurvedic community and have access to rich resources in India with support from Kerala Ayurveda, Ltd, a full spectrum Ayurvedic company.

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

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

- ◆ Best Ayurvedic Treatment Center of the Year – AyurvedaGram, 2017, ASSOCHAM
- ◆ Indian Agribusiness Excellence Awards – Katra Phytochem, 2017
- ◆ Herbal Company of the Year, 2016, ASSOCHAM
- ◆ Spa & Life Centre of the Year – AyurvedaGram, 2016 from ASSOCHAM
- ◆ Best Integrated Life Provider in India - AyurvedaGram, 2010 & 2011, Frost & Sullivan Award
- ◆ Make in India Emerging Entrepreneurs, 2017, India Today
- ◆ Certification of Excellence – AyurvedaGram, TripAdvisor
- ◆ Ranked 5 out of 724 for Specialty Hospitality in Bengaluru (Bangalore), TripAdvisor
- Kerala Ayurveda supports the Asha Foundation in India, an organization dedicated to the service of child welfare and rehabilitative assistance, especially in the areas of autism and cerebral palsy.

The Asha Foundation™

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



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

-The Kerala Ayurveda Academy Team



Ayurvedic Clinical Specialist (ACS)

2500 HOUR CERTIFICATION PROGRAM

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

The unique feature of this program is the specialty track to enable our Ayurvedic Clinical Specialists to specialize in their chosen clinical area of passion.

Upon successful completion of the ACS Program, you will be awarded an Ayurvedic Clinical Specialist Certificate.



***This program is in candidacy for accreditation with the Ayurvedic Accreditation Commission (AAC) and qualifies graduates to sit for the National Ayurvedic Medical Association Certification Board (NAMACB) certification exam as Level 3 (name pending) graduate.**



Program Overview

GENERAL FORMAT

3 Years – 2,500 Total Hours

■ MASTER TRACK

- ◆ 24 Three-Day Weekend Intensives – in person or live streamed*
- ◆ 2 Four- and one-half day *Panchakarma* Practicums – in person
- ◆ 17 Saturday Virtual Classes – live streamed*
- ◆ 35 Mentoring Sessions – live streamed*
- ◆ Dissertation – self-paced
- ◆ Clinical Encounters – in person
- ◆ Online Recorded Lectures – elearning**
- ◆ Assignments – elearning**

■ ALLIED PROGRAMS

- ◆ 2 Three-Day Workshop Weekend Intensives - in person or live streamed*
- ◆ 2 Weekday Evening Series – live streamed*
- ◆ 3 Recorded Series (see Format for details) – elearning**

■ IN PERSON EXPERIENTIAL PROGRAMS

- ◆ Clinical Internships – in person
- ◆ Residency – in person
- ◆ Specialty Internship – in person
- ◆ Externship – in person

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

***Internet connection required.*

Note: In person sessions are conducted at 691 S. Milpitas Ave #206, Milpitas, CA. Attendance is limited to 25 students.

GENERAL FORMAT

The ACS Program consists of three major components: Master Track; Allied Programs; and In Person Experiential Programs. Students must complete all components in order to graduate from the program. The Master Track program can be taken completely online or in person. **If you are unable to attend all Master Track programs in person, you will need to attend Additional hours of In Person Experiential Programs: Clinical Internship, Residency, Specialty Internship or Externship.** The tuition for each of these sections is outlined in the Tuition section of this catalog.

PREREQUISITES

The prerequisites for Admission to the ACS program are:

- Completion of the KAA Ayurvedic Practitioner (AP) certification program or an equivalent level II program (AP) from another institution.
- Applicants who completed level I and level II certifications approved by the National Ayurvedic Medical Association (NAMA), may enroll directly with existing credentials. Applicants who completed these certifications with non-NAMA approved institutions are required to submit detailed credentials including transcripts. Our Admissions team will review the documents and may advise on additional academic requirements to satisfy the prerequisites. If additional coursework is required, accepted applicants are invited to enroll in the program under the condition that the prerequisite coursework will be completed within the first year of the ACS program.
- It is important for Ayurvedic students of professional programs to have adequate knowledge of Anatomy and Physiology (A&P). The equivalent of six college level Anatomy & Physiology credits are required. The A&P course may be taken prior to enrollment or taken simultaneously as a corequisite, as long as it is completed for certification. If you need to satisfy the A&P credit requirement, we offer a partner course which can be taken entirely online. Students are required to provide proof of A&P course completion to receive 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
- Those with a Bachelor of Ayurvedic Medicine & Surgery (BAMS) degree may join the program directly as all the above prerequisites are satisfied by their degree. An application is still required.

Application:

Please note a completed application and application fee of \$25 are required to apply to this program and documentation of prerequisites is requested for submission during this process. For more details and instructions on how to apply, please visit the Admissions section of this catalog.

SCOPE OF PRACTICE

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

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

COURSE DESCRIPTION & OBJECTIVES

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



Curriculum

LEARNING MATERIALS & RESOURCES

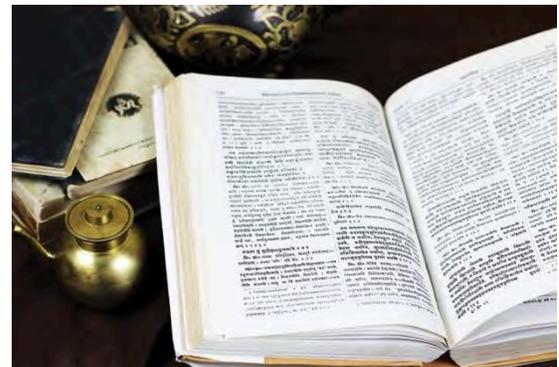
Elearning: learn anytime, anywhere, at your own convenience on your own computer. Our ACS certification program content is made available to students online via our elearning platform powered by TalentLMS. Elearning provides access to course information, live class recordings, assignments, online recorded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

Reference Library: We offer an onsite reference library in the main classroom for students to use while they are at the Academy either during breaks or when they are on campus outside of classroom hours.

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

Suggested books - for reference only:

- *Astanga Hridayam, Sutrasthana:* Vol. 1 & 2, T. Sreekumar
- *Bhaisajya Ratnavali:* Vol. 1, 2 & 3, Dr. Kanjiv Lochan
- *Astanga Samgraha of Vagbhata* (full text) Vol 1,2,3: Prof. K.R. Shrikantha Murthy
- *Charaka Samhita:* Vol. 1-6, Dr. R. K. Sharma & *Vaidya* Bhagavan Dash
- *Indian Medicinal Plants:* Vol. 1-5, Arya *Vaidya* Sala



ACADEMIC MENTOR

Each student is assigned to an ACS graduate mentor or BAMS graduate who is supervised by a BAMS Ayurvedic Clinical Specialist Mentor (faculty member). The Mentor will be there to support you in your journey through this program and to assist you with your studies, grade your assignments and provide guidance and support.

Students will also be meeting formally for 35 one-hour group mentoring sessions for the dissertation, assignments, and class review.

MASTER TRACK

3 Day Weekend Intensives

KAA 301 | Preventative Health Management (*Swasthavritta*)

Learn the preventative practices for community health with detailed study on the causes, indications, and management of community health issues. Topics include:

- *Janapadodhwamsa* (annihilation of communities)
- Environmental health - air, water, land
- *Ritu evum vatavarana Jnana* (meteorology)
- Concept of Epidemiology, dynamics of disease transmission
- Disease prevention and control, investigation of epidemic, disinfection
- Ayurvedic concept of *Vyadhikshamatva* and *Sankramaka rogas* (communicable disease)
- Preventive geriatrics - problems of elderly, prevention, and control measures
- Occupational hazards, occupational diseases, prevention of occupational diseases, health, and precautionary measures
- Ayurveda in public health

KAA 302 | Ayurvedic Etiopathogenesis Part I (*Roga Vijnana & Vikriti Vijnana*)

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

- *Vyadhi Hetu Svarupa, Trividha Hetu Samgraha*
- *Vyadhi Ghatakas-Dosha, Dushya, Agnimandya, Ama, Srotovaigunya*
- *Sama and Nirama Dosha, Dushya Lakshana*
- *Dosha Paka and Dhatu Paka Lakshana*
- Concept, classification, diagnosis, and general complications of *Avarana*
- *Doshagati and Rogamarga*
- *Vyadhyavastha- vega-avega, nava-jeerna, uthana-gambheera, antharvegi-bahirvegi, asukari-chirakari*
- *Nidanarthakara Vyadhi, Hetu Sankara, Linga Sankara, Vyadhisankara, Vyadhi Avastha*
- Relationship between *Nidana Panchaka* and *Shat Kriyakaala*

- *Upadrava* and *Udarka*
- General diagnostic principles of *Anukta Vyadhi*
- Basic knowledge of hereditary, congenital, acquired, multifactorial, traumatic and environmental disorders

KAA 303 | Ayurvedic Etiopathogenesis Part II (*Roga Vijnana & Vikriti Vijnana*)

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

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

KAA 304 | Ayurvedic Materia Medica Part I (*Dravyaguna Sastra*)

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

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

KAA 305 | Ayurvedic Pharmaceutics (*Bhaishajya Kalpana*)

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

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

KAA 306 | Ayurvedic Purification - Clinical Application (*Panchakarma in Chikitsa*)

Learn the theoretical knowledge of the principles and practice of advanced *Panchakarma* procedures and their customization based on the clinical condition.

- *Panchakarma* and *Shodhana*, their importance for promotion of health, prevention and treatment of disease
- *Snehana- Karmukata* of *Abhyantara* and *Bahya Snehana*. *Brimhnartha*, *Shamanartha* and *Shodhanartha snehana*, definition, method, and utility. *Shodhannga Snehana Vidhi* and methods of fixation of dose, need of *Rukshana* before *Snehana* and *Samyak Rukshana Lakshana*
- *Svedana*-Utility and method of *Svedana*, detailed knowledge about utility of *Svedan* procedures, *Svedana Karmukata* (mode of action of *Svedana Chikitsa*)

- *Vamana* and *Virechana* in promotion of health prevention and treatment of diseases, general properties of *Vamaka Dravya* and *Vamanopaga Dravya*, knowledge of *Virechana Dravyas*, *Kalpanas*, their properties, method of administration, mode of action of *Virechana*, *Vamana*
- *Vasti* - *Niruha Vasti*, *Sneha Vasti*, *Uttara Vasti*, detailed knowledge of different *Vasti* formulations like *Piccha Vasti*, *Kshira Vasti*, *Yapana Vastis*, *Madhutailika Vasti*, *Erandamuladi Niruha Vasti*, *Panchaprasrutika Vasti*, *Kshara Vasti*, *Vaitarana Vasti*, *Lekhana Vasti*, *Vrishya Vasti*, *Manjishtadi Niruha Vasti*, *Dashamula Vasti*, *Ardhamatrika Vasti*, *Sarva Roghara Niruha Vasti*, *Brimhana Vasti* and their practical utility, *Vasti Karmukata* (mode of action of *Vasti*)
- *Nasya*- Detailed knowledge of administration of different type of *Nasya* with management during and after *Nasya*
- Areas of research in *Panchakarma*
- Disease-wise *Panchakarma*, role of *Panchakarma* in different stages of diseases
- Specifications of the *Panchakarma* theater and necessary equipment

KAA 307 | Ayurvedic Materia Medica Part 2 (*Dravyaguna Sastra*)

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

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

KAA 308 | Ayurvedic Clinical Management of *Pranavaha* and *Udakavaha Srotases*

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

- *Pranavahasrotas* (cardio-respiratory system): *Shwasa*, *Hikka*, *Kasa*, *Rajayakshma*, *Hridroga*, *Parshwashoola*, *Urakshata*, *Svarabheda*
- Bronchitis, bronchiectasis, bronchial asthma, COPD, pneumonias, occupational lung diseases, pulmonary tuberculosis, congenital heart disorders, IHD, RHD – valvular diseases, cardiac failures, cardiomyopathy, pericarditis, endocarditis, hypertension
- *Udakavahasrotas*: *Trishna*, *Shotha*, *Udararoga*, water and electrolyte imbalance

KAA 309 | Ayurvedic Clinical Management *Annavaha* and *Rasavaha Srotases*

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

- *Annavahasrotas* (gastrointestinal disorders): *Agnimandya*, *Ajirna*, *Aruchi*, *Amadosha*, *Amlapitta*, *Chhardhi*, *Shoola*, *Grahani*. GERD, APD, malabsorption syndrome
- *Rasavaha Srotas*: *Jwara*, *Amavata*, *Pandu*, *Madatyaya*, *Anemias*

KAA 310 | Ayurvedic Clinical Management of Raktavaha Srotas

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

- *Raktavaha Srotas: Raktapitta, Kamala, Vatarakta* (rheumatoid arthritis)
- Dermatological disorders: *Kushtha, Kshudrarooga, Sheetapitta, Udarda, Kotha, Visarpa, Shvitra*
- Hematopoietic disorders, bleeding and coagulation disorders, leukemias, thrombocytopenia, disorders of bone marrow, hepatobiliary disorders, hepatitis, cirrhosis, cholecystitis, liver abscess, jaundice, parasitic, infective, allergic, autoimmune skin disorders, eczemas

KAA 311 | Ayurvedic Clinical Management of Mamsavaha and Medovaha Srotases

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

- *Mamsa-Medovahasrotas: Medoroga, Sthaulya, Prameha, Galaganda, Gandamala, Urustambha*
- Diabetes mellitus and obesity, myopathies, GB syndrome, muscular dystrophies, lumbago

KAA 312 | Ayurvedic Clinical Management of Asthivaha and Majjavaha Srotas

Study the etiology, disease process, prevention and management of various disorders affecting the skeletal, nervous, and reproductive systems. Topics include:

- *Asthivaha Srotas: Asthikshaya, Sandhigatavata*, osteoarthritis, osteopenia
- Nervous system (*Majjavaha Srotas*): *Pakshavadha, Adharanga Vata, Sarvanga Vata, Ananta Vata, Gridhrasi, Ardita, Akshepaka, Apatantraka, Ekangvata, Vishvachi, Apabahuka, Avarana*
- Neurodegenerative disorders like Alzheimer's, Parkinsonism, CVA, neuropathies, facial palsy, motor neuron diseases, epilepsy, sciatica

KAA 313 | Ayurvedic Clinical Management of Mutravaha, Pureeshavaha and Svedavaha Srotases

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

- *Mutravaha Srotas: Mutrakricchra, Mutraghata, Ashmari*, urinary disorders: UTI, lithiasis, ARF, CRF, uremia, BPH
- *Pureeshvaha Srotas: Atisara, Pravahika, Anaha, Adhamana, Krimi, Udavarta*, enteritis, dysenteries, ulcerative colitis, IBS, worm infestation, ano-rectal diseases
- *Swedavaha Srotas*: knowledge of *Khalitya, Palitya* and cosmetology

KAA 314 | Ayurvedic Clinical Management of Manovaha Srotas Mental Disorders

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

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

KAA 315 Yoga in Clinical Application Part I (Yoga Chikitsa) Learn the principles of yoga in connection with Ayurvedic concepts. Topics include:

- Development of yoga from ancient time to present
- Different streams of yoga, features, and objectives- *Jnana, Bhakti, Raja, and Hatha* yoga
- Description of yoga in Ayurveda- *Manodosha chikitsa, Ashta Aiswarya, Sukha dukha nivritti, Satyabudhi, yoga and moksha, Mukta atma lakshana, Mokshasya lakshana*
- *Panchakosha* theory- *Annamayakosha, Pranamayakosha, Manomayakosha, Vigyanamayakosha, Anandamayakosha*
- Effect of yoga practice on physical and mental dosha
- Concept of *Shad* chakras and Kundalini
- *Shad Kriyas* and their therapeutic effects
- Yoga *asanas, pranayama, mudra, bandha, sudhikriya*

KAA 316 | Shalyatantra: Ayurvedic Management of Injuries, Kshara Karma, Agnikarma and Marma Chikitsa

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

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

- *Ksharakarma, Agnikarma, Raktamoksha*

KAA 317 | *Shalakyatantra*: Ayurvedic Management of Eye, Ear, Nose, Throat and Oral Disease

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

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

KAA 318 | *Streeroga*: Ayurvedic Management of *Artavavaha Srotas* and *Stanyavaha Srotas*

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

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

KAA 319 | Prasooti Tantra: Ayurvedic Management of Pregnancy and Childbirth

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

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

KAA 320 | Kaumarabhritya: Ayurvedic Management of Pediatric Health

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

- *Shukra, Shonita, Shukra Shonita, Doshas, Bija-Bijabhaga-Bijabhagavayava Vikriti, Matrija, Pitraja Bhavas, Yajjah*: measures for obtaining good progeny, formation of *Prakriti*, their assessment in children
- *Navajata Shishu Paricharya Evam Prana-Pratyagamana*: care of the newborn including recent methodology for the resuscitation
- *Navjat Shishu Ahara* (neonatal feeding): specific feeding methodology as per Ayurveda and recent advances, day-to-day fluid, milk for the newborn, feeding technique for the preterm baby
- *Stanyotpatti* and *Prasruti*: lactation, composition of breast milk, colostrum, method for feeding breast milk
- *Stanyakshaya* and *Stanyanasha*: inadequate production and absence of breast milk, examination of breast milk, alternative feeding methods in absence of breast milk
- *Stanyadosha* (vitiation of breast milk), *Stanya Shodhana* (purification of breast milk), *Stanya Janana* and *Vardhanopakrama* (methods to enhance breast milk formation)
- *Bala-Poshana* (pediatric nutrition): daily requirements of nutrients for infants and children, common food sources, *Satmya* and *Asatmya Ahara* (compatible and incompatible diet)

- *Balaroga*: pediatric disorders and management

KAA 321 | Ayurvedic Management of Immunological and Environmental Diseases

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

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

KAA 322 | Rasayana & Vajikarana: Ayurvedic approach to Rejuvenation and Regeneration

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

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

KAA 323 | Yoga in Clinical Application Part II (Yoga Chikitsa)

In this module learn the clinical application of Yogic practices in specialized health situations.

Topics include:

- Integrated approach of Yoga therapy
- Therapeutic effect of yogic practice in the following diseases - Diabetes, hypertension, cardiovascular disorders, LBA, obesity, asthma, piles, irritable bowel syndrome, eczema, psoriasis, stress disorders, eye disorders, headache, juvenile delinquency, intellectual disability, depression, neurosis, sexual dysfunction, uterine disorders, cancer

KAA 324 | Ayurvedic Toxicology, Medical Ethics and Medicolegal Regulations

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

Topics include:

- Definition and properties of *Visha*, its comparison with *Madya* and *Oja*, *Visha Samprapti*, *Visha Prabhava*, *Visha-Vega*, *Vegantara* and *Visha Karmukata* (toxicodynamic and toxicokinetic study)
- Descriptive and comparative study of *Upavisha* in unison with contemporary toxicology
- Descriptive study of *Sthavara Visha*, definition, classifications, classical signs, and symptoms of poisoning including *Vanaspatic* (phyto poison), *Khanija* (mineral) and *Sthavara Visha* (compound)
- Study of *Jangama Visha* and their sources (animal poisoning): *Naga* (snake bite), *Vrischika* (scorpion), *Luta* (spider), *Grihagodhika* (lizard), *Mushaka* (rat), *Alarka* (dog), *Makshika* and *Mashaka* (mosquito) and their pathologic manifestations, including their role in the manifestation of communicable diseases
- *Garavisha* and *Dushi Vishal*, their varieties, signs, symptoms, and management with contemporary relevance. Detailed study of allergies including allergic manifestations in the eyes, nose, lungs, and skin
- Detailed study of *Madya Visha* and substances acting on the nervous system; substance abuse (assessment, management, and detoxification)
- Fundamental principles for treatment of poisoning
- Personal identity and its medicolegal aspects, rights, and privileges of *Rogis*, professional secrecy and privileged communication, professional negligence, and malpractice
- Professional liability insurance
- Consumer Protection Act related to medical practice
- Ethics: types of physicians and methods of identification, *Pranabhisara* and *Rogabhisara* Physicians, qualities and responsibilities of an Ayurvedic Clinical Specialist, *Chaturvidha Vaidya Vriti*: duties of Ayurvedic Clinical Specialists towards *Rogis*

4.5 Day Panchakarma Practicum

KAA 325 | Panchakarma Practicum Level 1: Prep and Purvakarma

The first class of the practical series will introduce you to the hands-on knowledge and experience needed to be a successful Ayurvedic Clinical Specialist, beginning with some of the initial steps of the *Panchakarma* process known as *Purvakarma*. Topics include:

- Review stages and benefits of *Panchakarma*
- Guidelines for the client's diet and lifestyle during *Panchakarma*
- Preparation of the *Panchakarma* client and room before the bodywork

- *Snehana* (Oleation): How to work with oils, both preparing the oils themselves as well as internal and external modes of oil application to the body
- *Svedana* (Sudation): The various modalities to further prepare the body for the main *Panchakarma* procedure, including practices for sudation both with and without heat
- The significance of Marma balancing therapies

KAA 326 | *Panchakarma* Practicum Level 2: Main *Panchakarma* Techniques and Specialty Therapies

The final intensive in the practical series focuses on the main *Panchakarma* techniques and specialty therapies. These include:

- Detailed information will be covered regarding the *Pradhana Karma* (main procedures)
- *Vamana* (induced emesis - theoretical understanding only)
- *Virechana* (medicated purgation)
- *Vasti* (medicated enemas)
- *Nasya* (nasal administration)
- *Raktamokshana* (bloodletting - theoretical understanding only)
- Specialty *Shamana* (pacifying) therapies such as *Thakradhara* (*Shirodhara* with herbalized buttermilk) and *Janu Vasti* (warm oil retained on the knee), among many others
- *Paschatkarma* (post-*Panchakarma* recuperation)
- *Rasayana* - selection, dosage, and methods of application

Saturday Virtual Classes

In addition to the Three-Day Weekend Intensives, there are 17 Saturday Virtual Classes included in the Master Track which cover the core curriculum of the ACS program. Saturday classes provide a forum for venturing deeper into vital topics from the weekend curriculum and will also include a review of some of the weekend class topics. Discussions may be focused on topics such as modern clinical investigation reports, clinical examinations and understanding clinical imaging.

Mentoring Sessions

There will be 35 mentoring sessions for review of content, assignments, and the opportunity to ask questions. Students may receive short assignments to help solidify their learning on specific topics from time to time. Students will also be presenting at least one case/student during these sessions.

Clinical Encounters

Throughout the program, students are required to perform one-on-one consultations and create *chikitsa* protocols. Each student will conduct a total of 30 clinical encounters over a period of 30

months. Each encounter will include preparing a case paper, assessment, and creation of a comprehensive Ayurvedic *Chikitsa* protocol based on guidance provided by the faculties and considering the *Prakriti* and *Vikriti* identified during the consultation. Students will also conduct a follow up session with each *Rogi*. Two hours are allotted for the initial consultation and one hour for the follow-up. This provides the student with the ability to demonstrate their skills at completing case evaluations.

Dissertation Meetings and Independent Work

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

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

The dissertation synopsis shall be submitted for approval by the Academy within one year of admission. Dissertations shall be researched, practically oriented, innovative, and helpful in the development of Ayurveda as well as related to the subject matter of the student's respective specialty. The dissertation is an essential precondition for a candidate to appear for the final examination. Five meetings with the advisor will be held to complete the dissertation process. A complete set of guidelines will be provided upon enrollment.

Recorded Lectures

There are 21 hours of recorded lectures to supplement the Master track courses which will be found in the elearning system. Students are required to watch all of the recorded lectures.

Assignments

Herbarium

Students will create 10 sheets of herbarium from the herbs they learned in detail during the program, including: proper labelling of the Sanskrit name, common name, botanical name, and useful parts of the plant.

Formulation Record Assignment

Students will be required to document 10 formulations they prepare during the weekend intensives. The record of each formulation should contain the name of the formulation, the ingredients with quantity, method of preparation, and the description of the final product.

ALLIED PROGRAMS

3 Day Workshop Weekend Intensives

KAA 327 | Ayurvedic Assessment and Pulse Diagnosis

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

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

KAA 328 | Ayurvedic Formulation Making

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

- Overview of *Dravyaguna* (Ayurvedic herbology) and *Bhaishajya Kalpana* (pharmaceutics)
- Selection of herbs and combining herbs, dos and don'ts during mixing herbs and making formulations, procurement and storage of herbs
- Dosage forms of Ayurvedic formulations, shelf life of Ayurvedic formulations and natural preservatives
- Preparation of primary formulations: *Swarasa*, *Kalka*, *Choorna*, *Sheeta*, *Phanta*
- *Kwatha Kalpana*, *Ksheerapaka* and *Thaila Kalpana* (herbal oil preparations): *Nasya* (nasal administration), *Vasti/Basti* (therapeutic enema), *Abhyanga* (massage oil/external application)

- *Sandhana Kalpana* (fermented preparations): *Arishta, Asava*
- *Ghrita Kalpana* (therapeutic ghee making): *Netra Tharpana/Netra Vasti* (ghee for eye therapy), *Snehapana* (ghee for intake)
- *Lehya Kalpana* (preparation of therapeutic jams)
- *Gudika Kalpana* (Ayurvedic handmade tablets)
- *Varti Kalpana* (Ayurvedic suppositories)

Weekday Series Classes

Ashtanga Hridayam

The *Ashtanga Hridayam*, the “Heart or Essence of all the Eight Branches of Ayurveda,” is one of the primary ancient root texts of Ayurveda. Today, the *Ashtanga Hridayam* continues to serve as a root source for Ayurvedic philosophy and protocol, providing clear guidelines in all aspects of health. *Ashtanga Hridayam* series parts 20-24 will be required to attend live for this program.

Clinical Case Discussion Webinars

This program is dedicated to interactive reviews of clinical conditions, including cases submitted by participants. It is an opportunity for ACS students to receive feedback on live cases and collaborate with fellow ACS students and Ayurvedic Practitioners on protocol development. ACS students are required to attend 36 sessions to be taken concurrently with the ACS Certification program as part of the Master Track Program. Note: if there are no participant-submitted cases for a session, the faculty member will provide cases for review.

Recorded Series Classes

Introduction to Sanskrit for Ayurveda Recording

The series introduces Sanskrit to Ayurvedic students so they can easily read Ayurvedic texts such as the *Ashtanga Hridayam*. The course focuses on listening, reading, and writing, and introduces speaking. No familiarity with the language is assumed, the course starts with the fundamentals, beginning with the basic sounds and the alphabet of the *Devanagari* script. Students’ progress further by learning to read and write their names, transliterate simple words, and then build up towards reading Ayurvedic words and sentences.

Vedic Formulations Parts 2 - 5 Recordings

One of the important skills of an Ayurvedic Clinical Specialist is the ability to select the right herbs and formulations for an individual’s constitution and imbalances. In these recordings, you will learn the most commonly used and effective Vedic formulations as documented in the classical texts. The class will cover multiple formulations and single herbs. Students receive an overview of the formulation, contents of the formulations, method of preparation, specific indications, dosage forms, and appropriate adjuvants. Parts 2-5 of this series are part of the Allied Program track.

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

***Ashtanga Hridayam* Parts 7-19 Recordings**

As part of your ACS training, the recordings of Parts 7-19 of our *Ashtanga Hridayam* series are required as part of the Allied Program track.

IN PERSON EXPERIENTIAL PROGRAMS

All Internships, Residencies, Specialties and Externships will be scheduled and/or preapproved during the ACS Program through Student Support Services.

Clinical Internship

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

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

- **India Internship** – offered in 150-hour, 15-day segments
- **Independent India Internship** – available for convenient scheduling
- **US Internship – Milpitas, CA** – offered in 46-hour, 5-day segments

The India Internship is offered twice per year (with additional frequency upon demand).

The US Internship is offered multiple times per year. *Please see the program schedule for specific dates.*

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

Prerequisite

Clinical Internship eligibility requires completion of the sixth module of the Ayurvedic Clinical Specialist (ACS) program (KAA 306).

US Clinical Internship

The US Clinical Internship is conducted as week-long, 46-hour segments at Kerala Ayurveda Academy & Wellness Center and is open to ACS students as well as students from other schools of Ayurveda. The program focuses on clinical assessment, creating Ayurvedic management protocol, implementation of *Panchakarma*, application of Ayurvedic herbs and formulation, Yoga and counseling. Interns gain hands-on experience managing a variety of cases across diverse age groups and disorders, all under the supervision of Kerala Ayurveda USA Director, *Vaidya*. Jayarajan Kodikannath and other Kerala Ayurveda Faculty members. A minimum of 92 hours (2 internships) is required to take in the US.

US Internship Location

Kerala Ayurveda Academy & Wellness Center, California

Format

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

India Clinical Internship

The 15-day internship in India is one of the most exciting and life-changing opportunities offered by Kerala Ayurveda Academy India. Students will live, study and practice Ayurveda in the

birthplace of the Vedas, experiencing India through its culture and Ayurveda. Interns can see firsthand how Ayurveda is embraced and practiced with significant results in a wide variety of applications.

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

India Internship Location

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. We will also be traveling to nearby clinics and hospitals to work with local Ayurvedic Practitioners.

Format

15 Days – 150 Hours of Internship Requirements (10-hour days)

Independent India Clinical Internship

Format

The Independent Internship is available as an alternative to our group India Internship and is customized to your convenience and requirements of internship/in person hours. Independent Internships can be scheduled by completing an application through Student Services. Note: Independent Internships are counted as 8 hours/day and Sundays are unavailable for Internships.

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

Clinical Internship Summary

Students may attend any combination of the above Internship formats, keeping in mind that they need to attend a minimum of 92 Internship hours at Kerala Ayurveda Academy and Wellness Center, California, to meet the full 500-hour requirement for ACS completion and graduation.

Residency

Each student must complete an on-site Residency from 8am-6pm daily as a part of the program. During the Residency, students will follow the Ayurvedic Clinical Specialists as they lead *Rogis* through their Ayurvedic protocol and treatments. The length of this residency will be 200 hours for those who have attended all weekend classes in person. If students attended only a portion of the weekend classes in person, they would need to make up for their in person hours by attending additional hours of any of the In Person Experiential Programs.

Students are required to complete the Residency hours after 1.5 years of the program start date under the supervision of a clinical faculty member at Kerala Ayurveda Clinical facilities in the US or India.

During the Residency at Kerala Ayurveda, students will participate in:

- For each 100 hours: Students will attend twelve and one-half days, with each day being eight hours, completing a minimum of 30 case studies with *Rogis*
- The day-to-day operations of running an Ayurvedic clinical practice
- The first visit and guiding the *Rogi* through the consultations and treatments to the follow up visit
- Measuring, mixing, and preparing customized herbal formulations and blends
- Process of preparing the *Rogi* for *Panchakarma*, as well as witnessing and assisting in the complete *Panchakarma* process
- First-hand experience next to seasoned Ayurvedic Clinical Specialists who will train you in all aspects of Ayurvedic practice

Residency Summary

For students who are attending all live Weekend Intensive classes in person, 200 hours of Residency will be mandatory.

For those who attend live streaming of all Weekend Intensive classes, the 200 hours of Residency is mandatory PLUS an additional 459 hours of any additional combination of the In Person Experiential Programs (Clinical Internship, Residency, Specialty Internship or Externship) to meet in person requirements.

If students attend a portion of live Weekend Intensive classes in person, they will need to make up additional hours above and beyond the mandatory 200 hours. This will be accomplished by adding more days (prorated to the number of hours the student needs) to any of the In Person Experiential Programs (Clinical Internship, Residency, Specialty Internship or Externship).

Specialty Internship

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

The Specialty Externship will cover the clinical management of the specific specialty with at least fifty clinical encounters. These encounters could be covered as observations, providing Ayurvedic service under supervision, as well as independent service with a review from the faculty/supervisor. Independent services should not exceed twenty-five encounters.

The student can identify a competent specialist in their area of specialty and arrange for the program on their own with the preapproval of the Academy or KAA has some preapproved instructors for the students to select from. Students must complete a minimum of 30 consultations for this 110-hour requirement.

Students will complete their dissertation as part of their specialty assignment.

Specialties

Since Ayurveda is a vast body of knowledge, the program offers students the opportunity to explore their passions by focusing on a specialized Ayurvedic topic. This will allow the student to; develop an area of specialty; acquire additional conceptual knowledge and practical experience; and progress as specialists and researchers in their specific area of interest.

KAA provides the following four areas of specialization from which the student can select:

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

Specialty Summary

Students need to complete 110 hours of internship in their specialty starting at least 12 months after their program begins. KAA can assist students in finding an appropriate location, or the student can explore resources of their own. All locations and supervisors will need to be approved prior. Since the costs of this portion of the program are variable, we cannot predict what your total costs may be.

Externship

Externships are an opportunity for students to explore Ayurveda in a format of their choice. Students may complete the Externship after they have completed the first 12 months of their program. For every 50 hours of externship, students must be able to document 15 cases. Externship can be done in person (only) by one of the following:

- additional Independent Internship hours
- additional Clinical Internship hours
- additional Residency hours
- preapproved externship at an Ayurvedic clinic with approved *Vaidya*

In Person Experiential Programs Summary

Students will need to accomplish the following:

- 500 hours of Internship (KAA US or India)
- 200 hours of Residency (more hours if student is not attending Weekend Intensives in person) (KAA US or India)
- 110 hours of Specialty Internship (KAA or pre-approved external specialist)
- 150 hours of Externship (KAA or pre-approved external specialist)

BREAKDOWN BY FORMAT

15 Three-Day Weekend Intensives*	Live streamed or in person
9 Weekend Intensives	Live streamed
2 4.5 Day PK Practicums	In person
17 Saturday Virtual Classes	Live streamed
35 Mentoring Sessions	Live streamed
5 Dissertation Meetings	In person
Clinical Encounters	In person
Recorded Lectures	Elearning
Assignments	Elearning & self-paced
2 Workshop Intensives*	Live streamed or in person
2 Weekday Evening Series	Live streamed
3 Recorded Series Classes	Elearning
Clinical Internship	In person
Residency	In person
Specialty Internship	In person
Externship	In person
PROGRAM HOURS	2,500*

The in-person sessions are required to qualify to take the National Ayurvedic Medical Association Certification Board ([NAMACB](#)) certification exam as Level 3 (name pending) graduate. It meets the 1500 in person contact hours. Students who do not attend all in person sessions will have to attend an additional 459 hours of Clinical Internship, Residency, Specialty Internship, or Externship to meet AAC requirements.



Schedule & Hours

START AND COMPLETION DATES

Start Date: Orientation – November 9, 2024 from 8:00-11:00am US Pacific Time*

First Class Date: November 22-24, 2024*

Completion Date: November 9, 2027*

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

MASTER TRACK – 901 HOURS

Student Orientation - 3 hours

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

24 Three-Day Weekend Intensives – 27 hours each – 648 hours total

Fri, Sat, Sun 8:00am-6:00pm US Pacific Time

Offered approximately once per month over the course of 36 months in total, both in person and live streamed. They are recorded for later viewing.

2 Panchakarma Practicums – 40.5 hours each – 81 hours total

Wed-Saturday 8:00am-6:00pm and Sunday 8:00am-12:30pm US Pacific Time

KAA 325 & 326 are the PK Practicum, required in person attendance.

17 Saturday Virtual Classes - 3 hours each –51 hours total

Saturdays 7:00-10:00am US Pacific Time

Live streamed and recorded for later viewing.

35 ACS Mentoring Sessions – 1 hour each –35 hours total

Tuesdays 5:00-6:30pm US Pacific Time

Live streamed and recorded for later viewing.

Dissertation Meetings – 5 hours

Scheduled individually after the first 6 months of the program

The Dissertation meetings with faculty will be 5 hours in person and the independent work will be an additional 95 hours.

Clinical Encounters - 60 hours

Students may start these after their first internship or the 9th month of the program

One-on-One Clinical Consultations

Online Recorded Lectures – 21 hours

Elearning

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

Assignments

Self-paced

Herbarium

Formulation Record Assignment



ALLIED PROGRAMS – 611 HOURS

2 Workshop Intensives – 27 hours each – 54 hours

Fri-Sun 8:00am-6:00pm US Pacific Time

- KAA 327 Ayurvedic Assessment and Pulse Diagnosis
- KAA 328 Ayurvedic Formulation Making

Offered once per year so students will have multiple opportunities to attend throughout the course of the entire ACS program. Students may attend in person or via live streaming, and these classes are recorded for later viewing. *Please see the program schedule for specific*

dates. To those who have previously taken these workshops: independent review only is necessary.

2 Weekday Evening Series – 1.5 hours each –166 hours

60 Wed 6:00-7:30pm U.S Pacific Time – 1.5 hours each - 112 hours total

- *Ashtanga Hridayam*: sessions offered twice per year, with 15 weekly classes

36 Tues 5:00-6:30pm U.S Pacific Time- 1.5 hours each - 54 hours total

- Clinical Case Discussions: offered once per month, live streamed and recorded.

3 Recorded Series – 418 hours

Self-paced

- Introduction to Sanskrit for Ayurveda
- *Ashtanga Hridayam* Parts 7-19
- Vedic Formulations Parts 2-5



IN PERSON EXPERIENTIAL PROGRAMS

All Clinical Internships, Residencies, Specialty Internships and Externships will be scheduled during the ACS Program through Student Support Services.

Ayurvedic Clinical Specialist Clinical Internship - 500 hours

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

- **India Internship** – offered in 150-hour, 15-day segments
- **Independent India Internship** – variable hours upon request
- **US Internship – Milpitas, CA** – offered in 46-hour, 5-day segments

Mon-Fri from 8:00am-6:00pm US Pacific Time

In order to complete the 500-hour minimum, students are required to attend a combination of the above options.

500 Hours is required for those attending all in person Weekend Intensives; for those who did not attend Weekend Intensives in person, more hours will be needed to meet the in-person requirements.

Residency – 200-459 Hours

It is recommended that students do their residency after 1.5 years of the program start date.

200 Hours for those attending all in person Weekend Intensives; 459 hours for those who have not attended in person. (If students attended only a portion of the Weekend Intensives in person, they would need to make up the hours missed by attending additional hours of Clinical Internship, Residency, Specialty Internship or Externship.)

Specialty Internship – minimum 110 hours

This Internship should not be scheduled until after the first year of the program and must be re-approved.

Scheduled by the student at their convenience.

110 Hours for those attending all in-person Weekend Intensives; although more hours can be added to make up for those who have not attended weekend classes in-person.

Externship – minimum 150 hours

Pre-approved Externship can be done after the first year of the program.

Scheduled by the student at their convenience.

150 Hours for those attending all in-person Weekend Intensives; although more hours can be added to make up for those who have not attended weekend classes in-person. (350 hours Maximum).

PROGRAM HOUR BREAKDOWNS

Course Component	Program Hours
Orientation	3
Master Track	Total: 901
Weekend Intensives	648*
<i>Panchakarma</i> Practicums	81
Saturday Virtual Classroom Sessions	51
ACS Mentoring Sessions	35
Dissertation Meetings	5
Independent Clinical Encounters	60
Online Recorded Lectures	21
Allied Programs	Total: 638.5
3-Day workshops	Subtotal: 54
Ayurvedic Assessment and Pulse Diagnosis	27*
Ayurvedic Formulation Making	27*
Weekday Evening Series	Subtotal: 166
Clinical Case Discussion Webinars	54
<i>Ashtanga Hridayam</i>	112
Recorded Series Classes	Subtotal: 419
<i>Ashtanga Hridayam</i>	293
Introduction to Sanskrit for Ayurveda	30
Vedic Formulations Parts 2-5	96
In Person Experiential Programs	Total: 960
Clinical Internship	500
Residency	200
Specialty Internship	110
Externship	150
TOTAL	2,500

*Can be attended in person or live streamed.

***The in person sessions are required to qualify to sit for the National Ayurvedic Medical Association Certification Board (NAMACB) certification exam as a Level 3 (name pending) graduate. It meets the 1500 in person contact hours. Students who do not attend all in person sessions will have to attend an additional 459 hours of Clinical Internship, Residency, Specialty Internship or Externship to meet AAC requirements.**

CLINICAL ENCOUNTER HOURS BREAKDOWN

This breakdown addresses clinical encounter hours and number of encounters. A clinical encounter is when a student interacts directly with a *Rogji*, at an initial consultation or follow-up.

Course Component	Total Clinical Encounter Hours	Number of Clinical Encounters
Clinical Internships	165	82
Independent Clinical Encounters (20 consultations with 2 follow ups)	80	60
Residency (200 hours)	75	37
Specialty Internship	20	10
Externship	45	22
TOTAL	365	181
Online students must take an additional 459 hours of Clinical Internship, Residency, or Specialty Internship	120	60

Online Students will have to do an additional 459 hours of Clinical Internship, Residency, Specialty Internship or Externship to meet the AAC National Board Exam requirement of 300 Clinical Encounter Hours / 150 Clinical Encounters.

TESTS & GRADING

- There will be a test at the completion of each weekend module in the elearning system.
- Minimum passing grade is 70%.
- Students must complete all the tests before they are eligible for graduation.
- All testing is conducted online through our elearning system and grades are immediately available in the student online account. Project/assignment grades are posted in the elearning system 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 three times. The first passing score will be recorded.

GRADUATION REQUIREMENTS

- All tests are completed by the student with a minimum grade of 70%.
- All assignments are completed by the student.
- The dissertation is submitted and presented.

- Full tuition for the program has been paid by the student.
- The 500-hour Clinical Internship has been completed by the student.
- The in-person hour requirement has been met for the Residency.
- The Specialty Internship requirement has been met.
- The Externship requirement has been met.
- All Allied Program requirements have been met.
- All prerequisites have been met.
- This program meets the 1500 hours in person contact hour requirement to write the NAMA Level 3 (name pending) National Board Exam. Contact hours are the time spent in classroom instruction (including live streaming class time) and time spent with *Rogis* (health seekers). The total available contact hours in this program are 1,580 which is mandatory to graduate. In case the student misses some in person hours, they will have to make up the hours either through attending the next ACS session class or attending extra days/hours of the Clinical Internship, Residency, Specialty Internship or Externship.



CLASS LOCATION

Kerala Ayurveda Academy & Wellness Center
691 South Milpitas Blvd, Suite 206
Milpitas, CA

Located in the San Francisco South Bay area, eight miles from the San Jose Airport, our flagship location consists of a spacious classroom for lectures, dynamic conference and auditorium rooms, consultation and *Panchakarma* rooms,

and a reference library. Amenities include free Wi-Fi and ample parking spaces. The Academy is located within walking distance of restaurants and health clubs. Our Student Support team can provide more information and local guidance for planning your visit

IN PERSON & ONLINE LEARNING

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





Faculty

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

SENIOR FACULTY



Vaidya. Jayarajan Kodikannath

BSc, BAMS

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

FACULTY

	<p>Vaidya. Vandana Barnawal BSc, BAMS, MD (Masters in Ayurveda)</p> <p><i>Vaidya. Vandana</i>, the founder of AyurveDatri, is a leading expert of Ayurveda specializing in women's health. She has more than 25 years of experience involving various aspects of clinical research, research, teaching, and education in Ayurveda. She is on the Board of Directors at Council for Ayurveda Research, USA (CAR), professional member National Ayurvedic Medical Association, USA, (NAMA), State Director Ohio at Association of Ayurvedic Professionals of North America, USA (AAPNA). She also is a published author of <i>Stree Roga Vimarsh</i>, a book of Ayurvedic Gynecology and <i>Prasuti Tantra Sandarshini</i>, a book of Ayurvedic obstetrics. She is a regional editor with Journal of Research and Education in Indian Medicine. She is the recipient of many awards, including the Charaka Award for excellence in teaching by AAPNA.</p>
	<p>Vaidya. Sriranjini Jaideep MD (AYURVEDA), PhD (NIMHANS)</p> <p><i>Vaidya. Sriranjini</i> is a clinician researcher with an illustrious career of 20 years in Ayurveda clinical practice, transdisciplinary research, and academics. She is an MD in <i>Kayachikitsa</i> (Internal medicine branch of Ayurveda) and a PhD from NIMHANS, Bangalore, a <i>Vaidya</i> Scientist Fellow, and a certified Yoga Instructor from SVYASA University. She was a consultant physician at world class, authentic Ayurveda hospitals in India including Institute of Ayurveda and Integrative Medicine and the Ramaiah Indic Specialty Ayurveda at Bangalore where she catered to patients with diverse ailments. She has been a Co-investigator on several research projects and is faculty for workshops on research methodology, medical ethics, biostatistics, and scientific writing. She has published her research articles in peer reviewed scientific journals and has won several young researcher awards at international conferences. Currently, she is a Freelance Research Consultant at Ramaiah Ayurveda and provides Ayurveda consultations from Canada.</p>
	<p>Vaidya. Rucha Kelkar BAMS, MASTER OF PHYSICAL THERAPY</p> <p><i>Vaidya. Rucha Kelkar</i>, BAMS, PT, DPT is the Director of <u>Ayurbliss</u> - Ayurveda, Physical Therapy and Yoga Integrative Wellness Center located in San Mateo, CA. She received her Doctor of Ayurveda degree from the University of Pune, India and Doctoral degree in Physical Therapy from The College of St. Scholastica, MN. She holds certification in Yoga and Ayurvedic Yoga Therapy. At the integrative clinic, she incorporates the rehabilitative knowledge of physical therapy with the timeless wisdom of Ayurveda and Yoga.</p>

	<p><i>Vaidya</i>. Kelkar is an accomplished clinician, educator, speaker, and writer with an experience of over 20 years. Dr Kelkar is one of the pioneer teachers of Kerala Ayurveda since their inception in the US. <i>Vaidya</i>. Kelkar is very connected and committed to her students and her students love her teaching style, her thorough in-depth knowledge of the subject, and her years of teaching experience. She consistently receives glowing feedback from her students. <i>Vaidya</i>. Kelkar has a passion for teaching and has taught Ayurveda at multiple teaching organizations at all levels including AHC, AP, AD and Research.</p>
 	<p>Vaidya. Kamy Pillai, Lead Faculty BAMS <i>Vaidya</i> Kamy 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 and serves the program as the faculty mentor.</p> <p>Vaidya Neha Pitla BAMS, MD (Ayu) <i>Vaidya</i>. Neha Pitla has completed a Bachelor of Ayurvedic Medicine and Surgery (BAMS) degree from R.A Podar Ayurved Medical College and Hospital, Mumbai, Maharashtra; earned a Master's in Ayurvedic Medicine in Rachana Sharir (Human Anatomy) from Government Ayurvedic College and hospital, Nanded, Maharashtra; completed a Diploma in Yoga Teacher from Yashwantrao Chavan Maharashtra Open University; and has completed a Certification and Diploma in Garbh Sanskar (Antenatal Program) from the National Institute of Ayurveda, Jaipur, Rajasthan, India. She has been an assistant professor, Resident Doctor, and aspires to bring an impact on pediatric health starting from the inception of a life from fetus to healthy adult through Ayurvedic lifestyle.</p>
	<p>Vaidya. Princy Prasad, Lead Faculty BAMS, MS (Ayu), PhD (Ayu) <i>Vaidya</i>. Princy Prasad is a zealous learner and educator of the Science of Life, Ayurveda. Trained by experienced <i>Vaidyas</i> of Kerala, she has a special focus on (i) Orthopedic management (ii) Para-surgical procedure and on diverse health conditions. Obtaining her degree in Ayurvedic Medicine and Surgery and master's degree in surgery (Ayu) from Kerala University of Health Sciences, she continued her research studies in Gujarat Ayurveda University, Jamnagar for the fulfillment of Doctor of Philosophy (Ayu). For the past decade, she has worked in Government Institutions and Hospitals in India managing cases from various socio-economic status. Having a clear understanding of Principles of Ayurveda, patient care, research, and development, she worked under National AYUSH mission for the upgradation of hospitals with her expertise. Teaching being one of her passions, she gained 5 years' experience as a</p>

	<p>Lecturer in Ayurveda (Undergraduate and Postgraduate) and is a constant learner of this ocean of knowledge. She authored articles in Ayurveda for reputable Ayurvedic journals and is the subject editor of International Journal for AYUSH case reports. <i>Vaidya</i>. Princy loves to share her knowledge as she believes, “In vain have you acquired knowledge if you have not imparted it to others.”</p> <p>Vaidya. Sheena Sooraj, Lead Faculty</p> <p>BAMS</p> <p><i>Vaidya</i> Sheena Sooraj is an experienced Ayurvedic practitioner and native of Kerala, India, and Chief Medical Officer at the Kerala Ayurveda Wellness Center in Milpitas, CA. 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 US and has successfully managed a wide range of diseases. An active advocate of Ayurveda, she is a public speaker on Ayurveda’s importance in daily life, having led talks at schools, corporate offices, and banks.</p>
	<p>Vaidya. Ram Tamang</p> <p>BAMS</p> <p><i>Vaidya</i>. Ram Tamang trained in the J. Krishnamurti foundation in Bangalore where he earned his degree in Ayurvedic Medicine and Surgery and studied intensely with several Yoga masters in India. He has practiced and taught internationally, including his role heading a <i>Panchakarma</i> Center at an Ayurveda Retreat in South India, Ayurveda workshops in Amsterdam, Netherlands, and work with Allopathic Doctors in an emergency ward in India.</p>



Admissions

APPLICATION

Begin the process by completing our Online Application via our website: www.keralaayurveda.us. There is an application fee of \$25.

As a prospective student, you are required to review this Catalog prior to applying. Your application will be reviewed by our Admissions team and Academy Director. Please note we may be in touch with you to request additional information during this process beyond what you have provided in the application. If you have not satisfied the required prerequisites for this program, we will notify you that your application has not been accepted for this reason. You are welcome to reapply once your prerequisites have been completed.

INTERVIEW & ACCEPTANCE

After your prerequisites have been verified, an interview will be scheduled with a member of our Student Support team and faculty to assess your readiness for the program. We will follow up to confirm your acceptance status approximately two weeks after the interview.



Tuition & Fees

Summary of Tuition ¹	
Registration Fee	\$100
Admin & Technology	\$250
Master Track Tuition ²	\$18,900
Clinical Internships ³	\$10,945-\$17,490
Residency ⁴	\$3,750 (200 hours)
Specialty Internship	Price will vary
Externship	Price will vary
Allied Programs ⁵	\$4,340

Please Note:

1 Kerala Ayurveda Academy does not offer state or federal financial aid, educational loans or tuition scholarships or discounts to students at this time.

2 Books not included – we will give you the list of books prior to enrollment. Master Track tuition does not include Allied Programs or Clinical Internships, which must be completed by the end of your ACS program. Please note: certification refunds are program-specific. See Policies & Procedures for more information.

3 Total tuition will depend on the format chosen. Please see the detailed tuition breakdown on the next page.

4 This is the US Residency price. For those attending in India, please see the Residency Tuition Chart.

5 Allied Programs are required for students who have not taken them previously. See the program and detailed tuition breakdown on the next page to calculate your requirement and tuition total.

6 Full tuition is discounted approximately 3%.

7 Students choosing the 30-month payment plans will include a management fee for the extended 30-month payment plan.

PAYMENT PLANS FOR MASTER TRACK TUITION

	Tuition in Full ⁶	Biannual ⁷	36 Month ⁷
Tuition	\$18,300	\$3,150	\$545
Number of Payments	1	6	36
Registration Fee	\$100	\$100	\$100
Admin & Technology Fee	\$250	\$250	\$250
STRF	\$45	\$47.50	\$50
KAA Students & Alumni of our AHC, AP, PKT Certification Programs			
Total Tuition	\$18,550	\$19,150	\$19,870
Total Tuition (CA Students)	\$18,595	\$19,197.50	\$19,920
New Students to our certification programs			
Total Tuition	\$18,650	\$19,250	\$19,970
Total Tuition (CA Students)	\$18,695	\$19,297.50	\$20,020

TUITION BREAKDOWN OF ALLIED PROGRAMS

If you have previously taken any of the following programs, you are not required to retake them. For any programs you need to complete, the tuition rates listed below incorporate your Student & Alumni discount. *Note: early bird tuition savings may be available for the following programs.*

Module	Program	Tuition	Total
KAA 329	Ayurvedic Assessment and Pulse Diagnosis	\$495	\$495
KAA 330	Ayurvedic Formulation Making	\$495	\$495
Workshop Weekend Intensive Subtotal			\$990
Weekday Sessions		Tuition	Total
Clinical Case Discussion Webinars		\$20 per session (36)	\$720
<i>Ashtanga Hridayam</i>		\$325 per live segment (5)	\$1,625
		Weekday Session Subtotal	\$2,345
Recorded Sessions		Tuition	Total
Vedic Formulations		\$165 per segment (5)	\$825
<i>Ashtanga Hridayam</i> (13 session recordings)		\$75 per recorded segment	\$975
Introduction to Sanskrit for Ayurveda		\$195	\$195
Recording subtotal			\$1,995
Allied program total			\$4,340

TUITION BREAKDOWN OF CLINICAL INTERNSHIPS

500 hours of Clinical Internship is required to complete this program. There are several format options available to complete the Internship requirement. For details, please see the Clinical Internship Details in the Program Format section of this catalog.

Location	Tuition
US Clinical Internship	\$995 per segment (46 hours)
India Internship	\$4,295 per segment (150 hours, 1 required)

Please Note:

US Clinical Internship: travel, accommodations and meals not included.

India Internship: airfare not included. Accommodations and meals are included. Please contact Student Support in advance for additional details and to register for this program: [+1 \(888\) 275-9103 x20](tel:+18882759103) or support@keralaayurveda.us.

Requirement is for qualified travelers.

TUITION BREAKDOWN OF RESIDENCY

For students who attend all the Master Track classes in person, 200 hours of Residency is required. For those who have not attended any Master Track classes in person (except for the PK Practicums which are required) need to attend 459 hours of In Person Experiential hours to complete this program. If you attend a portion of the Master Track classes in person, you will need to take the appropriate number of Residency hours to make up 459 live in person hours total.

Location	Tuition
US Residency	\$150 per day
India Residency	\$310 per day (accommodations and meals included)

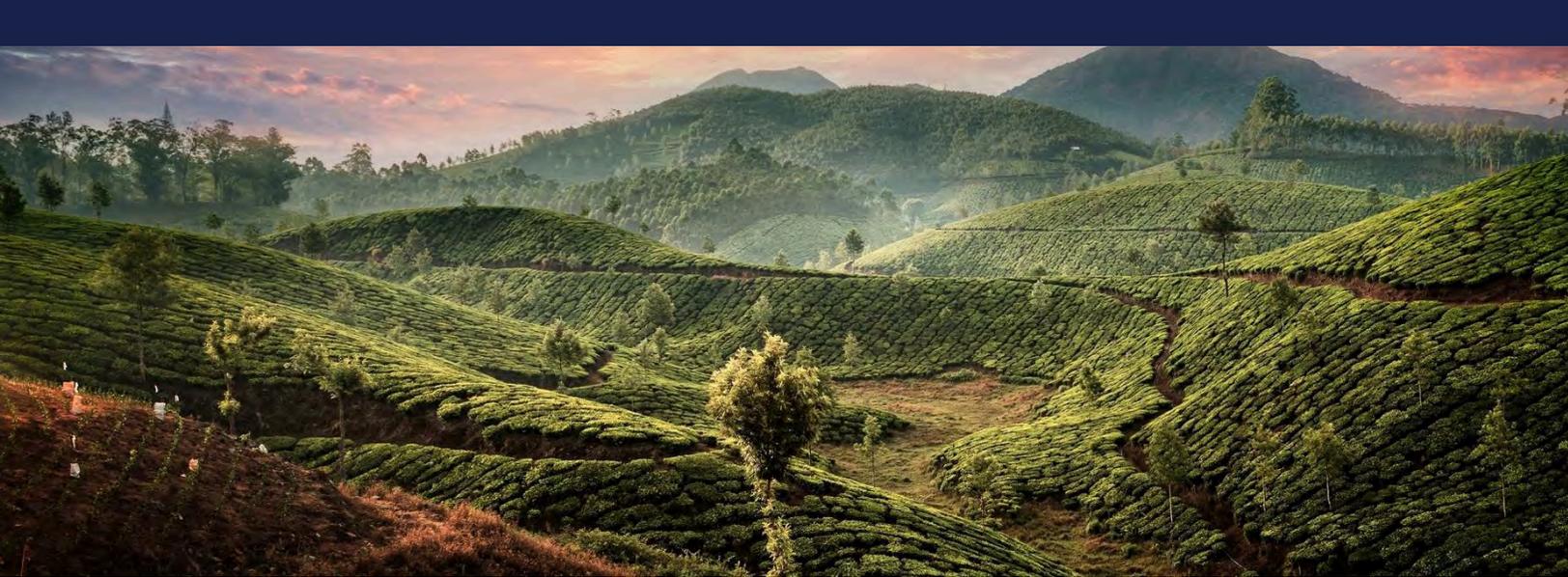
TUITION BREAKDOWN OF SPECIALTY INTERNSHIP

110 hours of Specialty Internship is required to complete this program. Below is the tuition for the Internship if it were taken at Kerala Ayurveda India. Students may also plan their own Internship with prior approval of the faculty/supervisor.

Location	Tuition
India Specialty Internship at KAA	\$310 per day (accommodations and meals included)

TUITION BREAKDOWN OF EXTERNSHIP

150 hours of Externship is required to complete this program. Externships are planned by the student with preapproval from the Academy Director and therefore the costs associated with it will vary. Kerala Ayurveda Academy has a list of preapproved Externship faculty, and students can choose to do an externship with them if available. This Externship is an opportunity for the student to explore Ayurveda in a way that they feel will be most beneficial to their growth as an Ayurvedic Clinical Specialist.



Academy Policies

DIVERSITY & RELIGIOUS ACCOMMODATION

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

Kerala Ayurveda Academy will make good faith efforts to provide reasonable religious accommodations to students who have genuinely held religious practices or beliefs that conflict with a scheduled program requirement. Students requesting a religious accommodation should make the request, in writing, directly to Student Support (support@keralaayurveda.us) with as much advance notice as possible. Absence from class does not excuse students from keeping up with any information shared or expectations set during the missed class. Students are responsible for reviewing the class recording and obtaining information provided during any class missed. The student shall work with their assigned Student Mentor to determine a schedule for making up missed work.

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

SPECIAL ACCOMMODATIONS

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

ATTENDANCE POLICY

Kerala Ayurveda Academy accepts a limited number of students for in-person attendance in the live class at 691 S. Milpitas Ave, #206, Milpitas, CA. Student attendance is limited to 25 individuals. The instructor to student ratio is 1:25.

Attendance is monitored via attendance taken in person and during live streamed sessions.

Students must attend a minimum of 2000 hours in person and/or live synchronous sessions together (live synchronous refers to live streaming attended in real time). All KAA ACS students (In Person and Hybrid) must attend a minimum of 1500 hours in person including all In Person Experiential Programs. Those who would like to meet the requirements for the AAC Level 3 (name pending) board certification exam, must attend 1500 in person hours. (in-person means in real time with faculty physically present)

For Online students who do not attend Classes in person: students must attend an additional 459 hours in person of the Clinical Internship, Residency, Specialty Internship or Externship to meet this 1500-hour requirement.

MAKE-UP AND RETAKE POLICY

If a student is absent from an in person or live streamed session, they may make it up the next time the class is offered in person or via live streamed session, free of charge.

If a student wishes to retake any Master Track Weekend Intensive, they may do so for a fee of \$50 per day. To retake an Allied Program (Workshop Weekend Intensives or Weekday Evening Series), students may do so at a fee of 50% of the regular tuition. To make arrangements for all make-up or retake sessions, please contact Student Support 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 their own creation and refraining from representing work that is not theirs.
- Conduct in keeping with the attendance policies.

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

TERMINATION POLICY

If the course is terminated after the student begins classes, the Academy may retain a percentage of the total tuition as described in the Refund Policy.

The official date of termination of a student shall be the last date of recorded attendance when withdrawal occurs when the student is terminated for a violation of a published Academy policy which provides for termination.

A student will be determined to be withdrawn from the institution if the student has not attended any class for five consecutive class weekends. They will be notified by telephone after four missed weekend classes, and they will be dropped after the fifth weekend. All access to materials will be suspended.

For a student who is on an authorized Leave of Absence, the withdrawal date is the date the student was scheduled to return from Leave and failed to do so.

SUSPENSION AND DISMISSAL POLICY

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

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

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

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

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

LENGTH OF TIME FOR STUDENT CERTIFICATIONS

ACS Students are expected to complete the program within 3 years; however, they can take an additional 12 months to complete, for a total of 4 years. If you have not completed it within this time frame you will be considered on sabbatical for a maximum of 1 year. If after the extended time you do not complete your program, you are considered dropped. You will need to complete a new enrollment agreement and reapply for the program. You may contact the school for extenuating circumstances.

Contact Student Support Services at support@keralaayurveda.us or +1 (888) 275-9103, ext. 20.

STUDENT SABBATICAL (LEAVE OF ABSENCE)

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

A one-time sabbatical will be allowed for the student with the provision that they will come back after a maximum of 2 years, or before. With permission from the school, the student will be allowed to resume attending classes in the next class at the level where the sabbatical was initiated.

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

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

RESUMING THE PROGRAM (RE-ENGAGING)

To resume the program, a student must notify the school (Student Support Services at support@keralaayurveda.us or +1 (888) 275-9103, ext. 20) of his or her intention to resume

classes and be in good academic and financial standing. They will need to fill out a new Enrollment Form for the semester they are restarting. It is not necessary for a student to retake any previously completed classes if the course of study resumes within the 12 months from the beginning of the Sabbatical.

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

FINANCIAL AID

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

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

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

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

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

ENGLISH AS A SECOND LANGUAGE & FOREIGN STUDENTS

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

RECORD RETENTION

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

STUDENT COMPLAINT PROCEDURE

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

State of California

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

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 Clinical Specialist program is also at the complete discretion of the institution to which you may seek to transfer. If the ACS certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you seek to transfer after attending Kerala Ayurveda Academy to determine if your ACS 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 ACS may be transferred. Courses will be considered for transfer credit if relevant to the certificate program and completed with a grade of B or higher, or the equivalent, if another grading system was used. Prerequisite and corequisite courses must meet the criteria set forth by KAA. Application and official transcripts must be submitted for all transfer credit approval.

EXPERIENTIAL CREDIT

There is no credit granted for experiential learning.

REFUND AND CANCELLATION/WITHDRAWAL 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/withdrawal is required** and should be sent to the address below. For specifics related to your refund, refer to the refund tables according to your State.

Student Support
Kerala Ayurveda Academy
691 S. Milpitas Blvd Suite 206 Milpitas, CA 95035

Refund Policy: Master Track Classes

State of California

The registration fee is nonrefundable. The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. There will be no refund if the student decides to withdraw after 60% of the classes (attendance of the 16th class) or online modules (accessed 16th online module).

There are 26 Master Track Three-Day Weekend Intensives which correspond to online modules. Refund Requests will be processed based on these Weekend Intensives and online modules accessed (whichever is greater).

Procedures Students must follow to withdraw from the institution:

- A written notice from the students about the cancellation will be required.
- A telephone call about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, the student will not receive a 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 the original payment is by credit card, the refund will be processed on the credit card.
- Eligible refunds will not include the applicable interest during the enrollment period.

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

Refund Calculation

- **Step 1:** Deduct registration fee from total Master Track tuition paid.
- **Step 2:** Divide the total tuition paid by 26 (number of Weekend Intensives/online modules) = 'tuition per module.'
- **Step 3:** Multiply number of classes attended or modules accessed in elearning by 'tuition per module.'
- **Step 4:** Subtract the amount in step 3 from the amount in step 1. This is the refund amount.

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

Step 1	\$18,900-\$100	\$18,800.00
Step 2	\$18,800 / 26	\$723.00
Step 3	4 classes/live streaming x \$723	\$2,892.00
Step 4	\$18,800 - \$2,892	\$15,908.00
Total refund will be: \$15,908.00		

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 Sabbatical or Leave of Absence (LOA), within 30 days of the date the student was scheduled to return from the Sabbatical/LOA and did not return.

The following is a list of additional fees:

- Administration Fee (for students new to KAA): \$100 upon enrollment
- Equipment: \$0
- Lab Supplies or kit fees: \$0
- Uniform or Special Protective Clothing Fee: \$0
- Learning Media Fee: \$0
- Tutoring Fees: \$0
- In-resident housing Fees: \$0
- Assessment Fee: \$0
- Transfer or Credit Fee: \$0
- Student Tuition Recovery Fund fee (CA students only, nonrefundable): \$2.50 for every \$1000

State of Washington (All students not residing in California)

Five-Day Cancellation: An applicant who provides written notice of cancellation within five days (excluding Saturday, Sunday, and federal and state holidays) of signing an enrollment

agreement is entitled to a refund of all tuition paid. No later than 30 days after receiving the notice of cancellation, the school shall provide a 100% refund of tuition and fees paid.

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

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

Refund Policy Defined – Washington

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

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

If the student completes this amount of training:	The school may keep this % of the tuition cost:
One week or up to 10%, whichever is less (attended 1st class or accessed 1st online module)	10%
More than one week or 10% whichever is less but less than 25% (attended 2nd class or accessed 2nd online module)	25%
25% through 50% (attended 3rd class or accessed the 3rd online module)	50%
More than 50% (no refund issued after attending 5th class or accessing 6th, 7th,8th, 9th, or 10th online module)	100%

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

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

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

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

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

Step 1	\$18,900 – \$100	\$18,800.00
Step 2	8 of 26 classes attended or modules accessed online 8/26 30%	
Step 3	25% through 50% completion = KA retains 50%	\$9,400.00
Step 4	\$18,800 - \$9,400.00	\$9,400.00
Total refund will be:		\$9,400.00

Refund Policy: Allied Program Classes

Allied Programs are refundable less a \$25 administration fee according to the following schedule:

- Cancellation notice up to two business days prior to program start: full refund, less \$25 admin fee.
- Cancellation within 48 hours of program start: 50% refund is available, less \$25 admin fee.
- After the program starts: no refunds available.

STRF FEE (NON-REFUNDABLE): STATE OF CALIFORNIA

"The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if 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. You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program."

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

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

- The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
- You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or location of the institution or were enrolled in an educational program within the 120-day period before the program was discontinued.
- You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
- The institution has been ordered to pay a refund by the Bureau but has failed to do so.
- The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
- You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
- You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

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

STRF FEE – STATE OF WASHINGTON

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



FAQ

FREQUENTLY ASKED QUESTIONS

How much does the program cost? The tuition for the course is \$18,900 (*not including registration or management fee*). Allied Programs, Internships, Residencies and Specialty Externships are required and are an additional cost. (see tuition & fees for details.)

Do I need a college degree or a prior license/certification to study Ayurveda at the Ayurvedic Clinical Specialist level?

- A college degree is not required, nor are prior licenses or certifications in any field other than Ayurveda. KAA welcomes students from all educational backgrounds, with degrees, licenses, or certifications in any field.
- A Level II Ayurvedic Wellness Practitioner Certification or equivalent is required.

I'm not a healthcare professional; can I still earn a certificate and practice Ayurvedic medicine? You are not required to be an existing healthcare professional, so long as you satisfy the program-specific prerequisites (see prerequisites).

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

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

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

- Yes, Ayurveda is currently practiced all over the United States.
- While none of the US 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.

I am an Ayurvedic Doctor in India with a BAMS degree. Are there any prerequisites for me to join this program? Ayurvedic Doctors with a Bachelor of Ayurvedic Medicine & Surgery (BAMS) degree may join the program directly as all the prerequisites are satisfied by their degree. An application is still required.

What does the “Vaidya” mean, and can I use the designation “Vaidya” once I earn this certification?

Vaidya is a Sanskrit word which translates to healer. It has been used as a designation for Ayurvedic physicians for thousands of years and signifies an Ayurvedic lineage. You may notice that many of our faculty hold this designation, in addition to their BAMS degrees, and this is due to their personal lineage, coming from families of Ayurvedic healers. Out of respect for the Ayurvedic family lineages, the title *Vaidya* is not used based on degree alone.

Can I use the designation “Dr.” once I earn this certification?

Ayurveda is not a licensed medical field, and therefore this Ayurvedic Clinical Specialist (ACS) program does not offer graduates a Doctorate degree. Graduates cannot use the designation “Dr.” in their name.

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

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

Is there an alumni association? Can I contact previous students? You can find KAA alumni in our online alumni database at www.keralaayurveda.us/alumni. We can also provide you with the contact information of several students for you to talk to upon request.

How many of your graduates practice Ayurvedic medicine?

- All of our graduates are able to practice Ayurveda in their everyday lives for personal health. An understanding of Ayurvedic principles enriches the quality of life in all aspects, not just physical well-being. The study of Ayurveda is truly a healing transformation during which students find a new level of emotional, mental, and spiritual wellness. Additionally, graduates often change career paths or discover novel ways to apply their new Ayurvedic knowledge to their existing profession.
- There are many ways our students utilize their Ayurvedic education. Some of our students launch a practice as Ayurvedic professionals at their respective scope of practice.
- Many of our graduates incorporate Ayurvedic knowledge in their current practice such as healers, 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.

What is The US Department of Labor’s Standard Occupational Classification Code for the Ayurvedic Clinical Specialist?

The code is 31-9099 Healthcare Support Workers, All Other

Is this program accredited with the Department of Education?

This program is in candidacy for accreditation with the Ayurvedic Accreditation Commission (AAC) which is approved by the Department of Education and qualifies graduates to sit for the National Ayurvedic Medical Association Certification Board (NAMACB) certification exam as Level 3 (name pending) graduate.

What if I can’t attend all programs to qualify for NAMA professional membership in person? Students who do not attend all in person sessions will have to attend an additional 340 hours of Residency, Clinical Internship or Specialty Internship to meet NAMA requirements.

How many hours should I spend on assignments?

The Formulation Record and Herbarium should take approximately 26 hours each. The Clinical Consultations will take approximately 2 hours for each initial intake appointment and 30-60

minutes for each follow-up appointment. The Dissertation should take approximately 100 hours including meetings with your mentor for guidance.

Are there tests? I feel anxious about taking tests. Please try not to feel anxious about the tests. The testing is conducted online, and the student is provided three (3) attempts at taking the test. The first passing 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.

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. \$90-\$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.

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

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

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

What materials do I need to bring to class and what should I expect in the classroom? Please bring a notebook and pen. If any textbooks are required for an individual session, you will be notified in advance. KAA provides all classroom facilities including any equipment used for panchakarma demonstrations and herbology preparation. Equipment used for these classes include computers, monitors, video projectors, microphones, cameras, massage tables, linens, hotplates, towel warmers, vessels and utensils for cooking, shirodhara stand and vessels, and all perishable and nonperishable provisions used. Classes are taught in traditional, clean, well-lit classroom settings with tables and chairs for your comfort. A kitchen and restrooms are nearby the classroom.

If I have additional questions or concerns, who do I contact? In case a student has any complaint, they may contact Student Support at +1 (888) 275-9103 x20 or at support@keralaayurveda.us. "Any questions a student from the State of CA may have regarding this catalog, that have not been satisfactorily answered by the institution, may be directed to the Bureau for Private Postsecondary Education at BPPE address: 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834, PO Box 980818, West Sacramento, CA 95798-0818, website address: www.bppe.ca.gov. Phone: (888) 370-7589 or (916) 574-8900. Fax: (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.

What else does the CA Licensing Board want me to know? "As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement."

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

Will I be able to practice as an Ayurvedic Doctor in India? This program is designed to satisfy the Ayurvedic Clinical Specialist (ACS) scope of practice in the US, as determined by the National Ayurvedic Medical Association (NAMA). It does not qualify you for practice in India as a BAMS Ayurvedic Doctor, nor does it qualify you to practice in any other location. Please check in with the regulations of your local state or country to determine your available scope of practice and whether this program will meet your needs.



*FAkasasya yADha nantah surairapyavagamyate
Tasmat arogya danasya nanto vai vidyate kwacit*

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



Kerala Ayurveda Academy

www.keralaayurveda.us • +1 (888) 275-9103
691 S. Milpitas Blvd. Ste 206 Milpitas, CA 95035

