



**AYUVIDYA**  
College of America

The Ayurvedic  
Health Counselor  
Program

**2016–2017 CATALOG**

We've saved you a seat! Apply today for March 2016.

[www.AyuVidya.com](http://www.AyuVidya.com) / [info@AyuVidya.com](mailto:info@AyuVidya.com)

(650) 584-3123 . 2495 Old Middlefield Way, Mountain View, CA 94043

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## Student Testimonials

*At AyuVidya college of America, we learn from well known Ayurvedic Doctors and practitioners having years of clinical experience. The classes are interactive with lot of demonstrations, hands-on activities and case-studies.*

*Joining the program has changed my life. I am so glad that, this Ayurvedic program is available in the heart of the bay area. Soon I will complete counselor level and continue to practitioner level. Weekend classes are convenient for any professional to join.*

*If you are passionate about Ayurveda and health, AyuVidya College is the place to learn. I highly recommend it. –Binita*

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*Going through the program has helped me understand myself and others on a physical, emotional and psychological level. Dr. Jay's enthusiasm and love for this ancient science is truly inspiring. It has motivated me to not only study Ayurveda, but also apply it to my daily life. – Vrinda*

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*My husband encouraged me to register for the Ayurveda Health Counselor course at AyuVidya College. I am so glad I did. We are learning about our own body constitution and experiencing how modifying the diet and lifestyle can change our health. Simple concepts have a profound effect on our well being. Learning from experienced doctors makes all the difference. . . I highly recommend Ayuvidya college of America for your Ayurvedic education. –Vatshala*

AyuVidya College of America will update the catalog annually. Annual updates may be made by the use of supplements or inserts accompanying the catalog. If changes in educational programs, educational services, procedures, or policies required to be included in the catalog by statute or regulation are implemented before the issuance of the annually updated catalog, those changes shall be reflected at the time they are made in supplements or inserts accompanying the catalog.

# Welcome

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Welcome to AyuVidya College of America (ACA) for your Ayurvedic education. We congratulate you as you embark on this journey of Ayurvedic healing! It's time to rebalance your body and harmonize your mind and spirit to experience perfect health and to spread the wisdom of Ayurveda to those around you.

As healthcare around the world is transforming, millions are being drawn to Ayurveda. People are realizing that conventional medicine isn't the complete answer to their problems. Therefore, they are pursuing alternative healing methods, resulting in an integrative approach – combining non-conventional health practices with conventional medicine for holistic health. Ayurveda is one of the **whole medical systems**, emphasizing prevention and offering natural solutions to health problems.

## Our Mission, Goals and Objectives at ACA

**Mission** - To spread Ayurvedic wisdom for the health and wellness of society.

**Goals** - To create competent Ayurvedic practitioners who will maintain the integrity of Ayurveda and fulfill the need of alternative healthcare.

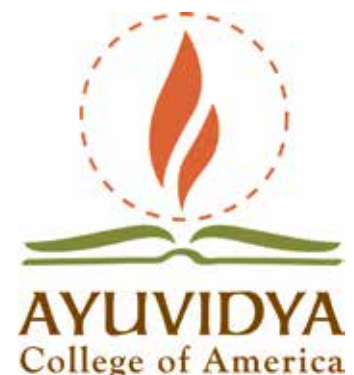
**Objectives** - To offer authentic Ayurvedic education, assemble qualified and experienced faculty, maintain high standards of education and provide the ideal clinical facility for hands-on learning.

Join hands with us in creating a new profession that will transform the conventional standard of healthcare to a holistic model for the 21st century.



**Jay Apte**

*Director & Dean,*  
**AyuVidya College of America**



*The Institute mails or e-mails the catalog to prospective students. 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.*

## Why Ayurveda...

Ayurveda, the wisdom about healthy living is originated in India and has evolved there over 5 thousand years. This complete medical system is now popular around the world as "New Age" science. Millions of people are following Ayurveda because it provides knowledge beyond the physical body and unfolds the reality about Mind-Body connection and helps to achieve harmony at Body, Mind and Spirit level. Ayurveda is the only science which emphasizes uniqueness in each individual and helps create custom tailored health plan one person at a time. Ayurveda's main focus is on prevention and it offers simple, natural diet and life style solutions to prevent disease. In case of disease treatment, Ayurveda removes the cause of the disease by using diet and life style modifications, natural herbs and recommending cleansing and rejuvenative procedures called Panchakarma. Naturally, Ayurveda is an important aspect of integrative medicine. The World Health Organization also recognizes Ayurveda as a complete natural health care system.



## Why AyuVidya College of America (ACA)

If the quality and experience is important to you, ACA is the place to learn Ayurveda. We take pride in offering the highest quality and authenticity of Ayurvedic education. Dr. Jay Apte, the dean, has more than 35 years of experience in Ayurvedic practice and since 1995 she has offered Ayurvedic programs throughout the United States. Many of her graduates are successful Ayurvedic practitioners. The ACA curriculum is based on Ayurvedic programs from Indian universities and is very challenging academically. Students find studying at ACA intellectually stimulating and competitive. The ACA is a part

of a 4,000 sq ft facility which includes an Ayurvedic clinic, yoga studio, herb room, Panchakarma facility and other holistic practices. Therefore, students will get firsthand knowledge of Ayurvedic living. We are ideally located in the heart of Silicon Valley, in the prestigious city of Mountain View, California. The center is easily accessible from highways 101, 85, 237 and El Camino Real and has ample parking spaces. We look forward to having you and are sure your Ayurvedic learning experience will be very rewarding!

## Affiliation with Tilak Ayurveda Mahavidyalaya

This is one of a kind opportunity to our students.

We are delighted to be affiliated with one of the most prestigious and oldest Ayurvedic institute "Tilak Ayurveda Mahavidyalaya" in Pune, India. Pune is known as "the City of Education". Our graduates will have opportunity to go to India, learn in depth Ayurveda, do clinical rotations in Ayurvedic hospital and intern under experienced vaidyas in India.

### **Tilak Ayurved Mahavidyaya, Pune**

It is one of the oldest 'AYURVEDA MAHAVIDYALAYA'. It was established in Pune on 26th June 1933. It was re-named as 'Tilak Ayurveda Mahavidyalaya' in 1962.

Tilak Ayurveda Mahavidyalaya holds 78yrs heritage contributing in creating eminent Ayurveda Doctors for the society. Till now, approximately 7000 students of Under graduate and 1100 post graduate scholars have completed their education from this Institute and are successfully working in various fields. This is Maharashtra state government aided institution, affiliated to Maharashtra University of health sciences, Nashik.& Governed by central Apex body, i.e CCIM &. Dept of AYUSH. New Delhi.

The college is attached to the **Seth Tarachand Ramnath Charitable Ayurvedic hospital**, an 84 year old, 340 bed hospital, where Ayurvedic students receive excellent clinical and surgical experience.

It prides itself in having a rich faculty of 90 experienced Ayurvedic Doctors and more than 100 expert physicians which are associated with the Institute.

Recently Tilak Ayurveda Mahavidyalaya has received Rs. 5 crore in grant money to develop it as the best Ayurvedic College in India.

# Approved to Operate by BPPE

**AyuVidya College of America (ACA)**, is a private institute and is approved to operate by the California Bureau for Private Postsecondary Education. This means that ACA complies with the state standards set forth in The California Private Postsecondary Education Act of 2009.



## The Program

AyuVidya College of America offers a certificate program, **“Ayurvedic Health Counselor”**. The total duration of the program is 11 calendar months, completing 600 credit hours. Classes are held on one weekend per month, so students can learn Ayurveda while continuing their current jobs. Students learn Ayurvedic concepts, participate in hands on practical classes, learn Ayurvedic body therapies and make herbal preparations such as herbal ghees, oils and decoctions. On every weekend they observe client consultation done by the teachers to get the clinical experience.

Theory classes include Ayurvedic philosophy, Ayurvedic physiology, Ayurvedic nutrition, Ayurvedic herbology, Ayurvedic psychology, Ayurvedic preventive science, Ayurvedic subtle therapies, Ayurvedic diagnosis methods and Ayurvedic disease management.

The internship is the integral part of ACA curriculum, in which students learn to do “Ayurvedic health evaluations” under the supervision of Ayurvedic Doctors. This real life experience helps them gain confidence and courage to be a successful Ayurvedic counselors. ACA also prepares students for public speaking and offers speaking opportunities in the community.

Each student receives a workbook, outlining the description of the topic to be covered.

Classes are offered in a seminar format. LCD projector and white-board are used as teaching tools.

This is not a degree program and licensure is not the goal at this time. ACA is not accredited by accrediting agency recognized by the United States Department of Educa-

tion. ACA has assembled a faculty of six experienced Ayurvedic Doctors. All faculty members are established Ayurvedic physicians, with more than 15 years of experience in Ayurvedic practice and teaching.

### Student Enrollment Projections:

Year	Number of Students
2016	15 -17
2017	17-20
2018	20-25

We project that in the 2016 we will enroll around 15-17 students. In 2017 the number will increase to around 17-20 and in the 2018, around 20-25 students. These projected numbers are based on our experience in the past where a similar numbers of students were enrolled during the first few years. Other established Ayurvedic schools enroll around 25-35 or more students each year, so our projections look realistic.

## Distance Learning

ACA offers a distance learning option. This allows students to participate in the program who may have a time or geographical limitation. Each student will be assessed prior to admission by interviewing on the phone/skype, checking his/her transcripts and by grading his/her essay on a given topic, to determine whether student has the skills and competencies to succeed in a distance education environment. ACA will transmit the first lesson and any materials to any student within 7 days after ACA accepts student for admission. ACA shall transmit all lessons and materials to the student if the student has fully paid for the educational program and after having received the first lesson and initial materials requests in writing that all of the materials be sent. If ACA transmits the balance of the material as the student requests, ACA shall remain obligated to provide the other educational services it agreed to provide, but shall not be obligated to pay any refund after all of the lessons and materials are transmitted.

Distance learning students will have to attend the internship weekend in person in order to see clients and complete assessments. They will have e-mail and phone access to all the faculty members to ask questions and queries. They will take quizzes and tests electronically at the end of each month. The guidelines for quizzes and tests will be same as real time students. Qualified faculty will evaluate the tests and quizzes and assure that (A) the institution's response to, or evaluation of, each student

lesson is returned to the student within 10 days after the lesson is received by the institution; and (B) the institution's response to, or evaluation of, each student project or dissertation is returned to the student within 15 days; and shall maintain a record of the dates on which lessons, projects, and dissertations were received and responses were returned to each student. Tuitions and fees and other guidelines for Distance Learning students will be the same as real time students.

## Admission and Requirements

We believe in small class size for effective learning. (No more than 20-30 students/class). Prerequisite for this program is minimum High School Diploma with few college level courses in English, Basic Anatomy and Physiology. ACA encourages students with BS degree in any field or certified or Licensed Practitioners in a health related field including Massage therapists, Chiropractic, Nursing, Naturopaths, Physicians, etc.

NOTE: Basic Anatomy and Physiology are a prerequisite for this program. If students have not already taken these classes, they will have to do so somewhere else before they finish the first 6 months of the program.

Classes are taught in English and ACA does not provide any English proficiency classes. ACA does not admit students from other countries.

## Examinations & Graduation

Every month students will take the quiz on Saturday morning. There will be two tests - midterm and a final.

### Mid-term Exam

Sat, Aug 6, 2016  
in the morning

### Final Exam

Sat, Feb 4, 2017  
in the morning

### Graduation

Sun, Feb 5, 2017  
5.00pm – 6.00 pm

Each month there will a quiz on the material taught during previous month. A mid-term test is given at the end of 5 months. It covers all the materials from the previous months. A final comprehensive test is given at the end of the school year. 60% of the questions will be



over the last 5 months material and 40% from the first 5 months of the material. All quizzes and tests are mandatory. Students will be able to make up the quiz/test at later time only on special occasions (The grade point average will be reduced by 10%). The test questions will be a combination of multiple choice, match the pairs, fill in the gaps or short essay writing format. The passing grades will be a minimum of 70%. Tests will be graded by qualified faculty members.

## Student Achievement

- 90% or more on all quizzes/tests constitutes Honors Achievement status

## Graduation Requirements

- Passing grade of at least 70% on all quizzes/tests
- Attendance of at least 90% of classes
- Tuition paid in full

## Skills & Competencies

Ayurvedic Health Counselors will be experts in health promotion and the prevention of disease. They will utilize the principles of Ayurveda to create diet and lifestyle recommendations for clients according to the client's prakriti / vikriti, state of the doshas, agni, dhatu, malas, and mind. They will educate and motivate clients in the implementation of their Ayurvedic healthcare plan. Ayurvedic Health Counselors may work in private practice or with other health care professionals in a complementary role.

## The Future for ACA Students

ACA graduates have a bright future in this age of integrative healthcare. They get opportunities to fulfill the need for Ayurvedic healthcare providers. Currently Millions of people are looking into other healing practices besides conventional medicine and Ayurveda is one of the main complimentary medicines. Here are some facts:

- 74 percent of the American population desire a more natural approach to health care. 79% perceived the combination of CAM and conventional therapies to be superior to either alone.
- Almost 1/3 of American medical schools – Harvard, Yale, John's Hopkins, and Georgetown Universities - now offer coursework in alternative medicine.

Ayurvedic graduates can prosper in variety of fields. They can be competitive Ayurvedic counselors, or public

speakers to educate masses. Graduates who already are licensed health care practitioners, may utilize their Ayurvedic knowledge to enhance their current practices. Free lance writers may start Ayurvedic publications. Massage therapists may open Panchakarma centers. Students interested in health and beauty might start Ayurvedic spa and beauty centers or wellness centers. Research savvy students may get involved into research projects in Ayurveda. The office of alternative medicine funds many research projects in holistic health care. Business entrepreneurs may develop Ayurvedic herbal products or Food packages, or even Ayurvedic cosmetics. Students in academics may get into teaching or may want to deepen their education and may pursue in-depth studies. It is really up to the graduating student to invent or discover new avenues.

## Additional Reading (Not mandatory)



Frawley, David: *Yoga and Ayurveda, Ayurveda and the Mind, The Yoga of Herbs*

Dr. Deepak Chopra: *Perfect Health*

Dr. Singh: *Charak Sanhita Ashtang Hriday*

Joshi, Sunil: *Ayurveda and Panchakarma*

Lad, Vasant: *Text book of Ayurveda, Secrets of the Pulse*

Lele, Avinash: *Secrets of Marma, Panchakarma and Ayurvedic Massage*

Svoboda, Robert: *Prakriti: Your Ayurvedic Constitution*

Apte Jay: *Healthy and Delicious Ayurvedic Cooking*

## The Faculty

We at ACA have assembled a faculty of five experienced Ayurvedic Doctors. All faculty members are established Ayurvedic physicians, with more than 15 years of experience in Ayurvedic practice and teaching. All members are Doctors of Ayurveda from renowned Universities in India.

### Dr. Jay Apte, BAMS, MS

Dr. Apte is the Dean of Ayuvidya College of America. She has an integrated degree in Ayurvedic and Allopathic (conventional) medicine from the University of Poona, India (1973), and a MS degree in Biomedical Sciences (Pharmacology) from the University of North Texas (1991). Dr. Jay Apte is one of the very few India trained Ayurvedic Doctors here in US who has 17 years of experience in Running Ayurvedic schools and more than 30 years of clinical practice.

### Dr. Sachin Deshmukha

S Sachin Deshmukh has been trained as a Physician in India and holds several Degrees and Diplomas in Holistic Medicine, Homeopathy, Ayurveda, and Yoga Therapy. He headed the De-

partment of Natural Therapy and Yogic Sciences at a General and Cancer Hospital in India. Sachin has a long term teaching experience in different diverse fields and is teaching various programs for the Community Organizations and Corporations.

### Dr. Suhas Kshirsagar, BAMS, MD-Ayu

Dr. Suhas Kshirsagar is a world-renowned ayurvedic expert and educator from India. He is an internationally acclaimed motivational speaker and a visiting professor at various Ayurvedic schools. He has been featured in numerous radio and television shows, including Dr. OZ. He is an internationally acclaimed researcher, bestselling author, and consultant to various nutraceutical companies. He is the lead formulator of Zrii, and is currently the Director of Ayurvedic Healing Wellness Clinic in Santa Cruz, California.

### Mamta Landerman, CAS, PKS

Mamta Landerman is a Clinical Ayurveda and Pancha Karma Specialist. She is the Founding President of CAAM and served on the Board for five years. She produced three Ayurveda conferences bringing together various lineages of Ayurveda in the U.S. to sow seeds for the future vision of the Ayurvedic profession in this country. Currently she is a freelance Ayurvedic Teacher, an accomplished Vedic Astrologer.

### Dr. Asavari Manvikar, BAMS, MD

Dr. Asavari Manvikar received her BAMS degree in 1995 and MD degree in 2000 from Pune University in India. In India, she had an Ayurvedic practice and was teaching in BSDT's Ayurvedic collage and Research Center from 2001 to 2003. Dr. Asavari is currently conducting workshops in Ayurvedic medicine and Psychology and teaching Ayurvedic classes in community centers at Eden Prairie and Hopkins.

The "**Ayurvedic Health Counselor**" program is offered at:

#### AyuVidya College of America

2495 Old Middlefield Way  
Mountain View, CA 94043

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the :

#### Bureau for Private Postsecondary Education

2535 Capitol Oaks Dr, Ste 400, Sacramento, CA 95833  
P.O. Box 980818, West Sacramento, CA 95798-0818  
[www.bppe.ca.gov](http://www.bppe.ca.gov). (888) 370-7589 or by fax (916) 263-1897.  
(916) 431-6959 or by fax (916) 263-1897

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 web site : [www.bppe.ca.gov](http://www.bppe.ca.gov).

## Program Schedule and Completion Date

The period covered by the catalog is 11 months starting on March 5, 2016 and ending on February 5, 2017  
The program starts on March 5, 2016 and ends on February 5, 2017.

Class	Class Description	Class Dates
1	Sankhya and Sharir (Ayu. Philosophy and Anatomy)	Mar 5–6
2	Dosha Dhatu Mala Vidnyan 1 (Ayu Physiology)	Apr 2–3
3	Dosha Dhatu Mala Vidnyan 2 (Ayu Physiology)	May 7–8
4	Ahara Vidhi Vichar (Ayurvedic Nutrition)	Jun 4–5
5	Swasthavritta (Ayurvedic Preventive medicine)	Jul 2–3
6	Manasa shastra (Ayurvedic Psychology)	Aug 6–7
7	Dravya Guna Shastra 1 (Ayurvedic Pharmacology)	Sep 3–4
8	Dravya Guna Shastra 2 (Ayurvedic Pharmacology)	Oct 1–2
11	Nidan and Roga samprapti (Ayu. Disease diagnosis)	Nov 5–6
10	Ayurvedic Disease management – digestive disorders	Jan 7–8
11	Clinical Management internship and Graduation	Feb 4–5

## Class Timing

Time	Saturday	Sunday
8.00 am – 10.15 am	Class Material /Review /Quiz/Test	Class Material
10.30 am – noon	Class Material	Class Material
Noon – 1.00 pm	Lunch	Lunch
1.00 pm – 2.30 pm	Hands on learning	Hands on learning
2.45 pm – 4.15 pm	Class Material	Class Material
4.30 pm – 6.00 pm	Class Material/clinical	Class material/clinical

## Clinic Timing

Time	Saturday	Sunday
8.00 am – Noon	Client examination and counseling	Client examination and counseling
2.00 pm – 6.00 pm	Client examination and counseling	Client examination and counseling

## Tuition and other Fees for Mar 5, 2016 – Feb 5, 2017

Registration	\$100.00	Non-refundable
Tuition for classes	\$5500.00	See refund payment plan below
Student Tuition Recovery Fund (CA students only)	\$0.00	Non-refundable
<b>Total Fees</b>	<b>\$5600.00</b>	

**TOTAL CHARGES FOR THE CURRENT PERIOD OF ATTENDANCE: \$5,600.00**

**ESTIMATED TOTAL CHARGES FOR THE ENTIRE EDUCATIONAL PROGRAM: \$5,600.00**



## Other Fees:

Late payment	\$15.00
Returned check	\$15.00
Lost manual replacement	\$15.00
Notarized copy of documents	\$15.00
Transfer of credits	\$25.00

The registration fee is due with the application.

## Schedule of Tuition Payments

Students can use one of the following payment plans:

1. Entire tuition in one payment of \$5,500.00
2. Four installments of \$1,400.00 each (includes an installment payment fee of \$100.00 total)
3. 11 monthly installments of \$520.00 each (includes installment payment fee of \$220.00 total).

The monthly payment is due by the 5<sup>th</sup> of each month (Payments made after this date will incur a \$15 late payment fee).

ACA does not offer state or federal financial aid or student loans at this time.

1. If the student obtains a personal or private loan to pay for the Ayurvedic Health Counselor program, the student will be responsible for full repayment of the loan plus interest, less the amount of any refund and that if the student receives federal student financial aid funds the student is entitled to a refund of the money not paid from federal financial aid funds
2. The federal or state government of 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 to the loan.
3. The student may not be eligible for any other federal student financial aid at another institution or other government financial assistance at another institution until the loan is repaid.

## Class Descriptions

Students will learn the following in each class:

### 1. Tarkasankhya and Sharir (Ayurvedic Philosophy and Anatomy) 20 hrs

Introduction and History of Ayurveda, difference between conventional and Ayurvedic philosophy, Ayurvedic Principles, Cosmology, shat darshana, Concept of Five Elements and Twenty Attributes, Ayurvedic overview of the human body such as Doshas, Dhatus and Malas.

### 2. Dosha Dhatu Mala Vigyan 1 (Ayurvedic Physiology) 20 hrs

Doshas with their characteristics, location, actions and functions, the five subtypes and their actions and functions, causes of aggravation and deficiency of Doshas, signs of balance and imbalance and their management, What is Prakriti - Body Constitution, Analyzing Prakriti, types of Prakriti, importance of knowing prakriti.

### 3. Dosha Dhatu Mala Vigyan 2 (Ayurvedic Physiology) 20 hrs

Ayurvedic concept of the physical body, Dhatus, their location and functions, signs and causes of balance and imbalance, Malas their functions, signs of increase and decrease of Doshas, Srotas (Systems) and their types and causes of imbalance of srotas, Agni, its types, functions, and importance of Agni in health and disease, Ama - causes, signs and management of Ama, Digestion and the different stages and types of digestion.

### 4. Ahara Vidhi Vichar (Ayurvedic nutrition & cooking class) 20 hrs

Ayurvedic perspective of nutrition, six tastes, their effects on tridoshas – Vata, Pitta, Kapha, dhatus and also on the body. Medicinal uses of each taste, how to rightfully combine each taste depending on Dosha aggravation, foods according to seasons, effects of processing of foods and rituals regarding eating.

### 5. Swasthavritta (Ayurvedic Preventive medicine) 20 hrs

Definition of health, Importance of preventive science, Basic principles of Daily routine and Seasonal routine, Principles of Ayurvedic nutrition, rituals about eating, quantities of food, things to avoid, diet guidelines according to body constitution, Ashtanga yoga, Rasayana and Vajikarana.

### 6. Manasa Shastra (Ayurvedic Psychology) 20 hrs

Relationship of Mind-Body-Spirit, Nature of Mind, Principle of five sheaths, Three bodies, Effect of Mind on Body, Kundalini, Seven Chakras and 14 important Nadis in the body, Three Gunas and their characteristics, Psychological Prakriti, Art of Meditation, Happiness, self perfection etc.

### 7. Dravya Guna Shastra I (Ayurvedic Herbology) 20 hrs

Ayurvedic energetic of herbs - The definitions of Dravya, Guna and Karma and their importance, Various classifications of Dravya, Therapeutic principles of Ayurvedic herbs, Rasa, Virya, Vipak, Prabhava, Various categories of herbs, Preparation of various Ayurvedic decoctions, ghees, oils, teas.

### 8. Dravya Guna Shastra II (Ayurvedic Herbology) 20 hrs

Details of 25 Ayurvedic herbs – Rasa, Vipaka, Virya, Guna, karma Uses in different diseases, Popular Ayurvedic formulas, their clinical application, pills, powders, oils, ghees etc. their dosage, times and anupanas etc.

### 9. Nidan Panchak and Roga Samprapti (Pathology and Diagnosis of the disease) 20 hrs

Health and Disease according to Ayurveda, five tools of diseases diagnosis which are Causes of the disease, prodromal symp-

toms of the disease, signs of the disease, Six stages of disease process, classification and prognosis, movement of the Doshas through disease process. Signs of Dhātu and Srotas Dushti, Threefold examination: Darshana, Sparshana, and Prashana. Eight fold clinical examination including pulse diagnosis.

**10. Kaya Chikitsa (Disease diagnosis) 20 hrs**

Disease diagnosis, management and treatment of digestive disorders Ayurvedic way. Students will learn how to apply Nidan panchak to diagnose the disease and how the herbal formulas are created for those diseases and what diet and life style recommendations are offered.

**11. Clinical Management and Internship 20 hrs**

This class is a bridge between learning and practicing. Students will learn dos and don'ts about clinical practice. they will learn some marketing tools, management of legal issues, hands-on clinical workshop on patient evaluation and case management, Review of the course materials, questions and answers.

**Additional hours:**

Body Constitution Analysis: 15 clients	60 hours
Public Speaking: 3, one hour lectures	30 hours
Special Projects: 2	80 hours
Home Study Guide: 11 weekends	110 hours
Diet & Lifestyle Counseling: 25 clients	100 hours
<b>Total Additional Hours</b>	<b>380 hours</b>

Class Hours	220
Additional Hours	380
<b>Total Hours</b>	<b>600</b>

**Details of Additional Hours:**

**Body Constitution Analysis** – Students are to complete 15 body constitution analysis. Each month, beginning in the 3rd month of school, students have to finish 2 analysis. These will be collected and evaluated by the program administrator during the class weekend.

**Public Speaking** – Students will pick 2 topics of their choice related to Ayurvedic concepts, create power point presentations and present one to the class and one in a public facility such as yoga studio, public library etc. These assignment need to be completed before graduation.

**Home Study Guides** – At the end of each class students will receive a home study guide by e-mail. They will have 3 weeks to complete. After three weeks, students will e-mail the completed guides to the program administrator. Before the following class, students will receive the answer key by e-mail.

**Diet and Lifestyle Counseling** – Students will council a total of 25 clients in diet and lifestyle before graduation.

# Student Services

**Library & Resources:** Currently, ACA does not have a separate library. Students can borrow the book/s available in book resources (a book shelf) free for one month. In case student loses/does not return a book, he/she will have to pay the fine equal to the price of the book.

**Panchakarma & Herbs:** A well-equipped Panchakarma and herb room is adjacent to the class room that serves as a practical training space. ACA trains students in therapeutic uses of medicinal herbs and preparation of traditional herbal formulas. Students may volunteer to intern in the herb room to expand their knowledge and experience.

**Housing:** ACA is not a residential program and does not have a dormitory facility; There are hotels nearby (within a 5 mile radius) the institute which costs ~ \$100.00/night; ACA does not take responsibility to find or assist students in finding housing.

## Student's Right to Cancel / Refund Policy

The student has a right to cancel the enrollment agreement and obtain a refund, except for the registration fee and other nonrefundable fees.

100% of the tuition will be refunded if the student decides to cancel his/her enrollment at the first class session or the seventh day after enrollment, whichever is later \_\_\_\_\_.

In case the student decides to withdraw before 60% of the program has been completed, see the refund calculation.

There will be no refund if the student decides to withdraw after 60% of the program (after 6th weekend) is over.

A written notice from the student about the cancellation will be required. Withdrawal may be effectuated by the student's written notice or by the student's conduct, including but not necessarily limited to a student's lack of attendance. A telephone call or e-mail about cancellation or absenteeism for the classes will not be considered as true cancellation. In such cases, student will not receive the refund for that period. The refund will be processed within 30 days from the day ACA receives the official written notice of cancellation from the student. The refund check will be mailed to the official address of the student.

A written notice from the student, about the cancellation will be required and should be sent to the address below:

**The Dean, AyuVidya College of America**  
2495 Old Middlefield Way, Mountain View, CA 94043

## Refund Calculation

Step 1	Deduct \$100.00 (nonrefundable fees) from the total tuitions paid	\$
Step 2	Multiply number of weekends attended by \$500.00 (tuition per weekend)	\$
Step 3	Subtract the amount in step 2 from the amount in step 1	\$

This will be the refund amount.

*Example: if the student decides to withdraw after completing 4 weekends and if he/she has paid the full tuition, the refund will be as follows:*

Step 1	$\$5,600 - \$100.00 = \$5,500.00$
Step 2	$4 \text{ (number of weekends attended)} * \$500.00 = \$2,000.00$
Step 3	$\$5,500.00 - \$2,000.00 = \$3,500.00$
	<b>Total refund will be \$3,500.00.</b>

## Cancellation & Refund Policy for Distance Learning Students

Students shall have the right to cancel the enrollment agreement and receive a full refund before the first lesson and materials are received. Cancellation is effective on the date written notice of cancellation is sent. Refund calculations will be similar to in class students. If the ACA sent the first lesson and materials before an effective cancellation notice was received, ACA shall make the refund within 45 days after the student's return of the materials.

## Student Tuition Recovery Fund

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

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party. You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:
  1. You are not a California resident, or are not enrolled in a residency program or
  2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

The state of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by

students in educational programs who are California residents, or are enrolled in a residency programs attending certain schools regulated by the Bureau for Private Postsecondary and Education.

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

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

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

## Transfer of Credits

ACA has not entered into a credit transfer agreement with any other college and there is no credit granted for experiential learning nor does ACA accept credits earned at other institutes or through challenge examinations and achievement tests.

### NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at ACA is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the Ayurvedic Health Counselor Certificate you earn at ACA 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 are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending ACA to determine if your Ayurvedic Health Counselor Certificate will transfer.

## Attendance Policy

**Attendance:** Students are encouraged to attend all classes on time. If necessary, one weekend may be missed, however the student will be responsible for studying the material taught during that weekend.

**Tardiness:** Students are expected to be on time for all class sessions. After second occurrence of tardiness, student/s will receive a warning. In case of repeated occurrences, students will be responsible for making up lost credit hours the following year and will not receive their certificate until completion of those hours.

## Conduct

At ACA, the program is directed toward professional training. The students shall obey the law, show respect to others and observe correct standards of conduct.

## Suspension & Dismissal Policy

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

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

At the first incidence of disruptive behavior, a warning will be given. At the second incidence, the student will be suspended for the entire weekend. Student will be readmitted after suspended weekend. If the behavior persists, student will be dismissed from the program.

## Leave of Absence

Students can take leave of absence for up to 1 year with written permission from the school dean. The student can resume taking classes the following year at the level where he/she took the leave.

Unless prior arrangements are done with the school about the payment, student is obligated to pay the tuitions as per plan.

## Student Grievances

Student grievances may be submitted directly to the instructor or other Institute staff person directly involved. If not satisfactorily resolved at that level, the grievance may be taken to the dean of the college. If still not satisfactorily resolved, the grievance may be taken to the Student Grievance Committee, composed of the Dean or Head of School, a student representative selected by vote of the student body in the first month of each academic year, and a faculty member appointed by the Chief Academic Officer. The Grievance Committee will:

1. Hear the grievance.
2. Hear the Institute's response, including any charges against the student.
3. Review any actions taken, either by the student or by the Institute or its members.

4. Prepare a recommendation to the Chief Academic Officer.
5. The decision of the CAO shall be the final decision.
6. Students may also address their grievances to the Bureau for Private Postsecondary Education, P.O. Box 980818, West Sacramento, CA 95798-0818, or 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA, 95833, (888) 370-7589, Fax (916) 263-1897, [bppe@dca.ca.gov](mailto:bppe@dca.ca.gov).

## Record Retention

All records regarding ACA students will be kept for five years after student's completion or withdrawal, with the exception of transcripts, which will be kept permanently at ACA, 2495 Old Middlefield way, Mountain View, CA 94043.

## English as a Second Language

ACA does not offer English as a second language. English language proficiency such as Test Of English as a Foreign Language (TOEFL) will be accepted.

## Placement Services

ACA does not offer placement services.

## Student Complaint Procedure

In case a student has any complaint, he/she can contact Dr. Jay Apte, Program Director, at 2495 Old Middlefield Way, Mountain View, CA 94043 (650) 584 – 3123.

## Application Process

1. Complete the **Application Form** and sign each page of the **Enrollment Agreement**.
2. On a separate sheet of paper write an essay on:  
*I would like to learn Ayurveda because...*
3. Send the signed application form, signed enrollment agreement, essay and payment to:

### **AyuVidya College of America**

2495 Old Middlefield Way  
Mountain View, CA 94043  
(650) 584 – 3123

You will receive a copy of the application form, enrollment agreement signed by a school official and acceptance letter once all formalities have been completed.

ACA has neither a pending petition in bankruptcy, nor is operating as a debtor in possession. It has not filed a petition within the preceding five years, nor has had a petition in bankruptcy filed against it within five years that resulted in recognition under chapter 11 of the United States Bankruptcy Code (11 U.S.C. 1101 et seq.).

# Student Application Form

## AyuVidya College of America

2495 Old Middlefield Way, Mountain View, CA 94043 . (650) 584-3123

Name \_\_\_\_\_  
Last First M.I.

Address \_\_\_\_\_  
No. Street Apt. # City State Zip

Phone ( ) \_\_\_\_\_ ( ) \_\_\_\_\_ ( ) \_\_\_\_\_ ( ) \_\_\_\_\_  
Home Work Cell Fax

Email \_\_\_\_\_ Residence Status US citizen ( ) Permanent resident ( )

S.S. # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Occupation \_\_\_\_\_

Payment Plan chosen \_\_\_\_\_

### Education

School	Major	Degree/ Diploma	Year Graduated

### Work Experience




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Pranayama, Meditation

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Ayurvedic Facials and Skin Treatments,  
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**(650) 584 - 3123**

**Call for Special Discounts**

2495 Old Middlefield Way  
Mountain View, CA 94043

[info@hnwellness.com](mailto:info@hnwellness.com) | [www.hnwellness.com](http://www.hnwellness.com)



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