

C
A
T
A
L
O
G

**Online and Distance Learning
Ayurveda Counselor & Ayurveda Practitioner Certificate Programs**



NARAYANA
AYURVEDA & YOGA ACADEMY

<http://www.ayurveda-wellness-center.com/>

<https://naya-ayurveda.com/>

Narayana Ayurveda and Yoga Academy

10317 English Oak Drive, Austin 78748

Phone/FAX 512-692-9162

CATALOG # 6

Volume # 6

Published: July 2019

August 2019-August 2020

**APPROVED AND REGULATED BY THE TEXAS WORKFORCE COMMISSION,
CAREER SCHOOLS AND SCHOOLS, AUSTIN, TEXAS.**



NARAYANA
AYURVEDA & YOGA ACADEMY

TABLE OF CONTENTS

HISTORY	5
ABOUT US	5
GOALS & PHILOSOPHY	5
WHAT IS AYURVEDA	5
MEMBERSHIPS, APPROVALS AND HISTORY	6
SPACE AND FACILITIES	7
HOW DOES ONLINE TRAINING DELIVERY WORK?	7
COURSE CONTENT	7
DIRECTOR, STAFF & OWNER	8
School Calendar, Enrollment Periods & Hours of Operation	9
When does the course begin?	9
When can students sign up?	9
Upcoming sessions	9
Class Hours, Admin Office Hours	9
AYURVEDA COUNSELOR PROGRAM	10
PROGRAM DESCRIPTION AND SCOPE	10
JOB PROSPECTS AND PLACEMENT POLICY	10
SUBJECTS TAUGHT WITH CLOCK HOURS	10
ADMISSION AND ENROLLMENT REQUIREMENTS	11
PREREQUISITES	
AGE	11
LANGUAGE	11
EQUIPMENT	11
COMPUTER QUIZ	11
HOW DOES ONLINE TRAINING WORK?	11
CREDIT FOR PREVIOUS EDUCATION, TRAINING OR EXPERIENCE	12
SCHOOL POLICY ON SATISFACTORY PROGRESS	12
PROGRAM LENGTH	12
GRADING PERIOD AND GRADING SCHEDULE	12
UPCOMING CLASS SCHEDULE	13
WHEN CAN A STUDENT SIGN UP	13
SUBJECT AND SYLLABI DESCRIPTION WITH LESSON OUTLINES	14-20
REQUIRED TEXTS AND MATERIALS	20
ONLINE CLIENT ENCOUNTERS (INTERNSHIP)	20
FINAL RESEARCH PROJECT	21
AUDITING OPTIONS	21
TUITION	22
GRADING AND EVALUATION	22
HOW TO SUBMIT ONLINE ASSIGNMENTS?	23

NARAYANA
AYURVEDA & YOGA ACADEMY

AYURVEDA PRACTITIONER PROGRAM	24
PROGRAM DESCRIPTION AND SCOPE	24
JOB PROSPECTS AND PLACEMENT POLICY	24
HOW DOES ONLINE TRAINING WORK?	24
ADMISSION REQUIREMENTS	25
REQUIRED TEXTS	26
CREDIT FOR PREVIOUS EDUCATION, TRAINING OR EXPERIENCE	26
ONLINE CLIENT ENCOUNTERS (INTERNSHIP/EXTERNSHIP)	25, 26
FINAL RESEARCH PROJECT	26
SUBJECTS TAUGHT WITH CLOCK HOURS	26
SCHOOL POLICY ON SATISFACTORY PROGRESS	27
PROGRAM LENGTH	27
GRADING PERIOD AND GRADING SCHEDULE	27
ONLINE CLASS SCHEDULE	27
WHEN CAN A STUDENT SIGN UP	27
FALL SCHEDULE	27
SUBJECT AND SYLLABI DESCRIPTION WITH LESSON OUTLINES	27-33
TUITION AND FEES	33
HOW TO SUBMIT ONLINE ASSIGNMENTS?	33
GRADING AND EVALUATION	22,35
CANCELLATION	33
REFUND POLICY	33
GRADING AND TRANSCRIPT	34
WITHDRAWAL	35
INCOMPLETE	35
SCHOOL ATTENDANCE POLICY	35
REMEDIAL WORK & MAKE UP POLICY	36
POLICY FOR TERMINATION AND READMITTANCE	36
REQUIREMENTS FOR GRADUATION	37
SCHOOL POLICY REGARDING STUDENT CONDUCT	37
REPEAT COURSES	37
STUDENT GRIEVANCES	38
True and Correct Statement	38



History

About us

Narayana Ayurveda & Yoga Academy (NAYA) provides comprehensive instruction in ancient Ayurvedic and Vedic healing practices through online courses. Our online workspace makes distance learning at an affordable rate available for adult learners.

Our mission is to promote alternative, spiritual and holistic wellness education via Ayurveda, an ancient system from India for balancing the mind and body. Ayurveda is a collection of complimentary, holistic and alternative lifestyle practices whose aim is to balance the mind and body through the use of herbs, spices, cooking, meditation, yoga and seasonal cleansing.

Our courses are comprehensive yet designed for adult learners and offer flexibility and affordability. Training delivery is experiential and blended. We use online web-conferencing, and open source Learning Management System to create our virtual learning environment

Goals and Philosophy

Support healing through an organic plant based vegetarian diet principles.

To cultivate in our students -love of nature, environment and earth and inner harmony.

To conduct affordable, Ayurvedic Yoga therapy and meditation workshops based on Vedic Principles, rooted in mother nature

To conduct affordable Ayurvedic certificate courses that fulfill NAMA. (National Ayurvedic Medical Association) requirement for Ayurveda Practitioner and Ayurveda Counselor

*To mobilize the students of our certificate courses to conduct onsite workshops, education and coaching as a spiritual and Ayurvedic counselor in their own community.

*To mobilize the students of our certificate courses to conduct onsite workshops, education and coaching as a spiritual and Ayurvedic counselor in their own community

*To create Ayurveda and Yoga course materials, books and manuals

Philosophy

Wholeness : Living in harmony with the nature and earth

Humility: Practicing humility through surrender to nature's intelligence, and, teaching that to the community

Ahimsa : Living in Harmony with nature and a plant based diet that does not harm the environment and other creatures.

Giving Back : Committing to give back to earth by using organic foods, recycling and restoring nature.

Meditation : Practicing Sadhana, (daily Practice) Restoring balance by meditation

Consciousness : Cultivating inner awareness and knowingness

What is Ayurveda

Ayurveda, an ancient healing art, philosophy and a science from India. Ayurveda is often called sister science to Yoga. Practices of Yoga and Ayurveda wellness go hand in hand. Ayurvedic Philosophy and practices may assist an individual in a healthy practice for their physical body, mind, and spirit. For each of us to develop as practitioners, experiencing this tradition and all its components helps to expand our inner awareness is important.

Memberships, Approvals and History

The school was created by Monica B Groover and Henry Groover who wanted to offer Ayurveda certifications in an online format, using their skills in technical fields and Ayurveda combined. The idea was to offer an affordable program online, use latest online training software and tools, offer flexibility by eliminating need for travel by students, yet maintain the integrity of the curriculum.

AYURVEDA PROGRAMS ARE APPROVED AND REGULATED BY THE TEXAS WORKFORCE COMMISSION, CAREER SCHOOLS AND SCHOOLS, AUSTIN, TEXAS.

Level 1- AYURVEDA COUNSELOR (600 Hrs)

Level 2- AYURVEDA PRACTITIONER (900 Hrs.)

Ayurveda Counselor and Ayurveda Practitioner have been reviewed by **NAMA (National Ayurvedic Medical Association)**. Graduates of the program should be able to sit for the qualifying examination for Ayurveda Counselor with NAMA Certification Board.



Please note that Yoga Alliance and NAMA are not accrediting agencies. They review and approve the school curriculum guidelines, so students can get professional membership.

What is NAMA? The National Ayurvedic Medical Association is the premier organization representing the Ayurvedic profession in the United States of America. Founded in 1998, the organization's purpose is to provide leadership within the Ayurvedic community and to promote a positive vision for Ayurveda and its holistic approach to health and wellness. Its mission includes preserving, improving, and promoting the science and practice of Ayurveda for the benefit of humanity by promoting and setting educational standards for institutions providing professional training in Ayurveda and in elaborating standards for the scope and practice of Ayurvedic healing.

Read more about NAMA <http://www.ayurveda-nama.org/>



YOGA- Yoga Alliance Registered Yoga Teacher Training 200 Hours. The school is a member of Yoga Alliance register of yoga schools in USA.

THE YOGA PROGRAM OFFERED AT OUR SCHOOL IS NOT APPROVED OR REGULATED BY THE TEXAS WORKFORCE COMMISSION, CAREER SCHOOLS AND SCHOOLS, AUSTIN, TEXAS.

Onsite Yoga Teacher Training workshops may be conducted in local yoga studios, and/or Radha Madhava Dham at Austin, and/or Soma Vida at downtown Austin. Yoga teacher training is 25% online, and, 75% onsite workshops every two weeks for 5-6 months. Yoga Therapy is online except for one weekend workshop at Soma Vida Yoga Studio in Austin.

SPACE and Facilities

Our private or small group internship (1-4 people) takes place at 2311 Riddle Road, Austin TX 78748.
Regular Ayurveda onsite internship takes place at St. Edwards University, South Congress Road, Austin, Texas.

Our Ayurveda Programs are ONLINE and DISTANCE LEARNING. The students have an option of attending their internship in person with us which is held (at the address above) twice a year in spring and summer to finish their client encounters. Or, students can also pre arrange a private or small group internship for upto 4-5 hours every other month. (See page 9 for more information)

How does Online Training Delivery work?

Online classes are the latest, and newest way for education delivery. Instructors can teach online more naturally by using high-definition video, or, use multimedia presentations, whiteboard, share files, collaborate in real time and allow students to take live online quizzes, or, do classwork by doing collaborative groupwork open assignments'. Online courses make traveling obsolete, and, allow students and instructors to participate sitting right in front of their using personal computers, iPhones, iPads or smart-phones (for Web-ex Meetings)..

ONLINE APP and Software- For live online lectures, we use either Zoom meetings, or, related software. We also use Canvas Learning Management System. Zoom meeting software may be downloaded as a Free APP on your mobile phone from your APP STORE settings. For use in for computer, no download is required. Details are shared with the students during an online orientation session.

Signing in: We send a link to the student via email before the class. Simply clicking the link provided by the school, should place you in a class meeting if logging in from a computer. In order to login from their smartphone or tablet, student would first need to have the FREE APP. Students need only put in the meeting number and password provided to them by facilitator to be placed in meeting or online class.

The benefits of online training are:.

Most classes are recorded and available for viewing (for a limited time).

Online live classes may offer live quizzes, polls, collaborating on documents, and online attendance.

Automatic offline attendance reports, test results and evaluations via Canvas LMS

Students can log into our online class meetings (webinars), or online sessions without leaving their home or work. Some classes are also available using mobile devices such as iPhones, iPads or any smartphone that can host the WebEx app.

HIPAA compliant secure software for sharing confidential information during client encounters.

Canvas Learning Management System During off-class hours we use the CANVAS LEARNING MANAGEMENT SYSTEM (LMS), which works as a virtual campus and students workspace. All the classes, presentations, ebooks, manuals, message board and announcements, school calendar is posted here.

Sign in to the LMS via web browser provides personalized instruction, with username and password provided by the school to the student via email.

Course Content

Course Content is based on Ancient Ayurvedic Scriptures and Texts such as Charaka Samhita, Sushruta Samhita, Ashtanga Samagraha, Bhava Prakasha, Sharangadhara Samhita, Bhaishajya Ratnavali. and Madhava Nidan. Curriculum focus is on Yoga, Samkhya and Vedanta Philosophy.

Director, Staff and Owners

Monica B Groover Ph.D., AD, ERYT 200

Owner, Director, and Instructor:

Ms. Groover comes from a heritage of Ayurveda, Vedic Astrology and Herbal healing. Her father was a famous Vedic Astrologer and Herbalist in India. She finished her academic education in India. She has also studied extensive Ayurveda from her Guru in India. She is an experienced yoga teacher, and, a registered Prenatal Yoga Teacher. Ms. Groover is the founder of Narayana Ayurveda & Yoga Academy. She had been the director of education for Ayurveda Wellness Institute Inc. in CA for nearly 4 years. She has taught at Kerala Ayurveda Institute and prepared Ayurveda curriculum for graduate courses for many yoga and Ayurveda courses. In addition, she has a Bachelor's Degree in English and a Master's degree in Journalism and Communication.

An advanced meditation practitioner, and, Herbalist- Ms. Groover practices traditional Ayurveda as passed to her by her heritage, Energy medicine, and practices Vedic Healing through Mantras. Ms Groover has been the Director of Education for an Ayurveda School in California in the past. A professional NAMA (National Ayurvedic Medical Association), member at the *Ayurveda Doctor* Level; Ms. Groover's research and articles have been published in India, as well as in the US. Her articles have been published in *Light of Ayurveda Journal*, and her curriculum has been used by Universities. She is on the editorial board for *Journal of Homeopathy and Alternative Medicine*. She was also a proud member of the NAMA sub-committee for board exam preparation.

Dr Aparna Dandekar, DO, AP

Instructor

Dr. Aparna Dandekar received both her Bachelor of Arts in Sanskrit as well as her Bachelors of Science in Zoology from the University of Washington, Seattle ('96). She received her doctor of Osteopathic Medicine from the Western University of Health Sciences in Pomona, CA ('02), and did her residency in Family Medicine at the University of Southern California and the Los Angeles County Medical Center ('05). Dr. Aparna Dandekar is certified by the American Board of Family Medicine and graduated from San Diego School of Ayurveda as Ayurveda Wellness Practitioner and is a professional member of NAMA. She practices Ayurveda in Oakland and offers Home Visits as well.

Henry Groover AP (Pandit Atul Krishna Das)

Chief Technical officer, owner and Instructor - Vedic Astrologer, Ayurvedic Practitioner, and Sanskrit Pundit - Henry Groover teaches Yoga Teacher Training and Yoga Therapy Programs. Subjects taught include Sanskrit, Yogic Texts and Jyotish. Henry is a Vedanta pundit of Vaishnava Vedic Philosophy, Samkhya Philosophy and Sanskrit, Pundit Krishnaji has translated and edited several ancient Sanskrit texts including *Srimad Bhagavad Gita*, *Sri Brahma Samhita*, *Hitopadesha*, *Origin of Ratha Yatra* and various Stotrams. He has also composed various Sanskrit verses and stotrams.

Priyanka Rajan, BAMS, Ayurveda Practitioner

Priyanka Rajan comes from a prestigious family of Ayurvedic Physicians and Vaidyas in India. Priyanka Rajan got her Bachelors in Ayurvedic Medicine from Tamil Nadu M.G.R Medical School in India. She lives in New Jersey, and, has taught Ayurveda courses at Ayurveda Wellness Institute Inc. at California.

Monika Singhal, Ayurveda Practitioner

Monika Singhal attended one of the most prestigious Medical schools in New Delhi India-All India Institute of Medical Sciences. After specializing in Dermatology, she decided not to pursue Western Medicine, and, instead decided to focus all her attention to Ayurveda and holistic medicine. Ms. Singhal completed her Ayurveda Practitioner program San Diego College of Ayurveda. She practices out of San Diego, California.

School Calendar, Enrollment Periods and Hours of Operation

When does the course begin?

Ayurveda Counselor program begins four times a year, and, Practitioner begins twice a year.

When can students Sign up?

Students must submit the application form and complete application formalities 15 working days before start of the first class. Application opens 2 months before the start of a new session.

Ayurveda Counselor Upcoming Sessions:

*Summer Session- August 25, 2019- September 2020

*Fall Session- October 24, 2019 – November 2020

*Winter Session- Jan 2020- February 2021

*Spring Session- April 2020- May 2021

ONLINE CLASS Hours- Our online classes take place at

Saturdays and/or Sundays- 8 AM Central (Apx. 2-3 hr session)

Tuesdays and/or Thursdays at 7 PM Central (Apx. 1 hr Class Apx.)

*Class Length may slightly vary, depending on the lessons being taught”

Onsite Workshop cum Internship

Last Saturday or Sunday of every other month. If it's a state holiday, then, it will fall on the weekend after.

Calendar link:

<https://calendar.google.com/calendar/embed?src=8emaqioi39773946ssk3cmif5c%40group.calendar.google.com&ctz=America%2FChicago>

Ayurveda Practitioner Upcoming Sessions:

*Fall Session- October 12, 2019 – November 2020

*Winter Session- Jan 2020- February 2021

Classes: Saturdays and/or Sundays at 10 AM Central, Wednesdays at 7 PM Central (Apx. 1 hr session), and weekend workshop(s) in Austin

Calendar link:

<https://calendar.google.com/calendar/embed?src=8emaqioi39773946ssk3cmif5c%40group.calendar.google.com&ctz=America%2FChicago>

Yoga Programs

- Online classes
Weekend intensives and Yoga Therapy Student Clinic (if applicable)
One to one instruction. (if applicable)
- Schedule- Usually January-August. OR, October – July
YTT begins twice a year.

Admin office hours - Open Monday to Friday- 9 AM – 2 PM. Due to classes on weekends, and evenings, we won't be able to answer any calls at this time. However, students can leave a message. Please call during morning hours. Emails are answered during all hours.

Ayurveda Counselor- 600 Hours

Program Title: Ayurveda Counselor (online program)

The program is divided into five quarters of 12 weeks each. There are 12 Academic class modules and 142 Lessons. Students are required to complete a minimum of 50 hours of internship or client encounters (Details on Page 21). Client encounters are either done in person*, OR, online, via live or recorded broadcast appointments, or, any appropriate secure online video software being used by school.

Program Description and Scope

The scope of practice for this program is focused on a general well person's constitution, (Prakruti and Vikruti), and basic imbalances of dosha, agni, āma and dhātu. After the successful completion of this program, students will be able to create recommendations to address imbalances using dietary, lifestyle and contemplative practices like meditation, herbs, yoga, self-care strategies to encourage a lifestyle of balance. The Ayurvedic Counselor will be able to educate the general public regarding basic tenets of Ayurveda. National Ayurvedic Medical Association (NAMA), a self-regulating membership organization has guidelines that require 600 Hours of Ayurveda training in order to apply for a professional membership Association. Our Ayurveda Counselor meets competencies required for professional membership at the Ayurvedic Health Counselor with NAMA.

**If planning to take the NAMA certification board exam, NAMA may require a mandatory in person internship*

Job Prospects and Placement Policy

Ayurveda, a sister philosophy and science of Yoga, is a holistic and complimentary health modality. Ayurveda Counselor graduates may be existing Herbalists, other health practitioners, Massage Therapists, Yoga teachers etc. who use Ayurveda as an adjunct to their prominent practice to counsel their existing clients. The Ayurvedic Counselor can provide public education regarding basic tenets of Ayurveda at Yoga Schools, or, provide lifestyle, herbal, yoga and self-care recommendations based on Ayurveda for clients of Alternative Health Centers, Wellness Spas. .

NARAYANA AYURVEDA AND YOGA ACADEMY DOES NOT PROVIDE ANY JOB PLACEMENTS OR Job Assistance.

Program Subjects: The program is divided into five quarters of 12 weeks each. First four quarters are structured, and the last quarter is flexible to give time to student to finish project, client encounters, quizzes, make-up sessions and other assignments. For example, if a student begins in fall and finishes the requirements before the last quarter is finished, then the student have the option to finish the fifth term earlier. Regular schedule is completed within 13-14 months. The course units or subjects are as follows:

Subject Title	Course Number	Hours	Lessons
---------------	---------------	-------	---------

Subject Title	Course Number	Hours	Lessons
Introduction to Ayurveda	AC 101	50	12
Ayurvedic Concept of Ahara & Agni	AC 102	70	18
Introduction to Tridoshas	AC 103	60	18
Introduction to Yoga Therapy	AC 104	40	9
Ayurveda Kriya Sharira (Workings of Mind Body and Spirit) 100 Hrs	AC 105	70	18
Ayurvedic Concept of Mind	AC 106	50	12
Ayurveda Internship	AC107	50	12
Introduction to Ayurvedic Herbs	AC 108	50	12
Ayurvedic Nidan and Causative Factors	AC 109	50	12

11 Marma PK Mantra Chikitsa	AC 110	45	8
Introduction to Sanskrit	AC 111	30	5
Jyotish and Vastu (Vedic Astrology)	AC 112	35	6
		Total: 600 Hrs	Total: 142 Lessons

Admission & Enrollment Requirements

Age Minimum age to join this program is 18 years old before the first day of class.

Language: Students must have a high school diploma with basic English language skills. This may be a US or International High School English Language Arts with minimum 60% scores. Alternatively, if you did not have English in your high school, then TOEFL iBT® test taken within 2 years of date of application will suffice. Minimum acceptance TOEFL iBT® scores should be between 17-23 for listening skills, 15-21 for reading and writing skills. Speaking skills may be 10-17. Read more at <https://www.ets.org/toefl> and <https://www.ets.org/toefl/ibt/scores/understand/>

Equipment Requirement: Students must have a laptop or a desktop computer, a webcam, a headset, and, a reliable internet access with internet speeds upto 3.1 Mbps - 6 Mbps to participate in the distant learning online course. This will help the student keep up with class communications and access to research and study resources. In addition, basic Students must have basic computer skills including word processing determined via a computer quiz. Students do not need to buy any software. However, students maybe required to have a free gmail or google account, dropbox account, PDF reading software to download and view Slideshows. Students would need to download Zoom FREE APP if they wish to login to live classes via their smartphones, or, tablets. (see *HOW DOES ONLINE TRAINING WORK below and on page 24*)

Computer Quiz

This is determined by an open quiz, a *Computer Skills Test* available online from our website at <https://www.ayurveda-wellness-center.com/ayurveda-programs>, or, you can request a PDF copy via email director@naya-ayurveda.com.

HOW DOES ONLINE TRAINING WORK?

Online classes are the latest, and newest way for education delivery. Instructors can teach online more naturally by using high-definition video, or, use multimedia presentations, whiteboard, share files, collaborate in real time and allow students to take live online quizzes, or, do classwork by doing collaborative groupwork open assignments. Online courses make traveling obsolete, and, allow students and instructors to participate sitting right in front of their using personal computers, iPhones, iPads or smart-phones (for Webex Meetings). Our online classes take place at 8 Am Central on weekends, and, 7.00 PM Central on Tuesday, Wednesday and Thursdays. The online software automatically marks attendance when the students login during a 'live' class using their email address on file. If they login using a 'guest login' not on file, then the moderator in the online class updates it manually. Our online LMS (Learning Management System) Moodle (see Page 24) provides comprehensive reports when prerecorded classes is viewed. We have a plugin that gives reports on time spent on streaming video classes also. See schedule on page 9, benefits of online training on Page 23.

CREDIT FOR PREVIOUS EDUCATION, TRAINING, OR EXPERIENCE

A student may be given a credit for previous Ayurveda related education from a NAMA registered institute, for up to a maximum of 150 contact hours, or, 50 Lessons at the discretion of the school. In addition, If unable to attend onsite internship, internship from another NAMA reviewed school(s) can be transferred 100% into the program.

NAYA has not entered a credit transfer agreement with any other educational institution. In that regard, the transferability of credits the student earn at NAYA is at the complete discretion of the institution to which the student will seek to transfer. In addition, acceptance of the certificate You earn at NAYA is also at the complete discretion of the institution to which You may seek to transfer. If the credits and/or certificate are not accepted by that institution, student may be required to repeat some or all of the coursework at that institution. In that regard, student is responsible for ensuring that Your attendance NAYA will meet your educational goals and/or career goals

School Policy on Satisfactory Progress

PROGRAM LENGTH The program is divided into four quarters of 12 weeks each. There are 11 Academic class modules and **147** Lessons A grade of C or 70% is considered satisfactory progress by the student.

Example of Class Progression for students starting in January 2020: *(This may differ slightly for students starting in Summer or Fall)*

Quarter 1-Week 1- Week 12	Quarter 2- Week 13- Week 24	Quarter 3 Week 25- Week 36	Quarter 4 Week 37- Week 48	Quarter 4 Week 49- Week 60
<p>Lessons : 48 AC101 AC-102 AC104 AC111 internship/workshop # 1 if applicable (AC102, AC107, AC110)</p> <p>Grading Schedule Assignments for core lessons taught this quarter must be completed by week 12. Pass Percentage: 70%. (70% is considered satisfactory progress)</p>	<p>Lessons : 36 AC103 AC105 internship/workshop #1 if it didn't take place in Term 1 (AC102, AC107)</p> <p>Grading Schedule Assignments for core lessons taught this quarter must be completed by week 12. Pass Percentage: 70%. (70% is considered satisfactory progress)</p>	<p>Lessons: 25 AC108 AC 106 internship/workshop #2 if applicable (AC109, AC107)</p> <p>Grading Period All lessons and Assignments for core lessons taught this quarter must be completed by week 12. Pass Percentage: 70%. (70% is considered satisfactory progress)</p>	<p>Lessons : 21 Quarter 4 AC-109, AC110 AC112 internship/workshop # 2 if it didn't take place in quarter 3 (AC109, AC109)</p> <p>Assignments for core Lessons taught this quarter must be completed by week 12.. Pass Percentage: 70%. (70% is considered satisfactory progress)</p>	<p>Lessons: 12 AC107 Onsite internship/workshop # 4 if applicable (AC107)</p> <p>Finish Client Encounter Reports Mentorship on Final project provided Student research and paper on Final Project Make up Lessons if students missed any classes are completed at this time.</p> <p>Grades: Final projects and client encounters have a Fail/Pass-no grades</p>

There is no externship, as this is an online school. However, our client encounter program fulfills an INTERNSHIP requirement (AC107) in house that can be completed online, or, in person in Austin, TX. These client encounters are the very outcome of the program. Students learn how to do an Ayurveda coaching session with actual clients. (See Page 21, Client Encounters and Internships)

Grading Period and Schedule

Grading Period: Grading Period is every twelve weeks. We calculate the grades and suggest remedial measures if necessary to get the grade to satisfactory level of 70%.

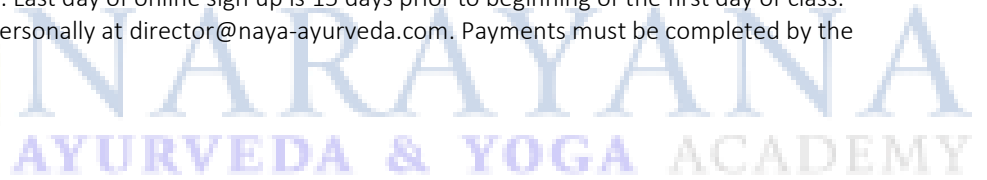
Grading Schedule: Below is the schedule of how we determine progress. Students must complete all requirements of the subject being taught every quarter along with assignments, quizzes, tests, classwork with 70%. The classes and lessons for these subjects may run concurrently in each quarter. All lessons for that subject are completed within 12 weeks.

All major US holidays are followed, as well as Hindu holiday of Diwali (festival of lights).

Dates school will be closed:

- New Years Day
- Martin Luther King Day Presidents' Day
- Good Friday
- Memorial Day
- Independence Day
- Labor Day
- Veteran's Day
- Janamashtami- Appearance of Sri Krishna
- Dipavali- Hindu Festival of Lights
- Thanksgiving Weekend- (Thurs thru Sun)
- Christmas Eve
- Christmas Day
- July 1-31st 2020- Summer Break
- Dec 20th,-Jan 5th, 2020- Winter Break
- April 5th,- April 12th - Spring Break

When can a student sign up? Students can sign up to 2 months in advance before the program starts. For example, if the program begins April, students can sign up from Feb onwards. Student can sign up online using application form at our website. Last day of online sign up is 15 days prior to beginning of the first day of class. Late sign ups must contact us personally at director@naya-ayurveda.com. Payments must be completed by the first day of class



Subject & Syllabi Descriptions

Introduction to Ayurveda

Ayurveda101-50 Hrs./12 Lessons

Course Number- AC101

Prerequisites-Admission to Program

Synopsis: Foundation in Ayurveda Principles & Philosophy, A Birdseye complete overview of basic Ayurvedic Principles for self-balancing. Student will be have an introduction to Ayurveda as a modality, with focus on self-evaluation and balancing protocols for self doshas.

Lesson Outline:

- Lesson 1 Overview foundation of Ayurvedic Medicine
- Lesson 2 History & Mythology of Ayurvedic Medicine
- Lesson 3, Dosha Test, finding our own natural constitution
- Lesson 4 Comparison of Ayurveda to other Holistic Modalities
- Lesson 5 Six Philosophies, Samkhya and 24 Tattvas
- Lesson 6 Sensory Therapy and Ayurveda
- Lesson 7 Five elements and 20 Gunas
- Lesson 8 Introduction to Agni and Digestive Fire
- Lesson 9 Reasons for imbalance and Suffering (Hetus and Kleshas)
- Lesson 10 Svastha Vritta (Day, Night and Seasonal Routines)
- Lesson 11 Introduction to Prana, Tejas and Ojas
- Lesson 12 Daily and Seasonal routine for doshas

Total Lessons: 12

Grades: 70% pass.

Quizzes- 25%

Discussions and Articles- 25%

Daily Routine and Seasonal routine-25%

Prakrti Test for self and two other individuals)-25%

Ayurvedic Concept of Ahara & Agni

AC102- 70 Hrs /18 Lessons

Prerequisites-AC101

Synopsis: Student will be able to list the six tastes, food groups, fruits, beverages, grains that support the three doshas, and, explain the concept of agni and effect of food on the mind.

Lesson Outline

- Lesson 1 Comparison of Western and Ayurvedic concepts of Nutrition
- Lesson 2 Ayurvedic Myplate and Nutrition Label
- Lesson 3 Sattva, Tamas and Rajas in Food
- Lesson 4 Homeostasis: Digestive System and the GI Tract
- Lesson 5 Carbohydrates, Fats, Proteins & Vitamins
- Lesson 6 Concept of Prana
- Lesson 7 Ayurvedic Concept of Fruits, Vegetables, legumes and Grains
- Lesson 8 Shad Rasas
- Lesson 9 Concept of Agni, the states of Jatharagni- Tikshagni, Mandagni, and, Vishamagni.
- Lesson 10 Anupana and Beverages

Lesson 11 Introduction to Kitchen Herbs and Spices
Lesson 12 Churnas and Chutneys
Lesson 13 Concept of Ama
Lesson 14 Viruddha (Incompatible), Rasayana and Vajikarana Food groups
Lesson 15-Dietary guidelines for Vata, Pitta and Kapha
Lesson 16-Ayurvedic Cooking and Recipes
Lesson 17- General Ayurvedic Diet Plans (Pathya Kalpana and Krtanna Varga)
Lesson 18-Introduction to Ayurvedic Energetics

Total Lessons: 18

Grades: 70% to Pass

Quizzes- 50%

Essays, Discussions and Articles- 25%

Practicum-25%

Introduction to Tridoshas and Women Support

Prerequisites-AC 101

AC103-- 60 Hrs/18 Lessons

Synopsis

Student will be able to list the three doshas, location of sub doshas, their function and their importance. Student shall understand Vata, Pitta and Kapha doshas-functional and structural differences and will be able to use this to fill a dosha assessment form. for different populations

Lesson Outline:

Lesson 1 Introduction to Doshas, Dhatus, Malas and Srotas
Lesson 2 Location, Function of 5 sub doshas of vata, Pitta and Kapha
Lesson 3 Different Types of Prakrti and Vikrti
Lesson 4 Threefold Biofeedback- Darshanam, Sparshanam, Darshanam
Lesson 5 Rugna Patrkama (Client Assessment Form)
Lesson 6 Malas and 3 types of Ama; manifestation, aggravation and support
Lesson 7 Introduction to Hetus (Causative Factors)
Lesson 8 Threefold reasons for imbalances- Improper use of Indriya, Urges, Age and Seasons
Lesson 9 Ayurveda and Women-Menstrual Cycle, PMS, Menopause
Lesson 10 Introduction to marma points of the face and hands
Lesson 13 Prenatal and Postnatal Ayurvedic Support
Lesson 14 Children and Ayurveda
Lesson 15 Lifestyle Counseling for Vata, Pitta and Kapha women; Mock Client Encounters
Lesson 18 Female Client Encounters

Total Lessons: 18

Grades: 70% to Pass

Quizzes- 50%

Essays, Discussions and Articles- 25%

Client Encounters-25%

Introduction to Yoga Therapy

AC104 -40 Hrs/9 Lessons

Prerequisites-Admission into the program

Synopsis: Basic introduction to Yoga Therapy with emphasis on Ayurveda. Student shall be able to define and apply 8 principles of Yoga to Ayurveda and devise a yoga counseling plan for the three doshas.

Lesson Outline:

Lesson 1 Introduction to Ayurveda Yoga Therapy
Lesson 2- Yama and niyama application in yoga therapy
Lesson 3- Asana, classification of Asana for Vata, Pitta and Kapha
Lesson 4- pranayama and respiratory system
Lesson 5- pratyahara, dharana, dhyana, and samadhi application in yoga therapy
Lesson 6 Yoga Books
Lesson 7 Musculoskeletal System and Yoga Asanas
Lesson 8: Asanas for different populations
Lesson 9 -Bhagavad Gita

Total Lessons: 9
Grades- 70% to Pass
Quizzes- 50%
Other Assignments- 50%

Ayurveda Kriya Sharira (Workings of Mind, Body and Spirit)
AC105 70 Hrs/18 Lessons

Prerequisites: AC101, AC102, AC103

Synopsis Student shall be able to list, explain and understand workings of the body, mind and spirit (Sharira Rachna) including 7 Tissues or dhatus, upadhatus and srotas. Student will also learn about imbalances associated with dosha and dhatu interplay, increase or decrease of dhatu.

LESSON OUTLINE

Lesson 1-.Three stages of digestion and creation of Dhatus
Lesson 2-, Overview of 7 Dhatus, Sub Dhatus, Mala, Secondary Dhatus
Lesson 3: Rasa Dhatu and Rasavaha Srotas: Lymphatic System
Lesson 4- Raktachapa (Hypertension) and Cardiovascular system
Lesson 5 – Imbalances of Skin, Artavavaha Srotas, Stanyavaha srotas: Reproductive System and Lactiferous Ducts
Lesson 6- Rakta Dhatu and Raktavaha Srotas: Pandu (Anemia), Spleen and Liver
Lesson 8- Mamsa Dhatu and Mamsavaha Srotas, Anatomy of Musculoskeletal system
Lesson 8- Meda dhatu and Medavaha Srotas; Kidneys and Omentum
Lesson 9- Asthi Dhatu and Asthivaha srotas: Bones, Bone Marrow
Lesson 10- Majja Dhatu and Majjavaha srotas; Endocrine and Nervous System
Lesson 11- Shukra dhatu and Shukravaha Srotas; Reproductive and Uro Genital system
Lesson 12- Disorders of Prana, Ojas and Tejas; Concept of Immunity
Lesson 13- Pranavaha, Svedavaha, Purishavaha and Udakavaha Srotas; Respiratory and Kidneys
Lesson 14 Dusthi and 4 types of imbalances in Srotas
Lesson 15- Imbalances associated with all dhatus- part1
Lesson 16 Imbalances associated with all dhatus- part2
Lesson 17 Ayurvedic Support for dhatu and srota imbalances
Lesson 18 Client Encounter Observation

Total Lessons: 25
Grades; 70% to Pass
Essays, articles and Discussions- 50%
Final Quizzes-50%

Ayurvedic Concept of Mind

AC106 50 Hrs/12 Lessons

Prerequisites: Admission into the program

Synopsis: Students shall be able to understand the philosophical concept of Mind, consciousness, soul the seven chakras and five layers called five koshas. Student shall be able to assess the prakrti of the mind-situated in Sattva, Tamas and Rajas.

Lesson Outline

Lesson 1 Introduction to Ayurveda's perspective on Manasa
Lesson 2 Location, Function of manas and manohava srotas
Lesson 3 Soul or atma Consciousness-in living beings
.Lesson 4 Manasa Prakrti-Sattva, Rajas, and Tamasa
Lesson 5 Doshas and the Mind
Lesson 6- Meditation and its benefits. Application of meditation,
Lesson 7- textual study, Ayurvedic, spiritual or psychological counseling
Lesson 8- chanting, imagery, prayer, and ritual to meet the needs of the individual.
Lesson 9 Seven Chakras and Prana Koshas
Lesson 10 Ahara and Vihara Cikitsa for Manasa,
Lesson 11 Interview techniques, Scope and Mock clients
Lesson 12 Herbs and Pranayama support for the Mind

Total Lessons: 11

Grades: 70% to Pass

Essays, articles and Discussions- 50%

Quizzes-25%

Interview Techiques-25%

Ayurvedic Client Encounters

AC107 50 Hrs./12 Lessons

Prerequisites: AC101, AC102

Synopsis: Students shall be able to teach and educate their clients in an efficient ethical manner, understand their scope of practice and utilize forms, questionnaires and tools needed for their own practice. *Part of this module may be covered in onsite internship.*

Lesson 1 Ethics
Lesson 2 Scope of Practice
Lesson 3 HIPAA and FDA Laws
Lesson 4 Use of forms and questionnaires
Lesson 5 Ayurveda Counseling Skills
Lesson 6 Client Encounters Demonstration
Lesson 7 Client Observations
Lesson 8 Demonstration of threefold pariksha
Lesson 9 Demonstration of tenfold pariksha
Lesson 10 Different client demographics
Lesson 11 Writing up Cikitsa plan for clients
Lesson 12 Client Follow up

Total Lessons: 5

Grades: Pass or Fail. (In person or Online participation is specified in Transcript)

Introduction to Ayurvedic Herbs

AC108 50 Hrs/12 Lessons

Prerequisites: AC101

Synopsis: Student shall be able to list energetics, benefits of 25 principle Ayurvedic Herbs, and, 10 kitchen spices. Students shall be able to identify and suggest the best supportive herb for three doshas, seven dhatus, and, Agni imbalances for a well person with mild imbalance.

Lesson Outline

- Lesson 1- Principles of Ayurvedic Herbology
- Lesson 2- Herbs for 3 Doshas
- Lesson 3- Herbs for Dhatus
- Lesson 4- Herbs that support Notification and Detoxification
- Lesson 5- Herbs for Srotas
- Lesson 6- Energetics of Herbs beginning with A, B and C
- Lesson 7 of Energetics of Herbs of herbs beginning with D,E, F and G
- Lesson 8 Energetics of Herbs of herbs beginning H, I, J and K
- Lesson 9 Energetics of Herbs, of herbs beginning L, M, N,O, P,Q
- Lesson 10 Energetics of herbs beginning with R,S,T,U,V,Y
- Lesson 11: Sourcing of Ayurvedic Kitchen Spices and Herbs
- Lesson 12-Rasa Pancadi- Virya, Vipaka, Guna, Karma and Prabhava

Total Lessons: 12

Grades: 70% to Pass

Essays, articles and Discussions- 25%

Final Quizzes-50%

Final Project-25%

Ayurvedic Nidan and Causative Factors

AC109-50 Hrs/12 Lessons

Prerequisites: AC101, AC102, AC103

Synopsis: Student shall be able to define Ayurvedic Nidan and list the Hetus and Causative factors in Roga Nidan for dosha, dhatu imbalances. Student will be able to understand the biofeedback principles used in Ayurveda called dashavidha pariksha and Trividha Pariksha.

Lesson Outline

- Lesson 1** Introduction to Ayurvedic Roga Nidan
- Lesson 2 Vyadhi and its classification
- Lesson 3: Jihva and Mukha Pariksha
- Lesson 4: Nadi and Drik Pariksha
- Lesson 5- Causative Factors and Hetus for imbalances
- Lesson 7- Stages of progression of imbalance (Samprapti, Shata Kriya Kala and Hetus)
- Lesson 8- , Dasha Vidha Pariksha (Tenfold biofeedback) part 1
- Lesson 9- Asta Vidha Pariksha
- Lesson 10- Concept of Kaya Cikitsa
- Lesson 11- Final Research Project guidelines and discussions
- Lesson 12- Client Encounter Observations

Total Lessons: 12

Grades; 70% to Pass

Essays, articles and Discussions- 10%
Client Encounters-70%
Final Project-20%

Marma Chikitsa

AC 110- 45 Hrs/8 Lessons

Prerequisites: AC 101

Synopsis: Students shall learn Ayurvedic support (chikitsa), the theory of 108 Marma Points and apply these principles of Chikitsa and Ayurvedic Support for specific imbalances using knowledge of Marmas. (*Part of this module may be covered in onsite internship.*)

Lesson Outline

- Lesson 1 Introduction to 108 Marmas
- Lesson 2 Application of Marmas in your practice
- Lesson 3 Marmas of Back, Legs and Feet
- Lesson 4 Marma, Chakras and Crystals
- Lesson 5 Energy Healing of Marmas
- Lesson 6 Marma and Nadis
- Lesson 7 Practicing Marma Chikitsa on self and clients
- Lesson 8 Marma and Herbal Oils (tailams) and Herbal Pastes (Lepas)

Total Lessons: 8

Grades: 70% to Pass

Marma Video or in person Demonstration-70%

Final Project-20%

Introduction to Sanskrit

AC 111 30 Hrs/5 Lessons

Prerequisites: Admission into program

Synopsis: Basic introduction to Sanskrit script-devanagari, enunciation and pronunciation. Sanskrit terminology and Sanskrit verses used in Ayurveda Counselor Course

Lesson Outline

- Lesson 1 Basic introduction to Sanskrit script-
- Lesson 2 Letters of the Devanagari script -part 1
- Lesson 3 Enunciation of Devanagari script -part 2
- Lesson 4- Sanskrit Terminology from Ayurveda
- Lesson 5-Sanskrit Verses

Total Lessons: 5

Grades; 70% to Pass

Sanskrit Enunciation Quiz- 100%

Jyotish and VASTU (Vedic Astrology)

AC112 35 Hrs/6 Lessons

Prerequisites: Admission into program

Synopsis: Brief introduction to principles of Jyótisa, the traditional Hindu Vedic astrology and Vastu, the origin of feng Shui

Lesson Outline

Lesson 1 Brief introduction to principles of Jyótisa
Lesson 2 The traditional Hindu Vedic astrology and Vastu
Lesson 3 Principles of Vastu and their effect on health and wellbeing
Lesson 4 The 12 houses, constellations and zodiac
Lesson 5 Vastu principles for a home
Lesson 6 Vastu Tools

Total Lessons: 6

Grades; 70% to Pass

In class quiz-50%

Forum Discussions -50%

Required Texts and Materials

The Textbook of Ayurveda: Fundamental Principles Vasant Lad. Copyright(c) 2002 by Vasant Dattaray Lad
Marma Points of Ayurveda: The Energy Pathways for Healing Body, Mind, and Consciousness with a Comparison to Traditional Chinese Medicine by Vasant Lad and Anisha Durve Copyright (c) 2008, 2015 Vasant Lad and Anisha Durve
Ayurvedic Medicine: The Principles of Traditional Practice by Sebastian Pole Copyright (c)2006, 2013 Sebastian Pole
Essential Guide for Ayurveda Students part 1, _Monica B Groover Copyright 2017 by Monica Groover
Yoga Therapy: Foundations, Methods, and Practices for Common Ailments by Mark Stephens, Copyright (c)2017 North Atlantic Books
School Manuals for Ayurveda Counselor Program (AC101,AC102, AC103, AC104,AC105, AC106, ,AC108,AC109, AC110, AC111, and AC112) Copyright(c)2015 Monica B Groover

ONLINE CLIENT ENCOUNTERS (Internship)

Students are required to complete a minimum of 50 hours of online internship done via client encounter observation. Client encounters are done online, via live or recorded broadcast appointments, or, any appropriate secure online video software being used by school. (*The student is not required to buy any software.*)

Client Encounters online may cover the following:

Method 1: Observation: Student observes the teacher, or, an advanced Practitioner student with a client in person* during internship*, or, online via video. These may be broadcast client appointments with virtual video software with secure connection. Students get a chance to ask questions post interview. Twenty-five hours of observation and client encounters may be done via observation.*

Method 2: Student/client one-on-one, may be done in person during onsite internship*, OR, offline with student's family, community, friends, or other students within the group, and completed encounters may be posted via mail to the schools physical address. These are then reported to the school with actual paperwork. Up to 25 client encounter and 25 hours of time must be devoted to the client one to one. Student is required to note client interview time in each report sent. Feedback on client encounters is given to the student in person, via phone, or, online meeting

software.

**Do note that if you are planning to take the NAMA Certification Board exam, they may need you to do client observations in person. Please check with NAMA website directly. Transcript will reflect if Internship was done online or in person. If student is planning to attend in person in Austin, they must bear the cost of airfare, travel and hotel. Weekend internship is held twice a year at St Edwards University, South Congress or a yoga studio. In addition, there are half-one day internships that happen once every three months.*

Final Research Project

To enhance in-class learning, students are required to complete a final project outside of class related to the theory and practice of Ayurveda AC109-50 Hrs, AC 110- 50, or, AC108 50 Hrs subjects. This shall be facilitated by the class instructors. The project can take the form of workshops arranged by the school for the community, visiting Ayurveda shops or spas in your area, or, and/or writing articles for the school blog, and/or, doing research and reporting your findings, and/or conducting free Ayurveda seminars in their own community, etc. Students will obtain permission of the faculty before embarking on their projects.

Final research project will include writing a FINAL REPORT or PAPER on your project with an introduction, conclusion and Primary and secondary references.

Auditing Options

If you would like to audit the classes purposes of self-enrichment and academic exploration, we have some audit options that are very affordable. Student would be able to attend classes for \$9 per lecture. (Our class sessions may have more than one lecture) No homework is given to audit students. Audit students are not given access to course material, Learning Management System and are NOT awarded a Certificate.



NARAYANA
AYURVEDA & YOGA ACADEMY

TUITION

Tuition Fees- \$3570 may be paid in 14 monthly installments (AT NO MONTHLY INTEREST).

- Electronic Course Materials- 240*
 - Tools/Herbs- \$100
 - Shipping- Calculated as per USPS priority
 - Application fees-\$50
- Total \$3965

* School Manuals, Handouts, Study Aids

Full Tuition Upfront (10% Discount apx.): Full tuition payment can be made for apx 10% discount in the tuition. (A discount of \$357). There are no discounts for materials, and, that maybe paid in flexible payment plan of three installments.

Monthly Payment Plan: 14 flexible payments of \$255 payable over 14 months. Money is withdrawn from the credit card on file on the 15th of every month. (The School Materials fees, application fees & the first payment of \$255 due 15 days before first day of class. Rest may be paid via 13 flexible payment plans of equal payments.). There are no discounts for materials, and, that maybe paid in flexible payment plan of three installments..

- All initial payments include a \$50 application fee. All payments must be received on the first day of the month in order for the student to be allowed to attend class. Credit card must be on file for flexible payment plans.
- Application fees and Course Material Payment is due before the first day of class.
- *Please buy textbooks from Amazon, or directly from the publisher.

Grading and Evaluation

All assignments must be completed, with a successful passing grade in order to receive a certificate of AYURVEDA COUNSELOR or AYURVEDA PRACTITIONER, the following requirement must be completed. .

Minimum 90% cumulative attendance.

C Grade or 70% marks in all quizzes, assignments, projects and client encounters

Transfer grades, and, Final Research Project grades are not used in the computation of grade point average but are used in the determination of satisfactory progress and fulfillment of graduation requirements.

Students must meet course requirements as outlined on individual

Grade	GPA Equivalent	Percentage
A	4.0	A- 90-94% A 95% A+ 96-100%
B	3.0	B-80-84% B 85% B+86-89%
C	2.0	C- 70-74 % C 75% C+ 76-79%
F	0.0	69% and below
P	Pass	Not Calculated
W	Withdrawal	Not Calculated
T	Transfer Credit	Not Calculated
I	Incomplete	Not Calculated
R	Repeated	Not Calculated
PO PI	PO-Pass(Online) PI-Pass(In person)	For Client Encounters Grade given is Pass or Fail with online/in person participation specified.

How to submit Assignments?

Essays, blogs and discussion assignments - may be posted on our online forums.

Quiz shared with the student in a pdf format may be completed by using any prereader, or handwritten. Then, the quiz can be shared via email, physically posted to our address, faxed, or, scanned and email to us. (See instructions)

- Quizzes are finished on Canvas LMS, or Google Forms. If a student is traveling or has technical issues, they can share via Dropbox, or, Google Drive in a PDF format with director@naya-ayurveda.com.
- Client Encounters, Final Research Project and Completed Quizzes may be posted to our admin office 10317 English Oak Drive, Austin TX 78748 Client Encounters are only accepted via Physical Post, Dropbox Pro account, (for security reasons) or in person, and, will not be accepted via email.
- Online Workbooks are ebooks with some notes section. These may be used to determine your attentiveness during online class. They may also be used in online class, to type in notes, do group assignments, or note your observations or during group discussions. A pdf copy may be emailed to nayayurveda@gmail.com Or, you can print and physically post to us, emailed to us at director@naya-ayurveda.com or the scanned portion of classwork and notes may be emailed to the instructor.
- Online Workbook may also be shared by the instructor from their google drive account with the student's email address for live collaboration between instructor and student, or for assignments. *Example- create an online dosha test form or create a meditation and lifestyle recommendation plan for a mock client with vata imbalance.* These should be completed in Google Drive itself. It can also be downloaded, printed and posted to us at at our admin office- 10317 English Oak Drive, Austin TX 78748.

ONLINE CLASS SOFTWARE and APP- For live online lectures, we use Zoom meetings or other equivalent virtual meeting software. We may use a HIPAA compliant messenger, or directly broadcast internship, or, share recordings of live client encounters. Students do not need to buy or download software, as most of the software we use are is cloud based. Simply using the link provided by the school, should place you in a class meeting. However, students may need to download a FREE Zoom APP, if they want to login from their smartphone or tablet. Students need only put in the meeting number and password provided to them by facilitator in order to be placed in meeting or online class.

The benefits of online training include

Classes are recorded and available for viewing (for a limited time)

Online live classes may offer live quizzes, polls, collaborating on documents, and online attendance.

Zoom in-session Activities feature allows students to view videos and work together on documents hence encouraging small group interaction.

Students can log into our online 'class' meetings (webinars), or online sessions without leaving their home or work.

Some classes are also available using mobile devices such as iPhones, iPads or any smartphone that can host the Zoom app.

HIPAA compliant secure software for sharing confidential information during client encounters.

Program Title: Ayurveda Practitioner

Ayurvedic Practitioner - 900 Hours

Program Description and Scope: This online and hybrid training delivery program that prepares the student to prepare more comprehensive Ayurvedic diet, lifestyle, spiritual, and Ayurvedic Herbal formula recommendations to remove imbalances and restore health as defined in Vedic and other classical Sanskrit authorities in the Indian tradition. Practitioners also practice health promotion by preparing custom-fit Ayurvedic dietary and lifestyle programs, detox and rejuvenation plans and herbal formulas for their clients. Compared to Counselor program, this program includes deeper instruction in Sanskrit; Vedic Astrology history, philosophy, and principles of Ayurveda, Ayurvedic pharmacology; herbal formulations for specific imbalances; foundation in Anatomy & Physiology related to Ayurveda, Ayurvedic Nidan & Cikitsa, Client communication; therapeutic modalities; Pancakarma detoxification theory and practice. The Counselor can suggest ahara (basic diet) according to dosha and Lifestyle coaching for people with mild disorders. In comparison, the Practitioner can work with someone who has a chronic disorder and work with their acupuncturist, or, naturopath, or massage therapist to create an herbal recommendation, dosha, and coaching plan

Job Prospects and Placement Policy

Ayurveda, a sister philosophy and science of Yoga, is a holistic and complimentary health modality. Ayurveda Practitioner graduates may begin an independent Ayurveda Practice, or, if they are existing holistic health professionals, integrate it with their existing practice The Ayurvedic Practitioner can provide public education regarding Ayurveda at Ayurveda Schools, Alternative Health Centers, Yoga Therapy or schools or centers. In addition, they can provide lifestyle, herbal formulations, yoga and self-care recommendations based on Ayurvedic Medicine for clients of Alternative Health Centers, Wellness Spas, Yoga centers.

NARAYANA AYURVEDA AND YOGA ACADEMY DOES NOT PROVIDE ANY JOB PLACEMENT OR JOB ASSISTANCE

- The program takes five quarters of 12 weeks each to complete. There are 10 Academic class modules and 161 Lessons. All lessons with the exception of internship is online. However, students are either required to complete a minimum of 100 client encounters and three internships cum workshops in Austin or finish the client encounters via an externship. (see page 26)

HOW DOES ONLINE TRAINING WORK

See Page 11 and Page 23.

Canvas Learning Management System

See page 7

Admission Requirements

- **Age** Minimum age to join this program is 18 years old before the first day of class.
- **Language:** Students must have a high school diploma with basic English language skills. This maybe a US or International High School English Language Arts with minimum 60% scores. Alternatively, if you did not have English in your high school, then TOEFL iBT® test taken within 2 years of date of application will suffice. Minimum acceptance TOEFL iBT® scores should be between 17-23 for listening skills, 15-21 for reading and writing skills. Speaking skills may be 10-17. Read more at <https://www.ets.org/toefl> and <https://www.ets.org/toefl/ibt/scores/understand/>

- **Equipment Requirement:** As this is an online course, Students must have a laptop or a desktop computer, a webcam, a headset, and, a reliable internet access with internet speeds up to 3.1 Mbps - 6 Mbps to participate in the distant learning online course. This will help the student keep up with class communications and access to research and study resources. Students do not need to buy or download any software. However, students may be required to download a FREE APP if they wish to login to live classes via their smartphones, or, tablets.
- **Computer Quiz** This is determined by an open quiz, a *Computer Skills Test* available online from our website at <https://www.ayurveda-wellness-center.com/ayurveda-programs>, or, you can request a PDF copy via email director@naya-ayurveda.com Alumni and existing students of Narayana Ayurveda & Yoga Academy applying to this program need not take the computer skills test.

Education Students must have the equivalent of an Ayurvedic Counselor 600 Hrs certification from Narayana Ayurveda and Yoga Academy, or, any NAMA reviewed school.

Personal Interview: A personal interview will be conducted with each student prior to acceptance as part of our selection criteria.

Textbooks

*The Textbook of Ayurveda: Part 2 Vasant Lad. Copyright(c) 2003 by Vasant Dattaray Lad

*Ayurvedic Perspectives on Selected Pathologies, Dr Vasant Lad Copyright 2002 by Vasant Dattaray Lad

**Todd Caldecott-Ayurveda, Divine Science of life Copyright(c) Elsevier limited 2006

**Ayurvedic Medicine for Westerners: Pathology & Diagnosis in Ayurveda by Vaidya Atreya Smith, Copyright(c)2206 by Chowkambha Publications

**Ayurvedic Medicine for Westerners: Application of Ayurvedic Treatment by Vaidya Atreya Smith- Copyright(c)2206 by Chowkambha Publications

108 Sanskrit Flash Cards with CD By Nicolai Bachman, MA. MS, copyright© The Ayurvedic Press

School Manual BK101 Copyright(c)2017 Monica B Groover

School Manual PK101 Copyright(c)2015 Monica B Groover

School Manual AP108 Copyright©2018 Monica B Groover

School Manual AP109 Copyright©2018 Monica B Groover

CREDIT FOR PREVIOUS EDUCATION, TRAINING, OR EXPERIENCE

A student may be given a credit for previous Ayurveda related education from a NAMA registered institute, for up to a maximum of 200 Hrs at the discretion of the school in Ayurveda Practitioner program.

Internship/Externship

- **Online Observation:** Students to observe Practitioners conduct an interview, discuss client records, and view archived recordings of client sessions (if available) of upto 50 clients and prepare reports based on their observation. Practitioner students may also buddy up with Counselor students and observe and peer review their findings, while they are proctored by the teachers.
- **Internship in Austin:** The second format requires active participation where students observe clients in person during an interview, may now conduct interviews, help fill out intake forms, and, may suggest lifestyle and herb interventions under the direct supervision of a Practitioner or a teacher. The internship will happen in three separate weekends every year in Austin. If you are planning to take the NAMA Certification board exam in/after 2020, NAMA may require you to attend this in person.
- **Externship option** for international students who cannot attend internship in United States may be available. The school can contact Practitioners and help arrange externship for international students only; however, the externship schedule and timing must be coordinated directly between the Practitioner and student.

- Client encounters must be completed before the last date of class during fourth Quarter. Students are required to complete a minimum of 100 client encounters. *(The student is not be required to buy a software. The video software or web conference software is provided by the school) *The student bears the cost of airfare, hotel and travel to Austin).*

Final Research Project

To enhance in-class learning, Practitioner students are required to complete a final project related to any ONE- BK101, AP108, AP109, AP110, and, then write a final report or Paper on that topic. The project shall be facilitated by the class instructors. The project can take the form of creating a business plan for their own practice, teaching introductory Ayurveda workshops arranged by the school for the community, visiting Ayurveda shops or spas in your area, or, and/or writing articles for the school blog, and/or, doing research and reporting your findings, and/or conducting free Ayurveda seminars in their own community, etc. Students will obtain permission of the faculty before embarking on their projects. Final research project will include writing a FINAL REPORT or PAPER on your project with an introduction, conclusion and Primary and secondary references.

PROGRAM OUTLINE

Course Number	Course Title	Hours	Lessons
BK101	Bhaishajya Kalpana	100	17
PK102	Panchakarma Planning	50	12
SANS103	Sanskrit	150	20
NID104	Ayurvedic Nidan for Specific Imbalances; Madhav Nidan	100	28
JYOT105	Vedic Astrology & Vastu	50	14
AP106	Basic Anatomy & Physiology for Ayurveda Students	50	12
PATH107	Introduction to Pathology for Ayurveda Students	100	20
AP108	Ayurvedic Pathya	50	11
AP109	Introduction to Business	50	11
AP110	Internship	200	16
Total		900 Hours	161 Lessons

PROGRAM LENGTH: 5 Terms of 12 weeks each. (14 months)

School Policy on Satisfactory Progress

Student must complete all their assignments by end of each quarter.

Grading Period: Every 12 weeks.

Grading Schedule: At the end of 12th, 24th, 36th, 48th, 52nd weeks

Quarter 1:	Quarter 2:	Quarter 3:	Quarter 4	Quarter 5:
Lesson Plans completed – 36 +5	Lesson Plans completed-36+5	Lesson Plans completed -30+6	Lessons Plans Completed-31	Lessons Plans completed- 23
BK 101 -Lessons 17 Jyot 105-Lessons 14 Sans103-Lessons 5	NID 104 -Lessons 14 AP106-Lessons 12 PATH 107 -10	NID 104- Lessons 14 PATH107-Lessons 10 Sans103-Lessons 6	AP109-Lessons 11 PATH107-Lessons 10 Sans103-Lessons 10	AP108-Lessons 11 PK102-Lessons 12
Onsite internship if applicable (AP110 internship) Lessons 5	Onsite internship if applicable(AP110 internship) Lessons 5	Onsite internship if applicable (AP110 internship) Lessons 6	Onsite internship if applicable(if a student missed out on any of the other terms, they can finish it in this term)	Make up sessions Final Research project Onsite internship if applicable(AP110 if a student missed out, make up in this term)

*Internship may take place in any three quarters depending on whether student is in a Fall session or a winter session.

Class Schedule: ONLINE 'live' classes 10 AM CST Saturdays and/or Sundays

Wednesdays at 5.30 PM PST. – 7 PM

Three onsite workshops and one onsite internship in Austin, Texas*. (*Optional to attend, event will be recorded or broadcasted via livestream, or, Externship option*) *If planning to take the NAMACB exam, onsite internship may be a requirement by NAMA Certification Board. Please check their website directly.

All online quizzes, reading, final project, watching archived class recordings, and, assignments are done offline at a student owns time. Classwork may be given like class-workbooks may happen during class times.

When can a student sign up? Student must apply at least 15 working days before the first day of class, or, as early as 2 months before the class begins. When admissions open, it is listed on the website.

LESSON OUTLINES

BK 101: Bhaishajya Kalpana 100 Hrs/17 Lessons

Pre-Requisites: Admission into the Program

Synopsis: Students shall learn the theory and principles of Ayurvedic Pharmacology and creation of formulations for supporting the three doshas, the seven dhatus and the srotas.

Lesson Plans

Lesson 1 •Definition, Introduction and Bhaishajya Kalpana Principles

Lesson 2 Energetics- Guṇa, Vīrya, Vipāka and Karma of herbs and Kalpanās

Lesson 3-Introduction to Pañca vidha kaṣāya kalpanā (five basic Ayurvedic formulations)

Lesson 4 Introduction to Ayurvedic Svarasa, Kalka (paste),

Lesson 5- Different Ayurvedic Kaṣāya (decoction),- Ayurvedic Phāṇṭa (hot infusion) and Hima (cold infusion);Puṣpa Varga (Flowers)

Lesson 6-Kalpanās with one, two, three, five and ten groups of herbs; Haritaki varga
Lesson 7 Design process, storage and labeling of Kalpanā; Guducyadi varga
Lesson 8 Anupana, Ayurvedic Salves and Aromatics (Karpuradi Varga)
Lesson 9: Ayurvedic Churnams, Vatis, Arishta and Asava, Sneha & Avelaha Kalpana
Lesson 10: Modaks, Ubatans, and, compresses
Lesson 11- Comparison of Western and Ayurvedic Herbs
Lessons 12: Common Western Herbs and Weeds
Lesson 13: Natural Body Care using Ayurvedic Herbs
Lesson 14: Contraindications and Indications
Lesson 15: Herbal Livelihoods
Lesson 16: Topical Kalpanas in Ayurveda
Lesson 17: Brhmanaa Shamana, Virechana preparations.

Grades-70% to pass.

- I.Preparation of Herb kalpanās - 50%
- II.Forum Discussions and Blogs - 20%
- III.Quiz - 30%
- IV. Final Project- Pass or Fail (No grades)

PK 102: Panchakarma Planning- 50 Hrs/12 Lessons

Prerequisites- BK 101

Synopsis: Student shall be able to plan a Panchakarma Detoxification plan for three doshas, in fall and spring for three doshas, dhatu increase or dhatu decrease using the principles of brimhana, langhana, shodhana and shaman

Lesson Plans

Lesson 1. What is Panchkarma; Panchakarma in United States in Spa Setting
Lesson 2; Benefits, indication contraindication and Three stages of Panchakarma
Lesson 3. Shamana Plan using different cikitsa models
Lesson 4 . Principles of Purvakarma—Preparation plans, pathya and apathya
Lesson 6: Principles of Snehana, Agni dipana, and Pachana
Lesson 7: Principles of Vamana, Nasya Karma, Virechana, and Neti
Lesson 8: Principle of Bastis
Lesson 9: Purvakarma, Paschat Karma, Post panchakarma planning for 10 clients
Lesson 10- Shirodhara, Nasya, Abhyanga, Vamana
Lesson 11- Pizhichil and Elakizhi and Netra Tarpana treatments
Lesson 12- Svedanam and Netra Tarpana

Grades 70% to pass

Creation of PK Plan – 25%

Quiz-25%

Practicum/Client observation-50%

Final Project- No Grade (Pass or Fail)

SANS 103: Sanskrit-150 Hrs/20 Lessons

Pre requisites: Admission into the program

Synopsis Student shall gain a better understanding of the Sanskrit Language for their Ayurveda practice, understand Vedic knowledge and improve the Sanskrit language skills.

Lesson Plans

Lesson 1: Sanskrit Albhabet-Vrana karma
Lesson 2: Special verses from Ashtanga Hradyam
Lesson 3: Pronunciation and Enunciation from Ashtanga Hradyam
Lesson 4: Sanskrit Sandhi- roots to words – how words are made in Sanskrit
Lesson 5: Writing with Sanskrit Diacritics
Lesson 6: Ayurvedic Glossary
Lesson 7: Verses from Ashtanga Hradyam: Sutra Sthana
Lesson 8: Verses from Ashtanga Hradyam: Sharira Sthana
Lesson 9: Verses from Ashtanga Hradyam: Cikitsa Sthana
Lesson 10: Verses from Ashtanga Hradyam: Nidana
Lesson 11: Verses from Madhava Nidan
Lesson 12: Verses from Sharangadhara Samhita
Lesson 13: Verses from Bhava Prakasha – Part 1
Lesson 14: Verses from Bhava Prakasha – Part 2
Lesson 15: Verses from Bhava Prakasha – Part 3
Lesson 16: Introduction to Caraka Samhita- Part 1
Lesson 17: Introduction to Caraka Samhita- Part 2
Lesson 18: Introduction to Caraka Samhita- Part 3
Lesson 19: Introduction to Bhashajya Ratnavali
Lesson 20: Introduction to Sushruta Samhita

Grades 70% to pass

Written Quiz-50%

Enunciation (Spoken) Verses-50%

NID 104: Ayurvedic Nidan for Specific Imbalances 100 Hrs/28 Lessons

Prerequisites: BK 101

Synopsis Student shall learn Ayurvedic perspective on different imbalances mentioned in Ancient scriptural text of Madhava Nidan.

Lesson Plans

Lesson 1: Ayurvedic Perspective on Imbalance of body, mind and spirit
Lesson 2: Ayurvedic Perspective on Raktachapa (Hypertension)
Lesson 3: Ayurvedic Perspective on Gridhasi (Sciatica);
Lesson 4: Ayurvedic Perspective on Skin imbalances
Lesson 5: Ayurvedic Perspective Śītapitta (Urticaria)
Lesson 6: Ayurvedic Perspective on Arśa (Hemorrhoids)
Lesson 7: Ayurvedic Perspective on Sthaulya (Obesity);
Lesson 8: Ayurvedic Perspective on Prameha (Urinary disease)
Lesson 9: Ayurvedic Perspective on Abdomin Gulma;
Lesson 8: Ayurvedic Perspective on Aśmarī (Urinary calculi)
Lesson 11: Ayurvedic Perspective on Pāṇḍuroga
Lesson 12: Ayurvedic Perspective on Respiratory System (Prāṇavaha srotas)
Lesson 13: Ayurvedic Perspective on Hikkā (Hiccups)
Lesson 14: Ayurvedic Perspective on Stri roga (feminine imbalances)
Lesson 15: Ayurvedic Perspective on Śvāsa (Dyspnea/Asthma)
Lesson 16: Ayurvedic Perspective on Ojas disorders
Lesson 17: Ayurvedic Perspective on disorders of seven dhatus
Lesson 18: Ayurvedic Perspective on disorders of Tejas
Lesson 19: Ayurvedic Perspective on Karna, Nasa and Mukha Roga (ENT)
Lesson 20: Ayurvedic Perspective on Vraṇashotha (Inflammation and swelling)
Lesson 21: Dashavidha Pariksha on 5 clients
Lesson 22: Ashtavidha Pariksha on 5 clients
Lesson 23: Trividha Pariksha on 5 clients
Lesson 25: Introduction to Madhav Nidan

Lesson 26: Introduction to Caraka Samhita
Lesson 27: Introduction to Bhava Prakasha
Lesson 28: Ashtanga Ayurveda

Grades 70% to pass
Quiz-50%
Client Encounters-50%

JYOT 105: Vedic Astrology & Vastu 50 Hrs/14 Lessons
Pre requisites: Admission into the program

Synopsis Student shall study more advanced principles of Jyótisa, the traditional Hindu Vedic astrology. Study of sidereal system, the dashas, sub dashas, using astrology software, the twelve houses and their lords, and, learn to apply the system of Vastu to correct doshas of the land, geopathic stress. This course requires watching pre recorded lessons.

Lesson Plans

Lesson 1 Introduction to Jyotish
Lesson 2: The 12 Houses
Lesson 3: Lagnas: Ascendant, Moon, relevant karakas
Lesson 4: The 12 zodiac Signs
Lesson 5: Nakshatras
Lesson 6 - The Vimshottari Dasha System
Lesson 7 Divisional Charts (Vargas)
Lesson 8 - Transits (Gochara)
Lesson 10- Using a Compass in Vastu
Lesson 11-Geopathic Stress
Lesson 12-Outside Vastu Corrections
Lesson 13-Indoor Vastu Corrections
Lesson 14-Mock Vastu Client Encounters

Grades 70% to pass
Quiz-100%

AP106: Basic Anatomy & Physiology for Ayurveda Students 50 Hrs/12 Lessons

Pre requisites: Admission into the program

Synopsis: The student will learn a basics of human body systems and their correlation with Ayurveda system of seven Dhatus, srotas and doshas.

Lesson Plans

Lesson 1: Introduction to western anatomy vs Ayurvedic anatomy
Lesson 2: Homeostasis and Digestion: Ayurvedic Perspective
Lesson 3: Endocrine System and Ayurveda
Lesson 4: Uro-genital system and Ayurveda
Lesson 5 Ayurvedic Perspective on all the systems in the body, Tissues and Membranes
Lesson 6 Ayurvedic Perspective on Cardiovascular system and Lymphatic System
Lesson 7: Musculoskelel system and Ayurveda
Lesson 8: Ayurvedic Perspective on Nervous System
Lesson 9: Ayurvedic Perspective on urinary system
Lesson 10: Anatomy of Pain; An ayurvedic perspective
Lesson 11: Reproductive system of Humans; Ayurvedic viewpoint
Lesson 12: Respiratory system and Ayurveda

Grades 70% to pass

Quizzes/Tests-100% (Classwork word removed)

PATH 107: Introduction to General Pathology for Ayurveda Students 100 Hrs/20 Lessons

Pre requisites: AP 106

Synopsis: The students will learn some basic Hetus (causes and effects) of certain disorders and imbalances from an Ayurvedic Perspective and correlate it to western etiology.

Weekly Lesson Plans

Lesson 1: Introduction to western pathology vs Ayurvedic pathology and Nidan

Lesson 2: Ayurvedic Perspective on all the causative factors of imbalance. Comparison with western causes.

Lesson 4: Ayurvedic Perspective on Cardiovascular pathologies

Lesson 4: Ayurvedic Perspective Endocrine and Musculoskeletal pathologies

Lesson 5: Ayurvedic Perspective on Nervous System pathologies

Lesson 6: Ayurvedic Perspective on urinary system pathologies

Lesson 7: Ayurvedic Perspective on shula (pain) and Headache pathology

Lesson 8: Pharmacology in Ayurveda – Part 1

Lesson 9: Introduction to Lab reports

Lesson 10: Kriyakala and Dosha Gati

Lesson 11: Reproductive Pathologies

Lesson 12: Language of Medicine: Learning Greek and Latin roots

Lesson 13: Thyroid issues

Lesson 14 Hemorrhoids

Lesson 15 Skin Pathologies

Lesson 16 Pharmacology in Ayurveda – Part 2

Lesson 17 Pharmacology and Ayurveda- Part 3

Lesson 18- Acute imbalances

Lesson 19- Metabolic Disorders

Lesson 20-Chronic Disorders

1

Grades 70% to pass

Quiz/Tests-80%

classwork-20%

Ayurvedic Pathya AP108-50 Hours/11 Lessons

Prerequisites: Admission into the Course

Synopsis: Students shall understand advanced Ayurvedic Nutrition Principles and be able to identify the correct recipes and ahara plans for dosha increase, decrease, dhatu kshaye or vriddhi, as well as srota imbalances.

Lesson Outline:

Lesson 1 Pathya for imbalances

Lesson 2 Detoxifying-Langhana Therapies and Recipes

Lesson 3 Brmhna-Tonifying Therapies and Recipes

Lesson 4 Ayurvedic recipes during imbalances

Lesson 5 Ayurvedic Apathya in a client care setting

Lesson 6 Bhava Prakasha-Krtanna Varga, Vari Varga,

Lesson 7 Bhava Prakasha-Shaka Varga, Amra Varga

Lesson 8 Ama in Chronic conditions in Vata, Pitta and Kapha

Lesson 9: Lipids and Lipid Tests

Lesson 10: Carbohydrates and Glucose

Lesson 11: Proteins

Grades: 70% to pass
Evaluation-Final Quiz: 70%
Cooking Practicum: 30%
Final Project: Pass/Fail (No Grade)

AP109 Introduction to Business 50 Hrs/11 Lessons

Pre requisites: Admission into the program

Synopsis: As Ayurveda grows popularity in US, majority of Ayurveda program graduates choose to take an entrepreneurial role and open their own business. This 50 Hour seminar is especially designed to support the Ayurveda entrepreneur in US with some basic business education. Real time and best practice lessons from existing entrepreneurs will enhance the students knowledge.

Lesson 1: Introduction to Business and how it applies to Ayurveda
Lesson 2 Business Organization and Entity
Lesson 3: Managing, organizing your Ayurveda Business Structure
Lesson 4: Taxes. City codes & permits
Lesson 5: General Principles of Marketing and Case Studies-
Lesson 6: Website, Promotion and Networking
Lesson 7: Case studies of successful Ayurveda business entrepreneurs
Lesson 8: Creating your own business plan
Lesson 9: Creating a website, marketing materials
Lesson 10: Search Engine Optimization: Campaigns online (Google Marketing)
Lesson 11: Networking and creating awareness

Grades: 70% to pass.
Creation of Portfolio-30%
Quiz-70%

AP110: Ayurveda Internship 200 Hours/16 Lessons

Pre-requisites: Admission into the course

Synopsis: Ayurveda internship is designed to develop the knowledge, skills, and behaviors necessary for Ayurvedic clinical practice. Student interns will actively participate in client care while under the supervision of an ayurvedic practitioner in an office setting. Students will also engage in various other educational experiences, observe 50 client encounters and in addition conduct 50 client encounters and submit written reports. Part of this internship takes place in person in Austin, Texas. *For those who cannot complete the internship, externship option is available. See page-33*

Lesson 01 Observation, deduction and reports of Hetus by using nadi pariksha.
Lesson 02 Observation and demonstration of trividha pariksha
Lesson 03 Observation and demonstration of dashavidha pariksha
Lesson 04 Observation and demonstration of jihva pariksha
Lesson 05 Observation and demonstration of mukha (Face) pariksha
Lesson 06 Rugna Patrakam- Intake form for Practitioner students
Lesson 07 Formulate an Ayurvedic management and cikitsa plan incorporating nutrition, lifestyle recommendations
Lesson 08 Formulate an Ayurvedic Management and cikitsa aplan incorporating, herbs, and/or Panchakarma suggestions.
Lesson 09 Keeping, organizing and filling client records
Lesson 10 Demonstrate appropriate hygiene in the clinical environment.
Lesson 11 Demonstrate effective communication with diverse audiences
Lesson 12 Generate and maintain accurate and legible client records and history.
Lesson 13 Use at least three limbs of the eightfold assessment to assess the state of malas

Lesson 14 Observation and demonstration of eightfold assessment
Lesson 15 Effective Follow up technique demonstration
Lesson 16 Effective use of time during a client encounter

Grades: Pass or Fail

(In person or Online participation specified in the transcript)

Tuition & Fees

- Full tuition is **\$3108** and may be paid in monthly installments (AT NO MONTHLY INTEREST).
- E-materials and ebooks: \$200
- Internship (Onsite)- \$720
- Shipping fee: Calculated by USPS shipping rates
- Application fees- \$50
- Total - \$4078
-

*Tuition discounts are available if you pay in full payment plan. *Three weekend internship weekends for \$240 each. Those who are planning to do externship, this payment will NOT apply.*

Full Tuition Upfront (10% Discount of \$310 with full tuition payment.): There is a discount of 10% if full tuition is paid in full before the beginning of the course. All payments must be received on the first day of the month in order for the student to be allowed to attend class.

Monthly Payment Plan: An initial payment of \$50 application fees, \$200 for E-materials and \$222 first installment must be received at least 5 days prior to the first scheduled class. Rest of the tuition is payable in 13 equal installments of \$222 each. In addition three installments of \$240 for internship is due one week before the student attends the internship in Austin. *All payments must be received on the first day of the month for the student to be allowed to attend class. Credit card must be on file for flexible payments.*

How to submit Assignments? Same as Ayurveda Counselor (SEE PAGE 23)

GRADING AND EVALUATION (SEE PAGE 22 and PAGE 35)

CANCELLATION AND REFUND POLICIES

CANCELLATION: A full refund will be made to any student who cancels the enrollment contract within 72 hours (until midnight of the third day excluding Saturdays, Sundays and legal holidays) after the enrollment contract is signed.

REFUND POLICY

- A. Refund computations will be based on the number of lessons in the program. (All lessons are counted in refund computations, even if incomplete, from the first day of enrollment to the effective date of termination.)
- B. The effective date of termination for refund purposes will be the earliest of the following:
 - (i) the date of notification to the student if the student is terminated by the school;
 - (ii) the date of receipt of written notice from the student; or
 - (iii) the end of the third calendar month following the month in which the student's last lesson assignment was received unless notification has been received from the student that he or she wishes to remain enrolled.
- C. If tuition and fees are collected before any lessons have been completed, and if, after expiration of the 72-hour cancellation privilege, the student fails to begin the program, not more than \$50 shall be retained by NAYA.
- D. If the student who enters an asynchronous distance education course terminates or withdraws after the expiration of the 72-hour cancellation privilege, NAYA will retain not more than \$50 of the tuition and fees. The minimum refund shall be as follows: the student will be refunded the pro rata portion of the remaining

tuition, fees, and other charges that the number of lessons completed and serviced by NAYA bears to the total number of lessons in the program.

E. A full refund of all tuition and fees is due and refundable in each of the following cases:

- (i) an enrollee is not accepted by the school;
- (ii) if the program of instruction is discontinued by the school and this prevents the student from completing the program; or
- (iii) if the student's enrollment was procured as a result of any misrepresentation in advertising, promotional materials of the school, or misrepresentations by the owner or representatives of the school.

F. Books, tools, or other supplies shall be handled separately from refund of tuition and other academic fees. Once these materials are purchased and shipped, no refund will be made. Student is solely responsible for providing accurate and complete address information for shipping books and instructional materials.

REFUND POLICY FOR STUDENTS CALLED TO ACTIVE MILITARY SERVICE.

G. A student who withdraws from NAYA as a result of the student being called to active duty in a military service of the United States or the Texas National Guard may elect one of the following options for each program in which the student is enrolled:

- (i) if tuition and fees are collected in advance of the withdrawal, a pro rata refund of any tuition, fees, or other charges paid by the student for the program and a cancellation of any unpaid tuition, fees, or other charges owed by the student for the portion of the program the student does not complete following withdrawal;
- (ii) a grade of incomplete with the designation "withdrawn-military" for the courses in the program, other than courses for which the student has previously received a grade on the student's transcript, and the right to re-enroll in the program, or a substantially equivalent program if that program is no longer available, not later than the first anniversary of the date the student is discharged from active military duty without payment of additional tuition, fees, or other charges for the program other than any previously unpaid balance of the original tuition, fees, and charges for books for the program; or
- (iii) the assignment of an appropriate final grade or credit for the courses in the program, but only if the instructor or instructors of the program determine that the student has:
 - (a) satisfactorily completed at least 90 percent of the required coursework for the program; and
 - (b) demonstrated sufficient mastery of the program material to receive credit for completing the program.

Timeliness of refunds

H. Refunds will be totally consummated within 60 days after the effective date of termination.

Grading and Transcript

All assignments must be completed, with a successful passing grade in order to receive a certificate of AYURVEDA COUNSELOR or AYURVEDA PRACTITIONER, the following requirement must be completed. .

Minimum 90% cumulative attendance.

C Grade or 70% marks in all quizzes, assignments, projects and client encounters

Transfer grades are not used in the computation of grade point average but are used in the determination of satisfactory progress and fulfillment of graduation requirements.

Students must meet course requirements as outlined on individual

Final Assignment: The final project includes a 1000-word report on a subject approved by faculty due on the last day of Quarter 4. The final assignment is not calculated and is given a PASS or FAIL

Grade	GPA Equivalent	Percentage
A	4.0	90%-100%
B	3.0	80 % to 89%
C	2.0	70 % to 79%
F	0.0	69% and below
P	Pass	Not Calculated
W	Withdrawal	Not Calculated
T	Transfer Credit	Not Calculated
I	Incomplete	Not Calculated
R	Repeated	
PO PI	PO-Pass(Online) PI-Pass(In person)	For Client Encounters Grade given is Pass or Fail with online/in person participation specified.

Withdrawal

A thirty-day notice is required for students wanting to unenroll, or, cancelling a class. Any tuition balance, if owed to the school must be paid and cleared off. The printed or soft copy of materials, books audio, video and DVDS may not be returned. If student owes monies, then they must be paid in full to receive a transcript. A grade of W shall be given in such a case. If a student is terminated by the school, transcript shall only be given if all assignments for the current and previous quarter are complete. Military withdrawal students will be given the grade MW or military Withdrawal. See Refund Policy.

Incomplete Assignments

Students grades, and work are reviewed every lesson. To avoid an incomplete grade, Student must have 90% cumulative attendance of the live contact classes, participated and completed all assignments and coursework for at least one full quarter and finished all Forum discussions, written assignments, workbooks, quizzes, discussion assignments that follow the quality standards, group projects, and class participations. If any of this is not complete, the student shall get an incomplete grade for that quarter. For attendance, make up classes may be scheduled for the student with another group, or privately with an instructor. See Make Up Policy below.

Assignments not received within 7 calendar days of the due date will receive an automatic mark of zero. If submitted later than 7 days, an incomplete may be awarded within each quarter. Student may try to complete the assignments in the next quarter, as part of remedial work chosen by the college.. *Students must inform the school if they are late in submitting assignments due to personal or health reasons to avoid penalties. Students who are late in submitting assignments more than 30 days, without informing the school, may be subject to suspension.*

A STUDENT WHO IS OBLIGATED FOR THE FULL TUITION MAY REQUEST A GRADE OF "INCOMPLETE" IF THE STUDENT WITHDRAWS FOR AN APPROPRIATE REASON UNRELATED TO THE STUDENT'S ACADEMIC STATUS

School's Attendance Policy

Student must have 90% minimum cumulative attendance in online lectures. We track the attendance by number of lessons, hence we use a method of cumulative system that considers both online and offline time spend on lessons. This includes Online classes, and, the time spend reading, watching archived videos & classes, going through course material online on the LMS (learning management system). The attendance is recorded automatically by the software when a student logs onto online class with their email ID in our Learning Management System), and, last but not the least, finishing assignments, and, posting discussions and Forums. If a student logs in late, uses a guest login, or calls in through a phone, their attendance is recorded by the instructor manually.

If a leave is required due to health or personal reasons, a student is required to write an email or letter in writing requesting leave. If the leave results in missing more than 1 month of classes, or 8 Lessons then make up and repeat classes or make up classes may be required. See Remedial Work and Make up policy below.

A student who has not attended any classes for more than three months, nor logged in, or informed the school in writing, nor officially put his course on hold or withdrawn from the course temporarily is considered a No Show. Such a student is automatically terminated and notified. If the student wishes to re-enroll he must go through admissions. Re enrollment is at the sole discretion of school.

REMEDIAL WORK & MAKE UP POLICY

Students who Fail, or, get an incomplete grade may be given remedial work in order to get a pass grade of C or 70%. The remedial work must be completed within two months of the beginning of new quarter, or, new semester. (whatever is applicable)

Make up Policy: No more than 10% of the total course time hours for a course may be made up. Make up classes may be scheduled by for the student with another group at the regular class schedule times, provided enrollment is not full, or, the next group classes are within a reasonable time frame. Otherwise, the make-up will be determined by watching class recordings and followed by taking a live online quiz under the presence of the instructor. Make-up work shall:

- (1) be supervised by an instructor, or TA approved for the class being made up;
- (2) require the student to demonstrate substantially the same level of knowledge or competence expected of a student who attended the scheduled class session;
- (3) be documented by the school as being completed, recording the date, time, duration of the make-up session, and the name of the supervising instructor; and
- (4) be signed and dated by the student to acknowledge the make-up session

Policy for Termination and Readmittance

Re-enrollment

Student further acknowledges and agrees that NAYA is not required to re-enroll student or allow student to take any additional courses or programs if student was terminated from the school. Student understands that NAYA will not issue a transcript if student does not complete the Program in a satisfactory manner, as determined by NAYA in its sole and complete discretion.

Termination

NAYA reserves the right to cancel any course or section in which the number of students enrolled is deemed insufficient, or for which an instructor cannot be secured. NAYA also reserves the right to limit the maximum number of students allowed to enroll in any course or section. In both cases, enrolment may be declined by NAYA, and if the student has already forwarded payment, it will be refunded in full.

Termination by Student. A full refund will be made to any student who cancels the enrollment contract within 72 hours (until midnight of the third day excluding Saturdays, Sundays and legal holidays) after the enrollment contract is signed. For all other conditions, please see the full Cancellation and Refund policy as set forth herein.

Repeat courses

A student who is enrolled and needs to repeat one course only, due to attendance purposes, or, because they are failing a class may do so for a flat fee of \$100 for administration charges.

Or, If a student require extra tutoring, or makeup classes-in different subjects these may be given at \$10 per hour for make up by an advanced student, TA or a teacher via phone, skype, online or any web meeting software.

Withdrawal students wishing to re-enroll and repeat courses, may do so within 12 months of withdrawal, or, within the end of

same academic year, whatever is nearer. They may begin their new quarter and may be required to do some repeat classes, if required. (see Repeat courses above). A re enrollment administration fees of \$100 is required to reenroll.

If more than 12 months have elapsed, the final decision to repeat courses shall be decided by the faculty and the school.

REQUIREMENTS FOR GRADUATION

To graduate and be awarded a diploma, a student must: have a passing grade ("C" or 70% minimum) in all courses by the end of last day of class for each subject and module.

Student must have 90% minimum cumulative attendance in the program.

Additionally, to receive graduate paperwork, students must:

Pay all tuition and fees.

SCHOOL POLICY REGARDING STUDENT CONDUCT

Violations of schools policies, terms and conditions, listed below will result in automatic termination from course, without warning, or advance notice, and, no transcript will be issued

- Students may not intentionally obstruct, disrupt, or interfere with the interactions that occur during courses through non-course related comments, offensive language, derogatory remarks, computer "hacking," or any other action via email, forum, or in person.
- Students may not harass, stalk, threaten, abuse, insult or humiliate any student, faculty member or staff member using the computer system or any other communication or action. Course communication systems cannot be used for purposes other than those related to a course.
- Harassment of another individual, faculty member, staff member or student in a course, on the network, or other related or connected systems is not permitted at any time. Network users shall not intentionally develop or use programs that harass any other SDCOA users of the network, infiltrate the system, or damage software or hardware components of the system.
- Messages submitted to the Forum discussions during a course become the property of SDCOA. Private posts to another student or a faculty member cannot be seen by other students, however they can be read by SDCOA staff; students should not write something that they would want to keep secret from anyone.
- Students may not post or reveal proprietary, classified, secret or otherwise restricted information. The comments of learners represent their opinions, not necessarily those of their organizations or anyone else.
- Students should avoid behavior disruptive to the learning environment. Sending provoking, distracting, or misleading messages is forbidden. Messages designed to provoke angry or irrelevant responses are not allowed. Only messages that help others, further a conversation or resolve an issue should be sent. All students should avoid messages that are:
 - Not relevant to the topic under discussion;
 - Personal, unrelated to the course, regarding oneself or others;
 - Unclear or misleading;
 - Vulgar or suggestive;
 - Rants, diatribes and temper tantrums;
 - Proprietary, classified, secret or otherwise restricted information.
- Additionally,
 - Defamatory statements or statements that infringe on the rights of others are strictly prohibited.
 - Communications arising out of SDCOA courses or on the SDCOA network are not to be used for the transmission of commercials or personal advertisements, solicitations, promotions, destructive programs, viruses, or other unauthorized uses.
 - Messages which include threats to harm oneself, others, will be treated as immediate threats and local authorities will be contacted. This includes, but is not limited to, forum postings, in telephone calls to SDCOA members, in emails and the like.
 - Students are required to observe additional rules and requirements related to the course and electronic discussions behavior posted by a faculty member for each course.

POLICIES/PROCEDURES TO RESOLVE STUDENT GRIEVANCES/COMPLAINTS

If a student has any complaint or grievance and it has not been solved internally, students can direct their grievance to Texas Workforce Commission (Address below).

Texas Workforce Commission
Career Schools and Schools, Room 226T
101 East 15th Street
Austin, Texas 78778-0001
Phone: (512) 936-6959
<http://csc.twc.state.tx.us/>

True and Correct Statement: The statements and information in this catalog are true and correct to the best of my knowledge and belief.

X



Monica Groover
Director



NARAYANA
AYURVEDA & YOGA ACADEMY