



*Learn with Intention. Serve with Dedication.*

MOE: 7624

# **New Zealand Diploma in Ayurvedic Lifestyle Consultation (Level 5) (2020 intake)**

## **Multi-Modal Flexible Delivery**

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"A private training establishment that has been granted registration by the New Zealand Qualifications Authority under Part 18 of the Education Act 1989."

*'Dear Dr Ajit, It was nice to see that your Academy is producing good Ayurvedic Practitioners'.*

*- Indian High Commissioner. Dr A M Gondane.*

## Course Overview:

The purpose of this qualification is to provide skilled Ayurvedic Consultants to the Complementary Health Sector.

Graduates are able to apply traditional ayurvedic diagnostic and therapeutic means and procedures in a clinical setting for the promotion of health maintenance and the prevention of disease.

This qualification is suited to those looking to work in self-managed clinical practice or provides existing healthcare professionals with a suite of Ayurvedic diagnostic and therapeutic skills.

## Graduate Profile:

Graduates of this qualification will be able to:

- apply authentic ayurvedic understanding to assess clients' health concerns;
- apply ayurvedic therapeutic principles and develop healthcare strategies for clients;
- provide unique ayurvedic bodywork therapies to support clients' health;
- apply administrative skills within a healthcare clinic;
- demonstrate ayurvedic principles as the foundation of professional practice and promote these to clients and the wider community.

## Education Pathway:

Graduates can further their knowledge and skills through the New Zealand Diploma in Ayurvedic Health Management (Level 6).

The New Zealand Diploma in Ayurvedic Health Management (Level 5) is a pre-requisite for entry to this programme.

## Employment Pathway:

Graduates of this qualification will have the skills and knowledge to provide ayurvedic healthcare to the community either in self-managed practice, as a member of a team within a multi-modality clinic or through community Healthcare Practices.

**Duration:** 18 months  
(Multi-Modal delivery)

**NB:** International student visas not available for this delivery option

**Entry criteria:**

Applicants must be 17 years of age at the time of application

**Administration Fee**

(non-refundable): \$500.00

**Tuition Fees:** \$14,900.00

(payment plans available on request)

**\*AIAS Dhanwantari Scholarship** Assistance package available to select applicants

**NB:** Cost of air travel, lodging and meals for on-campus workshops not included

**Enrolments Close:** 31st January 2020

**Classes start:** 3rd March 2020

*'I have enjoyed the Ayurvedic massage class. It's really beautiful and so beneficial for our health. I have felt that in class, I was in a family where all are treated as family members. It was a really wonderful environment. Thanks for your effort and support'. - Manju.*



## Course Delivery

Multi Modal, Flexible Delivery – (18 months)

The AIAS initiated multi-modal delivery (a 'flexible' and blended method of provided Ayurvedic education) of authentic Ayurveda in Aotearoa. Consequently, the AIAS has been the leader in this area of Ayurvedic learning in the region.

Multi Modal Delivery is a blended interactive delivery model that is sensitive to the needs of modern students.

The Institute recognises that many people struggle to balance their academic, personal and professional lives so delivers its academic program in the following format, which includes a minimum of 200 hours of supervised clinical training:

### 1st year

- Weekly 'live' webinar with Dr Ajit (Tues evening)
- 3 x weekend Intensives (on campus)
- 1 x seven-day 'Practicum' workshop (on campus)
- Weekly online directed self-study

### 2nd year

- Weekly 'live' webinar with Dr Ajit (Wed evening)
- 2 x weekend Intensives (on campus)
- 1 x seven-day 'Practicum' workshop (on campus)
- Weekly online directed self-study





*'Having dealt with some vaidyas/doctors and organisations in India has only made me appreciate more & more what Dr Ajit offers and has achieved'. - Adam*

## Why choose the Australasian Institute of Ayurvedic Studies?

- A.I.A.S is a Private Training Organisation, providing Government recognised qualifications in Ayurveda.
- You will study a program designed, guided and assessed by an accredited ayurvedic physician, Dr. Ajit (B.A.M.S, P.C.A.S), Australasia's most senior ayurvedic practitioner, who worked for the Government of India for 20 years and has practiced Ayurveda for 35 years.
- You will study authentic Ayurveda as a wholistic science with the requisite theoretical and practical skills.
- You will learn how to apply the principles to your own life with the opportunity to improve and transform your own personal life and then be able to share the practice with your clients.
- You will receive mentorship from Dr. Ajit (B.A.M.S, P.C.A.S) who has been a powerful force in guiding the development of Ayurveda in Australasia, and who knows clearly what must be taught to this new generation of Ayurvedic Practitioners outside of India.
- You can study with us from anywhere in New Zealand! The multi-modal, flexible course delivery allows people to study with Dr. Ajit (B.A.M.S, P.C.A.S) and qualify in Ayurveda, from across the country.
- The course offers maximum hours in both theory and practical subjects and both online and face-to-face training.

### Senior Lecturer, Professor, Vaidya S. Ajit (B.A.M.S, P.C.A.S)



*'I still cry whenever I unexpectedly see a photo of Dr Ajit...because of his dedication and passion for Ayurveda ... his love of God ... the panchakarma with him changed my life'. - Maria*

Vaidya Ajit is an 'Ayurvedacharya', a graduate of the Government Ayurvedic Medical College, University of Patiala, in North India. In India, Vaidya Ajit worked in general practice and as a 'Panchakarma' Specialist, was a lecturer at several Ayurveda Colleges and was also a permanent employee of the Government of India as an Ayurvedic Medical Officer, spanning 20 years.

Vaidya Ajit is the senior and most experienced Ayurvedic Clinician in Australasia and a leader in the field of Ayurveda outside of India, where he has campaigned tirelessly in an effort to create high standards in the learning of Ayurveda.

Vaidya Ajit is currently CEO of the International Council of Ayurvedic Medicine Inc., an organization established to standardize and streamline the educational, teaching and regulatory standards for Ayurvedic practice in the world outside of India. He is also the past and founding president of Australasian Ayurvedic Practitioners Association (New Zealand),

He has been instrumental in raising the profile of Ayurveda in Australasia, not only through his teaching and practice but through his numerous speaking engagements, media work and meetings with Government officials. His efforts have been recognised with a number of awards, including a Lifetime Achievement Award from the New Zealand Charter of Health Practitioners.

Vaidya Ajit's background and experience in both India and in Australia are unparalleled. He remains uniquely positioned to provide students in New Zealand with both authentic training and training suited to the needs of westerners.

*Thank you so much! Always come  
away buzzing with excitement from  
these weekends! - Martin*

## Course Delivery

### Webinars:

Through the Internet, online webinars create a 'virtual classroom' on your computer. Even though you are in the comfort of your own home, you can enjoy the benefits of interaction with your teacher and fellow students. You can see your lecturer, Professor, Vaidya Ajit (B.A.M.S, P.C.A.S) and listen to him demonstrate and lecture while you highlight your course module notes and participate in class discussions, just as you would in any classroom setting. This online delivery of theory lectures has greatly helped out interstate students and full time workers access traditional Ayurvedic study in a modern setting.

### Weekend Seminars (Intensives) and Practicums:

Dr Ajit will personally lead several weekend Intensives and be involved in practical training workshops at our Brisbane Campus, (121 Mains Rd, Sunnybank) to delivery and assess the practical skills requirements of the qualification. These weekends are a vital component of the course, where you will learn to **apply the knowledge delivered through your webinars**.

Because of the way the program builds on the knowledge taught over these weekends, **you must attend each of these workshops**. Missing one of these weekends will mean you will not be able to complete the qualification in your current enrolment. In such cases, you would need to withdraw from your course of study and seek re-enrolment in a future program. For this reason, the Institute recommends students plan carefully before committing to study to ensure they can complete their qualification in the required time-frame.



### Who might be interested to study Ayurveda?

People from all backgrounds, ages and cultures are drawn to Ayurveda:

- Medical practitioners
- Dieticians, Naturopaths, Herbalists,
- Massage Practitioners, Chiropractors, Physiotherapists,
- Yoga teachers
- People looking for a career change and a meaningful vocation
- School leavers interested in alternative medicine and the wholistic nature of Ayurveda and wishing to take advantage of this growth sector in natural medicine.
- Anyone interested in Ayurveda, health and alternative medicine

*'(Dr Ajit) thank you so much for teaching and inspiring me to live healthy. Your honesty is overwhelming. I never met a person like you in my life and I am honoured to know you. The course was wonderful and really enjoyable.'*

*- Malini*

## **Course Detail: Breakdown by Unit:**

### **Unit 1: Demonstrate ayurvedic principles as the foundation of professional practice and promote these to clients and the wider community.**

Introduction: This module provides knowledge of Ayurveda's origin and its philosophies. It introduces body, mind and soul consideration in achieving perfect balance and an understanding of the ancient principles that awaken cellular intelligence

Ayurvedic Anatomy & Physiology 1: This introduces the student to Ayurvedic Anatomy and Physiology and will provide students with knowledge of how Tridosha works in our body and the assessment of Prakriti (body type).

Ayurvedic Anatomy & Physiology 2: This module provides students with more detail and a greater understanding of the body's structure and the nature of Prakriti (balance) and Vrikriti (imbalance).

Ayurvedic Anatomy & Physiology 3: This module provides student with a knowledge of Ayurvedic physiology and personal hygiene, the Srotas (13 channels) and their role in health and disease.

### **Unit 2: Apply ayurvedic health and nutritional principles to assess a range of clients' health concerns.**

Ayurvedic Nutrition: This module introduces the student to Ayurvedic nutrition principles including the classification of foods according to the five elements and six tastes, specific foods and their effects on the Tridosha.

Ayurvedic Herbology; This module introduces Ayurvedic Herbology and will provide a basic knowledge of the healing properties of fifteen (15) kitchen herbs and the skills necessary to prepare basic healing formulations from them.

Ayurvedic Materia Medica: This module will provide a basic knowledge of healing properties of over 30 Ayurvedic herbs and some of the traditional ayurvedic preparations that use them in their formulation.

Ayurvedic Practical Cooking: This module provides students with the knowledge and practical skills to prepare over twenty-five (25) vegetarian meals, using kitchen herbs and traditional forms of preparation.

*'Dr Ajit, I just wanted to say, I really enjoyed this first substantial lecture on Ayurveda. You explain things really well. I appreciate the way you address potential doubt/skepticism. Your explanations appeal to the scientific mind as well as the philosophical mind. The examples that you give also make it even clearer. Thank you so much'. - Sandra*

### **Unit 3: Apply ayurvedic therapeutic principles to create healthcare strategies for clients**

**Women & Childcare:** This provides skills in applying Ayurvedic principles for women over the course of their lives, conscious conception, post-partum health, improved parenting and rituals for new born babies.

**Ayurvedic Psychology & Counselling:** This module provides knowledge of Ayurvedic psychology and spirituality and the non-physical aspects of the body that play a role in mental disorders and the development of consciousness. This module also provides a basis for Ayurvedic counselling techniques

**Pulse Diagnosis:** This module includes the principles and qualities of pulse examination determining Prakriti and Vikriti in pulse and the seven levels of pulse.

**Clinical Diagnosis:** This module provides knowledge of Ayurvedic clinical assessment, diagnostic techniques and the skills required for client assessment.

**Pathology:** This module provides the understanding of common disorders according to Ayurvedic Principles. This module provides knowledge to identify the correct herbs for each ailment and to structure the formulations for each ailment.

### **Unit 4: Provide ayurvedic bodywork therapies to support client's health**

**Ayurvedic Massage:** This module introduces the student to Ayurvedic Massage, including the theory, principles and sequences to identify Marma points and determine the appropriate strokes.

**Ayurvedic Musculoskeletal treatments:** This module includes a proven Ayurvedic programme for acute and chronic musculoskeletal problems such as lower and upper back pains, arthritis, Ankylospondylitis Sciatica, slipped disk and other injuries.

**Shirodhara:** The module will provide students with the necessary knowledge and skills to apply this ancient treatment for mental stress, to balance the chakras and treat depression and emotional disorders with extensive practical training.



*I studied Ayurveda with you guys in 2013. I'm currently living and working in Peru, spreading the ancient wisdom of Ayurveda with my clients. My main reason of writing this email is because one of my dear clients would love to study Ayurveda with Dr. Ajit, and I know you can maybe guide her and give her more info about the courses'.*

*Dr Marjorie Garces (Bachelor of Medicine and Surgery)*



### Apply administrative skills within a healthcare clinic

#### Manage a practice

This module will equip students operate and manage a clinical practice by following and incorporating clinical practice procedures and maintaining professional relationships with other health practitioners and associations.

#### Comply with WHS regulations

This module will show students how to comply with relevant WHS legislation and codes of practice in a clinical setting.

#### Manage control of infection

This module describes the skills and knowledge required for workers to comply with infection control policies and procedures.

#### Apply First Aid

This module describes the skills and knowledge required to provide first aid response, life support until the arrival of medical or other assistance

## FINANCIAL CONSIDERATIONS

Unfortunately, there is no Student Loan available to assist eligible students to pay their tuition fees so students need to consider their ability to meet the costs of the course.

To assist students, the Institute offers several instalment plans so the cost of the course can also be spread out over the duration of studies.

The Institute also provides a scholarship for serious students to assist in the payment of their tuition fees.

### Dhanwantari Scholarship

#### The A.I.A.S Dhanwantari Ayurveda Scholarship



To be eligible, applicants must demonstrate a desire to practice Ayurveda, exhibit a personal commitment to the principles and practices of ayurvedic medicine and a show a personal commitment to industrious study.

Scholarships kits will only be forwarded to prospective students who have spoken with the course co-ordinator and demonstrate a passion for Ayurveda and a sincere intention to commit to the whole training programme



*My lecturer (a medical doctor) has studied Ayurveda in India. He told me that this (AIAS Course) is the premier course outside of India'. - Anna*

## Status of Ayurveda in New Zealand

Ayurveda, with its holistic focus on health, is the world's fastest growing complimentary health science. It is now practiced outside of its home in India, in countries as far afield as Holland, Russia, USA, Japan and Australia. The study of Ayurveda holds great appeal for those interested in health studies because it expands the range of health assessment instruments and fills the gaps in therapeutic treatments available in our current health care system.

The Australasian Institute of Ayurvedic Studies is synonymous with quality and authentic education in Ayurveda and is praised by both students and graduates as providing exceptional training in this ancient science. These accolades have come from 20 years of hard work in promoting Ayurveda in Australia and New Zealand. In 1997, not long after Dr. Ajit left India with a desire to bring Ayurveda to the West, he formed the Australasian Institute of Ayurvedic Studies (AIAS) as a way of delivering authentic ayurvedic training in Australasia. In 1999, under his guidance, the Institute responded to the increased demand for quality training programs by becoming a Private Training Establishment (PTE), delivering two nationally recognised qualifications:

- New Zealand Diploma in Ayurvedic Health Management (Level 5); and
- New Zealand Diploma in Ayurvedic Health Management (Level 6)

The Institute has also taught similar nationally recognised qualifications in Australia for the last 20 years, producing more than 200 graduates who are now working as practitioners in the complementary health field.

The Institute offers the most comprehensive curriculum in the study of Ayurvedic Medicine outside India. The programmes are designed for students wishing to integrate training in Ayurveda into their personal and professional lives. As well as providing students with an understanding of the fundamental principles and practices of Ayurveda, students receive the clinical training necessary to become successful practitioners.

AIAS Graduates will emerge as valuable members of the community, benefitting especially those suffering ill health. Through the unique vision of Ayurveda and its therapeutic strategies, diet, herbal medicines and lifestyle education, people will discover better health and more productive and purposeful lives.



At the A.I.A.S you will receive a thorough education in Ayurveda. Dr Ajit B.A.M.S has been sought after as a speaker on Ayurveda at many National and International Ayurveda Conferences and is a highly respected teacher and clinical practitioner of Ayurveda. You may find quicker, cheaper and easier courses in Ayurveda. But if you're serious, you will want the best course and the best teacher and you will want to have been tested so that you depart from studies feeling that you are deserving and capable of working authentically with Ayurveda.



## A.I.A.S Over The Years



Paul, James, Richard, Khym, Dr A, Valerie, Radhika, Barb - late 1990's AIAS Ayurveda



a young Wayne C, Dr Tony, Jacinta, Wayne P, Colleen, Karen, a young Michael - early 2000's AIAS Ayurveda



AIAS 2014 Intake: another impressive group.



A.I.A.S Ayurveda Graduates 2014 Intake.



Dr Suhas, Dr Ajit, Dr's Ranade - Kolkatta Ayurveda Congress 2016



India High Commissioner, The Honourable Dr Gondane addresses AIAS students



The 2005 AIAS Ayurveda Intake - Lisa, Michael, Kylie, Christine, Jacinta, Leanne, Bec, Maureen



The 2011 AIAS Ayurveda Intake



AIAS 2016 Intake: Sandy, Carol-Anne, Alicia, Helen, Simone and class



AIAS 2017 Intake: Tori, Damien, Dr Haran, Lexi, Nadeeka, Amanda, Kat, Jo, Malini, Kerrie and group.



Dr Ajit teaching the 2018 Intake the marma point locations.



AIAS 2019 Ayurveda Diploma HLT52615 Intake



# Ayurveda Resources



## Planet Ayurveda Wellness Centre

A choice destination for authentic Ayurvedic treatment and rejuvenation. Founded by Dr S. Ajit B.A.M.S, close by in Auckland, New Zealand. This is Australasia's premier Ayurveda Wellness Centre for: Authentic Panchakarma and Ayurvedic Rasayana treatments. Face to face and online consultations available.

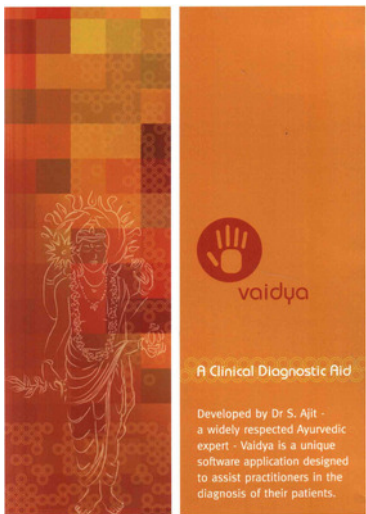
[www.planetayurveda.co.nz](http://www.planetayurveda.co.nz)



## Ayurda Beauty Products

Incorporating the wisdom of the Ayurveda, Ayurda is the first skin care brand to link beauty to wellbeing. Each blend is hand-crafted to maintain integrity and freshness and contain no artificial colours, phthalates, or parabens.

[www.syurda.co.nz](http://www.syurda.co.nz)



## Vaidya

Vaidya is the first software tool created specifically for Ayurvedic practitioners. It provides a comprehensive diagnostic tool, complete with treatment protocol & patient management.

Vaidya will revolutionise your practice and provide the most professional edge. Interactive diagrams and a logical step by step approach help patients understand the ayurvedic principles behind their illness and treatment.

[www.suryaayurveda.com.au/vaidya](http://www.suryaayurveda.com.au/vaidya)

## CHIT YOG SADHANA



## Chit Yog Sadhana:

The Chit Yog Sadhana is an 'App' based on ancient wisdom and time-tested methods that helps you understand what a wholistic approach to health is and how to apply it. We will remain dis-connected from our 'Chit' (higher consciousness) and keep suffering at every level until this path is applied.

[www.chityogsadhana.com](http://www.chityogsadhana.com)

## Interested in this Course?

### What to do next ....

Do your due diligence. Then act promptly!

The Institute has a limited number of spaces in each year's intake so is seeking only the most committed students.

Telephone the Course Co-ordinator on (09) 3030555 to discuss what is involved in the study to enquire about scholarship options.

Enrolments for the 2020 intake open in October 2019.

Prior to this an online Open Day will be held to showcase the course and introduce our senior lecturer, Dr. S. Ajit (BAMS, PCAS).

Visit our website [www.aiasinstitute.co.nz](http://www.aiasinstitute.co.nz) to find out more about the course or keep in touch through our Facebook Page: [www.facebook.com/AIASNZ](https://www.facebook.com/AIASNZ)

*'I look forward to seeing you there'*

*Dr S. Ajit*

