

New Zealand Diploma in Ayurvedic Health Management (Level 5)



Course Overview

The purpose of this qualification is to provide ayurvedic consultants to the complementary health sector who are able to apply ayurvedic diagnostic and therapeutic principles in a clinical setting for the promotion of health maintenance and disease prevention and to promote these principles in the wider community. 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 ayurvedic health and nutritional principles to assess a range of clients' health concerns;
- apply ayurvedic therapeutic principles to create healthcare strategies for clients;
- provide 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).

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 programmes.

Duration: 18 months (flexible delivery)

NB: International student visas not available for this delivery option

Entry criteria:

New Zealand students must:

- be 17 years of age or over;
- have achieved 48 NCEA credits at Level 2 or better, across at least four subjects of their choice;
- demonstrate a commitment to studying Ayurveda as evidenced by the writing of a personal statement and by a confidential referee's statements.

Tuition Fees: Domestic: \$7,800.00

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

Enrolments Close: 31st January 2018

Course Delivery: Flexible Delivery (18 months)

Flexible Delivery in an 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 programme in the following format, which includes a minimum of 200 hours of supervised clinical training:

1 st year	2 nd year
<ul style="list-style-type: none">• Weekly 'live' webinar• X3 weekend seminars (on campus)• X1 seven-day practical training workshop (on campus)• Weekly online self-study	<ul style="list-style-type: none">• Weekly 'live' webinar• X2 weekend seminars (on campus)• X1 seven-day practical training workshop (on campus)• Weekly online self-study

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 Dr. Ajit and listen to him demonstrate and lecture while you underline your class notes and participate in class discussion, just as you would in any classroom setting.

Weekend Seminars

Your lecturer, Dr. Ajit will personally lead several weekend seminars and practical training workshops at our Auckland Campus, (41 Gillies Ave, Newmarket) to delivery and assess the practical components 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 programme 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 later programme. For this reason, the Institute recommends students plan carefully before committing to study to ensure they can complete their qualification in the required timeframe.



Programme Delivery: Breakdown by unit		
Modules	Credit	Brief Description
Introduction	4	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	4	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	4	This module provides students with more detail and a greater understanding of the body's structure and the nature of Prakriti (balance) and Vikriti (imbalance).
Ayurvedic Anatomy & Physiology 3	4	This module provides student with a knowledge of Ayurvedic physiology and personal hygiene, the Srotas (13 channels) and their role in health and disease.
Ayurvedic Nutrition	10	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	8	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	7	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	5	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.
Women & Childcare	5	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	5	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	6	This module includes the principles and qualities of pulse examination determining Prakriti and Vikriti in pulse and the seven levels of pulse.
Clinical Diagnosis	6	This module provides knowledge of Ayurvedic clinical assessment, diagnostic techniques and the skills required for client assessment.
Pathology	8	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.
Ayurvedic Massage	10	This module introduces the student to Ayurvedic Massage, including the theory, principles and sequences to identify Marma points and determine the appropriate strokes.
Ayurvedic Musculo-skeletal treatments	10	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	10	The module will provide students with the necessary knowledge and skills to apply this ancient treatment for mental stress, to balance the charkas and treat depression and emotional disorders with extensive practical training.
Manage a practice	3	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	3	This module will show students how to comply with relevant WHS legislation and codes of practice in a clinical setting.
Manage control of infection	3	This module describes the skills and knowledge required for workers to comply with infection control policies and procedures.
Apply First Aid	1	This unit of competency describes the skills and knowledge required to provide first aid response, life support until the arrival of medical or other assistance

Why choose the Australasian Institute of Ayurvedic Studies?

- You will study a program designed and delivered by an accredited ayurvedic physician, (Dr S. Ajit), who has worked for the Government of India for 20 years and practiced clinical Ayurveda for 35 years:
- You will study authentic Ayurveda as a holistic science with the requisite theoretical and practical skills:
- You will learn how to apply these principles to transform your personal life and those of your clients:
- You will receive mentorship from Dr Ajit (BAMS, PCAS) who has been a powerful force in guiding the development of Ayurveda in Australasia and who knows what has to be taught to a new generation of ayurvedic practitioners outside of India:
- The flexible course delivery allows you to study and qualify in Ayurveda from anywhere in New Zealand.

For more information contact: enquiries@aiasinstitute.co.nz

