



AYURVEDA
AWARENESS CENTRE

Preventative Family Health Centre
Stress Management, Women Health & Beauty
Supplier of Ayurvedic Herbs & Oils
Nationally Recognised Training in Clinical Ayurveda

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12th September 2008

Dear Friends and lovers of Ayurveda,

**RE: FOUNDATION TRAINING IN CLINICAL AYURVEDA (FTCA) - NEW INTAKE JUNE 2009
Advanced Diploma of Ayurveda
Certificate in Ayurveda Life Style Consultation**

Thank you for your inquiry regarding the Ayurveda courses offered by the Ayurveda Awareness Centre (AAC). The AAC is a registered training organisation (RTO # 51178) and offers nationally recognised courses in line with the Health Training Package HLT07 Certificate IV in Ayurvedic Life Style Consultation (Course Code HLT41207) and Advanced Diploma of Ayurveda (Course Code HLT 60707). Australian Natural Therapist Association (ANTA) has approved AAC's Advanced Diploma of Ayurveda full membership.

The AAC offers studies both for personal interest and to gain formal qualifications in Ayurveda. FTCA 2009 is an integral part of clinical practicum offered by AAC for nationally recognised Certificate IV in Ayurveda Life Style Consultation and Advanced Diploma of Ayurveda and is mentored by Dr Rajen Cooppan M.B.Ch.B., M.D., Dip. Ayu.

The completion of the Certificate IV takes one and half year; the completion of the Advanced Diploma takes three years. Although both options are considered full-time courses in terms of the hours required to complete it, they are arranged in a way that classroom-based studies fall mainly on weekends and evenings. All classroom-based studies take place at the AAC.

The next intake of students for FTCA will start their studies in March 2009. You can register your interest today by filling in an enrolment form. You will be invited for a screening interview from October 2008 to February 2009. Please find below a summary of the most important facts. Further information can also be found on our website www.ayurveda-awareness.com.au

FOUNDATION TRAINING IN CLINICAL AYURVEDA (FTCA) June 2009 to May 2010

Prerequisite: Basic Anatomy & Physiology to be completed prior to or in parallel with FTCA.

Session 1	26, 27, 28 June 2009
Session 2	8, 9, 10 August 2009
Session 3	24, 25, 26 October 2009
Session 4	5, 6, 7 December 2009
Session 5	13, 14, 15 February 2010
Session 6	27, 28, 29 March 2010

In addition to six 3-day intensive teaching sessions, the course also includes 10 monthly, supervised study meetings. Further, the class is split into groups of 4-5 students living in close geographical proximity. These groups are expected to meet for study fortnightly as agreed by group members. Both practical and theoretical assignments are to be completed on an ongoing basis. Students are also individually coached to address their personal health issues from an Ayurvedic perspective, before being asked to consult 30 practice clients over the duration of the course.

Topics covered: The course comprises of lectures, tutorial case studies, and clinical assessment of the patients, multiple-choice / long questions and a range of oral questions during the sessions. The topics covered are

1. Introduction to Ayurveda
2. Ayurveda Key to Health or Disease - Digestion Process
3. AHARA - Life Supporting Diet (Including practicing AHARA principles)
4. VIHARA - Life Supporting Activity (including practicing VIHARA principles)
5. Disease Process - Causes and Stages & Ayurvedic Physiology
6. Pulse Diagnosis
7. Dravya Guna - Herbal Pharmacology
8. Kaya Chikitsa - Treatments
9. Panchakarma - Physiological Detoxification Procedures
10. Introduction to Ayurveda Classical Texts

Assessment

FTCA is assessed continuously through a variety of assessment methods:

- a) Group Work: Group work by set assignments on the material covered in the lectures. This facet of the training serves to test the understanding of the principles in an application based manner. The group discussion enables students to verbalize and internalize the concepts as well as clarify concepts.
- c) Experiential Learning: Application of the principles in the student's own life with emphasis on observation
- c) Consultations i.e. Application of diagnostics principles: Each student undertakes 30 initial consults and recommend 1 follow up consults for each patient/client and submit ten case studies.
- d) Question and answer sessions during and after each lecture session to clarify points
- e) Case studies in the class to illustrate various points covered in the lectures
- f) Student presentations of the cases - critical evaluation by facilitator/ mentor, illustration of key aspects of diagnostics and therapeutics arising from the case history, interaction with the class to fine tune and clarify concepts. During the case studies the presenter will demonstrate his/her understanding and Ayurvedic concepts and its application in clinical environment.
- g) Practice application of the principles in a clinic situation with facilitator/ mentor present.
- h) Reflective Journal: To facilitate the learning process through personal experience, the course requires the keeping of a reflective journal throughout the year. The journal provides the Assessor with an opportunity to assess the progress of the student. It is a powerful learning tool for the student to keep track of their personal development.
- i) Periodic written multiple choice/ long answers questionnaire and exit written examination.

The FTCA is the first component of both nationally recognized qualifications on offer and is also the most suitable component to study for personal interest. The main three-day intensive sessions are taught by AAC teachers and time to time there are skype video conferencing sessions with AAC mentor Dr Rajen Cooppan from South Africa to deepen the understanding of concepts studied. Three day intensive sessions run from Saturday to Monday, 9am – 5pm.

Study sessions include monthly study meetings held at the AAC, usually between 6-9pm on dates agreed with each group. All students are personally coached by AAC staff, who are in close contact with Dr. Cooppan to up-date him on the progress made by each student. The remainder of the studies can be completed flexibly in your own time, but requires considerable commitment and self-discipline.

A large proportion of the studies are experiential, i.e. experimenting with and adopting appropriate diet and lifestyle routines in your own life and talk to 30 patients from your community (friends and family) to develop your skills as an "Ayurvedic Lifestyle Consultant in Training".

1. QUALIFICATIONS ON OFFER AFTER FOUNDATION TRAINING IN CLINICAL AYURVEDA (FTCA)

1.1 CERTIFICATE IV IN AYURVEDA LIFE STYLE CONSULTATION Health Training Package Course Code HLT41207

This qualification covers the skills needed to be an Ayurvedic Lifestyle Consultant. An Ayurvedic Lifestyle Consultant provides advice and assistance on living according to Ayurvedic principles. This qualification does not cover Ayurvedic remedial or therapeutic care. All except HLTAYV406B specialization units are covered in FTCA.

PACKAGING RULES AS PER HEALTH TRAINING PACKAGE			
14 units must be selected for this qualification including:			
· All common units ·		All specialisation units	
Common Units		Specialisation Units	
BSBCMN204A	Work effectively with others	HLTAYV412B	Provide ayurvedic lifestyle consultation
HLTCOM404B	Communicate effectively with clients	HLTAYV414B	Work within an ayurvedic framework for lifestyle consultation
HLTCOM405B	Administer a practice	HLTAYV404B	Provide ayurvedic advice on nutrition
HLTCOM406B	Make referrals to other health care professionals when appropriate	HLTAYV406B	Provide ayurvedic relaxation massage treatment
HLTCOM408B	Use specific health terminology to communicate effectively		
HLTFA301B	Apply first aid		
HLTHIR301A	Communicate and work effectively in health		
HLTOHS300A	Contribute to OHS processes		
HLTIN301A	Comply with infection control policies and procedures in health work		
HLTAP401A	Confirm physical health status		



Corresponding AAC Course Structure for Certificate IV in Ayurveda Life Style Consultation

To obtain this qualification with the AAC, the following five components are required to be completed successfully:

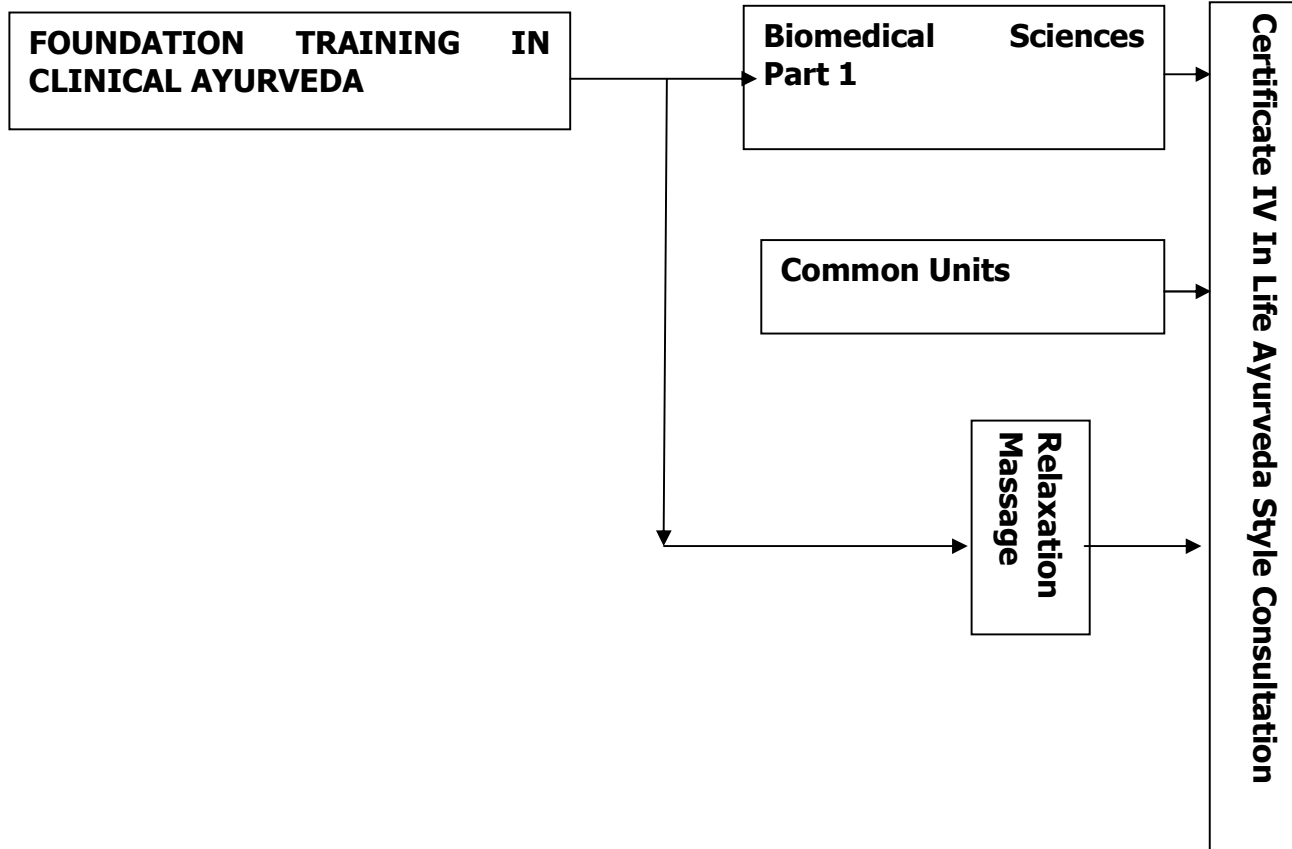
Year 1

Year 2

Year 3

Commencing in June

Mar Apr May June July Aug Sep Oct Nov Dec Jan Mar Apr May Jun July Aug Sep Oct Nov Dec Jan Feb Mar Apr May J






1.2 **ADVANCED DIPLOMA OF AYURVEDA**
Health Training Package Course Code **HLT60707**

This qualification covers the skills needed to work as a practitioner in Ayurvedic therapeutic and remedial treatments including Ayurvedic herbal medicine, Ayurvedic massage and Ayurvedic nutrition advice. Specialization units are covered in FTCA, CWA and PK trainings.

PACKAGING RULES AS PER HEALTH TRAINING PACKAGE
There are a total of 25 units of competency for this qualification.

All 13 core units must be completed from the specialised Ayurveda units listed below:
All 12 common units must be completed from the Health Training Package and Business Services Training Packages as listed below:

Common Units		Specialisation Units	
BSBFLM303B	Contribute to effective workplace relationships	HLTAYV610B	Perform ayurvedic remedial massage health assessment
HLTCOM502B	Develop professional expertise	HLTAYV611B	Provide ayurvedic remedial massage treatment
HLTCOM503B	Manage a practice	HLTAYV412B	Provide ayurvedic lifestyle consultation
HLTCOM404B	Communicate effectively with clients	HLTAYV613B	Provide ayurvedic treatment
HLTCOM406B	Make referrals to other health care professionals when appropriate	HLTAYV615B	Apply ayurvedic diagnostic framework
HLTFA301B	Apply first aid	HLTAYV601B	Plan ayurvedic herbal medicine treatment strategy - Dravyaguna
HLTHIR501A	Maintain an effective health work environment	HLTAYV602B	Plan ayurvedic treatment strategy
HLTIN504B	Manage the control of infection	HLTAYV603B	Prepare and dispense ayurvedic herbal medicine — Dravyaguna
HLTOHS300A	Contribute to OHS processes	HLTAYV404B	Provide ayurvedic advice on nutrition
HLTAP401A	Confirm physical health status	HLTAYV605B	Provide ayurvedic herbal medicine treatment
HLTAP501A	Analyse health information	HLTAYV607B	Plan ayurvedic remedial massage treatment strategy
CHCORG28A	Reflect and improve upon professional practice	HLTAYV608B	Manage work within the ayurvedic framework
		HLTAYV609B	Perform ayurvedic health assessment

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COMMON UNITS

BSBFLM303B Contribute to effective workplace relationships

Prerequisite: Nil

The unit is taught as a part of FTCA and CWA. And supplemented by specific assessments

This unit covers the skills and knowledge required to develop, establish and maintain effective workplace relationships and networks. It covers the activities of communication and representation.

Assessment includes written questionnaire, case study and when student is working on the paying patients..

HLTCOM502B Develop professional expertise

Prerequisite: Nil.

The unit is taught as a part of FTCA and CWA. And supplemented by specific assessments

This unit describes the skills required to initiate and maintain continual development of professional skills and knowledge in complementary healthcare and contribute to the knowledge base of the specific healthcare practice.

Assessment includes written questionnaire, case study and when student is working on the paying patients..

HLTCOM503B Manage a Practice

Prerequisite: Advanced stage of completing FTCA or Diploma of Remedial Massage or relevant clinical experience

This area provides students with sound knowledge of the requirements of establishing a business in the natural health industry. Awareness is raised of accounting, marketing and professional and industry issues - including insurance and professional affiliation/membership to associations.

Assessment includes formative in-class assessment and an assignment in form of a business plan. This unit requires a fair amount of caching from which is provided to allow students in developing their business plan.

HLTCOM404B Communicate effectively with clients

Prerequisite: Nil

The unit is taught as a part of FTCA and CWA and supplemented as one day interactive seminar and assessments

This unit covers the skills required by practitioners to establish and maintain effective communication with the client/patient throughout all interactions and provide basic counseling as required and as appropriate to facilitate the treatment.

Assessment includes written questionnaire, case study and when student is working on the paying FTCA patients.


HLTCOM406B Make Referrals to other Health Care Practitioners

Prerequisite: Foundation Training in Clinical Ayurveda or relevant clinical experience.

The unit is taught as a part of FTCA and CWA and supplemented as one day interactive seminar and assessments

The topics covered here include the concept of acute versus chronic syndromes with reference to organ systems eg strokes (brain), eg myocardial infarction and angina(heart), retinal hemorrhage (eye) etc. Awareness of the potential to commit suicide in major depression. The role of the allopathic General Practitioner as a partner of the Ayurvedic Practitioner. An understanding of the limitations of Ayurveda in treatment of certain conditions eg malignant melanoma. Referral to other para-medical practitioners eg chiropractors. Legal implications of mis-diagnosis.

Assessment includes in class assessment and an assignment.

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HLTHIR501A Maintain an effective health work environment

Prerequisite: Nil.

The unit is taught as a part of FTCA and CWA and supplemented as one day interactive seminar and assessments

This unit is concerned with the skill and knowledge required to work effectively in the healthcare industry, and the ability to understand relevant patient/client care issues of a legal nature, the relationships between the organisation and other health industry organisations and participants, and contribution to improving the performance of the organisation.

Assessment of candidate performance is done during the student clinic when student is undertaking variety of hands on Ayurvedic Treatments on the paying patients.

HLTOHS300A Contribute to OHS processes

Prerequisite: Nil.

This unit is taught as a one-day interactive seminar.

This unit is concerned with OHS responsibilities of employees with supervisory responsibilities to implement and monitor the organisation's OHS policies, procedures and programs in the relevant work area. Legislative and codes of practice requirements are addressed including duties and responsibilities for all parties under the general duty of care.

Assessment of candidate performance is done during the student clinic when student is undertaking variety of hands on Ayurvedic Treatments on the paying patients.

CHCORG28A Reflect and improve upon professional practice

Prerequisite: Nil.

The unit is taught as a part of FTCA and CWA and supplemented as one day interactive seminar and assessments

This unit describes the knowledge and skills required evaluate own work, continuing self development and effective supervision within an ethical code of practice.

Assessment of candidate performance is done during the student clinic when student is undertaking variety of hands on Ayurvedic Treatments on the paying patients.

This unit is equivalent to SRC CRO 007A Operate in accordance with accepted instructional practices, styles and legal and ethical responsibilities.



BIOMEDICAL SCIENCES Part 1

HLTAP401A - Confirm physical health status (Basic Anatomy and Physiology)

Prerequisite: Nil - This is an external unit

This module is a prerequisite for completion of Certificate IV in Ayurveda Life Style Consultation and Certificate IV in Massage.

This unit of competency describes a detailed level of knowledge of anatomy and physiology required to confirm physical health status

Essential knowledge:


- Common and medical anatomical terminology
- Concepts underpinning human anatomy and physiology, including:
 - levels of structural organisation of body systems
 - human life processes
 - homeostasis and the relationship between homeostatic imbalance and disease
- Structure, physiology of normal functioning of body systems, including:
 - cells, tissues and organs
 - cardiovascular system
 - respiratory system
 - musculo-skeletal system
 - endocrine system
 - digestive system
 - urinary system
 - reproductive system
 - integumentary system
 - lymphatic system
 - nervous system, including sensory systems - eye and ear
 - the special senses - smell, taste, vision, equilibrium and hearing
 - immune system
 - Processes of metabolism, nutrition, body temperature regulation, biological maturation, inheritance and aging
 - Causes of disease:
 - pathogens
 - inherited genetic conditions
 - trauma, toxins and other environmental hazards
 - nutritional factors
 - degenerative changes in vital organ systems
 - the loss of normal control mechanisms such as the uncontrolled growth of cancer cells
 - Defence systems and immunity responses in relation to the whole body and the individual body systems.
 - Common disorders, problems and complaints associated with each body system and its components, especially where relevant to specific health care services to be provided.
 - Potential impacts of a range of factors, both internal (such as physical, mental, emotional factors) and external (e.g. in relation to specific health interventions) in relation to identified body systems and their components.

Essential skills:

Ability to:

- Accurately use and articulate medical and/or paramedical terminology related to human anatomy and physiology and associated health issues in the context of providing specific health care services.
- Explain in clear language relevant aspects of the structure and functioning of the body systems with particular reference to specific health care services to be provided.
- Describe the major components of each body system and their location in relation to other structures.
- Explain the principles of functional anatomy in relation to each body system using concepts and principles specific to the nature of particular health care to be provided.
- Explain the key factors necessary to healthy functioning of each body system and interrelationships between body systems needed to maintain overall health.
- Explain common problems associated with each body system and its components using terms relevant to specific health care to be provided.
- Recognise variations from normal functioning and determine an appropriate response in terms of:
 - referral to an appropriate medical, nursing or allied health professional - provision of appropriate health care services.
 - Refer to or seek assistance from an appropriate medical or paramedical authority in relation to variations from normal functioning.
- Articulate scope of practice and boundaries for each individual team member

Assessment includes written assessments and an assignment.

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Prescribed text book: The Human Body by Dr Tony Smith

Herbal Pharmacology

Prerequisite: Nil

Taught as part of the FTCA and CWA

A practical module that teaches the general principles and techniques involved in preparing different applications of Ayurvedic herbal medicines including herbal oils and paste for external application and herbal mixtures and decoction for internal use. The unit covers relevant legal and industry guidelines, selection of raw materials and making of herbal oils, decoctions and formulae.

Assessment includes written formative assessment and practical examination.

Symptomatology and Diagnosis

Prerequisite: Nil

Taught as a part of FTCA and CWA

The module covers the identification of symptoms of disease in detail, in particular following the Ayurvedic system of the six stages of disease. Diagnosis is taught according to the Ayurvedic systems of eightfold examination, including pulse diagnosis.

Assessment includes written formative assessment and practical examination.

HLTFA301B Apply Basic First Aid

Prerequisite: Nil.

This is an external unit taught and assessed by the Australian Red Cross or St. John Ambulance.

This unit of competency deals with the provision of essential First Aid in recognising and responding to an emergency using basic life support measures. The First Aider is not expected to deal with complex casualties or incidents, but to provide an initial response where First Aid is required. In this unit it is assumed the First Aider is working under supervision and/or according to established workplace First Aid procedures and policies.

HLTIN504B Manage the Control of Infection

Prerequisite: Nil

The unit is taught as one day interactive seminar and assessments

This unit describes the skills required to ensure all who operate within the clinic adhere to established infection control guidelines and duty of care. This unit is taught as a one-day interactive seminar. This unit describes the skills required to ensure all who operate within the clinic adhere to established infection control guidelines and duty of care.

Assessment of candidate performance is done during the student clinic when student is undertaking variety of Ayurvedic hands on treatments on paying patients.



BIOMEDICAL SCIENCES Part 2

HLTAP501A - Analyse health information (Advanced Anatomy and Physiology)

Prerequisite: HLTAP401A - Confirm physical health status (Basic Anatomy and Physiology)

This is an external unit and is a prerequisite for successful completion of Advanced Diploma of Ayurveda and Diploma of Remedial Massage.

This unit of competency describes the application of in-depth level of knowledge of anatomy and physiology required to analyse available health information in relation to specific services to be provided. This unit should be assessed after achievement of the following related competency unit:

- HLTAP401A Confirm physical health status

Essential Knowledge

- In-depth understanding of the structure, physiology and normal functioning of all body systems.
- Understanding of the structure and function of cells, including:
 - cell/tissue requirements for survival
 - basic understanding of cellular respiration
- Transport systems:
 - active (primary) and passive (diffusion – simple, facilitated)
 - osmosis
 - forces (hydrostatic and osmotic)
- Recognition of the signs and symptoms of common clinical conditions and the (provisional) diagnosis of same
- An understanding of pharmacological processes and drug actions, indications and contraindications (appropriate to this level)
- An understanding of the impact of:
 - trauma (penetrating, blunt)
 - common environmental emergencies (diving, altitude, temperature etc)
 - overdose and poisoning
 - surgical insult
- Basic chemistry (molecules and compounds; chemical reaction, energy; acids and bases) and as related to metabolism, respiration, pH.
- Pathophysiology of diseases associated with each body system and the impact of disease on each body system and their related structures, especially in relation to potential impact of specific health procedures provided.
- Effects of biological maturation and aging processes on body systems and their components and in relation to specific health procedures provided.
- Defence system and immunity processes in relation to the whole body and the individual body systems and in relation to specific health procedures provided.


Essential skills:

Ability to:

- Describe in detail and articulate using appropriate and accurate terminology, the major components of each body system, their location, inter-relationships and associated patho-physiology, especially in relation to specific health care services.
- Explain processes and structures of human anatomy and physiology in relation to potential health issues associated with provision of specific health care services.
- Explain the structure and functioning of the body systems, relationships between these systems and the potential impact of specific health care services to be provided.
- Identify variations from normal functioning and potential interactions between body systems and other internal and external factors.
- Plan and deliver health care services appropriate to client's health status in line with principles and concepts underpinning specific approaches, philosophies and regimes of health care.
- Refer to an appropriate practitioner for advice, guidance or confirmation in relation to health issues outside normal practice or own experience.

The anatomy and physiology subjects studied by the student are designed to take students who have no prior knowledge of the human body through to demonstrating a competent level of understanding. Study encompasses all of the body systems, including structure and function, anatomical descriptions, medical terminology, structural units of the body:

- Cardiovascular system
- Respiratory system
- Musculo-skeletal system
- Endocrine system
- Nervous system
- Digestive system
- Urinary system

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- Reproductive system
- Integumentary system
- Lymphatic system
- The special senses – smell, taste, vision, equilibrium and hearing
- Immune system

Assessment includes four written assessments and one final written examination.

Prescribed textbook: Nelson, D.L. and Cox, M.M., Lehninger: Principles of Biochemistry. 3rd ed. Worth.

Integrated Pharmacology

Prerequisite: FTCA

This unit is delivered as one day interactive seminar. This module explores the potential of interactions between commonly used pharmaceutical drugs, food supplements and Ayurvedic herbs and preparations.

Assessment includes a short answers and multiple choice examination.

Nutrition


Prerequisite: Nil

This unit is delivered as one day interactive seminar.

This unit describes a basic understanding of our digestive process and how to maximize our well being by improving our diet. The course covers overview of our digestive system, how carbohydrates, fats, proteins, vitamins, minerals and other trace elements are metabolized by human body and their functions within the body. The course looks at food we eat, what they are and how good they are for us, what food to avoid and why. Why do we need vitamins or minerals supplements. What a good diet look like, practical skills for creating our individual balanced healthy diet, weight loss diet and weight gain diet. Are 'Health Foods', fad or fiction? The course examines various modern 'diet' trends. What are food allergies? How to assess packaged foods? What's in? What is out?

The intention of this unit to equip Ayurvedic Physician with knowledge and skills of the western nutrition to enable them practice guide their clients other health professionals appropriately who have been brought in this way.

Assessment includes an assignment, case studies and written examination.

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PURVAKARMA TRAINING

Purvakarma training provides students with the theoretical knowledge and practical skills of administering Ayurvedic detoxification and rejuvenation treatments. It includes formal lectures, practical demonstrations, as well as hands-on practice with fellow-students and certified assessors.

1. Snehana (Ayurvedic Massage) Steps, marma points, oils used, indications and contraindications
2. Nadiswedana (Herbalised Steam Treatment) - steps, apparatus, maintenance, herbs used and indications and contraindications
3. Bashpaswedana (Ayurvedic Sauna) - procedure, herbs used, apparatus used and its maintenance, indications and contraindications
4. Shirodhara (Ayurvedic Emotional Release Treatment) - steps, oils used, apparatus, maintenance, indications and contraindications
5. Nasya (Ayurvedic Sinus Clearing Procedure) - steps, oils used, apparatus, indications and contraindications
6. Kati Basti (treatment for menstrual health and all elimination functions) - steps, oil used, indications and contraindications
7. Setting up Purvakarma Protocols
8. Setting up a Purvakarma Room

The training is followed by a two week intensive Student Clinic, during which students provide full treatments to paying clients. The competency of each student is assessed by independent, qualified and accredited assessors during the Student Clinic.

Purvakarma training includes formal lectures, practical demonstrations, as well as hands-on-practice with fellow-students. The training is followed by a two week Student Clinic, during which students will provide full treatments to paying clients. The competency of each student is formally assessed by independent, qualified and accredited assessors in clinical situation while students are working on paying patients.

Clinical experience is a vital and integral part practicum curriculum of the nationally recognised Advanced Diploma of Ayurveda offered by AAC. It provides students with an actual clinical environment to practice their newly acquired skills under supervision on real paying patients. This thereby allows invaluable feedback to be given to the student by the supervisor and clients. The student clinic is the culmination of all other applied units and is a compulsory undertaking.

AYURVEDIC RELAXATION MASSAGE

Prerequisite: Foundation Training in Clinical Ayurveda or relevant clinical experience.

The theoretical and practical aspects of Snehana, the Ayurvedic relaxation massage, will be taught at the AAC following the completion of the Foundation Training. Students will be assessed on their practical proficiency in this massage technique, following an opportunity to practice on friends and family.

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Clinical Workshops in Ayurveda (CWA)

Clinical Workshops in Ayurveda explore specific disease patterns from an Ayurvedic perspective. Appropriate treatment protocols are discussed in detail.


1. Digestive Conditions - Chronic Dyspepsia, Indigestion, Gastritis, IBS, Constipation and Haemorrhoid
2. Inflammatory Conditions - Congested Pelvis Syndrome, Chronic Upper Respiratory Congestion/ Bronchitis, Arthritis
3. Skin Diseases - Psoriasis, Eczema, Pustular Acne, Acne Vulgaris, Urticaria,
4. Neurological Disorders - Stress, Vata, Pitta & Kapha Type Headache
5. Premenstrual syndrome / menopause/ Endometriosis / uterine fibroids/ Mastitis / ovarian cysts / postnatal depression
6. Nervous System Disorders - Tinnitus /migraine headaches Primary hypertension / attention deficit hyperactivity disorder Affective mood disorder-depression / Alzheimer's disease
7. Cancers - Skin cancer / prostate cancer, Cervical dysplasia & cancer of the female reproductive system, Benign prostatic hypertrophy / colorectal cancer/ Breast cancer / candidiasis
8. Diabetes / kidney stones
9. Peptic ulcer / allergies
10. Asthma / viral hepatitis
11. Epilepsy / fibro myalgia
12. Lower back syndromes / sciatica

In addition, the course includes a component of Clinical Pathology, taught by the local GPs who have studied Ayurveda with the AAC. Clinical experiences in working with a wide variety of clients with various conditions and case studies are used as learning tools for competency development.

Assessment is carried on participant's response to the clinical case studies and written examination.

CWA is assessed continuously through a variety of assessment methods:

- a) Group Work: Group work by set assignments on the material covered in the lectures. This facet of the training serves to test the understanding of the principles in an application based manner. The group discussion enables students to verbalise and internalise the concepts as well as clarify concepts.
- b) Consults: As a part of the application of principles (diagnostics), each student undertake 10 initial consults and 10 follow up consults patients/clients and submit two submit two complex case studies.
- c) Question and answer sessions after each lecture session to clarify points
- d) 20 case group studies are discussed in the class by students to illustrate various points covered in the lectures throughout the year
- e) Student presentations of cases - Minimum two case studies (from student's patients) are presented and submitted by each student. Critical evaluation is done by mentor, illustration of key aspects of diagnostics and therapeutics arising from the case history, interaction with the class to fine tune and clarifies concepts. During the case studies the presenter will demonstrate his/her understanding and Ayurvedic concepts and its application in clinical cases.
- f) Practice application in a clinic situation with senior AAC Consultant present.

 AYURVEDA AWARENESS CENTRE	Preventative Family Health Centre Stress Management, Women Health & Beauty Supplier of Ayurvedic Herbs & Oils Nationally Recognised Training in Clinical Ayurveda	203 High Street, Fremantle, WA 6160 Tel: (08) 9336 4499, Fax: (08) 9364 1409 e-mail: info@ayurveda-awareness.com.au website: www.ayurveda-awareness.com.au
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Panchakarma Training

Having practiced Purvakarma treatments on a variety of clients and having gained a deeper insight into the most common disease patterns during the Clinical Workshops in Ayurveda, students have attained sufficient competency and skills for entering training in Panchakarma technique. Panchakarma training includes formal lectures, practical demonstrations, as well as hands-on-practice with fellow-students.

Panchakarma is the most profound detoxification and rejuvenation tool Ayurveda offers. The Advanced Diploma of Ayurveda therefore concludes with practical instruction in this technique.

1. Basti (herbal colonic enema) - decoctions used, indications, contra indications, equipment, procedure
2. Netra Basti (therapeutic eye bath) - indications, contra indications, benefits, oils used, procedure
3. Pinda Swedana (rejuvenating, energetic massage using herbal paste) - indications, contra indications, requirements, procedure, variations
4. Setting up Panchakarma Protocols
5. Setting up Panchakarma Room

The training is followed by a one week intensive Student Clinic, during which students provide full treatments to paying clients. The competency of each student is assessed by independent, qualified and accredited assessors during the Student Clinic.

Panchakarma training includes formal lectures, practical demonstrations, as well as hands-on-practice with fellow-students. The training is followed by one week Student Clinic, during which students will provide full treatments to paying clients. The competency of each student is formally assessed by independent, qualified and accredited assessors in clinical situation while students are working on paying patients.

Clinical experience is a vital and integral part practicum curriculum of the nationally recognised Advanced Diploma of Ayurveda offered by AAC. It provides students with an actual clinical environment to practice their newly acquired skills under supervision on real paying patients. This thereby allows invaluable feedback to be given to the student by the supervisor and clients. The student clinic is the culmination of all other applied units and is a compulsory undertaking.

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OFF-CAMPUS, NON-SUPERVISED CLINICAL EXPERIENCE

The application of theoretical knowledge and skills gained in the study of Ayurveda in the personal daily lives of the student is a fundamental component of the course. Students are required to take on some of the practices home and apply in their life to experience benefits of such first hand before recommending them to their patients. Students apply the Ayurvedic principles in their daily routine through the following practices:

1. Yoga and Meditation
2. Prepare and eat Toxin Reducing Diet

Assessment of this unit is not mandatory but can be done by review of Reflective Journal kept by student. The journal provides the Assessor with an opportunity to assess the progress of the student.

COURSE ASSESSMENT

The AAC employs competency-based assessment, meaning that no numerical scores are attributed to individual teaching units, but that qualified assessors deem students either competent or not yet competent. This allows for individualised teaching and close supervision of progress. If deemed not yet competent, students are individually coached to achieve competency. Students will only graduate with an AAC qualification once they have achieved competency in all subjects required. A traditional transcript of scores for individual units is not provided.

COURSE MENTOR - Dr. Rajen Cooppan, M.B.Ch.B., M.D., Dip. Ayu.

Dr Rajen Cooppan, who delivers many of the Ayurvedic units associated with course with the support from AAC Clinic and AAC certified Trainers and Assessors, mentors this course.

Dr Rajen Cooppan runs a busy Ayurvedic practice in Durban and is the Founder President of the South African Ayurvedic Medicine Association (SAAMA). He personally developed the Foundation Training in Clinical Ayurveda (FTCA), Clinical Workshops in Ayurveda (CWA) and PK Training and has successfully taught these courses to medical and other health professionals in South Africa, Australia and New Zealand. During his two-year stay in Australia he was an expert advisor to the Federal Government of Australia's Complementary Medicines Evaluation Committee (CMEC).

RECOGNITION OF PRIOR LEARNING (RPL)

AAC take into account the participant's prior experiences, knowledge and training during the assessment. Should a participant wish to obtain exemption from a training module based on prior experience/training, they would need to supply documentary evidence to the Trainer/Assessor in the prescribed format AACFRM009, a copy of which can be obtained from AAC.

ENTRY INTERVIEW - APPLICATION FOR ENROLMENT

Prior to commencing their studies, all students have to pass an entry interview to establish their suitability for the course. Students tend to be of mature age and class sizes average 15 students. Please request for a copy of the enrolment form and request for an interview of 45 minutes.



COURSE CREDIT, COURSE FEE AND TIME REQUIREMENTS

The courses fees listed below for various courses are valid for Australian residents and the calendar year 2009 and are adjusted each year based on the continuous improvement process and in line with increase in cost of delivery and assessment, if applicable. Prices are subject to change without notice. Approximate hours of the studies are also summarised below:

Table 1 – Course Fee and Hours

Course component	Course Fee	Study Hours	Course Credit
Certificate IV in Ayurveda Lifestyle Consultation - 1-1/2 Years Full Time			
Foundation Training of Clinical Ayurveda (FTCA)*	\$5,000	430	430
Common Units x 8	\$ 250 each	151	151
Biomedical Sciences Part 1 x 3 (External units excluded)	\$ 250 each	200	200
Ayurvedic Relaxation Massage and Student Clinic **	\$ 950	060	060
Total Estimated*	\$8,700	841	841
Advanced Diploma in Ayurveda - Three Years Full Time			
Foundation Training of Clinical Ayurveda (FTCA)*	\$5,000	430	430
Common Units x 8	\$ 250 each	151	151
Biomedical Sciences Part 1 x 3 (External units excluded)	\$ 250 each	200	200
Biomedical Sciences Part 2 x 2 (External units excluded)	\$ 250 each	195	195
Purvakarma Training and Student Clinic**	\$ 3,000	180	180
Clinical Workshops in Ayurveda	\$ 3,300	154	154
Panchakarma Training and Student Clinic**	\$ 2,500	090	090
Off-Campus, Supervised Clinical Experience	Included above	96	96
Off-Campus, Non-Supervised Clinical Experience	Included above	176	176
Total Estimated*	\$17,050	1,600	1,600

* Prices are estimated and are subject to change with prior notification

** Students are required to bring a paying patient for a 5-day treatment for the Student Clinic or pay fee for organising a patient from AAC database

Yours sincerely,

Jatinder Ahuja
Adv. Dip of Ayu., MBA
Chief Executive Officer
Ayurveda Awareness Centre