



vedic heritage centre

## **Ayurveda Therapist Training Certificate Course**

(Course Endorsed by The Arya Vaidya Pharmacy, Coimbatore, India)

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### **Om Vedic Heritage Centre**

43 Tessensohn Road

Singapore 217 661

(For learning mainly massages only)

#### **Aim of the Course**

The course intends to introduce various treatment techniques of Ayurveda with a basic understanding in Ayurveda principles and their applications. It enables one to use therapies in health practices.

**Daily Schedule (minimum of 15 days training will be required Subject to Doctor's assessment of student's understanding and skill acquisition speed sometimes more than 15 days may be required)**

08.30AM to 09.30AM	- Basic Ayurveda Theory
09.30AM to 10.30AM	- Basic Ayurveda Theory
10.30AM to 05.00PM	- Ayurveda Treatment Practicals

#### **Training Assessment**

The student will be given the opportunity to work along with experienced therapists throughout the training under the guidance of an ayurvedic doctor. Towards the end of the training the trainee will be given the opportunity to personally and single handedly provide therapy for patients/customers. Internal assessment on the performance of the students will be done by the Ayurvedic Consultant/Physician at Om Vedic Heritage Centre.

#### **Medium of Instruction**

Medium of instruction is English

#### **Method of Teaching**

Theory and practical classes will be conducted separately. Students should take notes throughout the training and have to develop it as a material for their own purpose. Video presentation will also be there.

Theoretical sessions include lecture mode, audio-visual mode and discussion mode. The practical sessions cover demonstration and hands-on practices.

### **Course Material**

A course material in English will be supplied to the student. The classes are conducted in separate modules to cover the entire topic.

### **Certificate**

A course completed certificate will be issued by the end of the course.

### **Health**

Students who apply for the course should be medically fit.

### **Dress code**

The Students are expected to appear in modest dressing, preferably Indian.

### **Training Fee**

Fee for the Training is **S\$1600/-**.

### **Mode of payment**

The entire payment shall be made in advance by Cash or Crossed Cheque made payable to "Om Vedic Heritage Centre"

The receipt of payment will be acknowledged.

### **Refund of Training Fee**

Once the training commences there will be no refund of fees. If a student informs his / her inability to attend the course 10 days prior to the commencing date, 75 % of the fees will be refunded and if a student informs his / her inability to attend the course less than 10 days prior to the commencing date, 50 % of the fees will be refunded. If a student informs his / her inability to continue with the training (during the course of the training), there will be no refund of the fees.

## **Syllabus**

### **Ayurveda – Theory**

- Origin, History and Traditions of Ayurveda
- Fundamental Principles
- Ayurveda Physiology, Anatomy and Pathology
- Poorvakarma (Preparatory Therapies)
- Panchakarma (Main Therapies)

- Paschatkarma (Supplementary Therapies)
- Medicinal preparations

### **Ayurveda – Practicals**

- Abhyangam ■ Podikizhi ■ Navarkizhi ■ Pizhichil ■ Pichu ■ Siro Dhara ■ Udwarthanam ■ Nasyam
- Swedanam ■ Tarpanam ■ Kati Vasthi ■ Virechanam

### **Preparation of Medicines**

- Takradhara (ButterMilk decoction) ■ PodiKizhi ■ Navarakizhi