

**CERTIFICATE COURSE
FOR AYURVEDA HEALTH
COUNSELLORS**



2021

AYURVEDA TRAINING ACCREDITATION BOARD (ATAB)

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AYURVEDA TRAINING ACCREDITATION BOARD (ATAB)
CERTIFICATE COURSE FOR AYURVEDA HEALTH COUNSELLOR

COURSE TITLE: Certificate Course For Ayurveda Health Counsellor
COURSE CODE: HC 01
COURSE DESIGNER : Ayurveda Training Accreditation Board (ATAB) under Rashtriya Ayurveda Vidyapeeth (RAV)
DURATION OF THE COURSE –500 Hours
COURSE DESCRIPTION : This course will cover the fundamentals of Ayurveda medical science its basic principles and Philosophy, Introductory Anatomy and Physiology of Ayurveda, including basics understanding of Ayurveda. It will also deliver the common counselling techniques. This course will be delivered through lectures, discussions practical classes and self-learning. The course will be assessed through in-course continuous assessment and final examination. Successful candidate will be awarded a certificate.
COURSE RATIONALE: Ayurveda is a traditional Indian medicine system that has a long, rich history of use, as per Ayurveda, it is believed that the five elements of the world have a huge impact on a person's health. Certificate Course on Ayurveda Health Counsellor provides required basic knowledge about Ayurveda in relation to the health counseling using Ayurveda.
COURSE PRE-REQUISITES AND MINIMUM ELIGIBILITY FOR JOINING THE COURSE For joining this course scholar should have passed minimum Graduation or above.
TEACHER PRE-REQUISITES AND MINIMUM ELIGIBILITY FOR TEACHING THE COURSE Ayurveda Graduate + 5 years' experience in Ayurveda or Post Graduate Ayurveda / Kayachikitsa/ Manas Roga with prior knowledge of counseling techniques or Psychologist
GENERAL AIMS OF THE COURSE: After completing the course one may achieve the knowledge about –

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Practical Knowledge and experiences of providing counseling to various individuals for various psycho-somatic ailments. Karmas

SPECIFIC LEARNING OUTCOMES:

After successful completion of this course, student will be able to :

Knowledge

1. Basics of Ayurveda
2. Concept of providing counseling.

Skills

1. Analyze the concept of Ayurveda
2. Analyze the Body constitution of an Individual
3. Analyze at which level counseling helps the individual in his/ her disease
4. Conduct Ayurvedic lifestyle consultations
5. Give Ayurvedic guidance on Daily Routines, Pranayama and Meditation
6. Offer guidance on special Ayurvedic therapies and home remedies

Attitude

1. Promote the peoples to use Ayurveda for various ailments
2. Apply basic principles of Ayurveda and counseling.

COURSE CONTENTS :

Sl.No	Topic	Theory	Practical	Self Learning	Total Hours
1	History & philosophical introduction of Ashtanga Ayurveda (Darshans)	5	-	15	20
2	Ayurvedic philosophy (PadarthVigyan, Guna, Karma, etc)	5	5	10	20
3	Human Physiology (Concept of Doshas, Dhatu, updhatus, Ojus and Mala)	8	5	17	30
4	Ayurvedic Assessment and Constitutional Analysis - Prakriti	5	5	10	20

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5	Basic concepts of Ahara (Food), general rules for taking food (Aharavidhivisesaayatani)	10	5	10	25
6	Dincharya & Ritucharya	5	5	5	15
7	Basic concepts of Vihara (Daily Regimens)	5	10	10	25
8	Tri Upstamba (Concept of Supporting pillars of Ayurveda)	5	-	10	15
9	Concept of Agni (biological fire) and Ama (the undigested elements) and Koshta	5	-	10	15
10	Basic Understanding of Satva Rajas and Tamas	2	-	3	5
11	Ayurvedic History taking, Diagnosis, Ayurvedic Nutritional & Lifestyle consultations	5	5	10	20
12	Concept of Mansika Roga and Diagnosis of mansika Roga and its relation with Shararik Doshas	5	5	5	15
13	Understanding of Human Psychology	2	10	10	22
14	Vedic Psychology and Counselling	3	10	10	23
15	Basic knowledge and identification of Ayurvedic herbs, spices and Ayurvedic herbal supplements	5	10	10	25
16	How to take Health talks on various concepts on Ayurveda.	2	5	10	17
17	How to conduct cooking classes giving simple cooking tips.	3	5	10	18
18	Knowledge of asatmya, viruddhaahaara & food incompatibilities	5		5	10
19	How to conduct simple oil therapies, like shirodhara, abhyanaga and lepa	5	10	10	25

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20	Health Coaching Skills	5	10	10	25
21	Research Methods and Health Management Techniques	5	5	15	25
22	Maintenance of Health with Diet and Lifestyle	5	5	15	25
23	Various Techniques to maintain mental Health like Pranayam, Dyan etc.	5	5	5	15
24	Global Disease burden	2		5	7
25	Introduction to Non-communicable diseases/disorders	3		5	8
26	Knowledge of lifestyle disorders	2		5	7
27	Knowledge of global diversification of lifestyles	3		5	8
28	Counselling Case Studies	5	5	5	15
Total		125	125	250	500

INSTRUCTIONAL STRATEGIES

This course will be delivered through lectures , discussions, practical demonstrations and self study .

ASSESSMENT MODALITIES

Modes of Assessment weight age

i)	Continuous assessment (theory And practical demonstrations)	-	50%
ii)	Final examination	-	50%
	Total	-	100%

ACADEMIC INTEGRITY:

Please strictly adhere to the etiquette of academic integrity and observe the rules and regulations regarding cheating, plagiarism, academic misconduct, and misrepresentation of facts. Violations of academic integrity stipulations will be dealt seriously.

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POLICY OF ATTENDANCE

Minimum attendance of 75% of the Theory and Practical classes.

NOTE

1. The right of practice is governed by the law local law depending on the knowledge and skill they have gained.

