



ALMA MATER
EUROPAEA
ECM
THE UNIVERSITY FOR LEADERSHIP



Postgraduate Certificate in Ayurveda for Health Professionals

Issued by Alma Mater Europaea – ECM University (AMEU)
Accredited by International Maharishi AyurVeda Foundation
(IMAVF)

30 ECTS Credits

PROSPECTUS

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What the Certificate Will Enable You to Achieve

This program provides a unique educational opportunity for eligible health professionals who wish to expand the scope and effectiveness of their health care practice, enabling them to begin a new career or to supplement their existing career with the profound, time-tested natural wisdom of Ayurveda.

Maharishi AyurVeda is the comprehensive and modern formulation of the world's oldest system of natural health care: prevention-oriented, free from harmful side-effects, and consciousness-based. Course participants will learn to apply the profound principles and practical skills of Maharishi AyurVeda in their clinical practice, for the prevention, diagnosis and treatment of common diseases, and the cultivation of optimum well-being.

They will also learn personalized self-care programs (including Transcendental Meditation) to increase learning ability, job satisfaction, and general well-being in their own personal lives.

The AMEU Postgraduate Certificate in Ayurveda certifies the successful completion of the course.

Evidence-Based Practices in Integrative Medicine

The changing environment of healthcare is now placing greater emphasis on integrative approaches to treating patients. These approaches have the potential to improve the health of a large number of patients, while reducing overall health care costs. However, it is important that physicians and other health care providers incorporate integrative practices that are evidence-based. This program will present an extensively evidence-based approach to integrative medicine, providing training in the time-tested and practical approaches of Maharishi AyurVeda.

Educational Objectives

Upon completion of the program, graduates will be able to:

- Integrate fundamental principles and practical procedures of Maharishi AyurVeda into their healthcare practice — to promote wellness, and prevent, as well as treat, disease.
- Discuss peer-reviewed published research on Maharishi AyurVeda, including the Transcendental Meditation® technique, and Ayurveda.
- Evaluate a patient's constitutional type (Prakriti) and underlying patterns of imbalance (Vikriti) through Ayurvedic principles of diagnosis.
- Apply the fundamentals of Maharishi AyurVeda Pulse Diagnosis (Nadi Vigyan) in clinical practice.
- Utilize Ayurvedic principles to optimize digestive health and nutrition.
- Restore biological rhythms through daily and seasonal behavioural regimens.



- Promote longevity through anti-aging modalities.
- Instruct patients in personalized self-care programs, including individualized dietary, behavioural, exercise and detoxification regimens, and methods of stress management.
- Prescribe Ayurvedic herbal food supplements to enliven the self-repair and healing mechanisms of the body.
- Implement multi-modality clinical protocols to address a wide range of common chronic conditions encountered in medical practice.
- Practice Aroma Therapy.
- Gain a profound scientific understanding of the relationship between consciousness and health.
- Increase their own resilience, overall well-being, and job satisfaction, reducing symptoms of fatigue and burnout, through personalized self-care programs, including the practice of **Transcendental Meditation®**.

The Contribution of International Maharishi AyurVeda Foundation (IMAVF)

As a leading organisation in the worldwide revival of Ayurveda, IMAVF has many years experience in the training of Ayurveda practitioners. Please visit www.IMAVF.org for more information.

The syllabus of the AMEU Postgraduate Certificate in Ayurveda has been provided by IMAVF, and the Faculty teaching the program are affiliated to IMAVF. IMAVF is the accrediting body for the Certificate.

Entry Requirements

- Applicants for the Alma Mater Europaea Postgraduate Certificate in Ayurveda should have at least basic training in Western medicine.

In all countries this includes medical doctors, osteopaths, chiropractors, and homeopaths. In Germany it includes Heilpraktiker. In many countries it includes dentists, clinical psychologists, psychotherapists, occupational therapists, pharmacists and naturopaths. If your profession is not listed here but you consider yourself eligible for the program, please apply. If you have questions, please contact Silvia Hawkins at professional.training@imavf.org.

The reason for this entry requirement is that, in addition to learning Maharishi AyurVeda's approaches to preventive health care and perfect health, participants will be trained in the Ayurvedic protocols for treating medical conditions through an Integrative approach that combines Maharishi AyurVeda and Western medicine.

- The applicant must have sufficient access to patients to complete five clinical practice assignments during each of the six courses in the program. If you don't have access to patients who are attending a professional clinic, it is acceptable to examine family members, friends and others for clinical practice.
- The applicant must have sufficient language proficiency in English to follow the course.
- Applications will be considered on a case by case basis by an academic board.

How to Apply

For information about how to apply for the program, please visit Ayurveda.Almamater.si and click the 'HOW TO APPLY?' button.

Enrolment Deadline

Please submit your application documents by 1st February 2021.

Option to Complete the Alma Mater Europaea – ECM Master’s in Health Sciences

The Postgraduate Certificate in Ayurveda constitutes one of the two years of study to complete the **Alma Mater Master’s in Health Science**. The Ayurveda courses will be offered as an option in the Integrative Health Sciences module of the Master’s in Health Sciences.

Prerequisite is that you have a Bachelor’s degree or equivalent in medical or health science worth 180 ECTS or more. You may then use the 30 ECTS credits of the Postgraduate Certificate in Ayurveda for the Integrative Health Sciences Module, for which a total of 120 ECTS credits have to be collected.

A list of the other courses you may study to complete the Integrative Health Sciences module of the Master’s in Health Sciences you will find at en.almamater.si/health-sciences-c9#program.

The Program Structure at a Glance

The programme consists of **six courses** and is structured into **13 blocks** with **three different teaching modalities**:

- 1. On-campus blocks** at Alma Mater Campus in Maribor, Slovenia:
Students are presented with the core knowledge and skills of the program.
The On-campus blocks are taken on the AMEU campus, during three eight- or nine-day stays at Maribor, Slovenia. Eight hours of lectures and workshops per day.
- 2. At-home blocks:** Students put the knowledge and skills into practice.
108 hours of individual study / clinical practice. This will include practice of Maharishi AyurVeda Pulse Diagnosis and regular daily practice of Transcendental Meditation.
Credit will be awarded for these activities, which will be recorded in a journal.
- 3. On-line webinars:** Opportunity for students to ask questions and share experiences during the At-home blocks. Duration of On-line webinars: one hour.

The average workload per week of the At-home blocks is 15.5 hours including On-line webinars.

See the Detailed Schedule below for more information

Starting Date: Tuesday, 13 Apr 2021

Ending Date: Sunday, 10 Apr 2022

Assessment

Assessment will be a blend of written and oral examinations with individual written assignments, including a journal and reports on clinical practice.

Language of Instruction

English

Courses and Blocks

Course Titles	On Campus	At Home
1) Fundamental Ayurvedic Principles of Prevention, Diagnosis and Treatment, Part 1	Block 1 (5 days)	Block 3 (7 weeks)
2) Fundamental Ayurvedic Principles of Prevention, Diagnosis and Treatment, Part 2	Block 2 (4 days)	Block 4 (7 weeks)
3) Ayurvedic Protocols for Treatment of Common Disorders	Block 5 (4 days)	Block 7 (7 weeks)
4) Ayurvedic Herbal Therapy (Dravyaguna)	Block 6 (4 days)	Block 8 (7 weeks)
5) Aromatherapy and Dermatology in Ayurveda	Block 9 (4 days)	Block 11 (7 weeks)
6) The Management of Tissues (Dhatus) and Channels (Srotas) in Ayurveda	Block 10 (4 days)	Block 12 (7 weeks)
Final Exams and Celebration	Block 13 (3 days)	

Study Activities in Home Study Blocks

Activity	Minimum Number of Sessions in the Block	Average Number of Sessions per Week	Average Duration of Each Session (Minutes)	Approx. Time Spent on this Activity in the Block (Hours)
Consultations	5		120	10
Completing Pro-Forma Case Studies of Consultations	5		30	2,5
Pulse Taking	90	13	10	15
Self Pulse Taking	150	21	5	12,5
Reading				21
Online Webinars	5		60	5
Meditation	100	14	25	42
TOTAL				108

Detailed Schedule 2021 – 2022

Block	Location	Content		Duration	Start Date	End Date
1	On Campus	Course 1	Full-time live lectures and workshops	5 days	Tuesday 13 Apr 2021 9 am	Saturday 17 Apr 2021
2	On Campus	Course 2	Full-time live lectures and workshops	4 days	Sunday 18 Apr 2021	Wednesday 21 Apr 2021 5 pm
3	At Home	Course 1	103 hours of part-time home study / clinical practice plus five one-hour online webinars	50 days	Friday 23 Apr 2021	Friday 11 Jun 2021
4	At Home	Course 2	As Block 3	50 days	Saturday 12 Jun 2021	Saturday 31 Jul 2021
5	On Campus	Course 3	Full-time live lectures and workshops	4 days	Sunday 1 Aug 2021 9 am	Wednesday 4 Aug 2021
6	On Campus	Course 4	Full-time live lectures and workshops	4 days	Thursday 5 Aug 2021	Sunday 8 Aug 2021 5 pm
		Holiday		14 days	Monday 9 Aug 2021	Sunday 22 Aug 2021
7	At Home	Course 3	As Block 3	50 days	Monday 23 Aug 2021	Monday 11 Oct 2021
8	At Home	Course 4	As Block 3	50 days	Tuesday 12 Oct 2021	Wednesday 1 Dec 2021
9	On Campus	Course 5	Full-time live lectures and workshops	4 days	Sunday 5 Dec 2021 9 am	Wednesday 8 Dec 2021
10	On Campus	Course 6	Full-time live lectures and workshops	4 days	Thursday 9 Dec 2021	Sunday 12 Dec 2021 5 pm
11.1	At Home	Course 5	14 hours of home study / clinical practice plus one online webinar	7 days	Tuesday 14 Dec 2021	Monday 20 Dec 2021
		Holiday		14 days	Tuesday 21 Dec 2021	Monday 3 Jan 2022
11.2	At Home	Course 5	89 hours of home study / clinical practice plus four one-hour online webinars	43 days	Tuesday 4 Jan 2022	Tuesday 15 Feb 2022
12	At Home	Course 6	As Block 3	50 days	Wednesday 16 Feb 2022	Wednesday 6 Apr 2022
13	On Campus	Final Exams and Celebration		3 days	Friday 8 Apr 2022 9 am	Sunday 10 Apr 2022 5 pm

Faculty

The program will be taught by qualified Western medical doctors and Indian Vaidyas with extensive knowledge, qualifications and experience in teaching Maharishi AyurVeda to health professionals.



Dr Gordana Marković, PhD

Principal Professor Leading the Program

A Western medical doctor of 16 years' experience, Dr Gordana Marković is Head of the Specialist Medical Departments at the Primary Health Center of Zemun, one of the largest primary healthcare institutions in the Balkans. She contributes to specialist education at the Department of Social Medicine at the Faculty of Medicine at the University of Belgrade, and is a member of the working group of the Ministry of Health of the Republic of Serbia drafting the rulebook on conditions and procedures for practicing traditional medicine.

Dr. Marković has studied Ayurvedic medicine in India, the Netherlands, Switzerland, Austria and Belgrade. She is the most experienced practitioner of Maharishi AyurVeda in Southeastern Europe and has published over 50 articles on Maharishi AyurVeda and Aromatherapy. The Alma Mater Postgraduate Certificate in Ayurveda for Health Professionals will be the third professional training course on Maharishi AyurVeda that Dr Marković has taught.

"After many years of practicing Western medicine I can say that I became a much better doctor when I learned Maharishi AyurVeda and pulse diagnosis. Ayurveda can be used as a separate system, but it is easily integrated as a great support to conventional Western medicine. By integrating the best of these two medical systems, we can significantly improve the health of our patients in the best way possible and reach more patients in need of medical help, who otherwise wouldn't have been able to afford it."



Professor Dr Subhash Ranade

Professor Dr Subhash Ranade, one of the world's foremost experts on Ayurveda, will be contributing as a guest lecturer on the program. Dr Ranade is a leading academician and physician in the field of Ayurveda. He is the author of one hundred and twenty-seven books on Ayurveda and Yoga, which have been published in fifteen languages. He has worked as Professor and Head of the Department of the Interdisciplinary School of Ayurveda, Professor and Head of the Department of Ayurveda at Pune University and Principal of Ashtang Ayurveda College, Pune, India. At present he is Chairman of the International Academy of Ayurveda, Pune, and Honorary Dean of Kerala Ayurveda Academy, USA.



Dr Wolfgang Schachinger

Dr Wolfgang Schachinger from Austria will also be contributing as a guest lecturer. A general practitioner of Western medicine since 1983, Dr Schachinger became an expert in Maharishi AyurVeda and founded the Maharishi Ayurveda Health and Seminar Centre in Ried in 1993. He has lectured extensively, co-authored five books on Ayurveda, and founded three Ayurveda medical associations. Dr Schachinger has received multiple awards for his pioneering work with Ayurveda in Europe.

Guest contributions are expected from other experienced Maharishi AyurVeda Vaidyas and Western medical doctors from America and Europe.

Tuition Fee

EUR 3.300 (30 credit points)

The tuition fee may be paid in up to four instalments. If you would like to pay by instalments, please enquire for further information.

Travel to Maribor and Accommodation

Students are asked to make their own travel arrangements for the On-campus Blocks.

Accommodation is not provided by AMEU. Students are required to arrange their own accommodation on the residential blocks.

Usually the cost of bed and breakfast for one night in Maribor is about 35 to 40 Euros. Simple meals in a restaurant cost between five and ten Euros.

AMEU can advise course participants on suitable accommodation in Maribor. Please contact: international@almamater.si.

How to Receive Updated Information

The Prospectus for the program is posted at Ayurveda.Almamater.si. Updated versions will be posted at that address. To receive notifications about these updates, including information about CME credits, please return the Contact Form at that page.

Optional: We'd be grateful if you would include information about your qualifications and current occupation in the message section of the Contact Form.

Enquiries

If you have any questions about the Postgraduate Certificate in Ayurveda at Alma Mater Europaea, please contact Silvia Hawkins at professional.training@imavf.org.