



SAMPOORNA

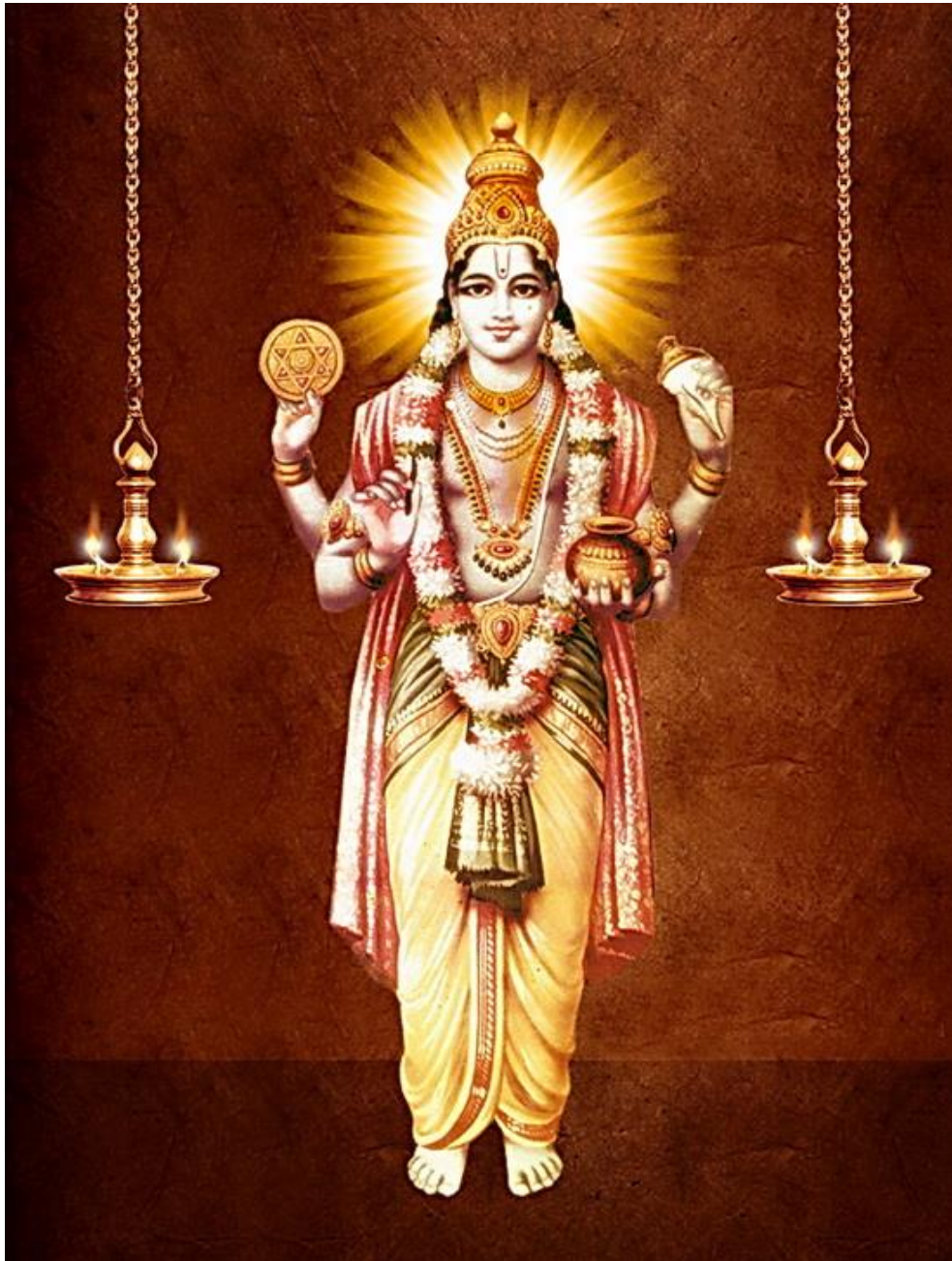
College of Ayurveda & Vedic Studies

Academic Catalogue
2025-2026

Table Of Contents

WELCOME TO SAMPOORNA COLLEGE OF ĀYURVEDA & VEDIC STUDIES	4
ABOUT SAMPOORNA COLLEGE OF ĀYURVEDA & VEDIC STUDIES.....	5
ABOUT ĀYURVEDA.....	6
MISSION STATEMENT.....	7
OUR VISION.....	7
GURUKULA EDUCATIONAL MODEL.....	7
SAMPOORNA'S LEARNING METHOD.....	8
COURSE MATERIALS.....	8
LOCATION & BUSINESS HOURS.....	9
ADMISSIONS REQUIREMENTS FOR STUDENTS SEEKING DEGREES & CERTIFICATES.....	11
ADMISSIONS REQUIREMENTS FOR STUDENTS ENROLLING IN DIPLOMA PROGRAMS.....	11
NON-DEGREE SEEKING STUDENTS	11
TRANSFER OF CREDITS	11
STUDENTS WITH FOREIGN TRANSCRIPTS	12
TUITION & FEES.....	14
ACADEMIC CALENDAR	18
ACADEMIC COUNSELING	28
ASSESSMENT	28
PRE/POST TEST.....	28
COLLEGEWIDE / FACULTY EVALUATIONS.....	28
LATE ASSIGNMENTS & INCOMPLETE WORK.....	29
CLASS ATTENDANCE	30
PROGRAM WITHDRAWAL.....	30
READMISSION TO SAMPOORNA COLLEGE OF ĀYURVEDA & VEDIC STUDIES.....	30
ACADEMIC STANDING	32
ADDITIONAL PROGRAM REQUIREMENTS FOR ĀYURVEDIC CERTIFICATE & DEGREES.....	33
ANATOMY & PHYSIOLOGY REQUIREMENT.....	33
PRE-REQUISITE REQUIREMENTS.....	33
SANSKRIT REQUIREMENT	33
CLINICAL HOURS REQUIREMENT.....	34
INDIA GURUKULA PROGRAM / ADVANCED PROGRAM	34
GRADUATION REQUIREMENTS	34
STUDENT AFFAIRS.....	37
STUDENT ĀYURVEDIC CLINIC.....	37
PROFESSIONAL ORGANIZATIONS	37
STUDENT COMPLAINTS.....	39
STUDENT RIGHTS & RESPONSIBILITIES	39
NON-HARASSMENT POLICY	39
CODE OF CONDUCT	40
PRIVACY OF THE STUDENT (FERPA) FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT NOTICE AND STATEMENT ..	44
ĀYURVEDIC HEALTH COUNSELOR COURSE DESCRIPTION.....	50
ĀYURVEDIC PRACTITIONER COURSE DESCRIPTIONS	51
ADVANCED STUDIES DIPLOMAS	54
FACULTY	56

INTRODUCTION



WELCOME TO SAMPOORNA COLLEGE OF ĀYURVEDA & VEDIC STUDIES

Welcome to Sampoorna College of Āyurveda & Vedic Studies. Sampoorna offers the Gold Standard in Āyurveda education by providing a strong and comprehensive curriculum with a personalized learning approach.

Āyurveda is not only a medical science but also teaches us that every human has a physical, mental, emotional, and spiritual body. Sampoorna promotes personal transformation and prepares students for a well-grounded career as Āyurvedic Professionals.

Our expert faculty pledges to match your enthusiasm with dedication, professional courtesy, and a sincere desire to help you meet your personal and career goals.

With these hopes, our college welcomes future practitioners, teachers, and leaders. We invite you to help us raise awareness of and expand the availability of this most precious science.

Anay Abreu
Director
Sampoorna College of Āyurveda & Vedic Studies

ABOUT SAMPOORNA COLLEGE OF ĀYURVEDA & VEDIC STUDIES

Sampoorna College of Āyurveda & Vedic Studies, established in 2016, offers the Gold Standard in Ayurveda Education in the U.S. Our degree programs include the Āyurvedic Health Counselor (AHC), Āyurvedic Practitioner (AP), and the Advanced Āyurvedic Practitioners Program (AAP).

Sampoorna offers continuing education in in-person, online, and hybrid formats, mentorship, workshops, seminars, internships in India, and retreats open to Ayurveda students and the general public.

Our classes have a limited number of students to ensure better learning and faculty interaction.

Sampoorna College provides the highest quality of Ayurveda education, making it accessible and comprehensive. We prepare students to educate and counsel by using a holistic training model for you to begin your private Ayurveda practice.

The Florida Department of Education Commission approved Sampoorna College of Āyurveda & Vedic Studies for Independent Education based on Florida statute 1005.06, incorporated in Miami, Florida, United States of America. Sampoorna College of Āyurveda & Vedic Studies is exempt by the Commission for Independent Education, Florida Department of Education.

Sampoorna College of Āyurveda & Vedic Studies, as required by FL Statute 1005.06, is consistent with the standards of the Commission. Additional information regarding this institution may be obtained by contacting the Florida Commission for Independent Education at 325 West Gaines Street, Suite 1414, Tallahassee, FL 32309-0400, or toll-free at (888) 224-6684.

ABOUT ĀYURVEDA

Āyurveda means “science of life” and is considered by many to be the world’s oldest medical system, with treatments for physical and mental disease prevention, rejuvenation, and longevity.

Since Āyurveda predates the written word, its exact beginnings are difficult to calculate, but we do know from ancient Vedic texts dating back some 5,000 years that Āyurveda began as an oral tradition and its knowledge was acquired by Rishis’ through the observation of nature and deep states of meditation. Āyurveda is “the mother of all healing systems” and is widely accepted as the basis for modern allopathic medicine and Traditional Chinese Medicine.

Throughout its history, Āyurveda has suffered suppression by different cultures entering India. The most recent example is the type exercised under British colonial rule, where all forms of practiced Āyurveda were replaced by Western medicine, forcing it underground until Indian Independence in 1946.

Now, Āyurveda once again flourishes and, in some places, stands side by side with Western allopathic medicine. The wisdom of Āyurveda reveals to us the healing properties in certain foods, the medicinal qualities of special herbs, and the knowledge of oil formulations, gems, metals, and a wide variety of healing modalities used to prevent disease and create balance.

Āyurveda maintains that everything in and around us is composed of five basic elements, and the combination and ratio of these at the moment of conception form three primary forces or energies called Doṣas. This unique combination of elements and Doṣa provides our physical and mental constitution or Prakriti and is carried with us throughout our lives.

When these forces are balanced, we experience good health and emotional harmony. When imbalanced, as they can so often become, Āyurveda is used to restore and strengthen.

SAMPOORNA COLLEGE OF ĀYURVEDA & VEDIC STUDIES

MISSION STATEMENT

At Sampoorna College of Āyurveda & Vedic Studies, we aim to educate and guide those called to the path of healing.

As practitioners and educators, we invest in our students to spread the knowledge of the science of life.

Our faculty encourages healing as a lifestyle. We believe an engaged Āyurvedic lifestyle is the way to step into healing for an entire lifetime.

Students are taught through modeling, coursework, workshops and practicums in India to experience, maintain, and promote an authentic practice both in and outside the classroom.

We are what we teach at Sampoorna.

We send our students into this world with careers as successful Āyurvedic practitioners, healers and health innovators. This is the standard we teach and the one we live by.

OUR VISION

At Sampoorna College of Āyurveda & Vedic Studies, we strive to be the premier Āyurvedic educational institution for any student seeking authentic training, degrees, certificates, or continuing education in Āyurveda and Vedic sciences.

GURUKULA EDUCATIONAL MODEL

The traditional learning methodology of Āyurveda in ancient India was a Gurukula education system, which included students residing with their guru. With the advancements typical of contemporary Western society, Sampoorna modified the Gurukula learning methodology while maintaining a similar education structure inspired by ancient practices. Students will learn via observation, direct experience, inference, and the study of ancient texts and scriptures. This model provides students and faculty with the ideal community interaction conducive to learning as we honor our common heritage.

SAMPOORNA'S LEARNING METHOD

Sampoorna College of Āyurveda & Vedic Studies offers Online (hybrid) and In-person learning options.

Zoom online meeting platforms are employed for integrated class discussion, embedded videos, and a private YouTube channel to archive recorded classes for each module.

Education at Sampoorna is not based on recordings. Online students are required to attend class live.

Our classes meet two weekends per month from 9 a.m. to 4 p.m.

On-campus clinical opportunities are available for students to meet clients, provide protocols, and meet the in-person requirements for graduation. Our annual India Gurukula Program participants during September / October can also meet this requirement.

Students can also meet clinical requirements by working with their local practitioners and/or Āyurvedic Doctors with the approval of Sampoorna's director.

COURSE MATERIALS

The textbooks used at Sampoorna College of Āyurveda & Vedic Studies include original Ayurvedic texts and other related materials selected by experts in Āyurveda education. Specialists in the field author the manuals employed at Sampoorna. To uphold the quality of the content, the curriculum will be periodically reviewed and assessed using various methods, including student surveys, evaluations of student learning gains, and faculty course reflection surveys. Adjustments may be made as necessary to enhance learning outcomes and student satisfaction.

DIRECTORY

The main numbers for Sampoorna College of Āyurveda & Vedic Studies are 305.389.2408 and 786.252.1432. Below, please find the directory of the College administration.

College Director
Education Department
General Inquiries

aabreu@sampoornacollege.com
dcollazo@sampoornacollege.com
info@sampoornacollege.com



SAMPOORNA COLLEGE OF ĀYURVEDA & VEDIC STUDIES

LOCATION & BUSINESS HOURS

Sampoorna College of Āyurveda & Vedic Studies administrative offices are located at 5749 NW 151 Street, Miami Lakes, FL 33014

Business Hours

Monday through Friday by appointment from 9:00 AM until 4:00 PM (Eastern Time).

Individual appointments will be accommodated for students wishing to visit the campus.



ADMISSIONS



ADMISSIONS REQUIREMENTS FOR STUDENTS SEEKING DEGREES & CERTIFICATES

- 18 years or older
- A High School Diploma or its equivalent or successful completion of the General Education Development (GED) is required. For foreign students, an official translation of credentials demonstrating equivalency is mandatory.
- Completed Application
- Payment of a nonrefundable application fee of \$100

ADMISSIONS REQUIREMENTS FOR STUDENTS ENROLLING IN DIPLOMA PROGRAMS

- 18 years or older
- Completed Application
- Payment of a nonrefundable application fee of \$50

NON-DEGREE SEEKING STUDENTS

Students who wish to enroll in individual courses that are part of a degree or certificate program must complete an application and pay the application fee. There are no prerequisites for non-degree-seeking students; however, some courses are limited to them. Students may take up to three (3) courses as non-degree-seeking students in a degree program. Non-degree-seeking students must pay the appropriate fee per module/course. Students seeking advanced diplomas are not limited in the number of courses they're allowed to take.

TRANSFER OF CREDITS

Applicants transferring to Sampoorna College of Āyurveda & Vedic Studies must first be admitted to Sampoorna. Any credits a student would like to submit for transfer must complete the following steps:

- (1) All official transcripts from previous institutions must be emailed or mailed to Sampoorna College of Āyurveda & Vedic Studies.
- (2) The official course descriptions in the school's academic catalog, where the credits were obtained, must be submitted as part of the transfer request.
- (3) The minimum acceptable grade for transfer of prior coursework is a "B" or its equivalent.
- (4) The director and academic advisor will review transfer credit requests for adjudication. The student will be notified of the transfer credit status.

STUDENTS WITH FOREIGN TRANSCRIPTS

Students with transcripts from foreign institutions must provide an evaluation from a NACES-approved agency. For a list of NACES-approved agencies, please visit <http://www.naces.org/members.html>. Students wishing to transfer the Anatomy & Physiology course must have their foreign transcript translated and evaluated; the course should be the equivalent of an Anatomy & Physiology course offered at a regionally accredited institution of higher learning in the United States. The evaluation must state that the student has earned a C or better in the course to meet Sampoorna College of Āyurveda & Vedic Studies admission requirements.

Below are some suggested agencies for foreign transcript evaluation.

Educational Perspectives

www.edperspectives.org

Global Credential Evaluators

www.gceus.com

World Education Services

www.wes.org

TUITION



TUITION & FEES

If admitted to the program of choice, application and enrollment fees are due prior to registration (\$250). These are both non-refundable. Tuition payment for the incoming semester must be made within 15 days before the first day of class.

Subsequent payments are due no later than the 1st day of each month. If payment is late (after the 1st of the month), an additional \$50 late fee will be incurred.

No student will be allowed to graduate until all financial obligations are met. Payments may be made by credit card or Zelle to Sampoorna College of Āyurveda & Vedic Studies. Credit card payments will incur a 4% processing fee per transaction.

Sampoorna College of Āyurveda & Vedic Studies does not currently provide students with state or federal financial aid (FAFSA).

ĀYURVEDIC DEGREE PROGRAMS

Course Tuition for Āyurvedic Health Counselor (Year One)	
Yearly Tuition Paid in Full	1 payment of \$6,900
Yearly Tuition in 2 payments	2 payments of \$3,500
Yearly Tuition in quarterly payments	4 payments \$1,800
Yearly Tuition in 12 payments	12 payments of \$616.50
Non-degree seeking students	\$591.50/per course
Admission Fees:	
Application Fee	\$100.00 (non-refundable)
One-Time Administrative Fee	\$250.00 (non-refundable)
Re-entry fee	\$100.00
Special Fees & Other Fees:	
Transcript Fee (Current student)	\$ 10
Transcript Fee (Graduate)	\$25

* For students continuing on to the Āyurvedic Practitioner Program they will only be responsible for paying for the additional year(s) enrolled

** Discount applies for payment in full

Course Tuition for Āyurvedic Practitioner (Year Two)	
Yearly Tuition Paid in Full	1 payment of \$7,500
Yearly Tuition in 2 payments	2 payments of \$3,850
Yearly Tuition in quarterly payments	4 payments \$1.950
Yearly Tuition in 12 payments	13 payments of \$616.50
Non-degree seeking students	\$591.50/per course
Admission Fees:	

Application Fee	\$100.00 (non-refundable)
One-Time Administrative Fee	\$250.00 (non-refundable)
Re-entry fee	\$100.00
Special Fees & Other Fees:	
Transcript Fee (Current students)	\$ 10
Transcript Fee (Graduates)	\$25

* Prerequisite and successful completion of the Ayurvedic Health Counselor Program (AHC).

** Discount applies for payment in full

Additional Course Title	
Marma Cikitsā - Level II	\$495 (Sampoorna Students & Alumni)
	\$550 (General Public)
Advanced Rogī Parīkṣā (Pulse Diagnosis)	\$495
Āyurvedic Pharmaceutics / Practical Bhaiṣajya Kalpanā	\$495
SANSKRIT	
Basic I - Devanagari, Transliteration, basic compounds	\$200
INTEGRATIVE PSYCHOLOGY CERTIFICATE	\$2,500
JYOTISH / INDIAN ASTROLOGY	
Fundamentals I	\$300
Fundamentals II	\$300
Fundamentals III	\$450
Fundamentals IV	\$450
VEDANTA	
Classical scriptures (Bhagavad Gita /	\$495
Vedic Counseling I	\$495

Students enrolled at Sampoorna College of Āyurveda & Vedic Studies are not eligible for Title IV Federal Financial assistance, state student financial assistance, or professional certification.

Course enrollment in the Advanced Studies Diploma Program will be considered sufficient at a minimum of 4-6 students/course. Courses that run with lower enrollment, with a request to still be offered, will cost more per student. Students may wish to have an independent study at a slightly higher rate for any astrology/advanced diploma program.

Tuition Refund Policies for Certificate & Degree programs

- If a student chooses to withdraw within the first three days of class, they will receive a full (100%) refund of their tuition.
- All applicable monies will be refunded, except for the non-refundable application fee (\$100.00) and the non-refundable \$250 administrative fee.
- Any withdrawal or cancellation from the program after the first module has begun but before completion of the fourth (4th) module will result in a pro-rated refund computed based on the number of hours completed to the total course hours, in addition to any extra charges incurred (e.g., credit card fees).
- No refund will be given for withdrawal, course drop, or cancellation after completing four (4) modules of a degree program.
- Refunds will be made within 30 days of the termination of the student's enrollment or receipt of a withdrawal or course drop notice from the student.
- All refunds will not include incurred interest, processing, credit card, or administrative fees. Only tuition (cost per module) will be refunded.
- No tuition will be refunded if the enrollee's payments are not current, and no prior payments may be applied to future degree, workshops, or certificate programs.
- All costs incurred by Sampoorna College of Ayurveda & Vedic Studies, including fees for all classes conducted, until the date of cancellation, are not subject to refund.

Tuition Refund Policies for Advanced Studies Diploma Programs & Workshop

- No refund before 72 hours of the course's commencement.
- In case of emergencies, tuition may be applied towards another future workshop.

ACADEMICS



ACADEMIC CALENDAR

There are four semesters at Sampoorna College of Āyurveda & Vedic Studies. The Spring semester runs from March to June, the Summer semester runs from June to September, the Fall semester runs from September to December, and the Winter semester runs from December to March. Each year, Sampoorna College of Āyurveda & Vedic Studies-distributes an academic calendar listing program start dates and designated holidays.

Semester	Dates
Spring	March to May
Summer	June to August
Fall	September to November
Winter	December to February

Program	Semester Offered
Āyurvedic Health Counselor 2024	Fall
Āyurvedic Practitioner 2024	Summer

Holidays 2024	Dates
New Year's Eve / New Year's Day	January 1
Thanksgiving Day / Day after Thanksgiving	November 28, 29
Christmas Eve / Christmas Day	December 25
Holidays 2025	
New Year's Eve / New Year's Day	January 1
Thanksgiving Day / Day after Thanksgiving	November 27, 28
Christmas Eve / Christmas Day	December 25

ĀYURVEDIC DEGREE PROGRAMS

Classes for the Āyurvedic Health Counselor program are held two weekends per month from 9 am to 4 pm. Supervised Clinical Practicum every last Sunday class of the month from 11 am to 4 pm. Tuition includes an Internship/ Clinical Practicum at Sampoorna.

Āyurvedic Health Counselor & Vedic Advisor

Course Number	Course Title	Hours
SA1101	Foundations of Āyurveda (Padarth Vigyan)	45
SA1102	Āyurvedic Anatomy & Physiology I (Doṣa/Dhatu/Mala Vigyan)	45
SA1103	Āyurvedic Anatomy & Physiology II (Micronutrition / Srotāṃsi)	45
SA1104	Āyurvedic Constitutional Evaluation	45
SA1105	Preventive Care in Āyurveda II (Svasthavṛtta I/ Dinacaryā / Ṛtucaryā)	45
SA1106	Preventive Care in Āyurveda I (Svasthavṛtta II/ Āyurvedic Nutrition)	45
SA1107	Fundamentals of Āyurvedic Herbology & Pharmacology I	45
SA1108	Fundamentals of Āyurvedic Herbology & Pharmacology II	45
SA1109	Āyurvedic Detoxification (Pañcakarma)	45
SA1110	Āyurvedic Psychology (Manas Śāstra)	45
SA1111	Preventive Care in Āyurveda III (Svasthavṛtta III / Yoga)	45
SA1112	Āyurvedic Wellness Solutions & Integration of Practice	45
SA1113	Clinical Practicum	75
Total Hours		615 hours

Classes for the Āyurvedic Practitioner program are held one full weekend per month from 9 a.m. to 6 p.m., with a Zoom session on the third Friday of the month from 6:00 p.m. to 8 p.m. Tuition includes an Internship/ Clinical Practicum at Sampoorna. The India Internship is mandatory for AP graduation, but it is not included in the AP tuition.

Āyurvedic Practitioner & Vedic Consultant

Course Number	Course Title	Hours
SA2101	Pathology: Vikruti Vijñāna	30
SA2102	Āyurvedic Herbology Pharmacology and Pharmacy II (Dravyaguṇa Vijñāna and Bhaiṣajya Kalpanā)	30
SA2103	Āyurvedic Detoxification II (Pañcakarma)	30
SA2104	Integration of Manas and Yoga Śāstra	30
SA2105	Anatomy and Physiology III Shareera Rachana Vijñāna: Correlation between Srotāṃsi and related systems	30
SA2106	Kāyacikitsā I: Annavaḥ, Prāṇavaḥ & Udakavaḥ Srotas	30
SA2107	Kāyacikitsā II: Svedavaḥ, Mūtravaḥ, Purīṣavaḥ Srotas	30
SA2108	Kāyacikitsā III: Rasavaḥ, Raktavaḥ Srotas	30
SA2109	Kāyacikitsā IV: Māṃsavavaḥ, Medavaḥ Srotas	30
SA2110	Kāyacikitsā V: Asthivaḥ & Majjāvavaḥ Srotas	30
SA2111	Kāyacikitsā VI: Śukravaḥ, Ārtavavaḥ Srotas	30
SA2112	Kāyacikitsā VII: Manovavaḥ Srotas	30
SA2113	Introduction to Vāstuśāstra, Jyotiḥśāstra & Hastasāmudrika	30
SA2114	Advanced India Internship and Clinical Practicum*	300
SA2115	Clinical Practicum	150
SA2116	Mentoring Sessions / Case Studies (via Zoom)	100
Total Hours		940 hours
AHC + AP		1555 hours

Advanced Studies Diploma Programs

The Advanced Studies Diploma programs are offered on an ongoing basis. Below are the tentative offerings for 2023-2024. Program hours, dates, and prices are subject to change.

*For Spanish course dates, please get in touch with the College directly.

Course Code	Course Title
	AROMATHERAPY
ARO1101	Clinical Aromatherapy
	ĀYURVEDA
AYU1100	Diploma in Āyurveda
AYU1101	Āyurvedic Chanting & Mantra
AYU1102	Āyurvedic Cooking
AYU1103	Āyurvedic Modalities
AYU1104	Marma Cikitsā
AYU1105	Rogī Parīkṣā (Pulse Diagnosis) Available only for Āyurveda students.
	SANSKRIT
SAN1100	Basics I
	INTEGRATIVE PSYCHOLOGY CERTIFICATE
AP5011	Introduction to Western Psychology
AP5012	Introduction to Eastern Psychology
AP5013	Anatomy & Psychology
AP5014	Chikitsa: Eastern & Western Approaches to
AP5015	Meditation for Counseling
AP5016	Principles of Mindfulness Cognitive Behavior
AP5017	Yoga Philosophy
AP5018	Survey of Eastern & Western Spirituality
AP5019	Integrative Mind & Body Principles & Practices
AP5020	Integrative Psychology Capstone
	JYOTISH
JYO1101	Fundamentals I
JYO1102	Fundamentals II
JYO1103	Fundamentals III
JYO1104	Fundamentals IV

	VEDANTA
VED1100	Bhagavad Gita (Basic)
VED1101	Bhagavad Gita (Advance)
VED1102	Upanishads
	YOGA
YOG1101	Breathing Techniques
YOG1102	Perfecting Yoga Poses
YOG1103	Yoga Fundamentals

Degree-Granting Program Descriptions

Āyurvedic Health Counselor & Vedic Consultant

The Āyurvedic Health Counselor & Vedic Consultant program (AHC) provides basic principles in Āyurveda, Philosophy, History, Sanskrit, Āyurvedic Anatomy, and Physiology. The program focuses on developing skills in preventive medicine, nutrition, herbology, home remedies, detoxification, rejuvenation, bodywork, daily/seasonal routine, and a basic understanding of common diseases. This program includes a supervised practicum.

Upon completing the Āyurvedic Health Counselor program, a student should have certain competencies or learning objectives. The learning objectives of the Āyurvedic Health Counselor program are as follows:

- Students can practice self-protocols of healing and guide individuals and groups through educational seminars and workshops on the traditional practices and principles of Āyurveda.
- The student will be able to determine the Āyurvedic constitution and take a history of the client's condition to refer client for general Āyurveda treatments and to Āyurvedic Practitioner for further analysis and recommendations.
- The student will be able to educate clients on the prevention of imbalances and recommend appropriate dietary, lifestyle, yoga, meditation, and health-promoting herbal recommendations, and recommend simple solutions for common diseases as recommended by Āyurveda.
- The student will learn how to launch their own private practice.

Course Number	Course Title	Hours
SA1101	Foundations of Āyurveda (Padarth Vigyan)	45
SA1102	Āyurvedic Anatomy & Physiology I (Doṣa/Dhatu/Mala Vigyan)	45
SA1103	Āyurvedic Anatomy & Physiology II (Micronutrition / Srotāṃsi)	45
SA1104	Āyurvedic Constitutional Evaluation	45
SA1105	Preventive Care in Āyurveda II (Svasthavṛtta I/ Dinacaryā / Ṛtucaryā)	45
SA1106	Preventive Care in Āyurveda I (Svasthavṛtta II/ Āyurvedic Nutrition)	45
SA1107	Fundamentals of Āyurvedic Herbology & Pharmacology I	45
SA1108	Fundamentals of Āyurvedic Herbology & Pharmacology II	45
SA1109	Āyurvedic Detoxification (Pañcakarma)	45

SA1110	Āyurvedic Psychology (Manas Śāstra)	45
SA1111	Preventive Care in Āyurveda III (Svasthavṛtta III / Yoga)	45
SA1112	Āyurvedic Wellness Solutions & Integration of Practice	45
SA1113	Clinical Practicum	75
Total Hours		615 hours

Student Clinical Opportunities during the Āyurvedic Health Counselor program

The last Sunday of each month of class time is dedicated to the Student Clinic and clinical practicum hours. At least 6 hours each month will be deducted from client encounters for each course. Students will receive 75 client encounters during class time throughout the year.

Students will observe clients and engage in hands-on experience while an Āyurvedic Physician or an experienced Āyurvedic Practitioner supervises. In addition, students will see clients one-on-one, as their studies progress, with the supervision of the physician/ experienced practitioner.

Students will have a clinical checklist where the Āyurvedic Physician/ experienced Practitioner will sign off on the clinical skills. Students may not graduate unless all 75 client encounters and all skills are checked off/completed.

In addition to the 75 client encounters, students are eligible to participate in Sampoorna's yearly Gurukula Program in India. Client encounters involve direct, hands-on contact with clients. Client encounters refer to initial or follow-up visits.

Āyurvedic Practitioner & Vedic Advisor

The Āyurvedic Practitioner & Vedic Advisor program (AP) provides in-depth knowledge of more advanced principles in Āyurveda. The program focuses on developing critical skills in the student, particularly pathology, history taking, physical examination, herbology and Āyurvedic pharmaceuticals. Methods in detoxification, bodywork, Marma Cikitsā and rejuvenation will be discussed. Students can determine causes, symptoms and signs of more common diseases and apply diagnostic methods and treatments. This program includes a supervised practicum abroad in India.

Upon completing the Āyurvedic Practitioner program, a student should have certain competencies or learning objectives. The learning objectives of the Āyurvedic Practitioner are as follows:

- The student will be able to apply a deeper understanding of constitutional imbalance, determine the vikruti of the client utilizing Āyurvedic diagnostic tools.
- The student will be able to apply an in-depth history taking, Āyurvedic Physical examination, and Āyurvedic techniques in their clinical practice.
- The student will be able to design a complete treatment plan to realign and bring back to balance the state of doṣas for common diseases, creating tailored disease management protocols according to each individual's needs.
- With this training, the student will be well established to embark on your Ayurvedic private practice.

Course Number	Course Title	Hours
SA2101	Pathology: Vikruti Vijñāna	30
SA2102	Āyurvedic Herbology Pharmacology and Pharmacy II (Dravyaguṇa Vijñāna and Bhaiṣajya Kalpanā)	30
SA2103	Āyurvedic Detoxification II (Pañcakarma)	30
SA2104	Integration of Manas and Yoga Śāstra	30
SA2105	Anatomy and Physiology III Shareera Rachana Vijñāna: Correlation between Srotāṃsi and related systems	30
SA2106	Kāyacikitsā I: Annavaḥa, Prāṇavaḥa & Udakavaḥa Srotas	30
SA2107	Kāyacikitsā II: Svedavaḥa, Mūtravaḥa, Purīṣavaḥa Srotas	30
SA2108	Kāyacikitsā III: Rasavaḥa, Raktavaḥa Srotas	30
SA2109	Kāyacikitsā IV: Māṃsavavaḥa, Medavaḥa Srotas	30
SA2110	Kāyacikitsā V: Asthivaḥa & Majjāvaḥa Srotas	30
SA2111	Kāyacikitsā VI: Śukravaḥa, Ārtavaḥa Srotas	30
SA2112	Kāyacikitsā VII: Manovaḥa Srotas	30
SA2113	Introduction to Vāstuśāstra, Jyotiḥśāstra & Hastasāmudrika	30
SA2114	Advanced India Internship and Clinical Practicum*	300

SA2115	Clinical Practicum	150
SA2116	Mentoring Sessions / Case Studies (via Zoom)	100
Total Hours		940 hours
AHC + AP		1555 hours

Student Clinical Opportunities during the Āyurvedic Practitioner Program

Students will receive 150 client encounters during class time throughout the year. Students will observe clients and engage in hands-on experience while an Āyurvedic Physician or an experienced Āyurvedic Practitioner supervises the consultation.

In addition, students will see clients one-on-one, as their studies progress, with the supervision of an Āyurvedic physician and/or experienced Āyurvedic practitioner. Students will have a clinical checklist where the supervisor signs off on the competencies and clinical skills being studied and observed.

Students may not graduate unless all 150 client encounters and all skills are checked off/completed.

Sampoorna's India Internship is mandatory for graduation.

Client encounters refer to initial or follow-up visits.

INTEGRATIVE PSYCHOLOGY CERTIFICATE PROGRAM

Integrative Psychology is a contemporary approach to care and healing. It draws on the rich modalities of care found in Eastern and Western psychological traditions, the world's sacred wisdom traditions, Ayurveda, and other holistic perspectives. All professionals can benefit from the knowledge, skills, and practices provided in this program.

This program is designed for students from all disciplines who aspire to apply a holistic psychological understanding to their respective areas of professional, personal, and relational lives.

The Integrative Psychology Certificate Program will offer insightful, deep, and applicable modalities for students intending to ascertain deeper existential meaning, identify causes and patterns associated with life choices, and move into self-realization.

Classes will be conducted via Zoom every Thursday at 7:00 pm EST. Each meeting is a 2-hour session for a duration of 10 months: one module per month.

Admission to the program is year-round.

Course Number	Course Title
AP5011	Introduction to Western Psychology
AP5012	Introduction to Eastern Psychology
AP5013	Anatomy & Psychology
AP5014	Chikitsa: Eastern & Western Approaches to Counseling
AP5015	Meditation for Counseling
AP5016	Principles of Mindfulness Cognitive Behavior Practice
AP5017	Yoga Philosophy
AP5018	Survey of Eastern & Western Spirituality
AP5019	Integrative Mind & Body Principles & Practices
AP5020	Integrative Psychology Capstone

ACADEMIC COUNSELING

Students seeking academic advising are encouraged to contact the College Director.

ASSESSMENT

Assessment and feedback are crucial for helping students learn.

Assessment should mirror valid and reliable instruction. It allows faculty to track learning gains, use opportunities for retraining, and determine best practices for effective pedagogy.

At Sampoorna, assessments are used continuously as part of instruction and provide information about the levels of understanding that students are reaching. Frequent feedback is critical for learners to gain insight into their learning and understanding. Students can also utilize the feedback to address learning areas needing further practice and actively evaluate their strategies and current understanding levels.

PRE/POST TEST

At Sampoorna College of Āyurveda & Vedic Studies, students will have a pre-/post-test in each course.

A pre-test and a post-test are both diagnostic tools. The pre-test provides faculty with data about student learning. Faculty can present content in awareness of student needs, strengths, and areas that require review and attention.

A post-test provides faculty with data on the effectiveness of their pedagogy and instructional time invested in certain content areas. The overall outcomes ensure best practices for the entire program and student learning gains.

These tools also evaluate student learning and assess students' progress throughout the modules. The pre-test will not be used as part of the grading criteria, and the post-test represents 5% of the final grade.

COLLEGEWIDE / FACULTY EVALUATIONS

College-wide and faculty evaluations are used to improve the quality of teaching and learning at Sampoorna College of Āyurveda & Vedic Studies. This feedback will help guide changes in future courses and is crucial to the College's overall commitment to quality, effective pedagogy, and academic excellence. Students are strongly encouraged to participate with constructive feedback on teaching delivery, program and module content.

GRADES

The grade scale employed at Sampoorna College of Āyurveda & Vedic Studies is based on the most widely accepted scales used by major academic institutions across the United States. Grades are calculated based on the direct results of evaluating course assignments, exams, and other assessed criteria outlined in each program module syllabus.

The following chart identifies the grading scale and its equivalent grade point average (GPA):

A = Excellent (90-100)
B = Good (80-89)
C = Average (70-79)
D = Below average (60-69)
F = Failure (Less than 60)
W = Withdraw
I = Incomplete

The grades earned in all courses completed are then utilized to calculate the student's Grade Point Average (GPA) each period and the Cumulative Grade Point Average (CGPA), as the average of all the courses completed.

It is important to emphasize that a Sampoorna College of Āyurveda & Vedic Studies student must meet the minimum 2.5 GPA as a graduation requirement. If students do not meet this requirement, they must repeat the failed course within the year and pay the fees to repeat the single course.

LATE ASSIGNMENTS & INCOMPLETE WORK

Sampoorna College of Āyurveda & Vedic Studies understands that adult learners face possible challenges that can affect their academic journey. We offer compassionate faculty members and an in-house counseling and life coaching program to help students navigate these challenges with confidence, best practices, and remain successful in their program.

It is a requirement that all assignments be completed and submitted on time. During an emergency or unforeseen circumstance, students can submit assignments with a 10% deduction per day up to one week late. Proper documentation may be requested if necessary. Assignments submitted after a week will be accepted; however, zero credit will be awarded. No work will be accepted after the last day of class.

Students may request an incomplete no later than the second-to-last day of class. The decision to offer an Incomplete is solely at the instructor's discretion. Students are eligible for an incomplete if they have completed at least 50% of the course.

If the instructor grants the Incomplete, students have 14 days from the day granted with the extension to complete the work. If the student fails to complete the missing assignments within

14 days, the student will be issued the grade earned in the course. All Incomplete forms must be submitted to the College Director before the last day of class. The incomplete request form must be signed by the faculty member and the student, agreeing to the terms of the Incomplete. Detailed assignments and due dates must be listed on the Incomplete form. The change of grade form must be submitted within 3 days of the incomplete work being submitted.

CLASS ATTENDANCE

The attendance policy of Sampoorna College of Āyurveda & Vedic Studies requires mandatory attendance for each student in their respective programs. If the student is online, it is expected that cameras will be on and each student will be invested, participate, and serve as a member of the learning community.

Students who miss more than two days of class in any one module will be required to repeat that module and pay the appropriate fees unless arrangements are made with the college administration. This is not negotiable.

Students who are absent for more than 40% of their respective programs will be withdrawn from the College. However, they will be eligible to reapply and retake the entire program under the requirements of the most current Catalog.

PROGRAM WITHDRAWAL

A student needing a temporary leave or withdrawal from a program of study must complete and submit an Official Notice of Withdrawal. If a student requests a withdrawal, all current semester courses will be reflected on the student's transcript with a W. The student will be subject to any course or program curriculum changes after a student has withdrawn and before they continue classes at Sampoorna College of Āyurveda & Vedic Studies. These changes may include taking additional core courses or adding curriculum, program, or course requirements.

READMISSION TO SAMPOORNA COLLEGE OF ĀYURVEDA & VEDIC STUDIES

Students returning to Sampoorna College of Āyurveda & Vedic Studies after being absent from class, or have administratively withdrawn, not exceeding 12 months, will be required to complete the re-entry paperwork and pay a \$50 re-entry fee. Students will be reinstated during the next available academic session if a class is available. Reentry students may have a gap in their schedule. The prior academic standing of the student who re-enters will remain in effect upon resuming their studies. Students absent for 12 months or more must reapply for admission to Sampoorna College of Āyurveda & Vedic Studies. If the student is seeking readmission, he/she must complete a new application for readmission, pay the registration fee, and complete all the admission requirements. The readmission process is subject to the review of the College Director. The College Director will review the student's previous academic file and reasons for withdrawal

before deciding on readmission. Once readmitted, the student is subject to the most recent cost/credit rate and fees.

ACADEMIC STANDING

Good Standing

Good standing is defined as having a cumulative GPA above 2.5.

Academic Probation

If students receive a GPA below 2.5 or their cumulative GPA is below 2.5, they will be placed on probation.

Academic Warning

Students who fail to improve their GPA to above 2.5 after being on Academic Probation will be placed on Academic Warning. Students will be sent a formal notification, and the status will be placed in their academic file. Students who are placed on Academic Warning will be assigned an intervention advisor to discuss a plan of action to improve their GPA and avoid Academic Dismissal.

Academic Dismissal

Students who maintain a GPA less than 2.5 for two consecutive semesters will be academically dismissed. Dismissed students must sit out one full semester before applying for readmission.

ADDITIONAL PROGRAM REQUIREMENTS FOR ĀYURVEDIC CERTIFICATE & DEGREES

ANATOMY & PHYSIOLOGY REQUIREMENT

Students in the Āyurvedic Health Counselor program must complete 4 credits of college-level Anatomy & Physiology or equivalent course within 6 months of beginning the program. To fulfill this requirement, students may take an online course for the 4-credit at an institution suggested by Sampoorna College of Āyurveda & Vedic Studies or any A&P program of your choice that meets the criteria, as long as it offers college credits (must be approved by the College Director).

Students in the Āyurvedic Practitioner program must complete six credits of college-level Anatomy & Physiology or equivalent course within 6 months of beginning the program. To fulfill the requirements at Sampoorna College of Āyurveda & Vedic Studies, students must take an additional 2-credit online course for a total of 6 credits.

Students may transfer Anatomy & Physiology courses and college credits previously taken by submitting transcripts to Sampoorna College of Āyurveda & Vedic Studies for evaluation.

PRE-REQUISITE REQUIREMENTS

No pre-requisite required for the Āyurvedic Health Counselor Program. Āyurvedic Health Counselor program is a pre-requisite for the Āyurvedic Practitioner program. Students transferring from other institutions must submit a copy of their diplomas and transcripts for evaluation to Sampoorna College of Āyurveda & Vedic Studies.

SANSKRIT REQUIREMENT

As part of the graduation criteria of the Āyurvedic programs, students must meet the Sanskrit requirement for their respective programs. A basic Sanskrit class to understand the alphabet and phonetics is mandatory to continue to the Āyurvedic Practitioner Program. Each module will dedicate class time to the teaching and understanding of Sanskrit vocabulary corresponding to the module. Each module will have a Sanskrit glossary on which students will be tested during monthly exams. A minimum passing score of 70% is required to meet P/F Sanskrit graduation requirement. This P/F will not be included in the GPA and will be noted as P/F on the student transcript. Students failing to meet the 70% minimum score will be given additional opportunities during final exams to meet the graduation requirement. Students failing to pass the Sanskrit requirement after the second attempt will be unable to graduate.

CLINICAL HOURS REQUIREMENT

Students enrolled in an Āyurvedic program at Sampoorna College of Āyurveda & Vedic Studies must complete a supervised clinical practicum, including direct hands-on contact required for each program. As a result of these client interactions, the students will strengthen their observation, history taking, and assessment skills. Students will be required to attend the Clinical Practicum held on the last Sunday of the module when clients are being seen on campus by the Āyurvedic doctor/ experienced Āyurvedic practitioners. Hours completed during the Gurukula Program in India must be submitted to the College Director as a requirement for the AP completion.

INDIA GURUKULA PROGRAM / ADVANCED PROGRAM

The India Gurukula program is a 3-week immersion experience of living and studying Āyurveda. This program offers lecture, clinical, and experiential components in a supportive environment for those ready to further integrate Āyurveda into their personal lives and build confidence in their clinical practices.

The program includes a total of 300 hours of classroom, outpatient and hospital experiences. Completing this program abroad will satisfy the clinical practicum requirements.

India Gurukula internship is optional for AHC students and mandatory for AP students graduation.

This program is available to students at an additional cost.

GRADUATION REQUIREMENTS

Āyurvedic Health Counselor

To obtain the Āyurvedic Health Counselor diploma, the student must fulfill the following graduation requirements:

- Successful completion of the program requirements is required to issue the diploma.
- All information required for admission to Sampoorna College of Āyurveda & Vedic Studies.
- Successful completion of the required courses per program.
- A minimum cumulative grade point average (GPA) of 2.5 for the program.
- A minimum of a C in each course
- Successful completion of the Sanskrit requirement
- Met supervised clinical hour requirement (Minimum of 60 client encounters)
- Students must be in good financial standing with the Institution at graduation.
- Successful completion of a 4-credit Anatomy & Physiology course.

Āyurvedic Practitioner

To obtain the Āyurvedic Practitioner diploma, the student must fulfill the following graduation requirements:

- Successful completion of the program requirements is required to issue the diploma.
- All information required for admission to Sampoorna College of Āyurveda & Vedic Studies.
- Successful completion of the required courses per program.
- A minimum cumulative grade point average (GPA) of 2.5 for the program.
- A minimum of a C in each course
- Successful completion of the Sanskrit requirement for this level
- Met supervised clinical hour requirement & mandatory India Gurukula Internship.
- Students must be in good financial standing with the Institution at graduation.
- Successful completion of a 6-credit Anatomy & Physiology course (4 from AHC + 2 from AP).

STUDENT AFFAIRS



STUDENT AFFAIRS

At Sampoorna College of Āyurveda & Vedic Studies, we are interested in the overall development of the student and the promotion of interaction between students and their peers. At Sampoorna, we focus our efforts on maximizing the retention and satisfaction of our students in every step of their academic journey. When students enroll in Sampoorna College of Āyurveda & Vedic Studies, they join a network of Āyurvedic professionals assisting their professional and career development.

STUDENT ĀYURVEDIC CLINIC

At Sampoorna College of Āyurveda & Vedic Studies, we know that Āyurveda is a hands-on science, and students learn with practical experience. Students in any Āyurvedic degree program must participate in the student clinic. The student clinic is incorporated into the program on the second Sunday of scheduled class time for the Certificate Program and at various additional times for the Practitioner and Doctorate Program (India Gurukula hours will go toward both programs). The student clinic will accommodate free or reduced-rate Āyurvedic consultations with the supervision of an Āyurvedic Doctor / experienced Practitioner. The Student Clinic is a key feature that makes Sampoorna stand out among other Āyurvedic programs.

PROFESSIONAL ORGANIZATIONS

To connect with other Āyurvedic professionals, the following are the premier organizations supporting the practice of Āyurveda:

National Ayurvedic Medical Association (NAMA) <http://www.ayurvedanama.org/>

The National Ayurvedic Medical Association represents the Āyurvedic profession in the United States of America. Founded in 1998 and incorporated in 2000, the organization's purpose is to provide leadership within the Āyurvedic community and to promote a positive vision for Āyurveda and its holistic approach to health and wellness. Its mission includes preserving, improving, and promoting the science and practice of Āyurveda for the benefit of humanity.

Sampoorna College of Āyurveda & Vedic Studies is an organizational member of NAMA, Membership #: 34562948, and a NAMA-approved school for the Āyurvedic Health Counselor and Āyurvedic Practitioner programs.

International Council for Āyurvedic Accreditation (ICAA) <https://iacdsc.org/icaa.php>

ICAA serves the public interest of Ayurveda medical education by providing the highest standard of Education equivalent to a BAMS degree in India (in accordance with US and world standards). ICAA actively promotes continuous improvement in the preparation of Ayurveda Medical practitioners by developing clinical competency-based measurable criteria for excellence in integrative medicine.

HOUSING AND ACCOMMODATIONS

Sampoorna College of Āyurveda & Vedic Studies does not offer housing accommodations, nor do we support any immigration services. Students will be responsible for securing their accommodations.

STUDENT COMPLAINTS

Sampoorna College of Āyurveda & Vedic Studies assures a fair and timely response to student inquiries or complaints. Any student who experiences concern or grievance regarding his or her education experience (admissions, faculty, academics, finance) is strongly encouraged to submit a formal complaint to the Institution.

- The student should email the College Director.
- The College Director will usually respond via email, acknowledging the receipt and requesting additional information, if needed.
- The Director will submit a written response to the student within three (3) business days after acknowledging receipt of the complaint.
- Within five (5) business days of the notification of the resolution, the student may submit an appeal to the College Director with additional documentation supporting their argument.
- The director will communicate the case's final resolution within five (5) business days of receiving the appeal.

STUDENT RIGHTS & RESPONSIBILITIES

Sampoorna College of Āyurveda & Vedic Studies reserves the right to amend, modify, add, or delete rules, policies, and procedures as deemed necessary by the administration. Students will be duly notified as these amendments, modifications, additions, or deletions occur.

However, no alteration of any sort or degree should be considered a violation of the relationship between the College and the student. Whenever possible, Sampoorna College of Āyurveda & Vedic Studies will take all measures necessary to provide students with adequate notice of anticipated changes. Students shall be notified via email promptly and in-person of such changes during classes. Email shall be directed to the students' official email account assigned by the College.

Students are expected to become familiar with the policies and procedures listed in this handbook. Failure to read this handbook does not excuse students from its rules, policies, and procedures.

NON-HARASSMENT POLICY

Sampoorna College of Āyurveda & Vedic Studies is committed to providing an academic and work environment free of all unlawful harassment. The College maintains a strict policy prohibiting sexual harassment and/or any harassment because of race, ethnicity, religion, national origin, ancestry, physical or mental disability, medical condition, marital status, age, sex, sexual orientation, or any other basis protected by federal, state, or local law, ordinance, or regulation. All such harassment is unlawful and will be addressed immediately. Unlawful

harassment in any form, including verbal, physical, through text, email, visual conduct, threats, demands, and retaliation, is strictly prohibited.

Violation of this policy will result in discipline, which may include suspension or expulsion, or even legal action, depending on the seriousness of the violation.

The College's policy against sexual harassment prohibits any perceived sexual advances or requests for sexual favors, or other physical or verbal conduct of any sexual nature. Sexual harassment may involve behavior of a person of either sex against a person of the opposite or same sex and occurs when, but is not limited to:

- Submission of such conduct is either explicitly or implicitly a term or condition of a person's employment or academic standing.
- Submission to or rejection of such conduct by an individual is used as the basis for decisions affecting an individual's employment or academic standing.
- Such conduct has the purpose or effect of unreasonably interfering with a person's work or academic performance or creating an intimidating, hostile, or offensive work, learning, or social environment.

Unlawful harassment based on race, religion, national origin, ancestry, physical or mental disability, medical condition, marital status, age, sex, sexual orientation, or any other protected basis includes, but is not limited to:

- Verbal conduct such as epithets, derogatory comments, slurs, or unwanted sexual advances, invitations, or comments.
- Visual conduct includes derogatory posters, photography, cartoons, drawings, or gestures.
- Physical conduct such as assault, unwanted touching, blocking normal movement, or interfering with work directed at the employee because of her or his gender or race, or any other protected basis.
- Retaliation for having reported or threatened to report harassment.

It is unlawful and expressly against Institute policy to retaliate against a person for filing an informal or formal good-faith complaint of sexual harassment or other forms of discriminatory harassment or for cooperating with an investigation of such alleged harassment.

If any of our students or employees believes that he or she has been subjected to harassment, he or she has the right to file a complaint, either orally or in writing, to the director.

CODE OF CONDUCT

The Conduct Code of Sampoorina College of Āyurveda & Vedic Studies seeks to enhance the qualifications and education of its students by providing qualified faculty, online resources, and support to best deliver a quality education. The Sampoorina College of Āyurveda & Vedic Studies Conduct Code explains and defines the student's rights and responsibilities while in attendance.

Certain qualities and values exist that measure the students' conduct; including but not limited to ethics, honesty and integrity supported by civic and social responsibility. While enrolled at Sampoorna, the students accept full responsibility and affirm they have read and understood the Sampoorna College of Āyurveda & Vedic Studies Catalog.

Sampoorna College of Āyurveda & Vedic Studies is committed to the fundamental rights of its students. As part of the community, and as outlined in our mission statement, Sampoorna College of Āyurveda & Vedic Studies is committed to providing a quality education and contributing to society. Sampoorna College of Āyurveda & Vedic Studies believes students have the following fundamental rights:

- Personal and intellectual liberty
- Mutual respect
- The right to receive a quality education
- The right to learn in an environment free from discrimination, harassment, or any form of hazing.

Conduct Guidelines

The students of Sampoorna College of Āyurveda & Vedic Studies must follow certain conduct guidelines. Students are prohibited from interfering with the rights, security, or health of any member of the College community. The students must comply with the Student's Rights and Responsibilities, Conduct Code, Academic Standards and any other regulations, policies and/or procedures of the College.

Misconduct

Students must avoid any kind of misconduct while they are engaging in an academic activity or enrolled in Sampoorna College of Āyurveda & Vedic Studies. Students are required while utilizing the academic resources of Sampoorna College of Āyurveda & Vedic Studies and participating in college activities, functions, or programs of study to maintain a professional, respectful attitude and conduct.

Prohibition Against "Hazing"

Hazing includes but is not limited to any action or situation that recklessly or intentionally endangers the mental or physical health or safety of a student for purposes including, but not limited to, initiation or admission into or affiliation with any organization operating as a postsecondary institution. Hazing includes, but is not limited to, pressuring or coercing the student into violating state or federal law; any brutality of a physical nature, such as whipping, beating, branding, or exposure to the elements; forced consumptions of any food, liquor, drug, or other substance or other forced physical activity that could adversely affect the physical health or safety of the student; and any activity that would subject the student to extreme mental stress, such as sleep deprivation, forced exclusion from social contact, forced conduct that could result in extreme embarrassment, or other forced activity that could adversely affect the mental health or dignity of the student. Hazing does not include customary athletic events or other similar contests or competitions or any activity or conduct that furthers legal and legitimate objective. (Florida Hazing Law, 1006.63) Engaging in, supporting, promoting, or sponsoring hazing or violating College rules governing hazing is prohibited.

Compliance with Local, State and Federal Law

Students are required to comply with any local, state, and federal laws or regulations.

Computer Access and Utilization of Sampoorna College of Āyurveda & Vedic Studies Resources

Students must obtain access to the systems and educational tools pertinent to their program. Access authorization will be required for access to any documents, data, programs and any other type of information or information system. Any use without authorization is prohibited as well as any tampering, destruction, alterations, or harm precipitated by a student to any documents, data programs or any other type of information or information system. Any tampering, destruction, alterations, or harm precipitated by a student to any documents, data programs or any other type of information or information system may lead to disciplinary action up to and including dismissal from the program or College.

Misrepresentation and Falsification

Students are prohibited from misrepresenting information or falsification of any documentation or information submitted to Sampoorna College of Āyurveda & Vedic Studies for the following purposes including but not limited to grading, admission, accommodation, graduation, and/or financial assistance.

Drug-Free Schools and Communities Act

To comply with the Drug-Free Schools and Communities Act (Pub. L. No. 101-226, Title 34 C. F. R., part 86), Sampoorna College of Āyurveda & Vedic Studies has adopted the following policy for all workplace, school, campus, and field-based programs.

The unlawful manufacture, distribution, dispensation, possession, or use of illicit drugs and the abuse of alcohol are prohibited in and on property owned or controlled by Sampoorna College of Āyurveda & Vedic Studies and as a part of any of its activities. The term "illicit drugs" refers to all illegal drugs, and to legal drugs obtained or used without a physician's order. This policy does not prohibit the use of prescribed medication under the direction of a physician.

No Sampoorna College of Āyurveda & Vedic Studies student or employee is to report to work or school while under the influence of illicit drugs or alcohol. Possession of paraphernalia for illegal drug use or taking a prescription that does not belong to you, are also prohibited.

There are serious health risks associated with the abuse of drugs and alcohol. When a student uses or deals drugs, he or she also risks incarceration and/or fines. The federal sentencing guidelines, which may be accessed at the following link, <http://www.usdoj.gov/dea/agency/penalties.htm> federal penalties for trafficking in drugs. In addition to the federal sanctions, Florida state statutes provide sanctions regarding the use, possession, and/or sale of illicit drugs and the abuse of alcohol. Punishment varies depending on the amount and type of drugs and/or alcohol involved. Felony convictions range from one year to life imprisonment.

Academic Standards

Sampoorna College of Āyurveda & Vedic Studies Students must commit to academic integrity and honesty to achieve their desired academic goals.

The following acts violate the Academic Standards of integrity and honesty, which may lead to disciplinary action up to and including dismissal from the program or College:

- **Fraud:** Intentional utilization of unauthorized material, information, or studies in any academic activity.
- **Assisting others in violating the principles of academic honesty and integrity:** An intentional act or knowledge of such an act of academic dishonesty or assisting another in violating the principles of academic integrity, honesty of Sampoorna College of Āyurveda & Vedic Studies conduct code.
- **Plagiarism:** Plagiarism is the practice of adoption, claiming, implying or reproduction of original work or authorship of (or incorporating material from) someone else's written or creative work including ideas, papers, or any other kind of material, in whole or in part, into one's own without adequate acknowledgement or required citation and recognition of the real owner of the material. Intentional and unauthorized use of information or citation in any academic activity is treated with the utmost severity at Sampoorna College of Āyurveda & Vedic Studies.

Original Work

All coursework must be the original work of the student. An original work can include reference material, citations, diagrams, or other elements of another's work, but must include proper references and citations.

ANY plagiarism of any kind will not be tolerated. Use of any Artificial Intelligence (AI) or modalities, including ChatGPT or other writing assistance that is not original to the author, will be considered a violation of trust and not acknowledged as the student's original work. Faculty are strongly encouraged to implement resources such as Turnitin or Grammarly to check for student plagiarism. Any violation will be immediately reported to the director for academic discipline.

Edition

Any material previously submitted for academic credit by the author will not be considered original work. The material is not original when it is totally or partially copied from another source, including another student, unless the copy fully acknowledges the original author, or the material is given to share or collaborate on a collaborative work. Any work delivered to acquire academic credit will not be considered submitted without all the corresponding references and citations following the documentation rules.

Participation

Sampoorna College of Āyurveda & Vedic Studies students are expected to actively participate in all course assignments, discussions, and class sessions, including any personal or work team assignments. In engaging in any discussion forum or in utilizing the resources of Sampoorna

College of Āyurveda & Vedic Studies, students are required to participate utilizing critical thinking methods, appropriate language, and submission of all work should be grammatically correct.

Violations

Any violation(s) of the academic standards, conduct standards and supplementary standards can result in applying the sanctions contained in the conduct code. The appropriate academic agent will administratively suspend the student during the pendency of the disciplinary action until resolution of any violation of the standards. Any violation is subject to disciplinary action up to and including dismissal from the institution.

Behavioral Warning and Probation (if appropriate)

Suppose a student fails to abide by the Code of Conduct. In that case, he/she will be placed on Behavioral Warning / Probation for the remainder of his time at Sampoorna College of Āyurveda & Vedic Studies.

Behavioral Dismissal

A student may be dismissed from Sampoorna College of Āyurveda & Vedic Studies for disregarding administrative policies and code of conduct. If a student continues to disrupt the class or school environment, or disregards the College's policies, after warning / probation, the student will be behaviorally dismissed and will be ineligible for re-entry to the College.

Appellate Process

An appeal of a disciplinary action must be sent to the College Director. All appeals must be sent within 72 hours from the receipt of the written resolution. To appeal a disciplinary action, the appeal has to fall into one of the following categories:

- The student has new evidence that was not available for presentation prior to issuance of the sanction.
- The sanction is not consistent with the violation committed.

A written response to the appeal will be provided in a reasonable timeframe. The appeal decision will be final.

Students who feel that their grievance had not been resolved satisfactorily may appeal to the Commission for Independent Education at 325 W. Gaines Street, Suite 1414, Tallahassee, Florida, 32399-0400, toll-free (888) 224-6684.

PRIVACY OF THE STUDENT (FERPA) FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT NOTICE AND STATEMENT

In compliance with the Family Educational Rights and Privacy Act (FERPA), otherwise known as the Buckley Amendment, Sampoorna College of Āyurveda & Vedic Studies will maintain the privacy of every student's official academic file. Students have additional rights under FERPA as follows:

- Parents or eligible students have the right to inspect and review the student's education records maintained by the school.

- The rights of the parents when the student reaches the age of majority (18 years of age) transfer to the student
- Sampoorana College of Āyurveda & Vedic Studies does not provide copies of the records, but students are permitted to review their records. Copies will only be provided when a student cannot review their records, and a fee will be charged for any copies provided.
- Eligible students have the right to request that Sampoorana College of Āyurveda & Vedic Studies correct its records, which the student believes to be inaccurate or misleading. The director will review the alleged error and seek to make corrections if found to be an accurate notification. The director will notify the student of the decision to amend or correct a student request pursuant to the director's findings and conclusions.
- Sampoorana College of Āyurveda & Vedic Studies reserves the right to decide not to amend the record; the parent or eligible student then has the right to a formal hearing. After the hearing, if Sampoorana College of Āyurveda & Vedic Studies still decides not to amend the record, the parent or eligible student has the right to place a statement with the record setting forth his or her view about the contested information.
- Sampoorana College of Āyurveda & Vedic Studies will obtain written permission from the parent or eligible student to release any information from a student's education record.
- Written Permission will not be obtained under the following circumstances:
 - Disclosure Authorized when or to:
 - School officials with legitimate educational interest.
 - Other schools to which a student is transferring.
 - Specified officials for audit or evaluation purposes.
 - Appropriate parties in connection with financial aid to a student.
 - Organizations conducting certain studies for or on behalf of the school.
 - Accrediting organizations.
 - To comply with a judicial order or lawfully issued subpoena.
 - Appropriate officials in cases of health and safety emergencies; and
 - State and local authorities, within a juvenile justice system, pursuant to specific State law.
 - In an emergency, FERPA permits school officials to disclose without student consent education records, including personally identifiable information from those records, to protect the health or safety of students or other individuals. At such times, records and information may be released to appropriate parties such as law enforcement officials, public health officials, and trained medical personnel.
- Disciplinary Records
 - While student disciplinary records are protected as education records under FERPA, there are certain circumstances in which disciplinary records may be disclosed without the student's consent.
 - Sampoorana College may disclose to an alleged victim of any crime of violence or non-forcible sex offense the final results of a disciplinary proceeding conducted by the institution against the alleged perpetrator of that crime, regardless of whether the institution concluded a violation was committed.
 - An institution may disclose to anyone—not just the victim—the final results of a disciplinary proceeding, if it determines that the student is an alleged perpetrator of a crime of violence or non-forcible sex offense, and with respect to the allegation made

against him or her, the student has committed a violation of the institution's rules or policies.

- FERPA and Student Exchange Visitors Information System (SEVIS)
- FERPA permits Sampoorna Āyurvedic College to comply with information requests from the Department of Homeland Security (DHS) and its Immigration and Customs Enforcement Bureau (ICE) to comply with the requirements of SEVIS.
- Officials who have specific questions about this and other matters involving international students should contact the U.S. Department of Education's Family Policy Compliance Office.
- Sampoorna College of Āyurveda & Vedic Studies will disclose any and all education records, including disciplinary records, to another institution at which the student seeks or intends to enroll.
- Sampoorna College of Āyurveda & Vedic Studies permits the right to inspect and review the student's education records within 45 days of the day the College receives a request for access.
- A student should submit to the registrar, dean, head of the academic department, or other appropriate official, a written request that identifies the record(s) the student wishes to inspect. The College official will make arrangements for access and notify the student of the time and place where the records may be inspected. If the records are not maintained by the College official to whom the request was submitted, that official shall advise the student of the correct official to whom the request should be addressed.
- Hearing Process
- Sampoorna College of Āyurveda & Vedic Studies shall hold the hearing within a reasonable time after it has received the request for the hearing from the parent or eligible student.
- Sampoorna College of Āyurveda & Vedic Studies shall give the parent or eligible student notice of the date, time, and place, reasonably in advance of the hearing.
- The hearing may be conducted by any individual, including an official of the educational agency or institution, who does not have a direct interest in the outcome of the hearing.
- The parent or eligible student a full and fair opportunity to present evidence relevant to the issues raised under Sec. 99.21. The parent or eligible student may, at their own expense, be assisted or represented by one or more individuals of his or her own choice, including an attorney.
- Sampoorna College of Āyurveda & Vedic Studies shall make its decision in writing within a reasonable period of time after the hearing.
- The decision will be based solely on the evidence presented at the hearing and must include a summary of the evidence and the reasons for the decision.
- Sampoorna College of Āyurveda & Vedic Studies Recordkeeping Provisions Under FERPA:
- Sampoorna College of Āyurveda & Vedic Studies shall maintain a record of each request for access to and each disclosure of personally identifiable information from the education records of each student.
- Sampoorna College of Āyurveda & Vedic Studies shall maintain the record with the education records of the student as long as the records are maintained.
- The record request log will include the following information:

- The parties who have requested or received personally identifiable information from the education records; and
- The legitimate interests the parties had in requesting or obtaining the information.
- The names of the additional parties to which the receiving party may disclose the information on behalf of the educational agency or institution; and
- The legitimate interests which each of the additional parties has in requesting or obtaining the information.
- FERPA and Student Health Information
- If Sampoorna College of Āyurveda & Vedic Studies provides health or medical services to students Sampoorna College of Āyurveda & Vedic Studies may share student medical treatment records with parents under previously described circumstances.
- Sampoorna College of Āyurveda & Vedic Studies will provide the following "Directory" information and in compliance with the Notice provisions under FERPA as follows:
- A student's name, address, telephone number, date and place of birth, honors and awards, and dates of attendance.
- Parents and eligible students may request in writing to Sampoorna College of Āyurveda & Vedic Studies record custodian, the Chief Academic Officer of Sampoorna Āyurvedic College, to not publish directory information about them.
- Complaints:
- Any complaints regarding Sampoorna College of Āyurveda & Vedic Studies's compliance with FERPA may be directed to Sampoorna College of Āyurveda & Vedic Studies's Registrar or students may file a complaint in writing to the Family Policy Compliance Office, at the following address:

**Family Policy Compliance Office
U.S. Department of Education
400 Maryland Avenue, SW
Washington, D.C. 20202-5920**

Supplementary Standards

The students must follow the ethics and legal standards of the College and the related study areas. Sampoorna College of Āyurveda & Vedic Studies reserves the right to modify, amend, alter, or supplement the standards of conduct. Any revisions will be provided to the student via on-line access to Sampoorna College of Āyurveda & Vedic Studies's Student Rights and Responsibilities statement.

Student Personal Information Modifications

It is the student responsibility to inform the institution on any change in the name, address or identification number of a student or country of residence. The student must notify in writing to Sampoorna College of Āyurveda & Vedic Studies by mailing a copy of a valid identification document such as a social security card, marriage license, identification card, passport or other document to Sampoorna College of Āyurveda & Vedic Studies's Director.

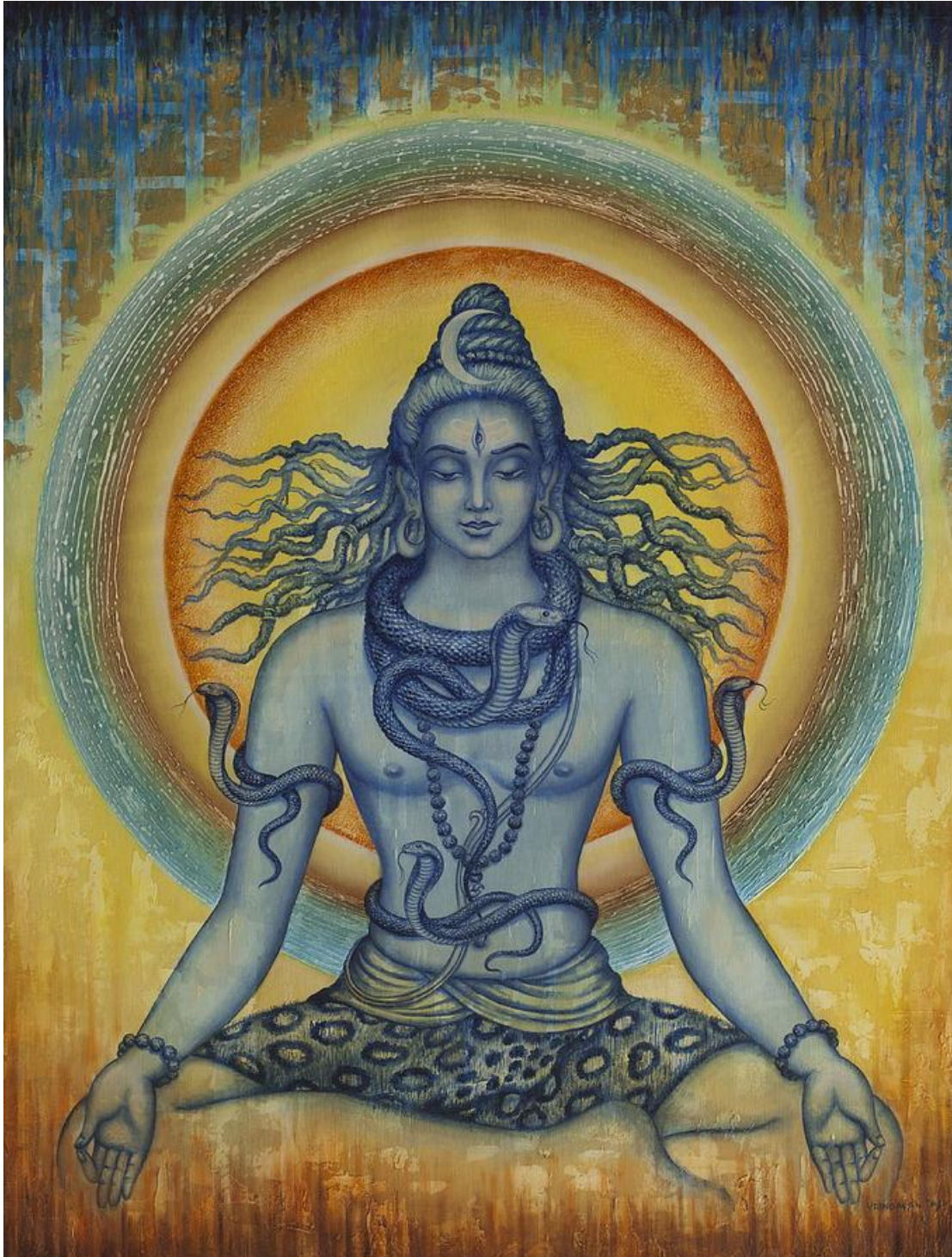
Disability Policy

Sampoorna College of Āyurveda & Vedic Studies does not discriminate and prohibits discrimination in its admission, enrollment, employment or any of its programs on the basis of race, color, religion, and national origin or ethnic origin (Title VI and Title VII of the Civil Rights Act of 1964, Civil Rights Act of 1991), sex (Title IX of the Education Amendments of 1972)¹, qualified individuals² with a disability (mental or physical) (Section 504 of the Rehabilitation Act of 1973), age (Age Discrimination Act of 1975) (Age Discrimination in Employment Act of 1967 (ADEA) The Equal Pay Act of 1963 (EPA), Title II of the Genetic Information Nondiscrimination Act of 2008 (GINA) and under Title II, Title III of the Americans with Disabilities Act of 1990 as amended, in compliance with all local, state and federal laws prohibiting discrimination on the basis of a protected classification.

For further information on Sampoorna College of Āyurveda & Vedic Studies' non-discrimination policy and Equal Opportunity Statement please contact:

Anay Abreu
Director
Sampoorna College of Āyurveda & Vedic Studies'
5749 NW 151 Street
Miami Lakes, FL 3301

COURSE DESCRIPTIONS



ĀYURVEDIC HEALTH COUNSELOR COURSE DESCRIPTION

SA 1101 Foundations of Āyurveda (Padarth Vigyan)

Introduction to the fundamental concepts of Āyurveda, its origin, Sāṃkhya philosophy, Pañcamahābhūta theory (five elements) and introduction of Āyurvedic Classic Texts.

SA1102 Āyurvedic Anatomy & Physiology (Doṣa/Dhatu/Mala Vigyan)

Introduction to Western concepts of A&P. Explanation of the Āyurvedic conception of anatomy; introduction to doṣa philosophy, which is the foundation for structure and function relationships in the body, known as anatomy and physiology in biomedicine.

SA1103 Āyurvedic Anatomy & Physiology II (Doṣa/Dhatu/Mala Vigyan)

More in-depth explanation of the Āyurvedic conception of anatomy; introduction to doṣa philosophy, which is the foundation for structure and function relationships in the body, known as anatomy and physiology in biomedicine.

SA1104 Āyurvedic Constitutional Evaluation

This course will provide the foundation to evaluate the client's constitution through observation, inquiry and direct examination.

SA1105 Preventive Care in Āyurveda I/Concepts of Routine (Svasthavṛtta I/

Dinacaryā/Ṛtucaryā) This unit introduces students to the principles of lifestyle and wellness rituals for a foundation in healthy living. It describes daily and seasonal routines and the reasons these elements help us to be in tune with the ecosystem of our environment.

SA1106 Āyurvedic Psychology (Manas Śāstra)

This course is essential for understanding the underpinnings of the mind's influence on the body's wellness and imbalances that are created. Āyurveda emphasizes thought and emotion as a strong basis for what we create in our physical, mental, psychic, and social beings. Constructs of thought and models for understanding how our mind works are discussed.

SA1107 Preventive Care in Āyurveda II/ Āyurvedic Nutrition (Svasthavṛtta II)

This course introduces students to the perspective of Āyurvedic science relating to the intake of nutrients, commonly seen as Āyurvedic diet and nutrition. It explains the basis of transformation of foods, through rasas, agni, and doṣas. Ahara is also an interventional treatment tool to be explored in greater depth as the student's training advances.

SA1108 Preventive Care in Āyurveda III (Svasthavṛtta III/Yoga)

This lesson introduces students to the philosophy and practices of Yoga as a health-promotion tool, as described in various texts such as the Yoga Sutras of Patanjali, the Hatha Yoga Pradīpikā, the Upanishads, and the Sāṃkhyapravacanasūtra. It emphasizes the relationship between Yoga and Āyurveda.

SA1109 Fundamentals of Āyurvedic Herbology & Pharmacy I (Bhaiṣajya Kalpanā & Dravyaguṇa Karma)

This course introduces the student to the concepts of Āyurvedic herbology and pharmacology, contrasting them with western herbology and pharmaceuticals, and learning how to obtain, prepare, and use Āyurvedic herbs with the principles of Āyurveda. This course has a focus on kitchen herbs and spices.

SA1110 Fundamentals of Āyurvedic Herbology & Pharmacy II (Bhaiṣajya Kalpanā & Dravyaguṇa Karma)

This course introduces the student to the concepts of Āyurvedic herbology and pharmacology, contrasting them with Western herbology and pharmaceuticals, and learning how to obtain, prepare, and use Āyurvedic herbs with the principles of Āyurveda. This course has a focus on medicinal herbs.

SA1111 Āyurvedic Detoxification (Pañcakarma)

Introduction to the principles and practices of Pañcakarma and the preparatory techniques for extracting deeply held toxins in the body. Discussion of the 5-action comprising Pañcakarma. Explanation and demonstration of Āyurvedic body treatments.

SA1112 Āyurvedic Wellness Solutions & Integration of Practice

This unit is the capstone to a year of study for students and should be used for review and integration. It should demonstrate practical algorithms for practice and remind students about the tools they have learned for self-care, home pharmacy, and wellness interventions.

SA1113 Clinical Practicum

This course runs throughout the year, including 6 hours each module for hands-on client encounters. Students completing the 72-hour requirement will be eligible to graduate and continue on to the Associate in Āyurvedic Medicine.

ĀYURVEDIC PRACTITIONER COURSE DESCRIPTIONS

SA2101 Pathology: Vikṛti Vijñāna: Concepts of Āyurvedic diagnosis such as Trividha Parīkṣā (threefold examination), Aṣṭavidha Parīkṣā (eightfold examination), and Daśavidha Parīkṣā (tenfold examination). Definition and classification of disease. Etiopathogenesis according to Āyurveda and ṣaṭkriyākāla (six stages of disease development). Knowledge of the three pathways of disease (Vyādhi Mārga). Concept of prognosis (sādhya / asādhya)

SA2102 Āyurvedic Herbology Pharmacology and Pharmacy II (Dravyaguṇa Vijñāna and Bhaiṣajya Kalpanā): This course discusses additional methods of herbal preparations and an in-depth learning of how to obtain, prepare, and use Āyurvedic herbs according to Āyurvedic principles.

SA2103 Āyurvedic Detoxification II (Pañcakarma): This course explains in detail the five karmas and focuses on three phases of Pañcakarma, emphasizing in paschāt-karma (virecana, vamana, nasya, basti and Raktamokṣa and Uttarakarma (post-care methods) and various aspects of Rasayana. Explanation and hands-on learning of procedures including various types of Snehana & Svedana therapies, including Abhyanga, Piṇḍasvedana, Pizhichil, Śirodhāra, and different Bastis.

SA2104 Integration of Manas and Yoga Śāstra: A deeper understanding of Yoga and its connection to Āyurveda. Yoga physiology. Introduction to Vedānta as a means to understand the mechanism of the mind.

SA2105 Ayurvedic Anatomy III Shareera Rachana Vijnana: Correlation between the Srotas and the related systems. Explanation of the Ayurvedic Anatomy- concept of Srotamsi and its correlation to Western Anatomy.

SA2106 Advanced India Internship and Clinical Practicum: Gurukula in India is an opportunity for students to learn and experience the healing effects of Āyurveda. This trip includes visits to Pharmacies and direct hands-on experience in an Āyurvedic Hospital setting. Patient, Management, Case Discussions. Case intake. Counseling and recommendations under the supervision of a clinician physician.

SA2107 Kāyacikitsā I: Anna, Prana & Udaka Srotas: Pranavaha Srotas - Complete basic Anatomical and physiological conceptual understanding of the three mentioned Srotas. Causes of vitiation, symptoms, disease formation, diagnosis, prognosis, and treatment of the channels transporting food, life force, and controlling water metabolism.

SA2108 Kāyacikitsā II: Sveda, Mūtra, Purīṣa: Complete basic Anatomical and physiological conceptual understanding of the three mentioned Srotas. Causes of vitiation, symptoms, disease formation, diagnosis, prognosis, and treatment of the channels carrying urine, stools and sweat.

SA2109 Kāyacikitsā III: Rasa, Rakta & Māṃsa: Complete basic Anatomical and physiological conceptual understanding of the three mentioned Srotas. Causes of vitiation, symptoms, disease formation, diagnosis, prognosis, and treatment of the channels carrying nutritional essence and plasma. Channels carry blood and muscle tissue.

SA2110 Kāyacikitsā IV: Meda, Asthi & Majja Srotas: Complete basic Anatomical and physiological conceptual understanding of the three mentioned Srotas. Causes of vitiation, symptoms, disease formation, diagnosis, prognosis, and treatment of the channels carrying fat tissue, transporting the bone tissue, and the channels carrying the bone marrow.

SA2111 Kāyacikitsā V: Śukra, Ārtava & Mano Srotas: Complete basic Anatomical and physiological conceptual understanding of the three mentioned Srotas. Causes of vitiation, symptoms, disease formation, diagnosis, prognosis, and treatment of the channels carrying male and female reproductive tissue and the mind.

SA2112 Introduction to Vāstuśāstra, Jyotiḥśāstra & Hastasāmudrika: Introduction to basic understanding of the planets, movement, positions, and how they form a chart. Explanation of Nakshatras and their importance. Understanding of the Science of Architecture in the Vedic tradition. Introduction to Indian Palmistry as a measuring device to understand our nature.

SA2113 Clinical Practicum: This course runs throughout the program, including 6 hours each module for hands-on client encounters. Patient, Management, Case Discussions: Differentiate,

compare, and contrast various aspects of clinical practice. Case intake. Counseling and recommendations are provided under the supervision of a clinician.

SA2114 Mentoring Sessions / Case Studies—Students can receive guidance from a clinician faculty member regarding their learning. There will be a discussion and debrief of clinical cases and cikitsā, including cases submitted by participants.

ADVANCED STUDIES DIPLOMAS

ARO1101 Clinical Aromatherapy: The Diploma focuses on the in-depth study of essential oils and carrier oils and their applications, it combines a clinical and holistic approach to well-being by including the science of essential oils, and olfaction therapy, which outlines how to use scents for emotional and mental benefits and help in the treatment of illnesses of psychosomatic origins. In addition, the diploma details natural ingredients and their uses, base products, ingredients to avoid, and how to guide the therapists through making natural remedies in the clinic.

AYU1101 Āyurvedic Chanting & Mantra: Learn special Āyurvedic (Healing) mantras/chants and practices for a daily basis and for your constitution and health.

AYU1102 Āyurvedic Cooking: Learn about principles of Āyurvedic Cooking, useful herbs, oils, and foods, and their healing properties and natures.

AYU1103 Āyurvedic Modalities: This course will provide a practical knowledge and experience on Āyurvedic Bodywork, such as Śirodhāra- a technique that involves dropping a steady stream of appropriate oil slowly over the forehead, benefits, indications and contraindications. Nasya- application of specific oils administered through the nasal passage spreads throughout the head and its constituent parts. Technique, Benefits, indications and contraindications. Svedana- Therapeutic application the heat to the body. Procedure, indications, and contraindications. Abhyanga- Āyurvedic massage, multiple effects, technique, indications, and contraindications, and specific oils used according to Āyurvedic body type. Pizhichil- Large quantities of massage oil are squeezed or poured over the body while massaging vigorously. Procedure and effects. Piṇḍasvedana- local application of bolus rice or herbs to apply heat to the body with the purpose of nourish and rejuvenating. Benefits and procedure. Netra Basti- Eye treatment and its countless benefits and procedure. Kati Basti- application of heat to the sacral and lumbar region by retaining warm medicated oil. Indication and procedure. Janu Basti- application of medicated oil or herbal decoction for knee joint conditions. Grīvabasti- Application of medicated oil on the cervical region. Procedure. Karṇapūraṇa Therapeutic oil treatment on the ears. Hṛdayabasti - Oil treatment on the chest area to stimulate cardiac functions.

AYU1104 Marma Cikitsā: Marma Cikitsā, the mother of all healing therapies, is a 5,000-year-old system of Āyurveda. Marma means vital energy point, a bridge between body, mind and spirit. These points are located where the three doṣas and anatomical-energetic structures meet. When these points are stimulated, hormones, neurochemicals and stored memories can be released, balancing the doṣas and promoting wellbeing.

AYU1105 Rogī Parīkṣā (Pulse Diagnosis) Available only for Āyurveda students: Pulse diagnosis is a vital instrument used in Āyurvedic Medicine both for assessing the current health of a patient and providing a basis for prognosis. It also informs the practitioner about the underlying challenges of the patient's constitution.

JYO1101 Jyotiṣa Fundamentals I: Basic understanding of the planets, movement, positions, and how they form a chart.

JYO1102 Jyotiṣa Fundamentals II: The fundamentals of analysis of the house in Jyotiṣa (Bhava Vicara). Introduction to methodologies and interpretation.

JYO1103 Jyotiṣa Fundamentals III: Yoga Vicara. Study of combination or union of astrological factors that create different effects on the life of the native.

JYO1104 Jyotiṣa IV: Health and Psychological Proformas. Step-by-step systems that indicate imbalances or predispositions to certain physical and/or mental conditions in a chart.

VED1100 Bhagavad Gita (Basic) Spiritual Integration: All Indian schools of spirituality point to the Bhagavad Gita as a genuine carrier of the core of their teachings. We will slowly move from chapter to chapter, exploring timeless truths cleverly embedded in Krishna's elaborated teachings to his disciple Arjuna. There is the dialogue between consciousness and mind that the awakening of individual awareness brings to the spiritual seeker.

VED1102 Bhagavad Gita (Advance): Analysis and Reflections- One Sloka at a time.

YOG1101 Breathing Techniques: This course offers an in-depth understanding of prana and the energy body. It includes an introduction to Nāḍīs (energy channels) and the chakras, diaphragmatic and yogic breathing techniques integrating breath with yoga practice, multiple pranayama techniques and practices, integration with a simple meditation technique, and a systematic take-home everyday practice.

YOG1102 Perfecting yoga poses: This workshop has been designed for intermediate to advanced students wanting a more detailed understanding of specific yoga postures to deepen and expand their practice. This practicum course will explore specific inversions, binds, and variations to basic postures.

YOG1103 Yoga Fundamentals: This course has been designed for beginners and intermediate students wanting a more detailed understanding of yoga foundations, postural alignment and breath. You will begin to gain an understanding of a yoga class structure and Hatha Yoga flow.

FACULTY





Anay Abreu

Anay Abreu is an established Āyurvedic professional. She is the Director of Sampoorna College of Āyurveda and Vedic Studies. Anay is a Vedic astrologer and experienced Yoga teacher. Her introduction to authentic Vedic Sciences began 22 years ago through Yoga and Vedanta.

After becoming an Ayurvedic Practitioner, Anay traveled to India yearly for training in Panchakarma, Herbology, and clinical diagnostics. She offers Jyotisha courses, Marma Therapy workshops,

Ayurveda training, Yoga, and Vedanta Philosophy teachings in the U.S. and India. Anay Abreu is a member of the ICAA Advisory Board. Through her Āyurveda practice, public presentations, and collaboration with other Āyurvedic professionals, Anay represents the very best of those dedicated leading voices promoting the Vedic Sciences and advocating for health and better living.



Desiree Collazo

Desiree Collazo, initiated as Swami Shantiananda of the Shiva Kriya Yoga School of Divine Values, licensed massage therapist, esthetician, Āyurvedic consultant and practitioner, Reiki Master and teacher of various ancient and modern modalities of healing. She is the Education Manager for the Miami Campus of Florida College of Natural Health and has held that position since 2008.

Desiree's interest in Āyurveda began during her education as a massage student in 1998, where she started her self-studies and attended local workshops. She accomplished her Pañcakarma apprentice training with Dr. Aparna Bapat in September 2008. In 2009 she travelled to India to further her proficiency in Pañcakarma Therapies under the guidance of Drs. Sapna, Rajesh Deven and team.

In August 2009 she received a Bachelor of Vedic Studies (Āyurveda) from the Sai Āyurvedic College of Miami. Her teaching career began in 2000 in her alma mater as a Clinical Massage and Basic Skincare instructor, and later in the Paramedical Skincare program, which included Āyurveda training.

Desiree has lectured at National Beauty Conferences and has written various courses as an approved CEU provider for the Florida Board of Massage and Board of Cosmetology. She continues to provide CEU seminars for the Spa industry and lectures on the sciences of Yoga and Āyurveda.



Vaidya Aparna Bapat

Vaidya Aparna Bapat has been a dedicated educator, clinician, and consultant of Ayurveda internationally, since 1990.

She studied Ayurvedic medicine and earned a BAMS at the University of Pune. She was then a Senior Lecturer at the College of Ayurveda in London. Aparna is the author of numerous articles on Ayurveda and related themes and serves on the board of the Light on Ayurveda Journal.

With over 15,000 patients, she has made multiple television appearances and is considered one of the finest teachers and practitioners of Ayurveda in the USA today.

She is an expert on legal importing of Ayurvedic herbs into the USA and has been supplying companies through AyurSpirit. Vaidya Bapat is the director of Āyurveda Association of Florida (AAF). She has served on the Board of Directors of AAAP, AAPNA and NAMA, and advisor to CAC.

She had served as the faculty of the New Jersey Institute of Ayurveda, the AYU Academy, Kerala Ayurveda Academy, and The Dinacaryā Institute, as well as dozens of yoga studios.



Dr. Asha Prapanch

MD (Ayu) in Rasasastra from RGUHS, Bangalore, India Certificate in Āyurvedic cosmetology (ISM) Dr. Asha Prapanch is a renowned Āyurveda practitioner and Āyurveda Professor. She took her BAMS (Bachelor of Āyurveda) and master's degree MD Āyurveda from Rajeev Gandhi University of health sciences Bangalore, India.

She completed courses in yoga and in Āyurveda cosmetology. She started her career as an Āyurveda practitioner in 2004 with a goal of spreading the knowledge authentic Āyurveda, treating patients and educating them in Āyurveda. She worked as a leading Pañcakarma specialist at a hospital setting.

Currently she is working as a chief physician at Apathasree Āyurveda Hospital where along with Pañcakarma treatments she advises complete healthcare protocols on diet, routine and yoga.

Director of Integrated Āyurvedic healthcare Pvt. Ltd. She is also an Āyurveda Professor for doctors and students in India and abroad. Dr. Asha works in the field of Sanskrit for promotion of this ancient Indian language and Indian cultural heritage.

Dr. Asha is an excellent academic performer graduating with honors for both BAMS and MD studies. She has managed many Āyurveda Pañcakarma hospitals in Kerala and outside Kerala. Dr. Asha worked as a Āyurveda Practitioner and Lecturer at Parassinikadav Āyurveda Medical College, Kannur, Kerala.



Dr. Prapanch

MD (Ayu) in Rasasastra from RGUHS, Bangalore, India MS (Psychotherapy and counseling). Grandson of Āyurvedic legend Edayadi kunhikannan vaidyar who held the lamp of great wisdom of Āyurvedic Ashtavaidya System.

After BSc. degree in Botany he took his BAMS (Bachelor of Āyurveda) degree and master's degree (MD Āyurveda) from Rajiv Gandhi University of Health Sciences Bangalore. Currently he is serving as MD of Integrated Āyurvedic Health Care Pvt. Ltd. Consultant physician, Pathcare Āyurveda Hospital and clinic
Member of Advisory board CAC (Council of Āyurveda Credentialing) and various national and international health associations.

Dr. Prapanch laid the basement of 50 bedded hospital and resort to give international standard Āyurvedic treatment and hospitality.

Dr. Prapanch is an expert in treating any chronic and so-called incurable diseases. He established Apathasree Āyurveda Hospital and clinic which treats Thousands of patients every year from all over the world. He worked as a lecturer at Parassinikadav Āyurveda Medical college, Kannur, India. He worked as the consultant physician in the department of toxicology at Pappinissery Visha Cikitsā centre where he treated number of cases of poisonous bite and different skin diseases.

Dr. Prapanch developed more than 25 proprietary authentic healthcare and beauty care products. He is a regular contributor to several health magazines, has written thousands of articles in Āyurveda.

He conducted many awareness programs on Āyurveda, yoga and homa therapy.

His aim is to spread and popularize authentic Āyurveda and yoga around the globe.



Vaidya Archana Kulkarni

(Vaidya) Archana Kulkarni is doctor of Āyurvedic medicine and founder and director of Ayer Wellness center. She has been practicing Āyurvedic medicine over 13 years.

Dr. Kulkarni has completed 5 and ½ years of bachelor of Āyurvedic medicine and surgery (BAMS) and then got selected for master's education (Masters in Āyurveda) from renowned Banaras Hindu University (BHU)

Yoga is integral part of Āyurveda, she has completed Diploma in Yoga from Yoga Sadhana Kendra, BHU.

After completing her education she worked as lecturer in Āyurvedic medical college and practiced in Āyurvedic Clinic.

She has presented many papers on Āyurveda in different Āyurveda conferences, seminars, and magazines.

Her passion to expand and share her knowledge of Āyurveda and Pañcakarma she has earned Diploma in therapeutic massage and integrated bodywork from Lehigh valley Healing Arts Academy School, PA USA.

She offers individual Āyurveda consultations with pulse analysis, assessment of unique Doṣa type ("Prakriti" Constitution) and customized recommendations about diet, lifestyle modifications and herbal formulas, yoga and meditation.

She offers Pañcakarma and other detox and healing therapies. She provides educational workshops to spread knowledge of Āyurveda.



Carolina Ortiz

Carolina Ortiz is an Ayurvedic practitioner and an alumna of Sampoorna Ayurvedic College. She is also a registered nurse in South Florida, specializing in Cardiac, Emergency, and Outpatient medicine. She graduated from NOVA University with a master's degree in nursing education.

Carolina is a faculty member at Sampoorna and gets to fulfill her dharma in teaching. "My education obtained at Sampoorna College has been transformational and life-changing". She has participated in internships at Apathasree Ayurvedic Hospital in Kerala, receiving training in herbal preparations, panchakarma, and medical diagnostics. Her collaboration and participation in outreach programs to villages in Kerala's outskirts impacted her personally and allowed her to gain clinical practicum training.

Ayurveda has taught her the path of self-awareness and compassion so that she can truly appreciate life and coexist with others regardless of race, culture, profession, religion, or social status.



Dr. Daniel Medina

Dr. Daniel Medina was born in Chicago, Illinois, and raised in Miami, Florida. He graduated from Florida International University, the University of Oklahoma, and St. Thomas University. His postgraduate work includes Oxford University (Hindu Philosophy), Bexley Hall, and Colgate Rochester Divinity School.

He is an Educational Psychologist and a graduate from Brown University's Mindfulness-Based Stress Reduction (MBSR) and Vipassanā meditation. Daniel keeps his own Kriya Yoga practice. He is a Benedictine religious and an ordained minister with the United Church of Christ.

Daniel has also written and presented lectures on several topics, including Charles Williams' Theology of Romantic Love and Co-Inherence, Zen Meditation, Mindfulness, World Religions, and Spirituality, Conflict Resolution, José Martí, and the American Transcendentalist Movement. Dr. Medina is a public school teacher.

Daniel served as a distinguished counterintelligence agent in the U.S. Army Intelligence. He is also a painter, musician, published poet, and photographer.

Dr. Medina is a member of the Sound Healers Association, has a private practice, and teaches courses in Integrated Psychology, Western & Eastern Philosophy, and Spirituality.