

Certificate Course in Ayurveda Psychology

Background and Justification:

Ayurveda is a holistic science that acknowledges the body-mind correlation. Ayurvedic psychology focus on prevention, gentle intervention and do not stigmatize mental health. In Ayurveda, overall dosha imbalances are corrected through palliative measures like herbs and modifications in lifestyle and nutrition as well as cleansing with therapies like Abhyanga, Shiro dhara and Panchakarma. Spiritual therapies like prayer, mantra and chanting based on one's own belief system, psycho-behavior therapy and mental hygiene practices are advised. At the same time, Ayurveda relies heavily on Yoga, Meditation, Pranayama and Marma to enhance mental health. Most of the foreigners prefer these practices related with Ayurveda psychology to boost their physical, mental and spiritual well-being. Hence, popularizing Ayurveda psychology among them and showing fruitfulness may indirectly enhance the tourism industry of Sri Lanka. In addition, as a government sector institute, Faculty of Indigenous Medicine, University of Colombo can increase the generated funds which support the government economy. Thus, the Certificate Course in Ayurveda Psychology is created to gain the above-mentioned benefits recognizing the fact that our ultimate strength lies within our own consciousness.

Objectives:

- To improve the knowledge who are interested in Ayurveda Psychology.
- To improve the correct knowledge and skills in the subject.
- To cut down the economic burden of Sri Lankan health sector.
- To promote tourism in Sri Lanka indirectly.
- To enhance the generated funds of the Faculty of Indigenous Medicine, University of Colombo

Eligibility criteria:

The minimum educational qualification of the prospective students to follow this certificate programme is the pass of Ordinary Level (O/L) Examination which is on par with the Tertiary and Vocational Education Commission.

Target groups:

- Employees in the Ayurveda sector who wish to gain qualification to support their experience and skills further.
- Beginners who wish to obtain the knowledge of Ayurveda psychology.
- Individuals who are interested in short courses for personal development.

Total Course fee (Rs. 27000)

- Application Fee Rs. 2,000.00/= per each participant
- Registration and Certification Fee Rs. 5,000.00/= per each participant
- Course Fee Rs. 20,000/= per each participant

Medium of Instruction: English/Sinhala

Course Duration (online mode with onsite practical)

- 03 months (40 learning hours)
- Online lectures will be conducted in weekends (preferably on Sundays)

Teaching Methods: Lectures, Practical, Group Work and Presentations

Lecturers Panel

The Head, Subject experts, Content experts, all the advisors and coordinators of the Department of Maulika Siddhanta and Shareera Vignana, Faculty of Indigenous Medicine, University of Colombo.

Content experts from other universities in India, Sri Lanka.

Course content:

| Module | Lecture Topic | Mode | Hours |
|-------------|--|-----------------------------------|---------------|
| Module - I | Introduction to Ayurveda | Online | 02 hours |
| | Health concepts of Ayurveda | Online | 02 hours |
| | Ayurveda and Indian Philosophies | Online | 02 hours |
| | Ayurveda Mental and Spiritual Health | Online | 02 hours |
| | Concepts of Mind, Athma | Online | 02 hours |
| Module - II | Psychological Disorders as per Ayurveda | Online | 02 hours |
| | Psycho behavior Therapy and Mental Hygiene | Online | 02 hours |
| | Yoga and Pranayama for Mental Health | Online | 02 hours |
| | Medication for Mental Wellbeing | Online | 02 hours |
| | Marma therapy to enhance Mental Health | Online | 02 hours |
| | Panchakarma for Psychiatric Disorders | Online | 02 hours |
| | Improve the mind with Ayurveda Therapy | Online | 02 hours |
| | Concept of Prakriti | Online | 02 hours |
| | Triguna concept and Tridosha | Online | 02 hours |
| | Ayurveda Preventive measures for Psychological disorders | Online | 02 hours |
| | Module -III | Hospital visit, Skill Development | Online/Onsite |

Assessment Methods:

There would be an assessment at the end of each module and the certificate would be awarded to those obtaining >50%

Assessment would be both formative and summative and would be specific to each module. The formative assessments would consist of group tasks, quizzes etc, while the summative assessments would include presentation and assignments.

Certificate awarding Attendance: 75% of attendance is a must.

At the end of the course, Certificates will be awarded to all those who have successfully completed the course. By the Faculty of Indigenous Medicine, University of Colombo.