

Certificate course in Ayurveda Wellness Tourism

Full Title: Certificate course in Ayurveda Wellness Tourism
Abbreviated Title: (CCAWT)- Certificate Course in Ayurveda Wellness Tourism
University: University of Colombo
Faculty/Institute: Faculty of Indigenous Medicine
Department : Postgraduate and Mid Carrier Development Unit

Objectives

- To introduce the principles of Ayurveda in the context of health and wellness tourism.
- To provide basic understanding of Ayurveda principles and therapies.
- To train participants in Ayurveda-based wellness practices suitable for tourism.
- To enhance communication and cultural competencies relevant to health tourism.
- To create employment opportunities in Ayurveda resorts, wellness centers, and tourism services.
- To provide a correct knowledge and develop the skills of the persons who are interested in the subject of wellness tourism
- To provide recognized qualifications as a Wellness Tourism
- To cater the demand of the Ayurveda wellness Tourism nationally and internationally

Eligibility criteria to enroll into the certificate course

- Minimum educational qualification: Passed G.C.E. Ordinary Level (O/L) or equivalent
- Age: 18 years and above
- Basic communication skills

Target groups:

Individuals who are interested in local & foreign job market as qualified in wellness Tourism

- School leavers
- Registered Spa and wellness center staff
- Tourist guides
- Youth interested in Ayurveda and wellness tourism
- Hotel industry trainees
- Health and wellness professionals
- Tourism and hospitality students
- Yoga instructors and wellness coaches
- Entrepreneurs in health tourism
- General public interested in Ayurvedic tourism

Application Procedure

- Applications are called by a notice/advertisement, circular notices or online through the faculty of Indigenous Medicine website etc.
- applicants should pay the application fee for making an application form issued by the Faculty of Indigenous Medicine and send the duly filled application to the Registrar FIM when the program is advertised.
- Having examined the applications for necessary initial qualifications, call the qualified candidates for an interview.

Minimum number of participants per program

12

Fee structure

Course Fee = Rs. 75,000.00 (Per Participant)

Application Fee = Rs. 3,000.00 (Per Participant)

Registration and Certification Fee = Rs. 5,000.00 (per Participant)

Foreign Candidates – 350 USD

Course Duration: 04 Months

(16 weeks – includes theory, practical, field Visits & Training in Ayurveda resorts)

Medium of Instruction:

English/Sinhala (as per regional preference)

Course Delivery Methods:

- Lectures (in person or online)
- Demonstrations and practical sessions
- Guest lectures by industry experts
- Field visits to Ayurveda resorts and herbal gardens

Account details:

The faculty of Indigenous Medicine,
 University of Colombo,
 Acc.no. 078-1001-22268432,
 People's Bank,
 YMBA Branch,
 Borella, Sri Lanka

Course Duration

04 months – (part-time)

Medium of Instruction

English/ Sinhala

Program structure and Course Content

Course Module	Title	Time Allocation	
		Lectures (hours)	Practical (hours)
Module I (15 Hours)	1. Introduction to Ayurveda <ul style="list-style-type: none"> 1.1. History and philosophy of Ayurveda 1.2. Basic Concept (Tridosha theory, Dhatus, Agni, Mala etc.) 1.3. Concept of health & disease in Ayurveda 1.4. Importance of Prakriti analysis 	04 Hours 04 Hours 04 Hours 03 Hours	04 hrs
Module II (15 Hours)	2. Fundamentals of Ayurveda Therapies <ul style="list-style-type: none"> 2.1. Abhyanga (Ayurveda massage) 2.2. Overview of cleansing therapies 2.3. Use of herbal oils and powders 2.4. Health promotive beverages, herbal tea and porridge 2.5. Ayurveda for mental and spiritual progression 	03 Hours 03 Hours 03 Hours 03 Hours 03 Hours	12 hrs
Module III	3 Ayurveda and wellness tourism <ul style="list-style-type: none"> 3.1. Definition and scope of health and wellness tourism 3.2. Scope of Ayurveda Health Tourism in Sri Lanka 	03 Hours 03 Hours 06 Hours	06 hrs

	3.3. Healthy foods and guidelines for personalized health 3.4. Yoga and Ayurveda	03 Hours	
Module IV (15 Hours)	4. Tourism management for Ayurveda Centers 4.1. Guest relations and hospitality 4.2. Designing Ayurveda wellness packages 4.3. Legal and ethical considerations 4.4. Marketing strategies for Ayurveda tourism 4.5. Digital presence and booking platforms	03 Hours 03 Hours 03 Hours 03 Hours 03 Hours	08
Module V	5.Practical training /internship 5.1. Hands-on training in Ayurveda wellness center/spa 5.2. Client interaction and documentation 5.3. Etiquette and communication		30
Total		60 hrs.	60 hrs.

Mode of Conduct

Hybrid (onsite and online) weekends

Venue

Faculty of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

Teaching Methods

- Lectures
- Practical
- Group Work

Lectures will be arranged and coordinated by the Post graduate and mid carrier development unit, Faculty of Indigenous Medicine, University of Colombo.

Online

Learning inputs will be delivered through the online platform via Lectures, presentations, demonstrations and Webinars. Participants are expected to maintain regular online activities which will be monitored by the coordinator.

Onsite

Learning inputs will be delivered through Lectures, Live demonstrations, Clinical visits, Hands on experience on external places such as Hotels & spas.

Lecturers Panel

Lecturers Panel for the “**Certificate Course in Ayurveda Wellness Tourism**” includes,

- Subject experts, Content experts of the Faculty of Indigenous Medicine, UoC and other relevant institutions.
- Content experts from other respective Universities and Institutes in Sri Lanka and India

Certificate awarding

At the end of the course, Certificates will be awarded to all those who have successfully completed the course and get through the final exam by the Faculty of Indigenous Medicine, University of Colombo.