

**Sree Sankaracharya University of Sanskrit Kalady
Department of Ayurveda**

DIPLOMA IN AYURVEDA PANCHAKARMA AND

INTERNATIONAL SPA THERAPY

Credit and Semester System (CSS)

SCHEME

Aim and Objectives

The programme aims to provide academic orientation, skill training and employment skills in Ayurveda Panchakarma and International Spa Therapy and to tap the increasing human resources demand in the fast growing wellness sector.

Curriculum Structure in Credit and Semester System (CSS)

Total Credits of the Programme	- 40 Credits
Classroom activities – Theory	- 15 Credits
Practical	- 13 Credits
Industrial Training	- 08 Credits
Project work	- 04 Credits

Distribution of Credits: Class Room Activities

Theory - Total credits 15 (One Credit is of minimum 15 hours which include Lectures, tutorials, Seminars, assignments, test papers etc. $15 \times 15 = 225$ hours)

Practical - Total credits 13 (One Credit is of minimum 30 hours $13 \times 30 = 390$ hours)

Industrial Training

Total credits 08 (One Credit is of minimum 30 hours 08 x30 = 240 hours)

Project work

Total credits 04 (One Credit is of minimum 30 hours 04 x30 = 120 hours)

Distribution of Course Credits and hours per semester

1st Semester

Course	Credits	Hours
Fundamental Principles of Ayurveda	2	30
Anatomy and Physiology	3	45
Traditional Ayurveda Massage (Theory & Practical)	4 (1+3)	105 (15+90)
Ayurveda Panchakarma Therapy (Theory & Practical)	4 (1+3)	105 (15+90)
International Spa Therapies (Theory & Practical)	4 (1+3)	105 (15+90)
Sanskrit and Padartha vijnan	4	60

2nd Semester

Course	Credits	Hours
Ayurveda Pharmacy (Theory & Practical)	3 (1 + 2)	90 (15 +60)
Spa Administration (Theory & Practical)	4 (2 + 2)	90 (30 +60)
Industrial Training	8	240
Project work	4	120
