

Sree Sankaracharya University of Sanskrit, Kalady
Department of Ayurveda

POST-GRADUATE DIPLOMA IN WELLNESS

AND SPA MANAGEMENT

Credit and Semester System (CSS)

SCHEME

Programme Outcomes (PO's)

- Critical thinking on the Philosophical, conceptual and applied perspectives of wellness
- Integration of wellness sciences and management principles on an applied perspective
- Scientific and technical communication of wellness formats.
- Self-directed and life-long learning on wellness experiences on a global perspective.

Curriculum Structure in Credit and Semester System (CSS)

Total Credits of the Programme - 40 Credits

Classroom activities – Theory - 19 Credits

Project work - 09 credits

Industrial Project work -12 Credits

Distribution of Credits: Class Room Activities

Theory - Total credits 19 (One Credit is of minimum 15 hours which include Lectures, tutorials, Seminars, assignments, presentations, Practical demonstrations.
(19 x 15 = 285 hours)

Project work

Total credits 09 (One Credit is of minimum 30 hours 09 x30 = 270 hours)

Industrial Project Work

Total credits 12 (One Credit is of minimum 30 hours 12 x30 = 360 hours)

Distribution of Course Credits and hours per semester

1st Semester

| Course | Credits | |
|---|---------|--------------|
| | Theory | Project work |
| Wellness : Concept and Philosophy | 4 | 3 |
| Medical and Wellness Tourism | 4 | 3 |
| Wellness Therapies : Ayurveda and Spa | 4 | 3 |
| Scientific and Technical literature in Sanskrit | 1 | |

2nd Semester

| Course | Credits | |
|--|---------|-------------------------|
| | Theory | Industrial Project work |
| Spa Operations and Management | 3 | |
| Spa Design and Marketing | 3 | |
| Industrial Project Work -Operations and Management | | 6 |
| Industrial Project Work - Design and Marketing | | 6 |