Ayurvedic Lifestyle Management Course (ALMC)

(For Personal Health Care)

I. Title of the course

The course shall be called "Ayurvedic Lifestyle Management Course (For Personal Health care) " (ALMC)

II. Aim of the course

The aim of the course is to spread "Wellness through Ayurveda"

III. Objectives of the course

➢ To educate and train the enthusiasts on the role of Ayurvedic Lifestyle in promotion of positive health.
➢ To create awareness about Āyurveda and its importance in maintaining health, boosting immunity, prevention of diseases, improvement of quality of life and enhancement of life span.

IV. Duration of the course :

300 hours (200 hours theory, 60 hours practical and 40 hours examination, assignment etc)

i. Residential (Only at S- VYASA Campus) : 10 hrs * 30 days (Presently not available due to COVID 19 Pandamic)

ii. Non – Residential: 100 working days 3 hrs/day

V. Eligibility:

The candidate should have completed 10th plus from a recognized board or equivalent.

VI. Medium of Instruction: English

Duration of the Course

• The admission will be started from 1st August 2020 and classes will be started from 16th August 2020
• The examination for the course shall be conducted at the end of programme as per the evaluation scheme of ODL.
Fee

- **Tuition and Other Fee**

<table>
<thead>
<tr>
<th>Category</th>
<th>Course Fee</th>
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<tbody>
<tr>
<td>Indian Nationals / SAARC Nationals / Residing in India for last SIX years or more</td>
<td>Rs 20,000</td>
</tr>
<tr>
<td>Non-Indian Nationals</td>
<td>$1000</td>
</tr>
<tr>
<td>Non-Indian Nationals(With IETEC YIC Certificate)</td>
<td>$500</td>
</tr>
</tbody>
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- (Other Fee: Smart Cards, Self Learning Materials, Online Content, Digital Library, Examination Fee, Certification Fee, Registration Kit)

Registration Kit

- Self Learning Materials (SLM) – ALMC Manual, DVDs and CDs, Online Content
- Ayurveda home remedy Set
- Dina charya kit
- Prakriti questionnaire and life style material
- Yoga Bag
- Uniform

Refund and Cancellation

- Fee paid is non-refundable and non-transferable.
- In case the students do not finish the course in the current batch, registration will be carried forward to the subsequent batches on payment of Tuition Fees per Semester. If students do not finish the course within stipulated maximum duration, their registrations will be considered cancelled.

Admissions & Eligibility

- The candidate should have secured a minimum of 50% aggregate marks in High School and Higher secondary Programmes
- Any reservations / special privileges will be given as per Government norms.
Flowchart of Course

• Step 1 – Counseling and Registration for the Programme
• Step 2 – Dispatch of Registration Kits
• Step 3 – Self Study using the Materials sent
• Step 4 – Attend Counseling Sessions
• Step 5 – Appear for Assessments and Term-end Examination

Medium of instruction

The medium of instruction and examination (theory, practical, internal, & viva-voce) shall be in English.

How to Apply?

You can fill the application in our portal https://svyasa.iweb.online/ the application form Online, complete the same and submit the online form along with documents listed in the application forms.

Documents to be submitted along with application:

/Documents should be attested by Notary / Gazetted Officers. In case certificates are self attested, students are required to produce originals during PCPs/)

(Please note: 12th Standard or 12 years of Education (High School) are prerequisites)

1. Two Passport Size Photographs (SIX for non-Indians).
2. Attested marks card from High School (10th Standard) to highest examination passed.
3. Attested copies of University Certificates.
4. Health / Fitness Certificate.

Contact Address:

ALMC Course Coordinator,
Directorate of Distance Education,
19, Eknath Bhavan,
Gavipuram Circle,
K.G.Nagar,
Bangalore-560 019.
TeleFax: 22639901

Course Coordinator Contact no 9845766665   Email: de@svyasa.org

Payment Options:

Payment should be made through ERP (online) https://svyasa.iweb.online/