

SDCOA FAQ'S

How does your distant learning and online college works?

Our courses follow a blended format. There are three components to our Online Distant Learning in Ayurveda - Offline component, Virtual Campus with both offline and Interactive Component, 'Live Classes via webex and webinars. This makes the course perfect for both auditory, and, visual learners.

We offer online courses through our virtual classes. It is exactly like a real classroom, except, the facilitator and students are at different geographical locations. Student and Teacher are web-conferenced and can talk, and, see each other. Student sees the teacher's computer screen, the powerpoint presentations, hear his lecture, and can answer his questions. Student can see the teacher write something on the virtual whiteboard! And, all of this is recorded for future viewing. At the same time, we have offline component that follows traditional distant learning as well.

Offline Component Students receive enrollment packet with study modules (see Image 1) , and, study aids. Students not only study in their own time, and, have the flexibility of using the modules that go with our 'live' lecture sessions (next page, image 2) . Students can also log in at our Virtual Campus, and, watch pre recorded classes, watch slideshows, hear mp3 recordings of previous classes. Research by the students is considered offline and distant learning, as well. (Image 3.1 and 3.2)

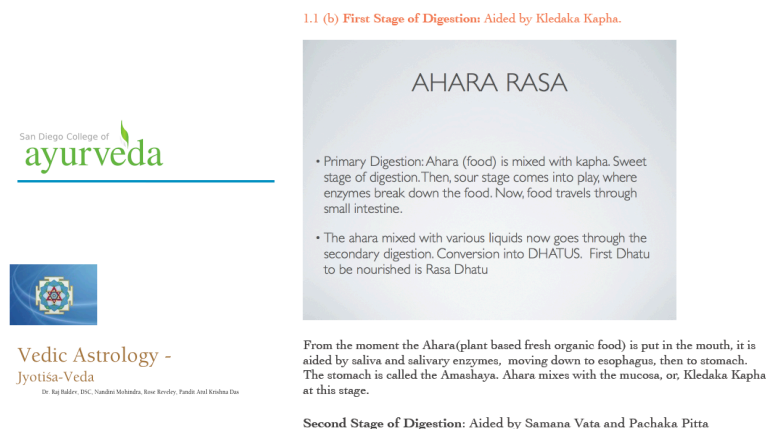


Image 1: Printed Modules Sent to the Students.

If I am not comfortable with VIRTUAL classes, can I do the course via distant learning material, so I don't have to get an internet connection?

Yes, you can get printed modules and do a course in a distant learning format. You still mail the assignments to your instructor, or mail it via snail mail to our office address.

'LIVE' Classes via Webex - 'Live' classes via webex, Cisco technology two or three times a week. We replicate a classroom environment. Students receive an 'INVITE' to the live class with a password. Click on the URI and it takes you to our virtual classroom. Interact with the teacher live at this time. If you miss a class, watch the recording.

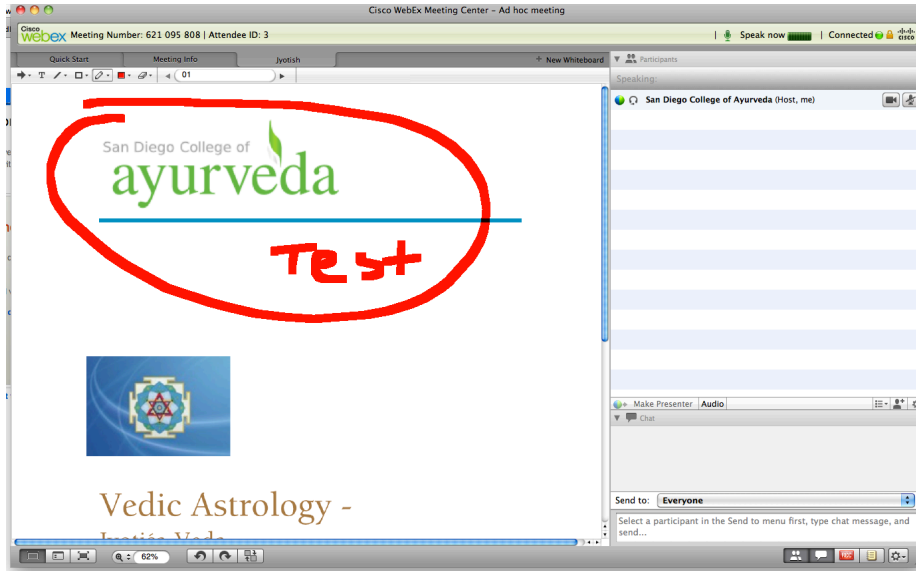


Image 2:: live Webinar Class

What is a VIRTUAL ONLINE CAMPUS?

A virtual campus is a college that is based online. You go to a classroom with other students. Interact with your facilitator. Hear the lecture, see and hear your instructor. He or she gives you instruction, presentations, and homework assignments. However, this is done online through webinars and video conferencing. You will require a good internet connection for virtual classes.

What is a BLENDED LEARNING?

Blended Learning refers to a mixing of different learning environments. Blended learning gives students and instructors a potential environment to learn and teach more effectively. It is more affordable, and very flexible. You don't miss out on classroom interaction, yet don't have to travel to classes every day. The theoretical portion of a course that requires study, rote memorization, and assignments is done by the student in his or her own time. There is also practical classroom study in labs with the instructor. We mix 'real time' classroom with online interaction, both real time via webinars and video conferencing as well as offline, via email and forums. In a nutshell, blended learning allows you to :

1. Attend classes while sitting at home on your computer via -Virtual Classroom
2. Regular Interaction with your Instructor via email, and forums
3. Do your home work and study, reading books, rote memorization of learning concepts, or research in your own time.
4. Case Based and Experiential. Not a spoon feeding format. Student researches in their own time. Students learn themselves, and teachers facilitates and guides them in their learning.

Interactive Component Students can access case studies, or, post questions at our Forum (image 2). Students can take interactive online quizzes, and, post assignments online. Teachers will get back with the feedback. Students can interact with the teachers via email, or, forums. Virtual Learning Environment can be used anytime by the student, and provides flexibility, yet interaction with other students as well as teachers via email, forums, sharing case studies, peer reviews etc. At the same time, the student can access pre recorded classes, lectures at their own time.

VIRTUAL LEARNING ENVIRONMENT (VIRTUAL CAMPUS)



Image 3 (1) Virtual Campus with pre recorded classes, audio, videos, mp3, lectures, and presentations

This is a forum for students. Please post questions, queries related ONLY to Ayurveda 101 and TRIDOSHAS 101.

PERSONAL questions can be emailed to us at info@ayurveda-california.org.

If you have technical difficulties, or, want technical assistance, please email admissions@sandiegocollegeofayurveda.com.

This Student Question and Answer Forum is strictly for students to ask questions from the modules, and, teachers to answer it. Other students are also welcome to comment, and, give peer reviews.

[Add a new question](#)







Discussion	Started by	Replies	Last post
s	 Avalon Shekinah	2	Pandit Atul Tue, 6 Sep 2011, 09:40 PM
back - Dinacharya	 Dr. Monica Bhatia	0	Dr. Monica Bhatia Thu, 1 Sep 2011, 06:46 PM
s 8/28	 Christy Bouhourdin	3	Christy Bouhourdin Tue, 30 Aug 2011, 12:47 PM
rch Cycle of Seasons and Ayurveda	 Dr. Monica Bhatia	14	Dr. Monica Bhatia Fri, 26 Aug 2011, 07:06 AM
	 Amy Shea	2	Dr. Monica Bhatia Tue, 23 Aug 2011, 10:53 AM
ias	 Stacy Nelson	2	Dr. Monica Bhatia Mon, 22 Aug 2011, 01:48 PM

Image 3: Interactive Forums. Ask your teacher a question on the forum.

What is a 500 Hr Ayurvedic Wellness Practitioner certification? How is it different from Ayurveda Health Educator?



Our 500 Hour NAMA based - Ayurveda Wellness Practitioner (AWP 500) course follows a determined Module format, as per NAMA (National Ayurvedic Medical Association's) regulations for an Ayurvedic Practitioner. Our school is also recognized by AAPNA.

The classes are replicated in a Virtual Learning Environment, instead, of a physical location. The course is affordable compared to other Ayurveda colleges. It works for students seeking a flexible, affordable alternative without compromising quality. However, some students need to be in a physical location to learn. Which is why, we offer onsite intensives as well.

These are optional to attend.

You do need a computer and an Internet connexion, to access our virtual learning campus.

Ayurveda Health Educator 450 Hrs is a course - where students can choose to specialize in Yoga Therapy, Panchakarma, Nutrition or Herbs. And, the students can also choose their own electives. This course is also recognized by NAMA.

We also have other smaller courses like Ayurvedic Cooking and Nutrition, Ayurvedic Yoga Therapy, Sanskrit, and, Ayurvedic Herbology, as well as Meditation. These are mostly equal to or less than 200 Hrs.

What are the course fees?

Courses are \$6.75 × Number of hours for courses less than, or, equal to 200 Hrs. So, if you do the Foundation course 100 Hrs - then, the regular cost is \$675. (It will be less, if there is an early bird discount, or, early registration).

If you do any advanced course, over 200 Hrs- multiply the number of hours with \$5. So, a 250 Hr course is $250 \times \$5 = \1250 , when paid in advance.

Please note if you decide to pay by 'flexible' payment plans, there may be a 10-15% extra charge. However, if the student pays a Block 2 Advanced course fees upfront, there are heavy discounts from 10 - 20% depending on the course. Advance payment can be upto \$400 less than regular payments.

The maximum fees paid in installments will not be more than \$2400 for 500 Hour course. San Diego College of Ayurveda fees is the most affordable compared to any Ayurveda College in United States. (Without compromising on quality of education)

Compare our fees to \$6000 - \$18000 charged by other Ayurveda colleges.

We do NOT offer any scholarship, nor, take federal aid.

This includes all Cost of material, and shipping, as well as cost of onsite programs, as long as you are enrolled in the course. If you wish to attend a workshop, after, you have finished the course, then the charges are extra.

I am enrolled, or, interested in enrolling in Online, Distant learning courses. However, I would like to attend one intensive. Can I attend the intensive?

YES! students enrolled in regular distant learning option, can, choose to attend an intensive, without extra cost. However, if you must be enrolled, and, your fees and dues paid.

If you are enrolled in a regular course, and, would like to attend our on location Intensive, PLEASE let us know in advance, so, we can save you a seat.

What are 'Intensives'? How are 'Intensives' different from a regular online Ayurveda courses?

Intensives are fast track courses, with onsite classes. Training delivery is in a workshop format. (Can be blended with 'onsite', as well as 'distant learning' and 'webinars')

These courses follow deadlines and must be finished within a stipulated time. They work best for students who can travel to San Diego, or, for those who want to finish their course done early.

The course curriculum is exactly the same. However, regular courses are far more flexible. Fast track courses and workshops are only offered to for students,

1. Either, who can travel, and, who prefer a face to face interaction with the teachers.
2. Or, would like to finish their course early via distant learning

The classes are held at yoga studios or Ayurveda Studios rented out by the college.

There are no make up classes for fast track intensives. (Compared to regular courses, where, teachers are available for make up classes) **What is the difference between Block 2 AHE and other courses like Ayurvedic Ahara, or Ayurvedic Herbology?**

AHE 450, Herbology, Nutrition or Ayurveda Foundation Block I are meant for Alternative or other health practitioners, yoga teachers, herbalists - who want to incorporate basics of Ayurveda into their own practice. So, these courses are divided into a system of 'learning units'. All courses have some units, common to them. For example, all courses require 100 Hour Foundation Module.

AHE (Ayurveda Health Educator), requires student to specialize in (Herbology, Nutrition, Yoga Therapy or Panchakarma). However Herbology students will only study Ayurveda Kriya Sharir, Herbology and Nutrition. They may not be required to study Yoga Therapy or Jyotish, or meditation.

What is the student-teacher ratio?

Our college has small groups, and, the ratio of teacher to students are 9:1. Our teachers give personal attention to each student, more so, because we are an online college.

What if I want to attend some make up classes, or, 'extra' live classes either via webinar, or, onsite after my course is done, without being enrolled in Block 2 advanced courses?

All onsite, on location programs, or 'Virtual Live' Classes by themselves is \$25 pr Hr.

If a student wishes to attend or watch some of our classes, only, and, not do the entire course, --then, pro rated class rate is \$25 per credit hour. So, if a student wants to attend four classes on Herbology only. Then, the cost is $\$25 \times 4 = \100 only. However, the course material is not included in this cost. It must be purchased separately.

Who can join our courses?

Our previous online batches have had students from Toronto, Vancouver, Italy, England, Costa Rica, Mexico, Spain and all over U.S.

Whether you live in California, or New Jersey, Houston or Sedona, Oregon, Los Angeles, or New Mexico, New York or Washington, - you can join our course.

Classroom workshops are available for California and U.S. residents only.

We have students pursuing ONLINE from all over USA, Italy, England, India, Singapore, Dubai, and Canada. The reason for our popularity worldwide is simple.

**Why are your ONLINE and DISTANT LEARNING courses affordable?
Are you compromising on Quality?**

We use open source technologies like Moodle. We also don't have a campus. We are virtual. And, we keep our 'online' community class sizes small, and our facilitators and online teachers work from home from different countries. We also have pre-recorded podcasts and lectures by Alternative Health Practitioners, Ayurvedic Vaidyas from India! All this saves us money. We pass the cost savings on to our students. However, if you attend, an onsite workshop at our location - the price is \$12 per credit hour.

Are there any pre requisites to taking these courses?

The foundation 100 Hour course requires a High School diploma.

All other courses, have the above foundation module as a pre requisite. These include advanced courses like - Ayurvedic Practitioner 500 Hrs, Herbology, as well as Ayurvedic Nutrition, or, Panchakarma therapies. The hours are transferable, according to the advanced course you are planning to pursue. See the rule book. We also require basic knowledge of human physiology, and anatomical function for some courses.

How long will I take to finish an online course?

Block 1 Foundation course typically takes 2 months to finish, unless it is an Intensive. Block 2 can take 6-10 months to finish. Courses are Flexible. However, you are required to attend the VIRTUAL classes once a week. If you miss those, you can watch a recording.

What if a Block 1 student is unable to finish the course due to personal circumstances?

For Block 1 students - if you are unable to finish your course due to an emergency - we can grant upto 3 weeks further access, after your course expiry date, to our virtual learning environment. This is, in case of extenuating circumstances to any student, at our discretion.

However, if a Block 1 student wants continuous access even after 3 weeks of your course expiry date, and/or attend the same 'live' classes after your 'course' access has finished, then, there

is a charge of \$108 per month, after, your course has expired. (This does not apply to Block 2 students.)

Can I take some courses concurrently?

Yes. Some courses can be taken concurrently. This is at the discretion of the school, and, your aptitude as well as your previous knowledge.

What is experiential and case based study?

Our Course Design has been done by curriculum designers of universities. Material is provided by Ayurvedic Vaidya and based on real time case studies, as well as ancient texts. Student chooses themselves and two to 4 people as their case study right in the beginning of the course.

The entire course is customized to the 'case' studies. The student learns a concept and applies it to themselves and their cases. By the end of a course, a student has 'case' studies prepared with herb protocols, follow ups and/or yoga therapy, meditation, or therapeutic procedures performed over the study period.

To give you an example, if you are a Pitta dosha, then your course begins with researching Pitta, herbs for pitta, yoga for Pitta and so on. If your case study volunteer suffers from a particular health issue, you 'focus' on learning and researching that particular health issue. Though, you still learn and read about other health problems. <through books and your modules>, So, the learning is very experiential and case based and based on BLOOMSTAXONOMY MODEL.

Is your college recognized as a bona fide study institution for Ayurveda?

<http://sandiegocollegeofayurveda.com/recognition>

We are a private college, and, do not accept federal aid. Ayurveda is only recognized in a few states within US. There is now a private non profit body called NAMA which is setting benchmarks for courses. Our 500 hr Practitioner and AHE 450 Hr course fulfills the NAMA requirement of 300 hour core curriculum in presence of a teacher plus 200 Hr peripheral courses.

You can do a 250 hour course, and, get transfers to the Practitioner course, if you wish. (As long as the curriculum is relevant and part of the NAMA based Practitioner course). Please note only the 500 HOURS fulfill the NAMA requirement.

** How do I practice Ayurveda, if Ayurveda is not regulated and recognized in USA?**

National Ayurvedic Medical Association is regulating Ayurvedic practitioners. Ayurveda is not recognized by FDA. It is not meant to diagnose, treat or cure any disease. It is a complimentary health practice.

Please read the document by National Center for Alternative Health.

<http://nccam.nih.gov/health/ayurveda/introduction.htm>

** How do I register?**

Please go to:

<http://www.sandiegocollegeofayurveda.com/admissions>

Online and international students should contact us info@ayurveda-california.org for further details.

** How do the course modules work? **

Most courses built upon each other. First module being 100 hr, and, then building upon each other. The format is blended - online and classroom mixed. Most courses can be started anytime and finished anytime. Online credit hours are \$6 per hour. Classroom workshops are \$10 per credit hour.

** What if I dont want to pursue beyond the Foundation course in Ayurveda? **

Typically, a student will begin with a Foundation course in Ayurveda 100 hour. Student, at, this time has no commitment to the school. It is only after the 100 Hr course, the student commits to an advanced course. Student can choose to leave, or continue, after the Foundation course. (As long as dues are paid)

Student can take a break, and, restart any time within a year. If starting after 12 months, an enrollment fee is taken.

** What is the enrollment and unenrollment policy**

Unenrolling requires 1 month notice. All the dues must be paid, at the time of the termination. A termination agreement may be signed by the student, specially for AWP or AHE student, who is paying by a flexible payment plan.

The student has a right to full refund, minus processing fees, shipping fees and study material, after the first day of enrollment, or, before second class. (As long as the student has not logged in to our virtual campus).

if a student has logged in and accessed any classes, and received the material, it must be paid for, at a pro rated rate. Pro-rate for each 'class' watched, or attended is \$25, and, course material is \$120.

For, Block 1 and Block 2 foundation course, a 50% refund may be given, within 3 weeks of enrollment and/or classes, only, if the full payment had been done in advance*. If the student had paid an discounted early bird fees, or, a deeply discounted fees - only 30% refund is given (Within 3 weeks of first class). We still give out a credit and certificate of participation for the classes attended.

We will give a student a chance to attend a FREE class, so, you can decide if the online and virtual course suits you.

There are no refunds after 3 weeks of classes. (Since, the Block 1 classes only last 6 weeks, and, the fees are very low to start with.)

Student can leave and rejoin a course within 18 months, with certain stipulations.

** How do I decide what Ayurveda course to pursue**

After a student finishes the foundation course in Ayurveda, student can choose to continue, their study after a counselling session with the school. We help you decide your weakness and strength and help align your previous work experience or education with Ayurveda. If you are a massage therapist, than Ayurvedic Therapy and Panchakarma may be right for you along with Herbology. If you are a yoga instructor, Yoga therapy and Herbs may be right for you. So, you are helped every step of the way. However, at the end, it is the student's choice, not the schools.

After the foundation course, the next tier maybe Ayurvedic Pharmacology 100 hr online OR Ayurvedic Herbology and Pharmacology 150 hr (online and classes blended) , Ayurvedic Nutrition, Dietitics 100 hr;(online) OR Ayurvedic Nutrition 150 hours (classroom and online blended).

So, the build up and combination is dependent on students. Student can also choose to take a 4 hour or 8 hr herbology workshop with us, separately or as part of the course. <We only have 4 people per workshop, and give preference to our own students>. We also offer free workshops and orientation from time to time.

 Who can do an Ayurveda Course?

We started our courses for health professionals - massage therapists, RN, Physical Therapists, TCM practitioners, herbalists, nutritionists and yoga teachers.

We want our students to be able to integrate Ayurveda with their current profession, which is why most courses are experiential and case based and are 100 Credit Hrs - 250 Credit Hours only, and offered in a flexible format. Course Modules have been designed by Curriculum Designers, specifically for Adult Learners.

 Where do you get your course material?

Course material is based on traditional Ayurvedic texts of Charka Samhita, Sushruta Samhita and suggested textbooks include Textbooks by noted Ayurvedic Practitioners.

If I quit the course without notice, do I still get a certificate

As long as you give a 1 month notice, and, have paid your dues in full - you will receive your certificate for the credit hours you have completed.

Are you a massage school?

No, we are not a massage school. We are private, online provider of Ayurveda. There are some modalities offered via DVD format for bodyworkers who are taking our course.

* Provided, the student informs us in advance, and, we can save a seat for them