

Dr. Prerak Shah *Ayurvedacharya*
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Health Management & Skill Development Program for International Ayurveda Participants - “Vidya”

The Holistic Medical Center presents Vidya - International Ayurveda / Panchkarma Training program to be conducted by Dr. Prerak Shah. This one month intensive residential training program is being held every year from August to April at The Holistic Medical Center, Ahmedabad, India.

Dr. Prerak Shah will share the practical experience and knowledge of ayurvedic counseling and panchkarma treatments with the participants of this program, which deals with day today health problems to some serious health status like arthritis, asthma, obesity, neurological conditions, G.I tract health problems, beauty problems and much more. This program will also include hands-on practical training in various aspects of Ayurvedic / Panchkarma treatments.

At the completion of the program, you will receive a certificate of participation. Whether you are an Ayurvedic student, an Ayurvedic practitioner, teacher or simply an Ayurveda enthusiast seeking in-depth knowledge, this will be an unique chance for you to get meaningful and qualitative, practical training from Dr Shah’s specially designed program.

Course Syllabus : (No Classroom Lectures)

- ❖ **Introduction**
Basics of ayurvedic principles
- ❖ **History Taking and Diagnosis**
Health history taking – Evaluation of the data – Diagnosis – Treatment decision
- ❖ **Introduction to Panchkarma (Skill development program)**
Basics of Purva-karma, Pradhan-karma and Paschat-karma
- ❖ **Ayurvedic Counseling, Diagnosis and Treatment**
Patient examination, knowledge of common herbs, formulations and their uses in home remedies. Preparing medicated ghee, oils. Traditional massage techniques.

Program Highlights :

- 150-hours of training program.
- Hands-on, practical Ayurvedic / panchkarma training.

- Traditional massages with oil - powder, fomentation, Shirodhara, Shiro-abhyang, Shiro-basti, Netra-tarpan, Facial massage, Face packs, Gandush-kawal, Virechan, Different kind of Basties (for Vata dosha, obesity, colitis, I.B.S. and other G.I. problems, arthritis and many more), Nasya, Kati-basti, Janu-basti, nabhi-puranam and more.
- The art of collecting health data (Health History) and how to evaluate the data to reach a provisional diagnosis to decide the treatments are basics for any ayurveda student. During the program, you will observe Dr. Shah, how he observe a patient and evaluates the signs and symptoms, applying his knowledge, experience and logic.
- Guidance for vegetarian meals & lodging arrangements (optional)
- Airport pick up and drop facilities on prior notification

Duration :

Four week (with five days a week training schedule)

“ Payment Instructions for various programs ”

Course Name	Duration (Weeks)	Course Fees	Accommodation *	Total Euro €
<i>Vidya</i>	4	1100 €	400 €	1500 €

* Accommodation on triple sharing basis in a room * In the case of more then one course at the same time, it can save accommodation charges.* **Kindly note all prices are in Euro** * **We accept cash or credit card (VISA or Master) in equivalent Indian currency too** * Food, local transport and other facilities are not included.

Batches :

There is no Batch system. This is an individualized program and can be organized by request. **Preferred period** : From August to April, every year.

Venue :

The Holistic Medical Center, Silver Spring, B/h Xavier’s ladies hostel, Navrangpura, Ahmedadad – 380 009, Gujarat State, India.

Eligibility :

These programs are open for all, including ayurveda students, practitioners and teachers; alternative & conventional medical practitioners and massage therapists.

Register : Please ask for our **registration form** at info@ayulink.com or prerakayu@hotmail.com , fill out and send it along with 100 € as the **Non-refundable** registration deposit. It is recommended to register your name 45 days prior to your desired arrival.

Mode of Payment :

Personal check / bank draft / Money order : It takes about seven to ten days for your check/ bank draft/ MO to reach us by normal post. We will confirm the receipt of the same by e-mail. Payment should be drawn in favour of " Dr. Prerak Shah".

Swift : If you wish to transfer the money by SWIFT direct into our bank account, please inform us via e-mail. We will send you complete SWIFT instruction. Generally it takes ten days to realize. We will confirm the receipt of the same by e-mail. For information related to the program, please email us at ayulink@hotmail.com .

Western Union Money Transfer : If you have a Western Union office nearby, please make payable to Dr. Prerak Shah. Inform us of the transfer code by e-mail at prerakayu@hotmail.com

Credit Crad / Cash : All payments are payable on first day or arrival. You may pay the amount by Credit Card (Visa or Master) or Money exchange service can be possible and you may pay Cash. Our admn staff will be ready to assist you in money conversion.

We also have facility for PayPal, pl ask for it.

For application form, pl email us : info@ayulink.com or prerakayu@hotmail.com