



ALMA MATER
EUROPAEA
ECM



Master's Programme in Health Sciences – Ayurveda/Integrative Medicine

Alma Mater Europaea – ECM University (AMEU)
Maribor, Slovenia

120 ECTS Credits

(European Credit Transfer and Accumulation System)

PROSPECTUS

English Class 2023 – 2025



Overview

The new Master's programme in Ayurveda starts in October 2023. That is a two-year accredited study with 120 ECTS.

The programme is designed to give participants the knowledge and practical protocols to use key consciousness-based Maharishi AyurVeda techniques in their health care practice to promote wellness and prevent disease. In addition, students will be encouraged to learn Transcendental Meditation. Upon completion of the programme, graduates will be able to:

- Increase their own resilience, overall wellbeing, and job satisfaction through personalized self-care programmes.
- Evaluate a person's constitutional type (Prakriti) and underlying patterns of imbalance (Vikriti) through Ayurvedic principles.
- Apply the fundamentals of Maharishi AyurVeda Pulse Diagnosis (Nadi Vigyan) in everyday practice.
- Instruct persons in personalized self-care programmes, including individualized dietary, behavioural, exercise, and detoxification regimens, and methods of stress management.
- Utilize Ayurvedic principles to optimize digestive health and nutrition.
- Prescribe Ayurvedic herbal food supplements to enliven the self-repair and healing mechanisms of the body.
- Understand multi-modality Ayurvedic protocols to address a wide range of common health issues.
- Practice Aroma Therapy and Marma Therapy.

Studying Mode

The study will be implemented in hybrid way (online and on-site) in English language.

Titel

Master in Health Sciences – Module Ayurveda

Curriculum

Semester 1: General obligatory subjects – 30 ECTS

| Course | ECTS |
|---|------|
| Course 1: Research, Research Methods and Statistics | 10 |
| Course 2: Public Health | 5 |
| Course 3: Quality and Safety in Health Care | 5 |
| Course 4: Preventive Methods in Public Health | 10 |

Semester 2: Optional Integrative Health module subjects - 30 ECTS

| Course | ECTS |
|---|------|
| Course 5: Basic Ayurvedic Principles of Prevention, Diagnosis and Treatment 1 | 5 |
| Course 6: Basic Ayurvedic Principles of Prevention, Diagnosis and Treatment 2 | 5 |
| Course 7: Ayurvedic Protocols for the Treatment of Common Disorders 1 | 5 |
| Course 8: Phytotherapy in Ayurveda 1 | 5 |
| Course 9: Ayurvedic Aromatherapy and Skin Disorders | 5 |
| Course 10: The Management of Tissues and Channels in Ayurveda | 5 |

Semester 3: Obligatory and optional subjects – 35 ECTS

| Course | ECTS |
|---|------|
| Course 11: Ayurvedic Protocols for the Treatment of Common Disorders 2 – Aromatherapy | 10 |
| Course 12: Ayurvedic Protocols for the Treatment of Common Disorders 3 – Marma | 10 |
| Course 13: Writing scientific works and qualitative research methods in health | 10 |
| Course 14: Phytotherapy in Ayurveda 2 | 5 |

Semester 4: Master Thesis – 25 ECTS

Graduate Admissions

The enrolment criteria are a bachelor's/undergraduate degree from a health study programme and English language proficiency. For those, who do not meet the enrolment criteria, academic system difference will be solved by offering foundation courses, which align student to the education system.

For those who do not meet the admission criteria, there is also a possibility to study Ayurveda in the Postgraduate Certificate course in Ayurveda (<http://ayurveda.almamater.si>).

Tuition Fee

Fee: €6.900 per year

The tuition fee may be paid in up to four instalments per year. If you would like to pay in instalments, please enquire for further information.

Admission Process

The admission process is hassle-free and easy. It starts with your non-binding online application, which takes about 15–20 minutes. You are encouraged to fill it out as soon as possible, as we accept applications on a rolling basis.

Candidates for the study graduate programme enrolment are provided with three rounds for the application.

| | |
|---------------|-----------------------------|
| First round: | 17 February – 9 July 2023 |
| Second round: | 11 July – 14 September 2023 |
| Third round: | 15 - 30 September 2023 |

After successful application online enrolment can be completed from home via VIS information system, with the username and password which you receive on your Invitation to enrolment to your email address.

You will have several weeks to accept the offer and pay the first instalment/deposit. Most of the student spots fill by the end of August.

Ready to apply? Start your application today: <https://portal.evs.gov.si/prijava/?lang=en>.

Detailed instructions can be found here <https://portal.evs.gov.si/information-in-english>.

More Information

More information you can get from the International Office of Alma Mater University at international@almamater.si and on the home page of the programme: <https://en.almamater.si/health-sciences-master-in-ayurveda-c40>.