

## **Quality criteria guidelines for Ayurveda training courses**

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The ADAVED specialist group "Professional Education" has drawn up the following guidelines for quality criteria for professional education in Ayurveda in Germany.

These guidelines are limited to courses for the professional practice of Ayurveda.

They serve both to ensure the transparency and quality assurance of Ayurveda education courses and provide orientation both for educational institutions and for the interested public.

The actual quality assurance and certification of Ayurveda training courses remain the responsibility of the respective professional associations.

Furthermore, we are obliged to comply with the legal regulations governing the practice of medical or curative professions in Germany. Diagnosis and treatment of diseases is only permitted for certain groups of people in accordance with professional regulations.

Accordingly, the application of Ayurvedic medicine in the sense of disease treatment or the practice of medicine is only permitted for licensed physicians or certified alternative practitioners.

### **Training categories**

- Ayurveda Medicine
- Ayurveda therapy
  - o Nutritional therapy
  - o Massage therapy/Pancakarma therapy
- Ayurveda health promotion
  - o Nutrition/health counseling

- o Psychological counseling
- o Ayurvedic coaching
- o Ayurvedic massage
- o Ayurveda cook

\*The guidelines are limited to education for the professional practice of Ayurveda.

### **Definition and duration of the education categories**

- Ayurvedic medicine

This category applies to doctors licensed in Germany and certified alternative practitioners.

The syllabus includes Ayurvedic diagnostics as well as the indication and application of all Ayurvedic therapies and medical consultations.

The scope of the classroom instruction should comprise at least 500 teaching units (375 hours) and the practical training at least 240 hours (30 days of 8 hours each).

- Ayurveda therapy

This category applies to Ayurveda therapists who, with a knowledge of conventional medicine and a thorough Ayurveda education, can carry out complementary therapeutic treatments or consultations as indicated by doctors and alternative practitioners.

The scope of the classroom instruction should comprise at least 400 units (300 hours) in Ayurveda and conventional medicine 150 units (112 hours) and the practical training at least 100 hours.

- Ayurveda health promotion

This category applies to Ayurveda practitioners/consultants without a healing license who can independently carry out Ayurvedic treatments or consultations with the aim of promoting health.

The scope of the classroom instruction should comprise at least 300 UE (225 hours) in Ayurveda and the practical training at least 50 hours.

## Transparency and comparability

- Published curriculum for each course with learning/script material to support learning
- Precise description of the intended teaching objectives and requirements (knowledge, skills, competencies)
- Description of the examination criteria and professional competence
- titles of the courses should be awarded in line with the above categories

## Requirements regarding the specification of content, teaching times, distribution of hours and practical training

- The teaching hours required for the education are defined consistently and uniformly (whether hours of 60 minutes or teaching units (TU) of 45 minutes are used as a unit must be listed with each specification of "hours")
- Detailed description of the allocation of teaching time to the respective subject modules (basics, nutrition, manual therapy, conventional medicine, etc.)
- Description of the scope, content and review of study-related units (self-study), e.g. homework, logged personal experiences, reflections, learning videos, text research/study, exam preparation, etc.
- Information on the allocation of teaching time according to the communication situation:
  - (1) on-site presence, (2) live online teaching (in-sync communication possible) and (3) non-synchronous online/e-learning\*
- Separate announcement of internships in terms of scope, content and assessment

## Proportion online/face-to-face

- The training curriculum, didactics and accompanying material must be adapted to online and face-to-face teaching formats
- Skills and competences such as diagnostics, massage techniques, making preparations or other practical skills are to be taught in person on site
- The teaching of theoretical content using digital media or e-learning (physical separation and non-synchronous exchange of information in accordance with FernUSG\*) must be specified in detail and it must be ensured that the intended skills and learning objectives are achieved
- Face-to-face teaching on site has its own value in terms of personal development, personal experience and perception of Ayurvedic knowledge and also with regard to the experience of group dynamic processes.

*\*The following regulation has been adapted by the ZFU (State Central Agency for Distance Learning) due to the surge in webinars caused by the pandemic this year: Formally, a course is considered distance learning if more than half (>50%) of the knowledge and skills are taught*

*using media and there is an non-synchronous exchange of information (physical separation). It is not distance learning if there is synchronous communication (e.g. live webinars) so that contact is possible at any time as in face-to-face events (e.g. also via chat function). This is because there is no "physical separation" within the meaning of the law.*

### **Practical training**

- Distinction between internship and practical lessons: Practical lessons are part of the education (in the teaching setting, for example, practical learning), while an internship is the first step into actual professional practice:
- Prerequisite for recognition as a internship:
  - Continuous supervision with sufficient time for questions and exchange, and feedback
  - Carrying out supervised but not independent activities
  - Comprehension and co-development of therapeutic strategies and treatment plans based on specific practical cases
  - Supervised practice seminars can count as internship

### **Examination criteria**

- Assessment criteria are defined in relation to the learning objectives (knowledge, skills and competences) set for the education (including requirements for examiners)
- Regular proof of learning success during the course of training through homework, learning checks or other forms of learning assistance
- Final written and oral/practical examination covering the entire scope of the syllabus in accordance with the defined learning objectives

### **Requirements for competencies of the lecturers**

- Proof of Ayurveda education in the specialist field in accordance with the admission criteria of the professional associations
- Practical experience of at least 5 years in the relevant field

- Proof of qualification in adult education: several years of practical experience in Ayurveda educational institutes or in adult education (also outside Ayurveda); needs-based internal training for lecturers
- New entrant teachers can teach under the supervision of experienced colleagues and acquire the necessary qualification
- The career and educational background of all lecturers are published in the training/seminar announcements

### **Requirements for providers of practical training**

- Professional and legal requirements must be met (medical Ayurveda practice; HP practice license, if necessary permission to practice other professions such as nutritional counseling or massage therapy)
- Internship supervisors have recognised training (member of a professional association) as well as at least 5 years of practical experience in the specialist field, if possible
- The internship provider is able and committed to offering and implementing practical training in the defined sense
- Costs for practical training must be transparent

### **Continued training after completion of the training**

- Proof of a minimum number of hours (20 units/year) as professional further training in seminars, workshops or courses at recognised institutions. According to the professional association
- The CPD should deepen knowledge and practice in one's own field of activity

### **Training certificate**

- The certificate should contain the title of the training/professional designation, proof of the start and end of the training and the teaching and learning hours (with details of 45 minutes or 60 minutes). The exact training content, skills acquired and distribution of

hours in accordance with the curriculum can alternatively be listed on a supplementary sheet

- The certificate and any supplementary sheet serve as proof of the skills and competences acquired by the graduate, e.g. for admission to a professional association

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