



**Program Hours Requirements for
Ayurvedic Health Counselor**

A. Total AHC program hours = 600 hours minimum including didactic and clinical components¹

B. Total program hours are delivered as follows: (see below for definitions)

- Residential in-person hours: 180 minimum
- Distance learning hours: 420 maximum; these hours may be delivered in the following formats:
 - Synchronous online learning hours
 - Asynchronous hours: 300 hours maximum

C. Clinical Hours = 75 hours minimum which includes at least 50 client encounters at 1.5 hours per client encounter on average. (See guidelines table below)

	Observation		Supervised		Independent Practice
AHC	Group	One to one	Group	One to one	Supervised by review of students' case reports by faculty before chikitsa can be provided to the client
Minimum 50 client encounters	In Person or Live Streaming	In Person or Live Streaming	In Person or Live Streaming	In Person or Live Streaming	
	10 client encounters maximum		30 client encounters minimum		10 client encounters maximum
Initial consultation encounters	Of the required 50 client encounters a minimum of 15 should be initial consultations				
In person client encounters	Of the required 50 client encounters a minimum of 15 should be residential in person consultations				
Total AHC Clinical hours	Total of 75 hours minimum. This includes an average of 1.5 hours per client encounter comprising an initial consultation and follow-ups. Initial consultations may not exceed 2 hours and follow ups may not exceed 1 hour.				

¹The ayurvedic health counselor program hours do not include the anatomy and physiology prerequisite/corequisite requirements. Please refer to Accreditation Standard IV, Program of Study, for specific curriculum requirements.

Residential In person hours: Hours live and in person in a classroom or clinic with faculty physically present. This includes practicum and clinical sessions.

Distance learning - synchronous hours: Virtual classroom where students, clients and teacher are online at the same time and are able to interact in real time.

Distance learning - asynchronous hours: Asynchronous online learning through the use of digital platforms. Participants are not required to be online at the same time. Coursework is delivered via web, email and message boards. Students do not have instant contact with teachers.

Program Hours Requirements for Ayurvedic Practitioner

A. Total AP program hours = 1500 hours minimum including didactic and clinical components ¹

B. Total program hours are delivered as follows: (see below for definitions)

- Residential in-person hours: 540 minimum
- Distance learning hours: 960 maximum; these hours may be delivered in the following formats :
 - Synchronous online learning hours
 - Asynchronous hours: 660 hours maximum

C. Clinical Hours = 225 hours minimum which includes at least 150 client encounters at 1.5 hours per client encounter on average. (See guidelines table below)

	Observation		Supervised		Independent Practice
AP	Group Setting	One to one	Group	One to one	Supervised by review of students' case reports by faculty before chikitsa can be provided to the client
Minimum 150 client encounters	In Person or Live Streaming	In Person or Live Streaming	In Person or Live Streaming	In Person or Live Streaming	
	40 client encounters maximum		75 client encounters minimum		40 client encounters maximum
Initial consultation encounters	Of the required 150 client encounters a minimum of 45 should be initial consultations				
In person client encounters	Of the required 150 client encounters a minimum of 45 should be residential in person consultations				
Total AP Clinical hours	Total of 225 hours minimum. This includes an average of 1.5 hours per client encounter comprising an initial consultation and follow-ups. Initial consultations may not exceed 2 hours and follow ups may not exceed 1 hour.				

¹The ayurvedic practitioner program hours do not include the anatomy and physiology prerequisite/corequisite requirements. Please refer to Accreditation Standard IV, Program of Study, Section D for specific curriculum requirements.

AHC program hours may be transferred, where appropriate, to fulfill partial AP Program requirements.

Residential In person hours: Hours live and in person in a classroom or clinic with faculty physically present. This includes practicum and clinical sessions.

Distance learning - synchronous hours: Virtual classroom where students, clients and teacher are online at the same time and are able to interact in real time.

Distance learning - asynchronous hours: Asynchronous online learning through the use of digital platforms. Participants are not required to be online at the same time. Coursework is delivered via web, email and message boards. Students do not have instant contact with teachers.

Program Hours Requirements for Ayurvedic Doctor

A. Total AD program hours = 4000 hours minimum including didactic and clinical components ¹

B. Total program hours are delivered as follows: (see below for definitions)

- Residential in-person hours: 2040 minimum
- Distance learning hours: 1960 maximum; these hours may be delivered in the following formats:
 - Synchronous online learning hours
 - Asynchronous hours: 1160 hours maximum

C. Clinical Hours = 525 hours minimum which includes at least 300 client encounters at 1.75 hours per client encounter on average. (See guidelines table below)

	Observation		Supervised		Independent Practice
AD Minimum 300 client encounters	Group Setting In Person or Live Streaming	One to one In Person or Live Streaming	Group In Person or Live Streaming	One to one In Person or Live Streaming	Supervised by review of students' case reports by faculty before chikitsa can be provided to the client
	45 client encounters maximum		150 client encounters minimum		105 client encounters maximum
Initial consultation encounters	Of the required 300 client encounters a minimum of 95 should be initial consultations.				
In person client encounters	Of the required 300 client encounters a minimum of 95 should be residential in person consultations.				
Total AD Clinical hours	Total of 525 hours minimum. This includes an average of 1.75 hours per client encounter comprising an initial consultation and follow-ups. Initial consultations may not exceed 2 hours and follow ups may not exceed 1 hour.				

¹The ayurvedic doctor program hours do not include the anatomy and physiology prerequisite/corequisite requirements. Please refer to Accreditation Standard IV, Program of Study, Section D for specific curriculum requirements.

AHC and AP program hours may be transferred, where appropriate, to fulfill partial AD Program requirements.

*Residential In person hours: Hours live and in person in a classroom or clinic with faculty physically present. This includes practicum and clinical sessions.

**Distance learning - synchronous hours: Virtual classroom where students, clients and teacher are online at the same time and are able to interact in real time.

***Distance learning - asynchronous hours: Asynchronous online learning through the use of digital platforms. Participants are not required to be online at the same time. Coursework is delivered via web, email and message boards. Students do not have instant contact with teachers.