

Post Baccalaureate Certificate in
Ayurveda Wellness
PLAN OF STUDY

Entering Class Fall 2025

This Plan of Study shows the sequence and schedule of courses in your program which are designed to optimize your learning opportunities and experiences, and to ensure timely completion of your program, and achievement of your professional and personal goals.

Students are expected to follow this Plan of Study. Failure to follow this plan may result in significant delays in completing your program, including limited course availability in some trimesters that could delay your progress and/or impact your financial aid eligibility.

If you are unable to follow this Plan of Study due to extenuating circumstances, it is your responsibility to immediately contact your Academic Advisor, who will guide you through the full impact of deviating from this plan and discuss the extent to which options exist for a modified Plan of Study. In this case, you are also responsible for verifying your remaining requirements, prerequisites and when courses will be offered.

Spring (January)	Summer (April/May)	Fall (September)
		1st Trimester - 2025 AYUR 630 Foundations of Ayurveda 3 AYUR 631 Ayurveda and the Mind 3 INHS 500 Student Success Seminar 0 RSCH 550 Academic Research & Scholarship 0 Trimester credits 6 Total credits 6
2nd Trimester - 2026 AYUR 633 Ayurvedic Nutrition and Herbs 3 AYUR 635 Ayurvedic Lifestyle Skills And Self-Care 3 Trimester credits 6 Total credits 12		

* Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.ndm.edu/academics/registrar/catalogs>

Credits Required for Certificate Completion: 12

Online

**Post Baccalaureate Certificate in
Ayurveda Wellness
Curriculum Course List by Department**

Entering Class Fall 2025

Can be completed in two trimesters

Name_____

ID#_____

Core Curriculum				12 cr
Ayurveda				12 cr
AYUR	630	Foundations of Ayurveda	3 cr	
AYUR	631	Ayurveda and the Mind	3 cr	
AYUR	633	Ayurveda Nutrition and Herbs	3 cr	
AYUR	635	Ayurvedic Lifestyle Skills And Self-Care	3 cr	
Other				0 cr
INHS	500	Student Success Seminar	0 cr	
RSCH	550	Academic Research & Scholarship	0 cr	

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Credits Required for Certificate Completion: 12 **Online**