



Experience Incredible India

with Two weeks Exchange Program at :
Yoga & Ayurveda Rejuvenation



Parul University, Vadodara, Gujarat, India



Glimpses of Indian Summer School 2014-18



TOPICS

- Introduction to Indian Ancient Medicine
- Introduction to Yoga and Meditation
- Introduction on Basics of Panchakarma
- Practical Session on Yoga and meditation
- Introduction of Medicinal plants
- Basics of Ayurvedic Dietetics
- Ayurvedic Lifestyle Modification
- Gynaecological diseases and Treatment in Ayurveda

- Session on Ayurvedic Parasurgical Procedures
- Session on Ayurveda Eyecare
- Non-invasive Investigations in Ayurveda
- Skin care through Ayurveda
- Ayurveda Clinical Diagnosis
- Ayurveda Paediatrics
- Basics of Ayurveda Pharmaceuticals

Therapy (Massage)

• Udhavartanam

Udhavartanam is also known as powder massage. Different herbal powders are used for massage. It is a kind of dry massage which is generally used for weight loss therapy.

• Abhyangam

Abhyanga ("oil massage") is a form of Ayurvedic therapy that involves anointing oil over body followed by massage in different manners. The oil used in Abhyanga is herbal medicated oil which is prescribed after assessing the body type.

• Patra Pinda Sveda

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• Jambher Pinda Sveda

Bolus of cooked lemon along with herbal powders are used for sudation. This procedure includes oil massage which is followed by fomentation.

• Shasthika Shaali Pinda Sveda

Special variety of rice is cooked with milk and medicinal decoction to form a bolus. In this procedure oil massage is done as preoperative procedure. The bolus is used for sudation which has nourishing properties.

• Kati-Basti

Oil pooling on low back region. Black gram dough is used for oil pooling on lumbar region. This procedure is very effective for low backache.

• Shirodhara

Pouring of oil on forehead in a form of stream through special instrument with a luke warm temperature is known as Shirodhara. This is a very effective treatment modality for relaxation and insomnia.

Cultural Session

- Indian Dance, Indian Costumes, Indian Music, Indian Festivals
- Session on Mehndi & Rangoli/ Puppetshow

Visits

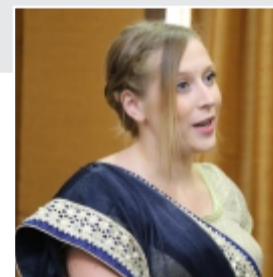
- Laxmi Vilas Palace
- Visit to Botanical Garden
- City Tour
- Visit to Ayurveda Pharmacy
- Ayurveda Hospital

"The best part for me in the Indian Summer School Program was the new relationships that I made here in India. Parul University really redefines the Teacher - Student Dynamics; in the sense that they are not only my mentors but my friends too!"

I thank Parul University for this wonderful Experience.

-Ms. Allison Hodgkinson

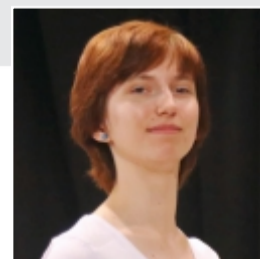
Student of Public Relations
Humber College
Canada



"India is so colourful. All the monuments have captivating stories about them. Among the places, I have seen and been to, the various monuments and the numerous stories related to them can hardly be found anywhere else and learning Hindi has helped us understand these stories better"

-Ms. Anna Maria Kasiura

Student of Architecture
Wroclaw University of Technology
Poland



Program Cost: € 350

The Summer School Package does not include: Accommodation, Airfare & Visa Cost, Insurance Cost, Costs of Dinner, Costs of Excursions outside Gujarat State (India) and Miscellaneous expenses

*Customized shorter duration programs can be curated as per partner University requirements