

	<p style="text-align: center;">UNIVERSITY OF MAURITIUS <i>Centre for Innovative and Lifelong Learning</i> <i>and</i> <i>Faculty of Medicine and Health Sciences,</i> <i>in collaboration with the Mahatma Gandhi Institute</i></p> <p style="text-align: center;"><u>Offer of Stand Alone Module</u> <u>AYUR 1002: AYURVEDA AND NUTRITION (6 credits)</u> Tentative Starting date: Mid June 2025 Deadline for Application: 12 June 2025</p>	
Aim	<p>The aims of this module are as follows:</p> <ul style="list-style-type: none"> • Define Healthy eating • Establish the link between Ayurveda and Healthy eating • Define the relationship between Prakriti and diet • Identify some Ayurvedic diet plans for common diseases 	
Outline	<ul style="list-style-type: none"> • General introduction to Ayurveda • Prakriti Questionnaire • Introduction to Shadrasa / Six Tastes • Ayurvedic Dietetics principles • Preferred diet according to Dosha, healthy eating according to age, Prakriti, health conditions 	
Resource Person	Dr R Gopaul, Senior Ayurvedic Medical Officer, Ministry of Health and Wellness	
Duration	10 weeks.	
Mode of Delivery	<ul style="list-style-type: none"> • Notes and videos will be available on the online platform. • The Resource Person will interact <u>online</u> with participants for the theoretical sessions and these will be held after office hours. • Options A and B students only: Practical sessions will be organised on Saturdays at the Gandhian Basic School, Bagatelle. Students shall bring their own ingredients for the practical sessions. 	
Options for Enrolment and Fees Applicable	Options for enrolment	
	A. Earn the credits: Participants need to satisfy the entry requirement and submit the required assessment(MCQs and journal) and attend the practical sessions.	A. Rs 5,000
	B. Follow the module and opt for obtention of a Certificate of Attendance	B. Rs 1,500
	C. Follow the module as a hobby Note: Option C (Hobby) will only have access to the online content and zoom sessions and not the practical sessions.	C. Free

Prerequisites	<ul style="list-style-type: none"> • Applicants should be proficient in English • Participants need to have internet connection to access the online platform for notes and videos and to interact online with the resource person on a weekly basis
Entry requirements for Option A	<p>Participants willing to earn six (6) LCCS credits should:</p> <p><i>Satisfy the following General Entry Requirements for Undergraduate Certificates:</i></p> <p>(a) <i>A School Certificate with credit in two appropriate subjects or equivalent.</i></p> <p>OR</p> <p>(b) <i>Qualifications awarded by other universities or institutions, which have been approved by the Senate as satisfying the minimum requirements for admission.</i></p> <p>OR</p> <p>(c) <i>The IGCSE</i></p>
Application form and More information	<p>Click on this link to access the Module Catalogue, Instructions and the Application Form:</p> <p>https://www.uom.ac.mu/index.php/study-at-uom/admissions/stand-alone-module</p> <p>Filled application forms should be forwarded by email to Mrs Y Choychoo, Email: csdcill@uom.ac.mu, by 12 June 2025 (Subject line of email should read “AYUR 1002”)</p>
Deadline for application	12 June 2025
For more Information	Mrs R D Rampersad, r.rampersad@uom.ac.mu , Tel: 4681543