



THE COLLEGE OF
AYURVEDA &
YOGA THERAPY

Prospective Student Information

Year 1 - 2024/2025



Our Director

Professor Mauroof M. Athique

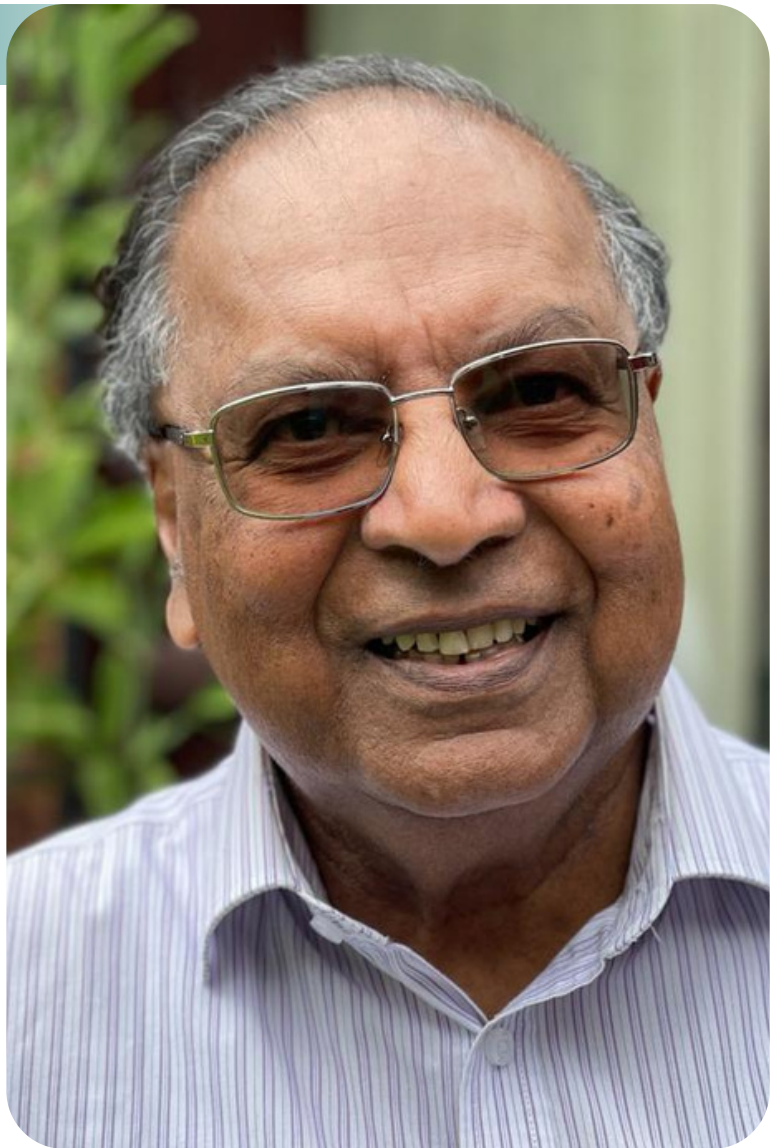
DAMS(Hon.); MD(MA); Dac; DHom; RGN;
MBA; EdD. Ayurvedic Physician &
Panchakarma Specialist

Professor Mauroof M. Athique is a highly respected Ayurvedic physician and Panchakarma specialist practicing in the UK. He received his Ayurvedic Medicine qualification from the Govt. College of Ayurvedic Medicine in Sri Lanka in 1967, where he specialized in Panchakarma, the flagship treatment modality of Ayurveda.

Additionally, he also studied Acupuncture and Homeopathy in Sri Lanka and completed his internship at the Hospital of Ayurvedic Medicine in Colombo, where he was attached to the Ayurvedic Research Institute.

As the Director of the College of Ayurveda & Yoga Therapy (UK), Prof. Athique is one of the founder members of the Ayurvedic Practitioners' Association and serves as the president of the British Ayurvedic Medical Council. With over 45 years of experience, he has provided Ayurvedic Medicine and Panchakarma treatments at various locations in London and the Home counties, including Milton Keynes, Oxford, and Letchworth. Dr. Athique has also actively participated in seminars and conferences worldwide and has taught Ayurveda in several European institutions.

In recognition of his exceptional services to Ayurveda, Prof. Athique was awarded the title Ayurveda Ratna in 2017.



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Admissions Process and Enrolment Criteria



Admissions Process

Initial Steps:

Prospective students must apply using the application form found at www.ayurvedacollege.org/enrol making sure to complete the full form and attach all required supporting documents (this varies with the course applied for). Applicants must also pay the £25 non-refundable application fee. If this fee is not received the application is considered incomplete and will not be considered. Applications received after the application deadline of 12pm (noon) on the 1st of June 2024 will not be accepted.

After the application is submitted, prospective students are invited to have a zoom call with a representative from the administration team to talk about the application and answer any questions the prospective student may have. This meeting is not compulsory but highly recommended.

Within two weeks of the completed application being received the prospective student will receive The College's decision. There are three possible outcomes, an unconditional offer, a conditional offer, or an unsuccessful application. An unconditional offer means that the prospective student has been accepted with no additional requirements. A conditional offer means that the prospective student has been accepted on the condition that additional requirements be met; this could be for example an English Proficiency Exam or an Ayurvedic Foundation course. An unsuccessful application means that the prospective student has not been selected to join the cohort; this does not limit the student from applying again in the future. Depending on application loads we may not be able to offer you detailed feedback on an unsuccessful application.

Once the prospective student has received a positive offer (Unconditional/Conditional) the College will ask for a completed 'Acceptance of Offer' form. This form enables the student to secure their place and must be returned with the non -refundable deposit of £500. This form also asks the student to agree to our terms and policies and will enable the student to be enrolled on to the online learning system.

Commencement of Studies:

The course begins on the 1st of September 2024. The face-to-face Induction day is compulsory as it is a day filled with important information, tutorials on software and provides an opportunity for students to bond, ask questions and meet staff. Lectures begin on the 7th of September with a face-to-face weekend focussed on massage.

Enrolment Criteria

For the Diploma in Higher Education (Ayurvedic Medicine) The College of Ayurveda & Yoga Therapy requires the following

- Be at least 18 years of age prior to the commencement of the programme.
- Have no communicable disease, physical or psychological impairments which may adversely affect your ability to work with people in a clinical setting.
- Be able to communicate competently in English. For international students or residents who originate from a non-English speaking background, IELTS entry levels may apply.
- At least 3 A-Levels (or equivalent).
- Basic Ayurvedic knowledge. This will be assessed on a case by case basis and you will have to provide transcripts of previous courses. If you have no prior Ayurvedic training we will be providing an on-demand online access course at a discounted student price that will fulfil this requirement.

All applicants are considered equally. The College of Ayurveda & Yoga Therapy does not discriminate on the basis of gender, race, religion, age, sexual orientation, nationality, or disability in its admissions process.

Year 1 - Module Description, Aims and Learning Outcomes



CS - 101: Therapeutic Counselling and Sanskrit

Module Description:

Counselling is an art, science, and a practice deeply involved in human interaction at various levels of health and illness. It is a life-long journey, constantly reviewing and developing human ethics and values. At the core of the therapeutic counselling is how to make clients safe in our care, and this is very much about a way of 'being' and of 'being there' for them on their journey to healing. Respect for human values and effective communication is at the heart of the matter. Carl Rogers suggested that if counsellors (practitioners/therapists) can plant the core conditions necessary for growth – genuineness, unconditional positive regard, empathic understanding and warmth – these enable a healthy and nurturing relationship to flourish.

This module gives the student the skills to become an autonomous life-long learner and to provide an introduction to verbal and non-verbal communication and therapeutic skills. In addition, Sanskrit, the language of Āyurveda, will be explored as part of this module to enable students to appreciate and understand the intricacies of this ancient language in order to comprehend the terminology used in core texts of Āyurveda and Yoga.

The core module lectures will be supplemented with online video lectures from the Great Courses Company delivered by professors and world-class experts.

Module Aims:

The aims of this module are to:

1. Explore the range of verbal and non-verbal communication skills in the healthcare setting of a multi-ethnic society.
2. Enable students to effectively engage with clients of different ethnic and cultural groups in clinical practice.
3. Explore the processes that permit us to communicate – to understand and be understood by others – and to discover that many of these processes are so deeply learned that they operate automatically.
4. Explore the science of non-verbal communication by examining what we do and why we do it within a multi-cultural community.
5. Comprehend the terminology of the core texts of Āyurveda and Yoga.

Learning Outcomes:

On completion of the module, the successful student will be able to:

1. Demonstrate a good understanding of general verbal and non-verbal communication skills with different members of a multi-cultural group.
2. Discuss key concepts in therapeutic counselling, including interpersonal relationships between personality, stress and health, and their significance in clinical practice and practitioner-self-care.
3. Describe the use of effective counselling skills in the management of professional practice.
4. Describe barriers to effective verbal and non-verbal communication in a multi-cultural healthcare setting and suggest effective solutions.
5. Discuss the purpose and value of developing communication and interpersonal skills.
6. Demonstrate effective engagement with taking a patient history by accurately observing, recording, and analysing data, and then reporting and communicating findings and their significance.
7. Critically reflect on self and listening and communication skills relevant to clinical practice and be aware of other psychological variables in a therapeutic relationship.
8. Demonstrate an understanding of the Sanskrit terminology of Āyurveda and Yoga.

AP 102: Applied Anatomy and Physiology

Module Description:

The study of modern Anatomy and Physiology, outlining the structure and function of cells, tissues, organs, and organ systems of the body both at the microscopic and macroscopic levels, is essential for our understanding the perceived function of the human body in health and disease. A major theme is the integration of all body systems for the maintenance of a stable internal state or homeostasis. The core module lectures will be supplemented with online video lectures from the Great Courses Company delivered by professors and world-class experts.

Module Aims:

The aims of this module are to:

1. Explore the basic levels of organisation within the human body from energetic to bio-chemical and organ-systems.
2. Explore the movement and support structures and their functions within the body, as well as blood formation and storage and metabolism of nutrients.
3. Explore the coordination and control structures, through the psycho-neuro-endocrine system and their complex functions.
4. Explore the transportation, and immune and defence systems in maintaining normal functions.
5. Explore how oxygen and nutrients are processed to supply energy, as well as how homeostasis is maintained, and waste products are eliminated.
6. Explore the structure and functions related to reproduction and inheritance.

Learning Outcomes:

On completion of the module, the successful student will be able to:

1. Outline the organisation and major functions of the human body from cell to more complex levels.
2. Explain the structure and function of body surfaces and membranes, support, and human movement.
3. Identify and describe the regulation and integration processes of the human body focussing on homeostasis.
4. Give an account of the maintenance of the body including, nutrients, elimination, transportation systems, and fluid balance.
5. Describe the key changes during human lifespan including puberty, reproduction, and heredity.
6. Demonstrate effective engagement with the scientific and philosophical process by accurately observing, recording, and analysing data, then reporting and communicating findings and their significance.

FA 103: Fundamental Principles Of Āyurveda (Aṣṭāṅga Hrdayam Sūtrasthāna And Śārīrasthāna)

Module Description:

The human body is an ever-changing organism, subject to the same cosmic laws and principles that govern the environment. On the cosmic plane, the three primordial forces (satva, rajas, and tamas) operating through the five energy principles (pañca mahābhūtas) directly interface with human existence. On the physical plane, the three bioenergetics (tridoṣās - vāta, pitta and kapha), the sapta dhatus (seven tissue-nutrients) and malas (metabolites) are the messengers of communication that interface the external and internal natures. In additions to these basic concepts there are several other fundamental principles (ātma, prana, prakruti, agni, āma, srotas, ojas, etc.) will be explored in this module. The understanding of these concepts, and their Sanskrit roots, is pivotal to the study of Āyurveda. The science underpinning the conceptual basis will be complemented with online video lectures from the Great Courses Company delivered by professors and world-class experts.

Module Aims:

The aims of this module are to:

1. Explore the basic concepts underpinning Āyurveda at the cosmic and physical levels.
2. Explore the philosophies that contributed to the principles and theories of Āyurveda.
3. Explore the relationship of energy and matter and its interaction at the structural and functional levels of the human body and the environment.
4. Explore the concepts of health, health promotion and maintenance according to the principles of Āyurveda as mentions in the vedic literatures.
5. Enable the students to comprehend and define common Ayurvedic terminology with confidence.

Learning Outcomes:

On completion of the module, the successful student will be able to:

1. Relate the concepts of Āyurvedic anatomy (racana śārīra) and physiology (kriyā śārīra – doṣa, dhatu, mala, srotas, agni, āma, kriyā kāla, etc.) to modern clinical practice.
2. Discuss the inter-relationship between the human being and the universe.
3. Explain the concept of homeostasis and relate it to the kārya-kāraṇa (cause-effect) theory of Āyurveda.
4. Discuss the attributes, functions, types and locations of the tridoṣās (vāta, pitta, and kapha) and relate it to modern physiology.
5. Discuss the formation, circulation, role and function of the Sapta Dhatus and their Upadhatus.
6. Discuss the characteristics of Vṛddhi (excess) and Kshaya (deficiency) of the doṣās, dhatus and mala.
7. Review the Āyurvedic concept of mind (manas) and its role as a mediator in the process of perception.
8. Identify the principal concepts of Ayurveda according to Vāgbhaṭa's Aṣṭāṅga Hrdayam, Sūtrasthāna and Śārīrasthāna.

AM 104: Principles And Practice Of Āyurvedic Massage

Module Description:

Massage is a common practice amongst different cultures of the world, and it benefits all kinds of people both in maintaining health and relieving ailments and injuries. Āyurvedic massage presented in this module is mainly preventative and health maintenance purpose. It is primarily recommended for all type of vāta (bio-electro-magnetic energy) irregularity in the body of all ages and types of people. Massage helps the body to circulate nutrients effectively and expel toxins efficiently. It also provides relaxation and relieves stress through the HPA (hypothalamus-pituitary-adrenal) axis of the parasympathetic nervous system.

Ayurvedic massage works on both the mental and physical levels, by soothing the body one can calm the mind. Physically it helps rejuvenate all systems of the body, and mentally it helps to relax the mind by regulating the endorphin and other neurotransmitters. Generally, massage assists the body in self-healing, by switching on or off the epigenetic signals to enable the repair genes to work effectively.

The core module lectures will be supplemented with online video lectures from the Great Courses Company delivered by professors and world-class experts.

Module Aims:

The aims of this module are to:

1. Provide the necessary knowledge and skills to perform Āyurvedic massage effectively for a variety of clients.
2. Enables the students to practice Ayurvedic massage safely, and be aware of the precautions contra-indications, and after-care of massage.
3. Explore the necessary knowledge and skills to perform a Massage consultation.
4. Explore the necessary life-style skills to relieve stress and promote healing.

Learning Outcomes:

On completion of the module, the successful student will be able to:

1. Compare and contrast Eastern and Western styles of Massage.
2. Discuss the indication, precautions, contra-indications, and after-care of massage.
3. Discuss the effects and benefits of massage on the body and mind.
4. Explain the different types of oils and formulations used for individuals of different body types.
5. Discuss the safety of the client and therapist in a variety of potentially hazardous situations.
6. Effectively and safely provide full-body massage for a variety of clients, with or without health problems.
7. Effectively and safely provide massage for clients with special needs, such as pregnant mothers, babies and children, and elderly and physically disabled clients.

Additional Modules and Information

YIC - Yoga Instructors Course

The Yoga Instructor Course is delivered externally by S-VYASA Yoga University in Bengaluru. This course will introduce you theoretically to the philosophies of yoga, as well as engaging you physically with asana practice.

The theoretical side dives deeply into the ancient scriptures of the Upanishads, explores different schools of thought within yoga such as the yoga sutras of Patanjali and Hatha yoga. The knowledgeable professors will also introduce you to important yogic concepts such as chakras, the pancha koshas, and many more. You will learn about different streams of yoga (jnana yoga, raja yoga, bhakti yoga and karma yoga) and how these can benefit you and your future students on the physical, mental and spiritual level. This course will equip you with the knowledge to support your future clients not only with Ayurveda, but integrating yoga as a way of life. The practical side of the course will introduce you to a range of yogasanas designed to loosen, relax and calm the body, as well as increasing flexibility and strength. You will learn how to practice these asanas, and also learn about their specific benefits and limitations. The practical course also includes an extensive section on Pranayama and different breathing techniques. You will learn how to combine these with various forms of meditation. As this course is designed to train you as a yoga instructor, you will also gain information and techniques on how to teach yoga.

This course is compulsory for all Diploma and Master's students of the College of Ayurveda.

Enrichment Sessions

These extra curricular sessions are available on demand and help to further your knowledge and help you become a well-rounded practitioner.

Certificate on Successful Completion

You will receive a certificate in Ayurvedic Massage from The College of Ayurveda & Yoga Therapy and a Yoga Instructor's certificate from S-VASYA Yoga University. These Certificates will allow you to obtain insurance and practice.

Year 2, 3 & 4 - Overview and Residentials



Year 2

Module 201 - Integrated Nutrition and Diet Therapy.

In this module, we delve into how we can heal using food as medicine, using an an integrated perspective. You will learn about macronutrients and micronutrients, and how to create specific diets for common disorders. We will look at each stage of life in detail, and understand the optimal diets needed for babies, children, adults and the elderly.

Module 202 - Roga-Vikriti Vijnana & Modern Pathophysiology.

In this module, the professors elaborate on the Ayurvedic perspective of diseases, pathology and clinical diagnosis. You will also explore Western pathophysiology, and examine how both clinical traditions view common disorders, certain stages of life such as pregnancy and aging, and other issues such as substance use.

Module 203 - Dravyaguna Vijnana - Ayurvedic & Western Pharmacology and Materia Medica

You will learn how to identify, prepare and use herbs in your Ayurvedic practice. We cover both Ayurvedic herbs and European herbs, as it is important to understand how we can use the plant medicines that are found around us. This module also covers the specific therapeutical purposes of herbs, and how to use them to aid different organ systems.

Module 204 - Integrated Approach to Diagnostic Skills

As a budding Ayurvedic practitioner, you will need to hone your assessment and diagnostic skills. In this module, you will gain important practical skills needed for examining and diagnosing patients, looking at both the external and internal body.

Enrichment Sessions

These extra curricular sessions are available on demand and help to further your knowledge and help you become a well-rounded practitioner.

Certificate on Successful Completion

You will receive a certificate in Ayurvedic Nutrition and Lifestyle Counselling.

This certificate will allow you to obtain insurance and practice.

Year 3

Module 301 - Bhaisaja Kalpana avum Rasa Sastra (Ayurvedic Pharmacy and Alchemy) & Dispensing Skills

In this module, our third years embark on a journey into Ayurvedic pharmacy and alchemy. You will learn how to collect and process herbal medicines using different methods, as well as expand your understanding as to their uses. You will become more confident in knowing which herb suits which ailment and pick up valuable dispensing skills.

Module 302 - Kayacikitsa I - Nidana-Cikitsa (Ayurvedic Therapeutics I) & Modern Pathology.

This module aims to provide the student with knowledge and skills to practise different modalities of Ayurvedic therapies underpinned by modern pathology in any given situation within the socio-political context. The limits of Ayurvedic therapies shall be understood by the students and situations identified in which the help of modern medicine is required. It also explores the psychosomatic nature of illness within the Ayurvedic context and modern medicine.

Module 303 - Kayacikitsa II (Ayurvedic Therapeutics II) (including Panchakarma, Rasayana & Vajikarna) and Modern Pathophysiology.

In this module, students dive deeper into the understanding of pathophysiology, looking at each organ system in depth and learning more about diseases and disorders. Students will also learn how to treat these disorders using the ancient techniques of Panchakarma.

Module 304 - Yoga Therapy.

You will learn the history and philosophy of yoga practice, as well as the importance of meditation, pranayama and asanas. In this module, students learn how to treat chronic illnesses through yoga.

Enrichment sessions

These extra curricular sessions are available on demand and help to further your knowledge and help you become a well-rounded practitioner.

Certificate on Successful Completion

You will receive a Diploma in Ayurvedic Healthcare (including Yoga and Panchakarma).

This certificate will allow you to obtain insurance and practice.

Year 4

Module 401 - Prasuti Tantra, Stri Roga and Kaumarabhrtya

This module is entirely focused on women's and children's health. You will learn about menstruation, fertility, how to care for pregnant patients, and labour, as well as the most important aspects of neonatal care and childcare according to Ayurveda.

Module 402 - Salya and Salakya Tantra and Emergency Care

In this module, we shift the focus away from care of chronic illnesses to now shine light on the Ayurvedic perspective of emergency care. Students learn how to manage severe injuries, strokes and anaphylaxis, as well as understanding how Ayurveda can play a role in supporting people away from drug and alcohol abuse.

Module 403 - Research Methods in Healthcare and Dissertation Writing Skills

Students at the College have an opportunity to frame the future of Ayurveda through their research project. We support you through this endeavour, going through different research methods and designs as well as using research case studies to base your work around. The purpose of this module is to familiarise students with major approaches to social research; develop skills in designing a research proposal; enhance their skills in qualitative and quantitative methods; enhance their critical appreciation of research; and ensure students are able to apply relevant approaches and methods to their own research project or extended literature review at post-graduate level. The central aim of dissertation writing skills is the acquisition of mastery in the chosen area of study, and develop skills necessary to support this.

Module 404 - Manasika Roga Vijnana (Ayurvedic Mental Health Care)

Being able to care for your patients' mental health is extremely important. More and more people are turning to ancient, spiritual traditions like Ayurveda for support with their mental health. In this module, we look at different aspects of the human personality, as well as mental health disorders and how Ayurveda can support patients through this.

Enrichment sessions

These extra curricular sessions are available on demand and help to further your knowledge and help you become a well-rounded practitioner.

Certificate on Successful Completion

You will receive a Diploma in Higher Education (Ayurvedic Medicine).

This certificate will allow you to obtain insurance and practice.

Residentials

All residentials are compulsory and give you not only the opportunity to be immersed in the learning experience but also bond with your cohort.

Year 1

The Year 1 residential trip is the perfect week to polish and perfect your massage technique as well as learn the basics of jyotish (ayurvedic astrology) with our guest lecturer Andrew Mason.

Year 2

The Year 2 residential trip is focussed on diagnostics and practical application of the knowledge you have learnt through out the year.

Year 3

The Year 3 residential is a 6 week internship in India where you will be able to apply the skills you have learnt in a clinical setting.

Year 4

The Year 4 residential is a 6 week internship in India where you can consolidate your clinical skills

Year 1 - Teaching/Learning Material and Assessment Criteria



Teaching/Learning Material

CORE CURRICULUM TEXTS:

Module Code: CS 101: Principles of Therapeutic Counselling, and Samskr̥ta:

- (T) Hough, Margaret, (2014). Counselling Skills and Theory. 4th. Edn. Hodder Education.
- (R) Andrew Reeves. (2018). An Introduction to Counselling and Psychotherapy: From Theory to Practice. 2nd. Edn. Sage Publishing.
- (T) Samskr̥ta: Sarasvati, Dr, Mohan, (2007). Sanskrit Level 1&2. Sharadh Enterprises, Bangalore.

Module Code: AP 102: Applied Anatomy and Physiology

- (T) Marieb, Elain N. (2015) Essentials of Human Anatomy & Physiology. Global Edition, 11th Ed. Pearson Education Ltd.

Module Code FA 103: Fundamental Principles of Āyurveda and Aṣṭāṅga Hṛdayam (Sūtrasthāna and Śarīrasthāna)

- (T) Srikantha Murthy, Prof. K.R. (2007) Vāgbhaṭa's Aṣṭāṅga Hṛdayam. Volume 1, 5th Ed. Chowkhamba Krishnadas Academy.
- (T) Ranjan Das, Dr. Chitta. (2017). A Textbook of Physiology: Shareera Kriya Vijnan. Volume 1 and 2. Chaukhamba Sanskrit Pratishthan.
- (R) Sreekumar, T. (2021) Principles of Ayurveda: Aṣṭāṅga Hṛdaya Vāgbhaṭa I-II. Harisree Publications

Module Code AM 104: Principles and Practice of Āyurvedic Massage.

- (T) Johari, H. (1996). Āyurvedic Massage: Traditional Indian Techniques for Balancing Body and Mind. Healing Arts Press.
- (R) Fritz, Sandy. (2013). Mosby's Fundamentals of Therapeutic Massage. 5th. Ed. Elsevier

Extra Curriculum Texts:

EC11 : Effective Communication Skills

- Prof. Dalton Kehoe, PhD., Senior Scholar of Communications, York University, Ontario, Canada. The Great Courses, Chantilly, Virginia, USA. © The Teaching Company.

EC12 : Practicing Mindfulness: An Introduction to Meditation

- Prof. Mark W. Muesse, PhD., Professor of Religious Studies, and Director of Asian Studies Program. Rhodes College, Memphis, Tennessee, USA. The Great Courses, Chantilly, Virginia, USA. © The Teaching Company.

EC13 : Understanding the Human Body: An Introduction to Anatomy and Physiology

- Prof. Anthony A. Goodman, MD., Adjunct Professor of Medicine, Montana State University, Bozeman, Montana, USA. The Great Courses, Chantilly, Virginia, USA. © The Teaching Company.

Assessment Criteria

The assessments are based on both the FORMATIVE and SUMMATIVE models:

Formative assessments consist of Coursework in the form of Chapter, Lecture or Unit Review Questions from both Core and Extra-curricular studies, which are either uploaded into Learnworlds or set by the module tutors as part of each Unit of Study. They also carry a target date for submission, refer to the Course Syllabus.

Summative assessments are set at the end of module, usually during the months of July and/or August. They consist of:

1. computerised timed multiple-choice questions randomly chosen from a Question Bank constructed from the formative assessments.
2. Practice assessment/Case studies.
3. Unseen timed written examination consisting of true-false questions, short answers questions, case studies, etc.

Module Code	Weighting	Type of Assessment
CS 101	100%	Coursework: Completion of Review Question and/or Assignment set periodically by the Module Tutor(s).
AP 102	35%	Coursework: Completion of Review Questions set for each Unit.
	65%	Examination: Timed-On-Line Examination consisting of MCQ and/or True/False Questions to be completed at the end of the module.
FA 103	50%	Coursework: Completion of Review Questions set for each Unit.
	50%	Examination: Timed-On-Line Examination consisting of MCQ and/or True/False Questions to be completed at the end of the module.
AM 104	30%	Coursework: Completion of Massage Workbook
	40%	Examination: Practical Examination consists of performing a massage procedure set at the end of the module
	30%	Assignment: Completion of ten (10) Case studies on a variety of clients. Documentation and Guidelines will be provided by the Tutor and will be posted on LearnWorlds.
EC 11	100%	Coursework: Completion of Review Questions and/or Assignments set for each lecture session.
EC 12	100%	Coursework: Completion of Review Questions and/or Assignments set for each lecture session.
EC 13	100%	Coursework: Completion of Review Questions and/or Assignments set for each lecture session.

NOTES:

1. ALL Examinations will be held during the month of July.
2. All Coursework (including, core-curricular and extra-curricular) should be submitted by the published due date (see Course Syllabus) to the College Office in person and a receipt should be obtained from the Student Liaison Officer.
3. Postal/courier submission of coursework will be accepted provided it reaches the College Office within three working days after the submission date. An official receipt/proof of posting should be submitted as evidence.
4. Late submission of course work will be accepted only in exceptional circumstances and should be accompanied with a written approval from the student liaison officer.
5. Non-submission of Coursework within the specified time period will be awarded a referred grade for that particular module.

