

## Karen Burn (Part Time Tutor – Herbal Medicine & Nutrition)

### QUALIFICATIONS

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- Bachelor of Health Science (Complementary Medicine)
- Diploma of Naturopathy
- Diploma of Medical Herbalism
- Registered Naturopath
- Registered Medical Herbalist

### Teaching Experience

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- **2003-present:**  
Wellpark College of Natural Therapies, Lecturer – Naturopathy, Nutrition, Herbal Medicine (Diploma)

### Other Teaching

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- Weekend workshop: Neuro Linguistic Programming
- Public Talk – Natural Alternatives to HRT

### Practitioner Experience

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- **2003-present:**  
Phytomed Medicinal Herbs Ltd, Practitioner and Retail Services Manager
- **2002-2003:**  
Lifesense Ltd, In-Store Naturopath
- **2001-2002:**  
Huckleberry Farms Ltd, Sales/customer advice on nutrition, formulation and preparation of herbal formulas (under supervision of qualified herbalist)
- **2000:**  
Nature Baby, Sales – advising on organic products and health care for babies and infants

### Research

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- (2002) Burn, K. The role of nutrition in the treatment of eczema, Unpublished Research Project, Wellpark College of Natural Therapies

### Published Articles

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- In Healthy Options 'Herbal First Aid'
- In Avena 'Herbs in Pregnancy' and 'Herbs for Weight Loss'

## Professional Membership

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- New Zealand Association of Medical Herbalists

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## Philip Rasmussen (Part Time Tutor – Herbal Medicine)

### Qualifications:

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- Diploma in Herbal Medicine, School of Phytotherapy, U.K.
- Certificate in Herbal Studies, School of Phytotherapy, U.K.
- Master of Pharmacy (in Pharmacology, with credit), University of Otago
- Bachelor of Pharmacy, University of Otago

### Teaching Experience

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- **2003-present:**  
The University of Auckland, Honorary Senior Lecturer in Pharmacy, Faculty of Medical and Health Sciences
- **2000:**  
The University of Auckland, Lecturer in Pharmacy 700, Critical Evaluation of Complementary Medicinal Products, School of Pharmacy
- **2001-present:**  
Waikato College of Herbal Medicine, Hamilton, Guest Lecturer in Pharmacology
- **1999-present:**  
Wellpark College of Natural Therapies, Auckland. Guest Lecturer in Pharmacology
- **1998-2002:**  
Canterbury College of Natural Medicine, Christchurch, Guest lecturer in Pharmacology and Clinical Examiner,
- **1995-2002:**  
University of Wales, Cardiff, Examiner in Pharmacology, School of Phytotherapy
- **1993-2003:**  
South Pacific College of Natural Therapeutics, Auckland. Lecturer in Pharmacology and Clinic Tutor,
- **1981:**  
University of Otago Medical School, Tutor, Pharmacology Department.

### Practitioner Experience

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- **1993-present:**  
Medical Herbalist in private practice (part-time), Grey Lynn, Auckland.
- **1998-present:**  
Managing Director, Phytomed Medicinal Herbs Ltd, Auckland.
- **1997-2002:**  
Professional Supervisor, Phytotherapy Service, Detoxification Unit, Regional Alcohol and Drug Services, Waitemata Health, Auckland.
- **1992-1996:**  
Pharmacist (part-time), Auckland Methadone Treatment Services, Waitemata Health, Auckland.

- **1993-1997:**  
Medical Herbalist (part-time), Detoxification Unit, Regional Alcohol and Drug Services, Waitemata Health, Auckland.
- **1989-1993:**  
Student of Herbal Medicine, School of Phytotherapy, U.K.
- **1986-1992:**  
Locum Community Pharmacist, London and Bristol, U.K.
- **1987-1992:**  
Proprietor of business manufacturing herbal medicines, U.K.
- **1986:**  
Drug Information Pharmacist, South Western Regional Drug Information Service, Bristol, U.K.
- **1982-1985:**  
Hospital Pharmacist, New Zealand and U.K.

## Research

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- Rasmussen, P.L., M.Pharm thesis, Pharmacology Department, University of Otago Medical School, 1981 Antidepressants and Serotonin.
- Baillie, N. and Rasmussen, P.L., Black and blue cohosh in labour, N.Z. Med J. 24 January, 20-21, 1997.
- Rasmussen, P.L., A role for Phytotherapy in the treatment of benzodiazepine and opiate drug withdrawal: Pt 1, Introduction and benzodiazepine withdrawal, Eur. J. Herbal Med. 3(1):11-21, 1997.
- Rasmussen, P.L., A role for Phytotherapy in the treatment of benzodiazepine and opiate drug withdrawal: Pt 2, Opiate withdrawal and conclusions, Eur. J. Herbal Med. 3(2):13-19, 1997
- Rasmussen, P.L., St John's Wort: a review of its use in depression, Aust. J. Med. Herb., 10(1), 8-13, 1998
- Rasmussen, P.L., Garlic: A Review, Aust. J. Med. Herb., 10(3), 94-99, 1998.
- Rasmussen, P.L., Phytomedicines for depressive illness: more than just Hypericum. Paper presented at International Conference on Phytotherapy, N.H.A.A., Sydney, 1998.
- Rasmussen, P.L., Stress management for women, paper presented at Women, Health and Herbs conference, Cambridge N.Z., September, 1998.
- Rasmussen, P.L., Echinacea- a Review, Pharmacy Today, December, 1999.
- Rasmussen, P.L., The role of Phytotherapy in the treatment of Hepatitis C Paper presented at the 2nd Australasian Conference on Hepatitis C, Christchurch, August 17-19, 1999.
- Rasmussen, P.L., Phytotherapy for Pharmacists, presentation to Pharmacy Conference, Wellington, May 2000.
- Rasmussen, P.L., De-stress with Kava, Pharmacy Today, October 2000.
- Rasmussen, P.L., Saw Palmetto – a short review, Pharmacy Today, November 2000.
- Rasmussen, P.L., Ginkgo – a short review, Pharmacy Today, December 2000.
- Rasmussen, P.L., Bilberry – a short review, Pharmacy Today, January 2001.
- Rasmussen, P.L., Clinical Uses of some New Zealand Natives, paper presented at International Conference on Phytotherapy, N.H.A.A., Sydney, February 2001.
- Rasmussen, P.L., Valerian – a brief review, Pharmacy Today, March 2001.



- Rasmussen, P.L., Dong Quai – Popular ‘Blood Tonic’, Pharmacy Today, May 2001.
- Rasmussen, P.L., Ginseng, Pharmacy Today, June 2001.
- Rasmussen, P.L., Siberian Ginseng – a brief review, Pharmacy Today, July 2001.
- Rasmussen, P.L., Milk Thistle – a brief review, Pharmacy Today, August 2001.
- Rasmussen, P.L. Herb-Drug Interactions, paper presented at Phytomed Medicinal Herbs Ltd Seminar, Auckland, September 2001.
- Rasmussen, P.L., Black Cohosh – a brief review, Pharmacy Today, September 2001.
- Rasmussen, P.L., Thyme – a brief review, Pharmacy Today, October 2001.
- Rasmussen, P.L., Kava, Valerian & other herbal anxiolytics in clinical practice. Paper presented at NZ Pharmacy Conference, April, 2002.
- Rasmussen, P.L., Treatment of depressive disorders: Hypericum & Beyond. Paper presented at Phytomed Medicinal Herbs Ltd Seminar, Auckland, September 2002.
- Rasmussen, P.L., Principles and Practice of Phytotherapy, paper presented at Clinical Pharmacology and Therapeutics course for Nurses, Wellington School of Medicine, November 2002.
- Rasmussen, P.L., Evaluating Scientific Literature on Herbal Medicines. Paper presented at the Complementary & Natural Healthcare Expo, London, November 2003.
- Rasmussen, P.L., Dosage in Herbal Medicine. Paper presented at the Complementary and Natural Healthcare Expo, London, November 2003.
- Rasmussen, P.L., Drug-Herb Interactions. Pharmacy Today, February 2004.

#### Professional Membership

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- **1994-present:**  
National Institute of Medical Herbalists, U.K. (M.N.I.M.H.)
- **1993-2004:**  
Member of the College of Phytotherapy Practitioners, U.K. (M.C.P.P.)
- **1981-present:**  
Member of the Pharmaceutical Society of New Zealand, (M.P.S.)
- **1985-1993:**  
Royal Pharmaceutical Society of Great Britain (MRPharmSoc)
- **1994-present:**  
New Zealand Association of Medical Herbalists (M.N.Z.A.M.H.)
- **1995-present:**  
National Herbalists Association of Australia (M.N.H.A.A.)

## Dr. Krishna Prasad N: Assistant Tutor - Medical Science

*NB. Dr Prasad will also be tutoring in the Ayurvedic Faculty*

### QUALIFICATION

- Doctor of Medicine in Dravyaguna (Ayurvedic Pharmacology) - M.D. (Ayurveda)
- Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.)

### PRACTITIONER EXPERIENCE

2002-present Medical Officer, Govt. Ayurvedic Hospital, Hosaholau, Krishnarajpet Tq, Mandya Dist, Karnataka, India, Ayurvedic Specialist treating general public and conducting health camps and workshops on Ayurveda.

In charge of attender, mid wife, male health worker and play home teachers, assistants, 9 play homes and 9 schools around my place of work.

Supervisor of National Health programs.

2002-present Director of 'Ayurdhama' a panchakarma and rejuvenation centre, Krishnarajpet, Mandya dist, Karnataka, India, Specialist in Ayurveda and Panchakarma. Ayurvedic physician to general public. Consultation and treatment of wide variety of ailments including neurological, musculoskeletal, psychiatric, respiratory, dermatological and gynaecological disorders.

1998 House Surgeon, Various hospitals in Davangere, India (General medicine, Surgery, Obstetrics, Gynaecology, Dermatology, Ophthalmology, ENT depts.)

Experience of working in Emergency and Casualty Departments of various hospitals in Davangere and Bangalore.

#### TEACHING EXPERIENCE

2001-present Non Governmental Organizations, Educating and training general public, teachers and health workers on various aspects of health including primary health care, preventive health and home remedies.

1999-2001 Indian Institute of Ayurvedic Medical College, Bangalore, Karnataka, India. Honorary and Visiting Lecturer, teaching Dravyaguna to Ayurvedic graduate students.

#### RELATED EXPERIENCE

2007-present *India Co-ordinator for New Zealand Wellpark College of Natural Therapies*. Organizing and Anchoring Ayurveda workshops, seminars, internship throughout India in collaboration with various Ayurveda institutions, hospitals, clinics, pharmaceuticals and Ayurveda resorts.

1999-2001 Ayurmedline Publications, Bangalore, Subeditor and compiler of information on Ayurvedic formulations. Research seminars for the publication of Ayurmedline, a biannual chronicle on Ayurveda.

1999-2001 Compere, Radio broadcasts. Talks on health broadasts from All India Radio, Bangalore.

#### RESEARCH

- A Study on the Concept of Vardhamana Prayoga and Clinical Evaluation of Vardhamana Gudanagara in Prathishya, Dissertation.

**A clinical study on the administration of a classical ayurvedic formulation (Ginger and Jaggery in ascending and tapering doses) in the management of upper respiratory tract infections.**

Duration of the research; 3 years.(1999-2001)

Sample size: 40

Place: Sri Jayachamarajendra Institute of Indian Medicine, Bangalore

- Literature review on *Strychnos nuxvomica* as part of the research project during the post graduate study

Duration of the research; 1 year.(1999-2000)

Place: Sri Jayachamarajendra Institute of Indian Medicine, Bangalore

#### PAPER PRESENTATION

KrishnaPrasad (2001) "*Methodology to resolve controversies of ayurvedic drugs*" at National seminar on standardization and scientific research of new drugs with reference to the fundamentals of Dravyaguna, National Institute of Ayurveda, Jaipur, India.

1999-2001 Anchored Ayurveda seminars/symposia and workshops organized by the Dept of Post Graduate Studies Govt Ayurvedic Medical College, Bangalore.

1996 Participated in seminar on "Scientific approach to Panchakarma" held at Bellary, Karnataka, India.

2004 Participated in seminar on "Ayurvedic management of Hypertension" held at Bangalore, Karnataka, India.

2002 Participated in seminar on "Speciality of Panchakarma in Shotha" held at Mysore, Karnataka, India.

#### AWARDS

Awarded prize by Davangere Ayurvedic Medical College in recognition of high position secured in B.A.M.S. (1999)

'Top Student' award by Davangere Ayurvedic Medical College in recognition of good conduct and high position in academics(1997)

Awards by the Dept. of Post Graduate Studies in Dravyaguna for Best seminar presentations in Govt. Ayurvedic medical college, Bangalore, India (1999-2001)

Award by the Dept. of Post Graduate Studies in Dravyaguna, Sri Jayachamarajendra Institute of Indian Medicine, Bangalore for the 'Best Literature Review' on 'Strychnos nuxvomica (Kupilu)' (2000)

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Create Date:15/10/2008 7:07:26a.m.

Sender:Principal1 <xxxxxxxxx@xxxxxxxx.xx.xx>

Sent\_To:"Lesley Edgeley-Page" <xxxxxx.xxxxxxxxxxxxx@xxxx.xxxx.xx>

Sent\_CC:

Sent\_BC:

Subject:Wellpark's Degree application

Dear Lesley

Hope all is well with you.

Three weeks ago Vinay Shah sent you the completed information for the reconsideration of our application. We still have to furnish some information around the lab hire and I hope to be able to get this to you soon. We also have some more research investment in terms of Jenny Cottingham's decision to undergo a PhD, which will mean that she will be much more involved in research. She has a MA (Psych) and her PhD will assist in a number of areas, but will mean the College will invest more money and time in research.

I hope to be able to get back to you next week with the further information.

Phillip Cottingham ND BHSc. Grad.Dip. (Herbal Medicine)

Principal

Wellpark College of Natural Therapies

Po Box 78-229

Grey Lynn

Auckland 1002

New Zealand

Ph. 64 9 3600560 Fax 64 9 3764307

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Create Date:20/10/2008 1:57:24p.m.

out of scope

Sender:Accounts1 <xxxxxxxx@xxxxxxxx.xx.xx>

Sent\_To:"Team mailbox- Accounts Receivable" <xxxxxxxxxxxxxxxxxxxx@xxxx.xx.xx>

Sent\_CC:

Sent\_BC:

Subject:CUSTOMER NUMBER - 11557

Hi,

Please be advised we have received a reminder for an outstanding amount of \$5376.63.

From your statement dated 02/10/2008, we note, that this relates to invoice [REDACTED]. We have not received this invoice.

Coincidentally, invoice 91369 for \$ 4279.75 and invoice [REDACTED] [REDACTED] (dated 29/08/08) total \$ 5376.63. We have paid this on the 19th September.

Your records indicate that the payment of [REDACTED] has been offset with invoice [REDACTED].

Kindly check you records as we feel invoice [REDACTED] has been incorrectly entered, thus resulting in an outstanding amount.

If your investigation indicates this is not the case, then we require a copy of invoice [REDACTED].

We await your response.

Best regards,

Vinay Shah  
Accountant

Wellpark College of Natural Therapies Limited  
P O Box 78-229           Tele : 09 3600 560 ext 722  
Grey Lynn               Fax : 09 376 4307  
AUCKLAND              Email : xxxxxxxx@xxxxxxxx.xx.xx

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**Create Date:**21/10/2008 9:46:28a.m.

**Sender:**"Michelle Diston" <xxxxxxxx.xxxxxx@xxxx.xxxx.xx>

**Sent\_To:**accounts1 <xxxxxxxxx@xxxxxxxx.xx.xx>

**Sent\_CC:**

**Sent\_BC:**

**Subject:**Fwd: CUSTOMER NUMBER - 11557

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Dear Vinay

Thank you for your email.

out of scope

I have looked into your enquiry and can confirm that the payment received on 19 September was invoiced and receipted in error. This payment should have been receipted against invoice 0091369 [REDACTED].

I will be arranging for this payment to be processed as a payment/credit against these invoice.

I apologise for any inconvenience and thank you for bringing to our attention.

Kind regards

Michelle

Michelle Diston  
Credit Control  
New Zealand Qualifications Authority  
PO BOX 160  
125 The Terrace  
Wellington  
DDI: (04) 463 3377  
Fax: (04) 802 3409  
Email: michelle.diston@nzqa.govt.nz

>>> Team mailbox- Accounts Receivable 21/10/2008 9:20 a.m. >>>

>>> "Accounts1" <Accounts1@wellpark.co.nz> 20/10/2008 1:57 p.m. >>>  
Hi,

Please be advised we have received a reminder for an outstanding amount of \$5376.63.

From your statement dated 02/10/2008, we note, that this relates to invoice [REDACTED].  
We have not received this invoice.

out of scope

Coincidentally, invoice 91369 for \$ 4279.75 and invoice [REDACTED].  
We have paid this on the 19th September.

Your records indicate that the payment of [REDACTED] has been offset with invoice [REDACTED].

Kindly check you records as we feel invoice [REDACTED] has been incorrectly entered, thus resulting in an outstanding amount.

If your investigation indicates this is not the case, then we require a copy of invoice [REDACTED].

We await your response.

Best regards,

Vinay Shah  
Accountant

Wellpark College of Natural Therapies Limited  
P O Box 78-229           Tele : 09 3600 560 ext 722  
Grey Lynn               Fax : 09 376 4307  
AUCKLAND              Email : accounts1@wellpark.co.nz

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**Create Date:**29/10/2008 11:37:27a.m.

**Sender:**"Lesley Edgeley-Page" <xxxxxx.xxxxxxxxxxxxx@xxxx.xxxx.xx>

**Sent\_To:**Principal1 <xxxxxxxxx@xxxxxxxx.xx.xx>

**Sent\_CC:**

**Sent\_BC:**

**Subject:**Re: Wellpark Application

*Released under the Official Information Act 1982*



Dear Philip

Yes I did receive your email and sorry if I did not reply. I'm away a lot at the moment and scrambling to keep up. I had to wait a long time for all the panel members' response to your resubmission, but I have them now. I have been collating those responses and it looks as though there will still be one or two issues to resolve, so please send the extra information on the labs and research. I would also send the admin additions and alterations (summaries?) as well. That may sort out some things.

Kind regards

Lesley

>>> "Principal1" <xxxxxxxxxx@xxxxxxxx.xx.xx> 28/10/2008 7:35 p.m. >>>  
Dear Lesley

I was wondering whether you had received my last email. By the end of the week I hope to be able to send some more details re labs and some more details on research. I hope the staffing plan was comprehensive enough. We do have some admin additions and alterations and I was unsure whether to include these. I can send you more info if you feel it necessary.

Hope all is well.

Yours

Phillip Cottingham ND BHSc. Grad.Dip. (Herbal Medicine)

Principal

Wellpark College of Natural Therapies

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Auckland 1002

New Zealand

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**Create Date:**4/11/2008 1:40:55p.m.

**Sender:**Principal1 <xxxxxxxxxx@xxxxxxxx.xx.xx>

**Sent\_To:**"Lesley Edgeley-Page" <xxxxxxx.xxxxxxxxxxxxx@xxxx.xxxx.xx>

**Sent\_CC:**

**Sent\_BC:**

**Subject:**Extra material from Wellpark

Hi Lesley

Please find attached the extra material I promised you regarding labs, staffing, etc. I have not heard back from Unitech, but be assured that the College is committed to hiring labs (long term to developing our own, but there are other priorities for the short term, such as library resources, etc.) so that this will happen. I have attached a schedule of the labs and what they will contain, to make it clearer to the panel members.

Phillip Cottingham ND BHSc. Grad.Dip. (Herbal Medicine)

Principal

Wellpark College of Natural Therapies

Po Box 78-229

Grey Lynn

Auckland 1002

New Zealand

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Supplementary material to  
the revised application for

**BACHELOR OF  
NATUROPATHY**

## Supplemental Material to Revised Application for Degree in Naturopathy

### Laboratories

Laboratories will be catered for utilising hired lab premises and equipment from Unitec NZ. (See previous material for budget).

The following is a lab schedule:

| <b>Course: Chemistry for Natural Therapies</b>         |                                                                                                                                                                                                                                                                                                                                                       |             |                 |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-----------------|
| <i>Lab no.</i>                                         | <i>Details</i>                                                                                                                                                                                                                                                                                                                                        | <i>Year</i> | <i>Semester</i> |
| <b>Lab. 1</b>                                          | a) Lab protocols and safety procedures.<br>Topic: solution, colloids, phase transformations, matter etc. polarity and solvation in polar media<br><br>b) pH: Hands on experience on how to measure pH, to alter a pH, make a buffer, neutralize a solution of unknown acid concentration with an alkaline solution of known concentration (titration) | 1           | 1               |
| <b>Lab 2.</b>                                          | a) hydrolysis of starch with HCl and observing its progress with I <sub>2</sub> , and some solubility tests with saccharides, tollen's (silver mirror) test with reducing sugars (will show me if they have understood anything about concentrations and amounts in chemistry)<br><br>b) saponification (making a soap out of oil or fat)             | 1           | 1               |
| <b>Course: Biochemistry for Natural Health Science</b> |                                                                                                                                                                                                                                                                                                                                                       |             |                 |
| <b>Lab 1</b>                                           | a) Testing for Carbohydrates, proteins and lipids<br>b) Investigation of enzyme activity                                                                                                                                                                                                                                                              | 1           | 2               |
| <b>Lab 2 (virtual)</b>                                 | c) Digestion and absorption of nutrients                                                                                                                                                                                                                                                                                                              | 1           | 2               |
| <b>Lab 3 (virtual)</b>                                 | d) Energy Metabolism of Carbohydrates, proteins and lipids                                                                                                                                                                                                                                                                                            | 1           | 2               |
| <b>Lab 4 (virtual)</b>                                 | e) Glycolysis, gluconeogenesis and hormonal regulation                                                                                                                                                                                                                                                                                                | 1           | 2               |
| <b>Lab 5 (virtual)</b>                                 | f) Cholesterol and bile metabolism                                                                                                                                                                                                                                                                                                                    | 1           | 2               |
| <b>Lab 6 (virtual)</b>                                 | g) Cellular physiology and micronutrients                                                                                                                                                                                                                                                                                                             | 1           | 2               |

| <b>Course: Pathophysiology for Natural Therapists i</b> |                                                                                                                                                                                                                                                                                                                                                                                        |   |   |
|---------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|
| Lab 1                                                   | a) Microscopy principles and protocols<br>b) Histological investigations of common diseases of skin, connective tissue,<br>c) Microscopy investigations of common pathogens<br>d) Use of virtual microscopy slides (1)                                                                                                                                                                 | 2 | 1 |
| Lab 2 *.<br>(virtual) to be completed over 9 weeks      | a) Histopathology of the following:<br>b) Gross pathology of the following conditions <ul style="list-style-type: none"> <li>• Cardiovascular conditions</li> <li>• Respiratory disorders</li> <li>• Neurological conditions</li> <li>• Dermatological conditions</li> </ul>                                                                                                           | 2 | 1 |
| Lab 3<br>(virtual) to be completed over 9 weeks         | c) Histopathology of the following:<br>d) Gross pathology of the following conditions <ul style="list-style-type: none"> <li>• Cancer</li> <li>• Immune system disorders</li> <li>• Reproductive disorders</li> <li>• Gastrointestinal disorders</li> <li>• Haematological disorders</li> <li>• Endocrine conditions</li> <li>• Diseases of the ear, nose, throat and mouth</li> </ul> | 2 | 1 |
| Lab 4<br>(virtual)                                      | Identification of Pathogenic microorganisms                                                                                                                                                                                                                                                                                                                                            | 2 | 1 |
| <b>Course: Foundations of Herbal Medicine</b>           |                                                                                                                                                                                                                                                                                                                                                                                        |   |   |
| Lab 1 - 5                                               | Manufacturing of herbal preparations                                                                                                                                                                                                                                                                                                                                                   | 1 | 2 |
| Course                                                  | Herbal Medicine 1                                                                                                                                                                                                                                                                                                                                                                      | 1 | 2 |
| Lab 1                                                   | Distillation of Essential oils (measurement of yield)                                                                                                                                                                                                                                                                                                                                  | 1 | 2 |
| Lab 2                                                   | Simple pharmacognosy & pharmacology problem solving                                                                                                                                                                                                                                                                                                                                    | 1 | 2 |
| <b>Course: Nutrition 1</b>                              |                                                                                                                                                                                                                                                                                                                                                                                        |   |   |
| Lab 1                                                   | Identification of Vitamin content in selected foods                                                                                                                                                                                                                                                                                                                                    | 2 | 1 |
| Lab 2<br>(virtual)                                      | Role of vitamins in biological pathways: <ul style="list-style-type: none"> <li>• Vitamin A</li> <li>• Vitamin B group</li> </ul>                                                                                                                                                                                                                                                      | 2 | 1 |
| Lab 3<br>(virtual)                                      | Role of vitamins in biological pathways: <ul style="list-style-type: none"> <li>• Vitamin C</li> <li>• Vitamin E</li> </ul>                                                                                                                                                                                                                                                            | 2 | 1 |
| Lab 4<br>(virtual)                                      | Role of selected minerals in biological pathways                                                                                                                                                                                                                                                                                                                                       | 2 | 1 |

\* Virtual Pathology Laboratories have been established as a valid and valuable means of enhancing student's understanding (2)

## ***Staffing***

Since the previous submission of supplemental material the College has reviewed the staffing arrangements and the following additions have been made (see revised structure chart attached):

### **Faculty Support Staff**

*Dyan Wells MSc.* has been appointed on a part-time basis to provide support in development of course material, as well as developing accreditations for programmes. Dyan has worked for the College (in both full-time and part-time capacities) for the past eight years. She is familiar with the College programmes, and has worked closely with both faculty and administrative staff. Dyan has undergone a familiarisation with the College's on-line platform, as well as the material required for the programmes. Dyan will be working with the faculty to develop both course material as well as assessment material.

*Warren Shephard MA. RSA (Dip)* has been appointed as Academic Administrator. This role is a new, part-time role and has been created to support the faculties in curriculum development and moderation systems, as well as the development of academic policy. (As this position is critical to the academic development of the College, the job description is attached). Warren has considerable experience in this role, being a director of QED Associates (an tertiary educational support organisation) and prior to this having worked at Unitec NZ as a Professional Development Coordinator.

### **Job Description: Academic Administrator**

#### **Profile**

##### **Qualities**

- Self directed worker and team player
- Great attention to detail
- Enthusiastic by nature with a 'can do' attitude
- Ability to work under pressure when necessary
- Be presentable in dress (smart-casual)

##### **Skills**

- Excellent interpersonal skills
- Outstanding time management skills
- Ability to multi task
- Superior organisational skills
- Exemplary administrative skills
- Good computer skills (MS Office, databases and other computer programs)
- Solutions provider

##### **Experience & Qualifications**

- Have worked in a tertiary environment, preferably student administration

- Have worked with databases and a range of software systems
- Been required to be highly organised
- In a role that requires excellent communication
- Minimum School Certificate English (or NCEA Level 1/2)

## **Role and Function**

### ***Manage Academic Systems***

#### *Moderation systems*

- Ensure internal moderation occurs for pre-assessment and post-assessment
- Ensure moderation results are reflected in curricula
- Ensure external moderation occurs for post-assessment documents

#### *Curriculum Development*

- Support faculties in developing curricula that reflect the goals and aspirations of the College
- Support the faculties in developing assessments that reflect the levels of the courses and the programmes

#### *Audit & Evaluation*

- Develop systems to respond to audit requirements
- Conduct internal audits as required

#### ***Policies***

- Ensure academic and administrative policies meet the requirements of NZQA and TEC
- Ensure publications reflect these requirements

#### ***Publications***

- Develop publications as required including:  
Quality Management System

Enrolment forms

Student and tutor handbooks

Prema Clinic handbook

Other publications as required

*Other duties as and when required by management.*

## Change in Role

Jenny Cottingham MA (Psych) will shift her focus from administration to research. Jenny will be undertaking a PhD from Vivekananda Yoga Anusandhana Samsthana, Bangalore, India. "Situated amidst nature within a 110 acre campus, SVYASA is a recognized university of Higher Learning in Yogic Sciences. The educational system in sVyasa is holistic, based on the consciousness-based approach of yoga systems and spiritual lore. It is not merely a bread-earning educational system but a personality-developing and world-building tool through yoga." (3)

The PhD will be based around a thesis investigating the role of consciousness in healing, looking at both physiological and psychological markers. The College will be supporting this shift in terms of her job description, as Jenny will continue to be employed by the College. It is planned that Jenny will also be employed in the teaching staff, whilst undergoing doctoral studies and post doctoral research.

## Accreditations

Since the panel meeting the *Diploma of Naturopathy (level 6)* and the *Diploma of Herbal Medicine (level 6)* have been accredited by the Australian Natural Therapists Association (ANTA). After approval the Bachelor of Naturopathy will be submitted to ANTA for accreditation, as will any subsequent postgraduate qualifications. The College's other level 6 and level 5 diplomas (in massage, aromatherapy, Ayurvedic medicine and yoga) have also been accredited with ANTA.

Graduates of the College's level 6 diplomas have been admitted to postgraduate programmes (certificates and diplomas) at Auckland University and UNITEC have also indicated that graduates of the level 6 diploma programmes will be eligible to enroll in postgraduate programmes in that institution.

## Research Update

Attached is a series of emails containing details of a Clinical Trial conducted by Ram Prabhu Vempati (appointed Senior Research fellow – Wellpark College of Natural Therapies) the registering of which has been sponsored by the College.



submission to BMC Pulmonary Medicine. The contact at BMC PM is as given below, and the manuscript reference number: MS: 6566283262173604

Mark Todd  
Assistant Editor  
BMC-series Journals  
**BioMed Central**  
Middlesex House  
34-42 Cleveland Street  
London W1T 4LB  
Tel: 020 7631 9138  
Fax: +44 (0)20 7117 4499  
email: [editorial@biomedcentral.com](mailto:editorial@biomedcentral.com)  
Web: [www.biomedcentral.com](http://www.biomedcentral.com)

2. For your ethics approval, please provide me with at least the month of approval, and preferably the full date and any reference numbers attached to this approval.

The original protocol was approved on 09-Feb-2001 & amendments were approved on 07-Jan-2004

3. Please provide me with the age range and gender of your participants.

Demographics at baseline:

|                        | Yoga group  | Control group |
|------------------------|-------------|---------------|
|                        | (n = 29)    | (n = 28)      |
| Male                   | 13 (45)     | 20 (71)       |
| Female                 | 16 (55)     | 8 (29)        |
| Age, yr (all patients) | 33.5 ± 11.4 | 33.4 ± 11.5   |
| - Male                 | 30.0 ± 12.4 | 31.9 ± 11.6   |
| - Female               | 36.4 ± 10.0 | 37.2 ± 10.9   |

4. I notice that your trial is completed and that you are therefore registering your trial retrospectively. Could you please let me know why you have decided to register your trial now? The ISRCTN accepts

retrospective trial registration but I take this opportunity to remind you that international guidelines - WHO on <http://www.who.int/ictip/faq/en/index.html> and ICMJE on <http://www.icmje.org/> - recommend that trials be registered before the enrolment of the first participant.

I was not aware that I need to register my trial at the time of inception of my trial (7 yr ago). But recently I learned this from BMC Pulmonary Medicine, hence I am doing it retrospectively. However, I would prefer to register my trials in future as per your guidelines.

5. For your interventions section, could you please provide me with details of the control group, including duration of treatment and duration of follow-up.

Group I (Yoga Group) was given an integrated course on lifestyle based on the principles of yoga for 2 weeks while continuing with the conventional treatment. At the end of the 2-wk training, participants were asked to continue the practice at home for an additional 6 weeks. Parameters were recorded at regular intervals (0 wk, 2 wk, 4 wk and 8 wk). During the follow-up period, the patients were expected to continue the yoga practice daily. Their compliance was monitored by a diary, which they brought at each visit.

Group II (Control Group) was a wait-listed control group. For the first 8 weeks, the patients in Group II did not receive any yogic intervention but they continued to receive conventional treatment. The parameters were recorded at regular intervals as in Group I. At the end of 8 weeks, the patients in Group II were also offered yoga intervention as for Group I, i.e. a two-week course. Parameters from both the groups are recorded at regular intervals at 0 wk, 2 wk, 4 wk and 8 wk, although the last time point for recording parameters was not equally separated, taking our patients' convenience and continued compliance into consideration, we have kept 4 wk separation for last study visit.

6. For your primary and secondary outcomes, could you please confirm the timepoints at which each of these outcomes will be measured?

Please refer No. 5 response

7. In the publications section we prefer to have only those articles directly reporting on either the protocol or results of the trial being registered. Could you please confirm that all of the listed publications are linked to the trial in this way? If not, then these will be removed from your record.

Yes, all most all the publications are linked to this trial except the following one, which we have done it separately under a different trial:

Vempati RP, Deepak KK & Bijlani RL (2006): Effect of yoga based lifestyle modification programme on serum soluble Interleukin-2 receptor (sIL-2R) and quality of life indicators in bronchial asthma. Ga2len EAACI Allergy School, held in Hannover, Germany, 29-Sep-2006 - 02-Oct-2006.

-----Original Message-----

**From:** 13: CCT Info

**Sent:** 08 October 2008 05:55

**To:** [rpvempati@gmail.com](mailto:rpvempati@gmail.com)

**Subject:** Confirmation of ISRCTN application (ref: CCT-NAPN-18176)

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## Summary of ISRCTN application details

Your trial details have been successfully submitted and your application ref is CCT-NAPN-18176. Please note, however, that **this is not your ISRCTN**.

An ISRCTN will be assigned to your trial once

- it has been checked by the Current Controlled Trials editorial team
- it has been accepted as eligible for registration
- payment has been received.

Payment of the administrative charge is required before an ISRCTN will be assigned. You will be contacted shortly by the Current Controlled Trials staff regarding payment. If you notice any errors in your submission, or if you want to make further changes, please contact the [editorial office](#).

Click here to return to the Current Controlled Trials [homepage](#).

## Applicant information

|          |                                                                                                                     |
|----------|---------------------------------------------------------------------------------------------------------------------|
| Name:    | Dr Ramaprabhu Vempati                                                                                               |
| Address: | Department of Physiology<br>All India Institute of Medical Sciences<br>Ansari Nagar<br>New Delhi<br>110029<br>India |
| Tel:     | +919884618966                                                                                                       |
| Fax:     |                                                                                                                     |
| Email:   | <a href="mailto:rpvempati@gmail.com">rpvempati@gmail.com</a>                                                        |

Where did you hear about the ISRCTN scheme?:

BMC Pulmonary Medicine

## Trial record details

ClinicalTrials.gov identifier:

Protocol / serial number:

N-581

Public title:

The efficacy of lifestyle changes based on the principles of yoga in the management of bronchial asthma

Scientific title:

Effect of yoga on pulmonary function, mast cell activation and quality of life in bronchial asthma: a randomised controlled trial

Acronym:

Not available

Study hypothesis:

a) There are several studies suggesting that yoga has a favorable effect on the frequency and severity of attacks, pulmonary functions, dependence on medication and quality of life in bronchial asthma. Nevertheless, very few of the previous studies are randomized controlled trials (RCT), and none of them has investigated any immunological mechanisms by which yoga might work in bronchial asthma.

b) Bronchial asthma is characterized by hyperreactivity of airways leading to airway obstruction, and is aggravated during stressful periods. Therefore yoga, which leads to improvement in respiratory function as well as stress reduction, is likely to be useful in the management of bronchial asthma.

Ethics approval:

The ethics committee of All India Institute of Medical Sciences (AIIMS) for human studies approved the original protocol of the study in 2001 & amendments in the protocol were again approved in 2003

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Study design:                      | Parallel-group randomised controlled trial                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Countries of recruitment:          | India                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Participants - inclusion criteria: | <p>The potential subjects went through a step-wise screening procedure which consisted of their satisfying the following criteria:-</p> <ol style="list-style-type: none"> <li>1. Clinical history of episodic airway obstruction.</li> <li>2. FEV1, or PEFr less than 80 percent of predicted normal and more than 10% or at least 200 mL increase in FEV1 15 min after administration of two puffs of salbutamol.</li> <li>3. Presence of at least two clinical criteria of mild or moderate bronchial asthma for at least 6 months.</li> </ol>                  |
| Participants - exclusion criteria: | <p>Subjects satisfying the above criteria were excluded if they:</p> <ol style="list-style-type: none"> <li>1. had any respiratory tract infection during the past 4 wk,</li> <li>2. were on systemic or oral corticosteroid therapy,</li> <li>3. were smokers (any one who had smoked during the last one year was considered a smoker),</li> <li>4. had a concomitant major illness such as coronary heart disease, renal disease or diabetes, or</li> <li>5. had practiced yoga or any other similar discipline during 6 months preceding the study.</li> </ol> |
| Patient information material:      | Not available in web format, please use the contact details below to request a patient information sheet                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Anticipated start date:            | 19/04/2002                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Anticipated end date:              | 28/02/2006                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Target number of participants:     | 60                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Disease/condition/study domain:    | Bronchial asthma                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Interventions:                     | Participants assigned to the Yoga group underwent a comprehensive yoga based lifestyle modification and                                                                                                                                                                                                                                                                                                                                                                                                                                                            |



stress management program for 4 hours a day for 2 weeks. The program consisted of lectures and practical sessions on asanas (postures), pranayama (breathing techniques), kriyas (cleansing techniques), meditation and shavasana (a relaxation technique). The lectures were on yoga, its place in daily life, its application to stress management, fundamentals of nutrition, and health education relevant to their illness. Each participant also had at least one session of individualized counseling.

The physical practices consisted of elementary breathing exercises and loosening exercises followed by asanas under four categories (standing, sitting, prone and supine), pranayama, kriyas, and meditation based on raja yoga. Participants were instructed to follow a specific breathing pattern during each asana and asked to hold each pose in final position for up to 30 sec without holding their breath. Soothing instrumental music was played while the participants were practicing the yoga techniques to induce relaxation. Participants practiced yogic postures with awareness focused on their physical movements and breath. Each posture was followed by an appropriate relaxation technique for a short period. The classes concluded with deep relaxation in shavasana for about 15 min followed by guided imagery for about 5 min. Participants were provided printed material and audiocassettes to supplement live instruction.

The diet recommended was predominantly vegetarian, consisting of a combination of cereals and pulses, preferably unrefined, as the staple food; moderate amounts of judiciously chosen fat; about 500 g of vegetables and fruits daily, vegetables predominantly of the leafy green variety and at least some eaten raw; moderate amounts of milk and milk products; and spices in moderation.

At the end of the 2-wk training, participants were asked to continue with the practice at home for an additional 6 wk. The participants' compliance during the follow-up period was monitored by a diary, which they filled in everyday and brought during each visit. An individual yoga practice session was offered to the participants during study evaluation visits. During the follow-up period, telephonic support was also provided for motivating participants to

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|                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                               | improve the compliance.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Primary outcome measure(s):   | <p>1) spirometric indices of pulmonary function;</p> <p>2) eosinophilic cationic protein as a marker of the course of the disease;</p> <p>3) the degree of exercise-induced bronchoconstriction as percentage of fall in FEV1 with exercise challenge;</p> <p>4) urinary concentration of the prostaglandin D2 metabolite, 11<math>\beta</math>-PGF2<math>\alpha</math>, before and after the exercise challenge as a marker of mast cell activation</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Secondary outcome measure(s): | <p>1) Asthma Quality of Life: Quality of life was measured by using a self-administered Asthma Quality of Life Questionnaire (AQLQ) which is available in bilingual form, i.e. English and Hindi (local Indian language)</p> <p>2) frequency of rescue medication.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Trial website:                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Publications:                 | <p>Abstracts published in Conferences &amp; Workshops:</p> <ul style="list-style-type: none"> <li>• Vempati Ramaprabhu, KK Deepak: The use of yoga as an adjuvant therapy in the management of bronchial asthma: based on a randomized controlled trial. World Allergy Organization Journal WAO 2007: S153. (World Allergy Congress 2007)</li> <li>• R Vempati, K Deepak: Effect of yoga practices on airway inflammation, mast cell activation and exercise induced asthma: a randomized controlled trial. Allergy 2007; 62 (Suppl 83): 217. (European Academy of Allergy and Clinical Immunology Conference 2007)</li> <li>• Vempati RP, Deepak KK &amp; Bijlani RL (2006): Effect of yoga based lifestyle modification programme on serum soluble Interleukin-2 receptor (sIL-2R) and quality of life indicators in bronchial asthma. Ga2len EAACI Allergy School, held in Hannover, Germany, 29 Sep - 2 Oct 2006. (received best poster prize).</li> <li>• Vempati RP, Bijlani RL, Deepak KK (2005). Effect of yoga on exercise induced bronchoconstriction and urinary</li> </ul> |

|                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                             | <p>prostaglandin D2 metabolite in bronchial asthma. Allergy Clin Immunol Int: Journal of World Allergy Organization, 2005 (1): 593. (World Allergy Congress 2005)</p> <ul style="list-style-type: none"> <li>• RP Vempati, S Manjunatha, RL Bijlani: A Randomized controlled trial on the efficacy of yoga in the management of bronchial asthma. Indian J Physiol Pharmacol 2004; 48 (5): 242-243. (APPICON 2004)</li> <li>• RP Vempati &amp; RL Bijlani (2004): A controlled study on the efficacy of yoga in bronchial asthma. International Conference on Yoga &amp; Its Applications (ICYA 2004) – Role of Yoga in Complementary Medicine, Melbourne, Australia.</li> </ul> |
| Sources of funding:                                                                         | <p>Central Council for Research in Yoga &amp; Naturopathy (CCRYN)<br/>         Department of AYUSH, Ministry of Health &amp; Family Welfare, Government of India.<br/>         61-65 Institutional Area, Janakpuri<br/>         New Delhi, India<br/>         Ph. : 91-11-28520430 to 32<br/>         Fax : 91-11-28520435<br/>         E-mail : <a href="mailto:ccryn@vsnl.net">ccryn@vsnl.net</a><br/>         Website : <a href="http://www.ccryn.org">www.ccryn.org</a></p>                                                                                                                                                                                                  |
| <h3 style="background-color: #003366; color: white; padding: 5px;">Sponsor information</h3> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Name:                                                                                       | <p>Central Council for Research in Yoga &amp; Naturopathy (CCRYN)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Address:                                                                                    | <p>DEPARTMENT OF AYURVEDA, YOGA &amp; NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY<br/>         MINISTRY OF HEALTH &amp; FAMILY WELFARE<br/>         (GOVERNMENT OF INDIA)<br/>         JAWAHAR LAL NEHRU BHARTIYA CHIKITSA EVAM HOMOEOPATHY ANUSANDHAN BHAWAN<br/>         61-65, Institutional Area, Janakpuri, Phankha Road</p> <p>New Delhi<br/>         110058<br/>         India</p>                                                                                                                                                                                                                                                                                         |

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|                |                                                    |
|----------------|----------------------------------------------------|
| Tel:           | 91-11-28520430 to 32                               |
| Fax:           | 91-11-28520435                                     |
| Email:         | <a href="mailto:ccryn@vsnl.net">ccryn@vsnl.net</a> |
| Privacy level: | Show all contact details                           |

### Contact information

|                |                                                                                                                    |
|----------------|--------------------------------------------------------------------------------------------------------------------|
| Name:          | Prof Kishore Kumar Deepak                                                                                          |
| Address:       | Department of Physiology<br>All India Institute of Medical Sciences<br>Ansar Nagar<br>New Delhi<br>110029<br>India |
| Tel:           | +911126593370                                                                                                      |
| Fax:           |                                                                                                                    |
| Email:         | <a href="mailto:kkdeepak@gmail.com">kkdeepak@gmail.com</a>                                                         |
| Privacy level: | Show all contact details                                                                                           |

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Phillip Dowling is in the last stages of completing a research project entitled: An Investigation into the changes in nutritional status on Students undergoing nutritional education.

The completion date for the report will be December 2008. The project was to investigate the effect of nutritional education on students and the factors that motivate students to change their nutrition. A group of eight first year naturopathy students were chosen for the project that took five months. The project had three main aims:

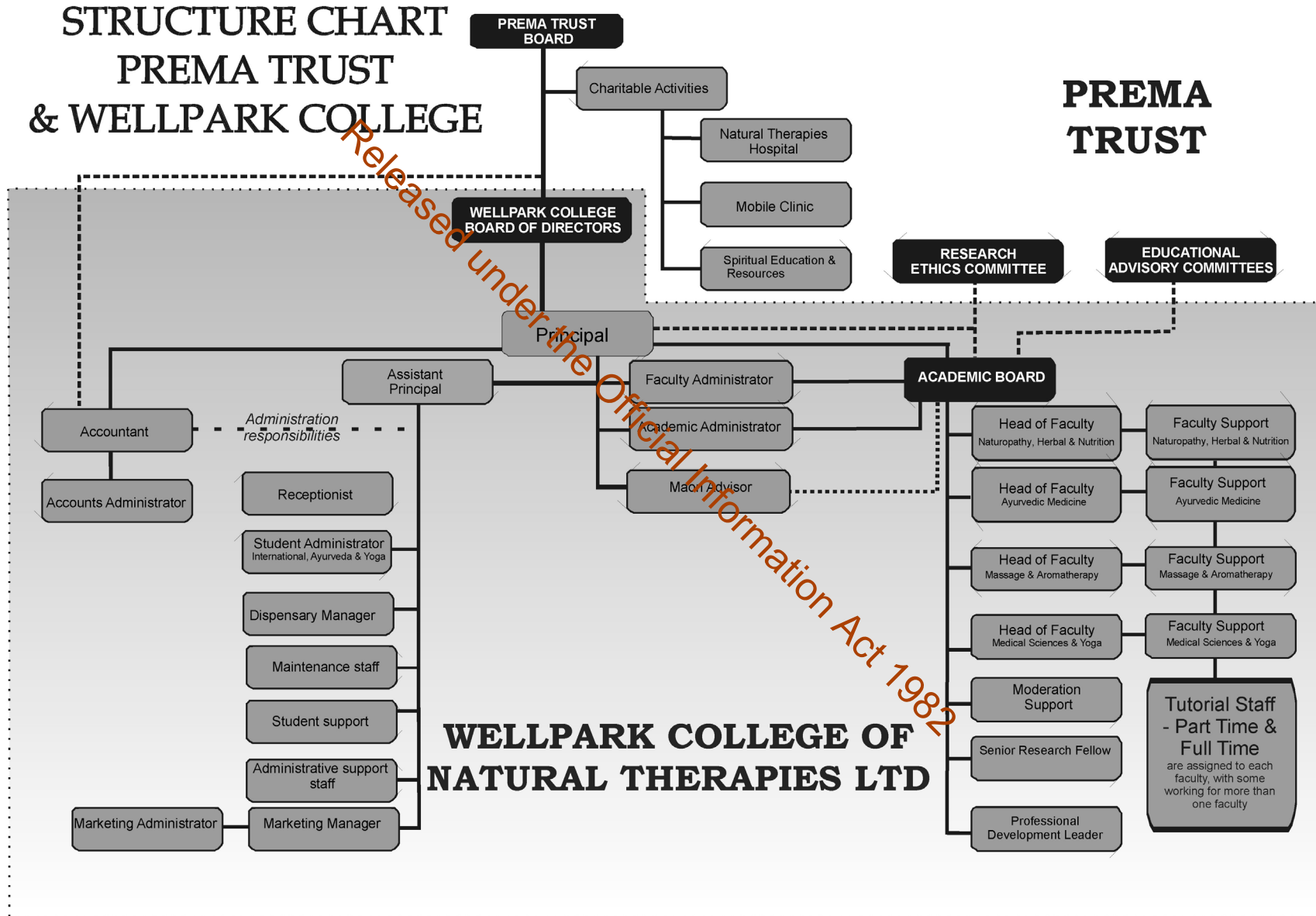
1. To identify any dietary changes that students made following nutritional education.
2. To identify any motivating factors for making dietary changes.
3. To identify any inhibiting factors for making dietary changes.

The preliminary outcomes of the project are that education produces many changes in individual nutritional programmes, and that there are a range of motivational factors that lead to these changes.

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*Revised Structure Chart (Reflects Changes made post the Panel Visit)*

**STRUCTURE CHART  
PREMA TRUST  
& WELLPARK COLLEGE**



**PREMA TRUST**

## References

1. Dick FR. Implementation of Virtual Microscopy in Histology and Pathology Courses Iowa City: The University of Iowa; 2008 [updated 2008; cited 30th October 2008]; Available from: [http://209.85.173.104/search?q=cache:lzo\\_aE60AKkJ:apiii.upmc.edu/live/2001/Dick/DickAPIII.ppt+pathology+%2B+virtual+labs&hl=en&ct=clnk&cd=5&gl=nz](http://209.85.173.104/search?q=cache:lzo_aE60AKkJ:apiii.upmc.edu/live/2001/Dick/DickAPIII.ppt+pathology+%2B+virtual+labs&hl=en&ct=clnk&cd=5&gl=nz).
2. Marchevsky AM, Relan A, Baillie S. Self-instructional "virtual pathology" laboratories using web-based technology enhance medical school teaching of pathology. Human Pathology. 2003;34(5):423-9.
3. NA. SVYASA. Bangalore: Vivekananda Yoga Anusandhana Sansthana; 2008 [updated 2008; cited 31st October 2008]; Available from: <http://www.vyasa.org/svyasa/svyasa.asp>.

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Create Date:10/11/2008 11:22:23a.m.

Sender:"Lesley Edgeley-Page" <xxxxxx.xxxxxxxxxxxxx@xxxx.xxxx.xx>

Sent\_To:Principal1 <xxxxxxxxx@xxxxxxxx.xx.xx>

Sent\_CC:

Sent\_BC:

Subject:Re: Degree Application from Wellpark

Hi Phillip

I sent the material out last week although I find that it bounced back from one email address. Will fix that. And yes, if the panel requires anything else, I'll let you know.

Many thanks

Lesley

>>> "Principal1" <xxxxxxxxx@xxxxxxxx.xx.xx> 10/11/2008 9:19 a.m. >>>

Dear Lesley,

Just following up on the material I sent last week to see if there is anything more that the panel requires. Please let me know.

Phillip Cottingham ND BHSc. Grad.Dip. (Herbal Medicine)

Principal

Wellpark College of Natural Therapies

Po Box 78-229

Grey Lynn

Auckland 1002

New Zealand

Ph. 64 9 3600560 Fax 64 9 3764307

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Create Date:11/12/2008 3:03:13p.m.

Sender:"Lesley Edgeley-Page" <xxxxxx.xxxxxxxxxxxxx@xxxx.xxxx.xx>

Sent\_To:Principal1 <xxxxxxxxxx@xxxxxxxx.xx.xx>

Sent\_CC:

Sent\_BC:

Subject:Re: Degree application for Wellpark

Hi Philip

Thank you for your email. I have sent out the extra material so am surprised to hear that Vijay hasn't received it. I was about to check to see if I had received all responses, so I'll check to see if I can find what happened to his as I want to do an analysis of the responses before Christmas.

I'll be back in touch.

Cheers

Lesley

>>> "Principal1" <xxxxxxxxxx@xxxxxxxx.xx.xx> 10/12/2008 1:55 p.m. >>>

Dear Lesley

I am wondering how this is going. We are nearing Christmas and Vijay tells me that he hasn't heard from you with the extra material. Is there any chance of having a response before Christmas? We have had a lot of delay on this and it is affecting our planning.

Thanking you.

Phillip Cottingham ND BHSc. Grad.Dip. (Herbal Medicine)

Principal

Wellpark College of Natural Therapies

Po Box 78-229

Grey Lynn

Auckland 1002

New Zealand

Ph. 64 9 3600560 Fax 64 9 3764307

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**NEW ZEALAND QUALIFICATIONS AUTHORITY  
DEGREE APPROVAL AND ACCREDITATION  
PANEL REPORT**

**Name of the provider:** Wellpark College of Natural Therapies

**Degree title:** Bachelor of Naturopathy

**Panel meeting date:** 25 and 26 June 2008

**Panel members:**

Chairperson: Candis Craven  
Auckland

University Academics: Nicki Mortimer  
School of Biomedical & Health Sciences  
University of Western Sydney  
Australia

Hans Wohlmuth  
Head, Department of Natural & Complementary Medicine  
Southern Cross University  
Australia

Professional Representatives: Peggy Lowndes  
Auckland

Isla Burgess  
Director, International College of Herbal Medicine  
Gisborne

Maori Representative: Teahou Luke  
Wellington

Applicant's Representative: Dr Vijay Srinivasamurthy  
HOF Ayurvedic Medicine  
Wellpark College of Natural Therapies  
Auckland

NZQA Analyst: Lesley Edgeley-Page

**Introduction**

Wellpark College of Natural Therapies (Wellpark) was first registered as a private training establishment in 1997. It offers a number of diploma and certificate courses and is a signatory to the Code of Practice for international students. Wellpark first sought approval

and accreditation for its proposed Bachelor of Naturopathy and Herbal Medicine in August 2006. At the conclusion of that evaluation meeting, five significant requirements were set. On receipt of the response to the requirements over a year later, it was agreed that the panel should meet again to consider the resubmission. The panel consequently met for a second time for one and a half days in June 2008. All of the original panel, apart from the senior academic from an alternative institution, were available for the second meeting.

After reconsidering Wellpark's re-submission in June 2008, the general view of the panel was that some of the requirements had been met. The course had been improved apart from needing some minor amendments, the operation of the clinic was better, although the staffing of it was still an issue, but the sustainability of the degree was still a major concern. In particular, the panel was concerned about the low numbers of full-time staff, the acquisition and retention of appropriately qualified staff, academic teaching experience, the development and funding of research, financial planning and support for the degree. The five original requirements have been incorporated into this report. The requirements written in bold in this report are from the 2008 meeting, but are related to the original 2006 requirements.

The recommendations set at the 2006 meeting have been dealt with under Recommendations near the end of this report.

## CRITERIA AND REQUIREMENTS FOR APPROVAL AND ACCREDITATION OF COURSES LEADING TO DEGREES AND RELATED QUALIFICATIONS

### 1 ***Title, aims, learning outcomes and coherence: The adequacy and appropriateness of the title, aims, stated learning outcomes and coherence of the whole course.***

#### 1.1 **Title**

**1.1a** *The title of the course provides an accurate indication of its general subject areas.*

The title has been changed from the original Bachelor of Naturopathy and Herbal Medicine to Bachelor of Naturopathy as it was considered that the former was not an accurate description of the degree. The new title puts the focus clearly on to naturopathy and was acceptable to the panel.

**1.1b** *The title of any qualification(s) awarded on the basis of successful completion of the course, or part of the course, is consistent with the title of the course and the requirements on nomenclature in the general registration criteria for the New Zealand Register of Quality Assured Qualifications (the Register) ([www.nzqa.govt.nz/qualifications/register/index.html](http://www.nzqa.govt.nz/qualifications/register/index.html)) and relevant conventions (See Special Issues section).*

The new title of the qualification meets Register requirements.

#### 1.2 **Aims**

**1.2a** *The stated aims are clearly defined and appropriate to the nature and level of the qualification to which the course leads.*

The original aim was totally pragmatic with its focus on raising the status of the profession, but the panel had asked for more of the philosophical base of the programme to be included in the aim. The new aim and the rationale for the degree were an improvement on the earlier statements.



*1.2b The aims include identification of any specifically targeted student body and the relationship between the course and any industrial, professional or community need.*

The target group was clearly defined in the original application and acceptable to the panel. It was noted that more international students were enrolling at the College.

### **1.3 Learning outcomes**

*1.3a The course outcomes statement, or graduate profile, is consistent with the aims of the course and the requirements of the Register.*

This is a three year programme, for funding reasons, although the College believes that a four year programme would be preferable. In the redevelopment of the programme the College maintained that it had put more emphasis on critical thinking and self-directed learning. The Graduate Capabilities (profile) in the revised programme are acceptable.

*1.3b Clear learning outcomes are specified for each component part of the course.*

The panel considered that in the original application, the learning outcomes lacked depth, lacked evidence of higher order learning and thinking and were too broad.

In the redeveloped programme, the course appeared to be well defined but several areas of study such as homeopathy, hydrotherapy and much of the herbal medicine had been removed in an effort to reduce the breadth and allow for more depth in topics seen as more relevant to a degree course. There was some surprise within the panel as to what had been removed while some topics, perhaps less necessary, had remained. This led to a concern that the naturopathy component had been in fact weakened by some of the removals.

The College acknowledged that the omitted items were casualties of time constraints but also asserted that the naturopathy degree had a nutrition and herbal medicine base and that critical thinking was a key addition.

Three Unitec modules are included in the programme. There was considerable discussion with the College as to whether all three were necessary and if the removal of two would allow naturopathy to be strengthened. Removing science from the course and making it a pre-requisite to entry was also discussed as a possibility for strengthening critical thinking and reintroducing some of the omitted naturopathy content.

### **1.4 Coherence**

*1.4a Learning outcomes are consistent with the aims and level of the course.*

Dividing the new programme into four streams based on the College's philosophy was a positive move. The learning outcomes are now more consistent with degree level study. The Unitec modules come from their Bachelor of Applied Science (Human Biology) degree.

Some of the recommended readings were outdated or not so relevant. The College acknowledged that and assured the panel that the readings will be updated before the course begins.

*1.4b Appropriate levels and credits are allocated to each component of the course.*

The levels in the revised programme are more appropriate to degree level learning.