



ಯಾದವರ್ಮ ಟ್ರಸ್ಟ್ Yadalam Trust

ಸುಶ್ರುತ ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ ಮತ್ತು ಆಸ್ಪತ್ರೆ

**Sushruta Ayurvedic Medical College & Hospital**

(Recognized by NCISM, Ministry of AYUSH, New Delhi, Affiliated to RGUHS, Bengaluru, Karnataka)

"Prashanti Kuteera" SVYASA Campus, Jodi Bingipura, Kallubalu Post, Jigani Hobli, Anekal Taluk, Bengaluru - 560 105.

+91-9035247302 2002ayu0091@gmail.com <https://sushrutaayurvedicmedicalcollege.com>

NCISM CODE - AYU0091

RGUHS CODE - A005



REF: SAMC/SW/IC/C-01

Date: 20.05.26

### CIRCULAR

Department of Swasthavritta Evam Yoga

As per the NCISM guidelines, the topic **Dinacharya** includes integrated teaching sessions.

In this regard, an integrative class has been arranged for the II BAMS students (Batch 2024-25)

All students must attend the session and make the best use of this learning opportunity.

**Resource Person:** Dr. Ramyashree G., Associate Professor, Department of Kayachikitsa

**Date:** 23.05.2026, 12.10 - 1pm

**Subject:** Dinacharya Purview of Udvartana, Udgharshana & Utsadana

**Learning Objectives:** The session will cover the following topics:

**Udvartana, Udgharshana & Utsadana:**

- Dravyas used & Method of application & comparison
- Benefits and therapeutic applications

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PROFESSOR & HOD  
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**APPRECIATION LETTER**

**Subject: Expression of Gratitude for Conducting Integration Class for 2024-2025 Batch**

Respected Dr. Ramyashree G.,

On behalf of the Department of Swasthavritta Evam Yoga, SAMC & H, Bangalore, I extend my sincere gratitude and heartfelt appreciation to you for conducting the Integration Class on 23/05/2026, for the 2024-2025 Batch, as per the NCISM guidelines.

We are truly grateful for the insightful and enriching session conducted on the following topic:

- *Description and comparative study of the dravyas, benefits, and application of Udvartana, Udgharshana, and Utsadana.*

Your expertise and dedication in imparting knowledge on the above topic was highly informative and has greatly enriched their understanding of the subject, fostering the spirit of inter-departmental learning as envisioned by NCISM. We deeply appreciate your cooperation, time, and effort. We look forward to your continued support and collaboration in the future.

Yours faithfully,

**The HOD,**

Department of Swasthavritta Evam Yoga,  
SAMC & H, Bangalore

PROFESSOR & HOD  
Dept. of Swasthavritta

Sushruta Ayurvedic Medical College & Hospital

Place: Bangalore Bangalore - 560 105.

Date: 23/05/2026