



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.

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NCISM CODE - AYU0091

RGUHS CODE - A005



REF: SAMC/SW/IC/C-02

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. Pooja B. A., Professor, Department of Panchakarma

Department: Panchakarma

Date: 29.05.2026, 9-9.50am

Subject: Dinacharya Purview – Nasya & Abhyanga

Learning Objectives: The session will cover the following topics:

Nasya:

- Dravyas used for Pratimarsha Nasya, their doses, and benefits.
- Various kala for administering Pratimarsha Nasya according to the time of day and season.
- Occupations/activities in which Pratimarsha Nasya can be used as a health-promotive measure.

Abhyanga:

- Applied aspects of Sarvanga Abhyanga, Padabhyanga, Shiroabhyanga
- Abhyanga according to different age groups and occupations/activities.

Atthiya
(for)
PROFESSOR & HOD
Dept. of Swasthavritta
Sushruta Ayurvedic Medical College & Hospital
Bangalore - 560 105.



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APPRECIATION LETTER

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

Respected Dr. Pooja B. A.,

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 29.05.2026, 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:

- Explain the dravyas used with their doses for Pratimarsha Nasya and their benefits.
- Describe the various kaal for administering Pratimarsha Nasya as per day and season.
- Describe the occupation /activity in which Pratimarsha Nasya can be used as a health promotive measure.
- Describe the applied aspects of Sarvanga Abhyanga, Padabhyanga, Shiroabhyanga and
- Explain the application of Abhyanga according to different age groups and occupation/activity.

Your expertise and dedication in imparting knowledge on the above topic was highly informative and has greatly enriched the 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

Place: Bangalore

Date: 29/05/2026

Sushruta Ayurvedic Medical College & Hospital
Bengaluru - 560 105.