



NATIONAL WEBINAR

on
Exploring the Kerala Tradition
& Practice of Pinda swedas
09 FEB 2026 - 11 FEB 2026

DEPARTMENT OF PANCHAKARAMA
GOVT AYURVEDA COLLEGE KANNUR



The **Department of Panchakarma**, Govt. Ayurveda College Kannur, is proud to announce a **three-day National Webinar** on **February 9, 10 and 11th** sponsored by the Department of AYUSH, Government of Kerala: **"Exploring the Tradition and Practice of Keraliya Pindasweda"**.

Keraliya Pindasweda stands as a hallmark of Ayurvedic excellence, blending rhythmic precision with profound therapeutic outcomes. This webinar aims to bridge the gap between ancient wisdom and contemporary clinical practice, featuring insights from renowned experts in the field.

We cordially solicit your esteemed presence and active participation in this scholarly endeavor.

Dr.Shitha Thomas

Organizing Secretary
HOD & Associate Professor
Dept of Panchakarma,
Govt. Ayurveda College Kannur

Dr.Indukala P R

Principal
Govt. Ayurveda College Kannur

INAUGURAL FUNCTION

Welcome Address : Dr.Shitha Thomas

Associate professor and HOD
Dept of Panchakarma,
Govt. Ayurveda College Kannur

Inauguration : Dr.Indukala P. R.

Principal
Govt. Ayurveda College Kannur

Felicitations : Dr.BalakrishnanV.K.V

Superintendent
Govt. Ayurveda College Hospital,Kannur

: Dr.Janinjith C

AKGACAS Secretary
Govt. Ayurveda College Kannur

Vote of Thanks : Dr.Reshma T.K.

Assistant Professor
Dept of Panchakarma
Govt. Ayurveda College Kannur

DAY 1 | MONDAY | 09 FEBRUARY 2026

2.00 PM Inaugural Function



Keynote Dares

Dr. G Vinod Kumar
Rtd. Professor and HOD
Dept. of Panchakarma,
Govt. Ayurveda College Thiruvananthapuram

2.30-2.45 PM



A Critical Approach to Rooksha Pinda Swedas

Dr. Seena S.
Professor & HOD,
Dept. of Panchakarma,
Govt. Ayurveda College Tripunithura

2.45-4.15 PM



A Bird's Eye View on Pinda Swedas from Keraleeya Chikitsa grandhas

Dr. Shitha Thomas
Associate Professor and HOD
Dept of Panchakarma,
Govt. Ayurveda College Kannur

4.15-5.15 PM

DAY 2 | TUESDAY | 10 FEBRUARY 2026



Standards and Techniques of Different Pinda Sweda Procedures

Dr. Unnimaya G.M
Assistant Professor
Dept of Panchakarma,
Govt. Ayurveda College Kannur

2.00-2.30 PM



Jambeera Pinda sweda and Patra Pinda Sweda: Preparation, Indications & Modifications

Dr. Reshma T. K.
Assistant Professor
Dept of Panchakarma,
Govt. Ayurveda College Kannur

2.30-3.00 PM



Kukkudanda Pinda Sweda & Sandhana Kizhi Preparation, Indications & modifications

Dr. Remya Vijayan
Associate Professor
Dept of Panchakarma,
Govt. Ayurveda College Tripunithura

3.00-3.30 PM



Shashtika Sali pinda sweda-Preparation,Indications and Modifications

3.30-4.00 PM

Dr. Simi Raveendran
Associate Professor and HOD
Dept of Panchakarma,
Govt. Ayurveda College Thiruvananthapuram



PindaSweda - Ashtavaidya Practices and Its Applications in Contemporary Diseases

4.00-5.30 PM

Dr. Jose T Paikkada
Rtd. SMO
Indian Systems of Medicine
Govt. of Kerala

DAY 3 | WEDNESDAY | 11 FEBRUARY 2026



Godhuma Pinda Sweda & Navadhanya Kizhi: Preparation, Indications & Modifications

2.00-2.30 PM

Dr. Ambili Krishna
Associate Professor
Dept of Panchakarma,
Govt. Ayurveda College Thiruvananthapuram



Care and Precautions of Pinda sweda practices in Pediatric conditions

2.30-3.00 PM

Dr. Mini S Muraleedhar
Professor and HOD
Dept. of Kaumarabhrithya
Govt. Ayurveda College Kannur



Understanding the Mode of Action of Various Pinda Sweda

3.00-4.30 PM

Dr. Shyamkrishnan G
Rtd. SMO
Indian Systems of Medicine
Govt. Of Kerala



Recent Research in the Field of Pinda Swedas

4.30-6.00 PM

Dr. Anantha Ram Sharma P V
Professor and HOD
Dept. of Panchakarma
All India Institute of Ayurveda
New Delhi

5.30 PM Valedictory Function



For more details contact :

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SCAN TO JOIN

