



KMCT AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences.

TO WHOM SO EVERIT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.

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PRINCIPAL
K.M.C.T. AYURVEDA
MEDICAL COLLEGE



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INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE





DEPARTMENT OF PANCHAKARMA

ALL WORKSHOP RECORDS

SL.NO.	NAME OF THE CAPACITY ENHANCEMENT SCHEME	YEAR OF IMPLANTATION	NUMBER OF STUDENTS ENROLLED
1.	Sankara Sreni	2023	100

EVENT DETAILS

Title: Report on kizhi workshop

Date: 21 December 2023

The Kizhi workshop was conducted on 21st Dec 2023 at KMCT DENTAL COLLEGE AUDITORIUM with the aim of introducing participants to the traditional Indian massage therapy of Kizhi. The workshop was led by Dr. ARATHI; Associate professor; Dept. of Panchakarma and Dr. PRIYANKA; Assistant professor; Dept. of Panchakarma.

OBJECTIVES

- To understand the principles and techniques of Kizhi
- To learn the benefits and applications of Kizhi
- To gain hands-on experience in basic Kizhi techniques

WORKSHOP OVERVIEW

The workshop began with an introduction to Kizhi, its history, and its significance in traditional Indian medicine. Dr. Arathi and Dr. Priyanka explained the principles of Kizhi, including the use of herbal powders, oils and massage techniques.

TECHNICAL SESSIONS

- Demonstration of Kizhi techniques
- Hands-on practice of Kizhi massage
- Discussion on benefits, contraindications, and safety precautions
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OUTCOMES

- Participants gained a comprehensive understanding of kizhi and its applications
- Participants learned basic kizhi techniques and practiced them under guidance
- Participants reported feeling relaxed and rejuvenated after the workshop

CONCLUSION

The Kizhi workshop was a success, providing participants with a unique learning experience. The workshop achieved its objectives and participants expressed interest in further exploring kizhi.

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