

# Kaushalam National Workshop on traditional and contemporary massage techniques

"Kaushalam" National workshop on traditional and contemporary massage techniques, organized by the department of Panchakarma, All India Institute of Ayurveda, Goa was held from 11th to 13th March 2026.

The workshop was inaugurated on 11th March 2026 by the Chief Guest Prof. Savio Faleiro, MD, Goa State Research Foundation. In his address, he emphasized the need for scientific validation of traditional healing practices and appreciated AIIA Goa's efforts in bridging classical knowledge with contemporary research.

A total of 31 delegates from various institutions across the country participated in this intensive hands-on workshop. Eminent resource persons from different parts of India conducted theoretical and practical sessions:

- \* Dr. Subin Vaidyamadham – covered the classical concepts of Samvahana, Mardana, and Unmardana, their therapeutic indications, and their role in dosha-specific management as per Ayurvedic classics.
- \* Dr. Akshay S Gowda – Traditional Massage Techniques, Therapist Body Mechanics, and Prevention of Self-Injuries
- \* Dr. Ketan Bhatikar – Myofascial Release (MFR) Techniques, Trigger Point Assessment, and Proprioceptive Neuromuscular Facilitation (PNF)
- \* Dr. Sreevaths N V – Philosophical and Practical Dimensions of Marma Chikitsa, Nadi Marma Abhyanga, and the concept of "Marma Scope"
- \* Dr. Don V Shaju – Siddha Kalari Marma Massage, Demonstration of Chavutti Thirumal (Padaghata/Foot Massage) Techniques
- \* Prof. Dr. Santosh Kumar Bhatted– Research Outcomes in Ayurvedic Massage, Physiological Effects, and Collaborative Research Opportunities in Sports Medicine

The workshop was meticulously coordinated by Dr. Praveena B S, Organizing Secretary, and Dr. Swapnil Auti, Organizing Committee Member, along with the dedicated team of Department of Panchkarma, AIIA Goa. Their efforts ensured a seamless learning experience for all participants.

Delegates described the workshop as "truly knowledge-enhancing, highly practical, and inspiring." Many participants shared that the hands-on training and insights from experts would directly enhance their clinical practice. The interactive format and individualized attention were particularly appreciated.

The Valedictory Ceremony was graced by Dr. Ajay Gaude, Director, Sports Authority of Goa (SAG), as the Chief Guest. He delivered an inspiring address highlighting the immense potential of integrating Ayurvedic massage techniques with sports medicine for athlete performance enhancement, injury prevention, and faster recovery. He encouraged the participants to explore collaborative opportunities between Ayurveda and sports science. Dr. Prof. Sujata kadam Dean AIIA, Goa presided both the functions and emphasised on importance of skill in medical practice.





