Government of Maharashtra

R. A. PODAR MEDICAL COLLEGE (AYU)

DEPARTMENT OF KAYACHIKITSA

WORLI, MUMBAI-400018

ORGANIZES

AVABHASINI

Where healing meets Aesthetics

NATIONAL SEMINAR & INTEGRATIVE WORKSHOP ON DERMATOLOGY & COSMETOLOGY

18TH & 19TH DECEMBER 2026

Venue:
Golden Jubilee hall,
R. A. Podar Medical College (Ayu),
Dr Anne Besant road, Worli Mumbai-18

Registration Amount: **₹1500**

For :
(UG, PG, PhD, Faculty & Practitioners)

Last date of Registration: **10/12/2026 (No spot registrations)**

Registeration Link : **https://forms.gle/6TckFe81jxtcFD89A**

For Registeration : Dr. Aishwarya Sathe (83082 30689)
Dr. Sandhya Deshmukh (84258 80005)

That illuminates and enhances radiance — captures the timeless relationship between healthy skin, inner wellbeing, and external beauty.

Skin health and cosmetology have evolved into dynamic fields where the wisdom of traditional systems can engage meaningfully with contemporary dermatological science and aesthetic practices. **AVABHASINI – Integrative Seminar & Cosmetology Workshop** is conceived as a vibrant academic platform that brings together the principles of **Ayurveda, modern dermatology, and cosmetology**, creating opportunities for learning, interaction, and practical exploration.

The seminar will delve into Ayurvedic concepts of skin health and disorders, their clinical interpretation, and their relevance in contemporary practice. Complementing the academic sessions, the cosmetology workshop will provide an opportunity to explore practical approaches to skin and hair care, aesthetic procedures, formulation concepts, and evolving trends in cosmetology.

AVABHASINI aims to encourage a balanced approach—where **classical knowledge meets scientific inquiry, clinical experience meets practical skills, and wellness meets aesthetics.** Through expert-led sessions, interactive discussions, demonstrations, and hands-on learning, participants will gain insights that can enrich both knowledge and professional practice.

This gathering celebrates the idea that true radiance is not merely about appearance—it is about **health, harmony, confidence, and wellbeing.**

HIGHLIGHTS OF THE SEMINAR

Integrative Scientific Sessions on Ayurvedic Dermatology & Cosmetology

Bringing together classical Ayurvedic concepts and contemporary dermatological perspectives.

Expert Knowledge Exchange

Interactive sessions with experienced Ayurvedic physicians, dermatologists, cosmetology experts.

Demonstration Workshop

Practical demonstrations and experiential learning in selected Ayurvedic skincare, hair-care, cosmetology procedures, and therapeutic techniques.

Networking & Collaboration

A platform for students, practitioners, researchers, academicians, and industry professionals to connect, exchange ideas, and explore collaborative opportunities.

Illuminating Knowledge

Integrating Wisdom

Enhancing Radiance

THEMES FOR PAPER PRESENTATION

a) Autoimmune and Allergic skin condition and their management.

b) Basic principle to clinical practice of skin disorders.

c) Opportunistic skin infections and their management through principle of Ayurveda .

d) Management of dermatological emergencies

e) Ayurvedic cosmeceutials and herbal product development.

f) Role of swasthavritta and yoga in maintaining skin heath and complexion

g) Recent technical advancement in cosmetology and trichology.

h) Role of Rasayana in skin and hair health

GUIDELINES FOR ABSTRACT SUBMISSION

- The abstract should be between 200 to 300 words.
- The title should be bold and centered. Include author names and affiliations below the title.
- The abstract must briefly describe the purpose, methodology, key results or findings, and conclusion
- Keywords: Include 3 to 5 keywords at the end of the abstract.
- Font : For English : Times New Roman font, size 12. Single line spacing.
  For Hindi/ Marathi : Unicode Magal font size 12
- Provide the corresponding author's email address.
- Submit the abstract as a Microsoft Word document (.doc or .docx) or PDF.
- Email for abstract Submission : **avabhasini2026@gmail.com**

LAST DATE OF ABSTRACT ACCEPTANCE

30 NOVEMBER 2026

AVABHASINI

SPEAKERS



DR NIKHIL MANOHAR

Topic: Every ring on skin is not ring worm infection.
Workshop: Stethoscope in dermatology : Dermascope and trichoscope.



DR ANAY DAWRE

Topic: Auto immune skin conditions and their management



DR NILIMA CHAVHAN

Workshop : Demonstration of preparation of Ayurvedic Cosmatics



DR KSHITIJA GOVILKAR

Topic: Common skin conditions in pregnant and non-pregnant woman



DR.GAURI CHAVAN

Topic: Hair reloaded : advanced trichology and regenerative therapies- with clinical demo of GFC, PRP, exomes and beyond

Workshop:

1. Laser unlocked- advances in energy based aesthetics: demonstration of YAG carbon laser peel.
2. Advances in skin Antiaging: live demonstration of skin boosters



DR SACHIN PHAD

Topic: Common skin conditions in pediatric population and their management.



DR SWAPNIL PATIL

Workshop: Acne scar correction.

AVABHASINI

CHIEF PATRON



Dr Raman R Ghungralekar
Director AYUSH, Govt. of Maharashtra

PATRON



Dr Sampada Sant
Dean R A Podar Medical College (Ayu)

CHAIRMAN



Dr Bharat Kadlaskar
Prof. & HOD
Dept.of Kayachikitsa

SECRETARY



Dr. Meenakshi Rewdkar- Kole
Associate Professor,
Dept. of Kayachikitsa

ORGANISING SECRETARY



Dr Arati A Datye
Assistant Professor ,
Dept. of Kayachikitsa

CO-ORDINATOR



Dr Suraj Rathod
Associate Professor,
Dept. of Kayachikitsa

CO-ORDINATOR



Dr Sajida Attar
Assistant Professor,
Dept. of Kayachikitsa

REGISTERATION



Dr Aishwarya Sathe
Assistant Professor,
Dept. of Kayachikitsa

TREASURER



Dr Sandhya Deshmukh
Assistant Professor,
Dept. of Kayachikitsa

MANAGEMENT & SCIENTIFIC COMMITTEE

Prof. Dr. Milind Nikumbh

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Prof. Dr. Bhagyashree Khot

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Prof. Dr. Rahul Baviskar

Prof. Dr. Kiran Pabitwar

Prof. Dr. Minal Pajai

AVABHASINI

ABOUT THE INSTITUTE

R. A. PODAR MEDICAL COLLEGE (AYU) & M. A. PODAR HOSPITAL

This is a premiere State Government Institute, established in the year 1941 by philanthropist Shri Anandilal Podar and handed over to the erstwhile Government of Bombay. It is Located in the heart of Mumbai City , close to the scenic Worli Sea Face and the iconic Mumbai Coastal Road. The pleasant greenery surrounds the heritage building of the college. The beautiful temple of Lord Dhanvantari enhances the holiness of the campus.

The Institute is recognized by the National Commission for Indian Systems of Medicine (NCISM) and affiliated to the Maharashtra University of Health Sciences(MHUS), Nashik.

R.A.Podar Medical College functions in association with M. A. Podar Ayurvedic Hospital. It is 224-bed teaching hospital. The hospital caters to approximately 800-1000 OPD patients daily and offers well-equipped inpatient facility, diagnostic facilities , and authentic Ayurveda treatment.

Over the decades, R. A. Podar Medical College has nurtured generations of Ayurvedic physicians through undergraduate and postgraduate education, while also fostering research and advanced academic pursuits in Ayurveda. The institution is committed to developing competent Ayurvedic professionals, promoting authentic and evidence-informed practice, and providing quality patient care through an integrated approach.







https://www.ayurvedinstitute.com/

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