

SUSHEELADEVI

NATUROPATHY AND YOGIC SCIENCES MEDICAL COLLEGE HOSPITAL AND RESEARCH CENTER

JAGADAL.

(Affiliated to RAJIV GANDHI UNIVERCITY OF HEALTH SCIENCES BENGALURU)

Opp: HANUMAN TEMPLE, BANAHATTI- MUDHOL ROAD, JAGADAL-587311.

TQ: RABKAVI-BANAHATTI, DIST: BAGALKOT, STATE: KARNATAKA.

1. COLLEGE BUILDING / HOSPITAL BUILDING PHOTOS.
2. AROGYA YOGPEETH FOUNDTION ® JAGADAL.
REMEMBARING LATE SHREE KADAPPA BASAPPA RAWAL, LATE SMT. SUSHEELADEVI KADAPPA RAWAL.
3. OUR VISSION AND OUR VALUVES. DR. PARASHURAM RAWAL BAMS MS (CHAIRMAN) PHOTO AND SMT. PUNAM RAWAL (SECRETERY) PHOTO.
our vision swami vivekanand said
 - “education is the manifestation of the perfection already in man”
 - “we want that education , by which character is formed, strength of mind is increased, intellect is expanded, and by which one can stand on one’s own feet”
 - “if you have assimilated five ideas and made them your life and character, you have more education than any man who has got by heart a whole library”.
 - vivekananda’s educational philosophy is aimed at creating a, strong, compassionate, and self-reliant society.
4. Our values : fairness, respect, care, and honesty. Trust is built through boundaries, reliability, accountability, vault (confidentiality), integrity, non-judgment, and generosity.
5. Dear students and parents well come to the field of medical education where patients believed “VAIDYO NARAYANA HARI” means doctor is second god on earth it’s a noble profession one should get through knowledge in respect to anatomy physiology pathology and medicine surgery etc. theory and hands on practice for that purpose. I dr. parashuram k rawal and other renowned doctors are there to guide and make them a perfect practitioner. One should have discipline, enthusiastic and dedicated towards studies and practical applicability then and then only transformation accuse.
6. About us
AYF’S SUSHEELADEVI NATUROPATHY AND YOGIC SCIENCES MEDICAL COLLEGE HOPITAL AND RESEARCH CENTER IS WHERE RIGOR MEETS REAL-WORLD APPLICAION. WE ARE NOT JUST A STEPPING STONE; WE ARE A LAUNCHPAD FOR FUTURE DOCTORS YOGA THERAPIST, NUTRITIONIST, NATUROPATH, HEALTH COACH ETC. LOCATED IN AN ENVIRONMENT DESIGNED FOR DEEP FOCUS AND ACADEMIC EXCELLENCE, WE EQUIP STUDENTS WITH THE CRITICAL THINKING SKILLS AND DEEP SUBJECT MASTERY ESSENTIAL TO EXECEL IN HANDLING THE COMPLICATED CASES. OUR MISSION IS TO TRANSFORM PASSION FOR MEDICAL SCIENCE IN TO TANGIBLE CAREER SUCCESS.

7. WHY CHOOSE SUSHEELADEVI NATUROPATHY AND YOGIC SCIENCES MEDICAL COLLEGE.
OUR COLLEGE STANDS OUT AS PREMIER INSTITUTION FOR MEDICAL EDUCATION

Phases	Year	Department
Phase-1	1 st year 18 months	<ol style="list-style-type: none"> 1. Anatomy 2. Physiology 3. Biochemistry 4. Yoga and mind body medicine 5. Naturopathy medicine
Phase -2	2 nd year 12 months	<ol style="list-style-type: none"> 1. Pathology and microbiology 2. Community medicine 3. Allied health sciences 4. Energy medicine

DESIGNED TO PREPARE STUDENTS FOR ACADEMIC EXCELLENCE AND FUTURE SUCCES.
HERE WHAT SETS US APART.

8. ACADEMIC EXCELLENCE

OUR COLLEGE IS DEDICATED TO FOSTERING A LOVE FOR LEARNING AND CRITICAL THINKING WITH A WELL-STRUCTURED CURRICULUM AND HIGHLY QUALIFIED. WE ENSURE STUDENTS EXCEL IN THEIR ACADEMICS AND CLINICAL STUDIES.

9. INFRASTRUCTURE


- SMART CAMPUS
E-LIBRARY, WELL STOCKED LIBRARY AND DIGITAL FACILITIES
DIGITAL CLASS ROOMS
SIMULATION LABS
YOGA DOMES
SEPARATE HOSTEL FACILITY, FOR BOTH BOYS AND GIRLS
HIGENIC CANTEEN FACILITY.
- CLINICAL EXCELLENCE - INTRANSHIP IN MULTISPECIALITY NATUROPATHY HOSPITALS
- GLOBAL CAREER OUTLOOK- WELLNESS RESORTS, CORPORATE HEALTH, INTEGRATIVE MEDICINE.
- INTERNATIONAL STUDENT SUPORT- ASSISTANT WITH VISAS, ACCOMMODATION AND CULTURAL ORIENTATION.

10. Eligibility Criteria

- Academic Qualification: 10+2 with Physics, Chemistry & Biology (PCB) or equivalent international qualification.
- Minimum Marks: 45% in PCB subjects (40% for reserved categories).
- Language Proficiency: English (basic reading & comprehension preferred).
- Age Requirement: 17+ years at the time of admission.

11. Curriculum Highlights:

Phase -3	3 rd year 12 months	<ol style="list-style-type: none"> 1. Nutrition and functional medicine 2. Modern diagnosis and obstetrics and gynaecology 3. Manipulative and physical medicine
Phase -4	4 th year 12 months	<ol style="list-style-type: none"> 1. Research methodology and bio-statistics

 Core Biomedical Sciences

Human Anatomy & Physiology Pathology, Microbiology & Biochemistry

Pharmacognosy & Community Medicine Emergency Medicine (Basic Life Support Training)

Diagnostic Techniques (Laboratory & Imaging)

🌿 Naturopathic Therapeutic Sciences Hydrotherapy & Mud Therapy Nutrition, Dietetics & Fasting Therapy Chromo therapy & Magneto therapy Acupuncture & Acupressure Physiotherapy & Rehabilitation Science Leech Therapy & Cupping (Hijama)

🧘 Yogic Sciences : Classical Asanas & Advanced Pranayama Shatkarma (Yogic Detoxification Techniques) Meditation, Mindfulness & Mantra Healing Yoga Philosophy, Counselling & Lifestyle Medicine

🎯 Specialized Skills Developed: Evidence-based natural medicine Holistic diagnosis & patient care Global health protocols & medical ethics Wellness entrepreneurship Public health and community wellness integration

🎓 Postgraduate Pathways (After BNYS): MD in Naturopathy Medicine MD in Yoga Therapy PG Diploma in Clinical Nutrition MPH (Master of Public Health) MBA in Hospital & Wellness Management PG Diploma in Lifestyle & Wellness Coaching Note: BNYS graduates are not eligible for allopathic MD specializations such as Pathology, Microbiology, or Surgery.

📁 Global Career Opportunities: 🏢 Healthcare & Clinical Practice Registered Naturopath / Yoga Physician Consultant in AYUSH Hospitals & Clinics Integrative Medicine Canters (India & Abroad) 🧑🏻 Corporate Wellness & Lifestyle Management Stress & Wellness Coach for MNCs Wellness Expert in Retreats, Spas & Resorts Digital Health Coach / Online Wellness Practitioner

🎓 Academics & Research:

Lecturer in BNYS/Yoga Colleges Research Fellow in AYUSH/WHO-funded projects

Policy Advisor in Integrative Public Health 🌐 Entrepreneurship & NGOs found your own Holistic Health Centre Work with NGOs in lifestyle & community medicine Launch evidence-backed digital wellness start-ups

🌟 International Recognition

BNYS degree holders can practice naturopathy in several countries under Complementary and Alternative Medicine (CAM) regulations.

Eligible to use the prefix "Dr." (Doctor of Naturopathy), subject to local laws

Gaining global relevance due to rise in preventive, personalized & integrative healthcare

YOUR JOURNEY TO SUCCESS STARTS HERE!

AT OUR COLLEGE WE GO BEYOND ACADEMICS TO PREPARE STUDENTS FOR LIFE'S CHALLENGES AND OPPORTUNITIES. JOIN US FOR A TRANSFORMATIONAL EDUCATIONAL JOURNEY FILLED WITH INSPIRATION, EXCELLENCE, AND SUCCESS.

MANAGING TRUSTEE MESSAGE:

I BELIEVE THAT WHEN EDUCATING THE MINDS OF THE YOUTH, WE MUST NOT FORGET TO EDUCATE THEIR HEARTS. THIS INSTITUTION IS NOT JUST A PLACE FOR STUDIES. HERE WE CLOSELY AND CONTINUOUSLY WORK TOWARDS SUSTAINING A LEARNING ATMOSPHERE THAT IS SENSITIVE NOT ONLY TO THE DYNAMIC NEEDS OF THE HIGHLY COMPETITIVE WORLD OF TODAY BUT ALSO TO THE BUDDING PERSONALITIES THAT OUR STUDENTS ARE. OUR GOAL, AS AN EDUCATIONAL ORGANIZATION, IS NOT JUST LIMITED TO CREATING SUCCESSFUL PROFESSIONALS AND ENTREPRENEURS. WE ALSO AIM TO PRODUCE RESPONSIBLE GLOBAL CITIZENS WHO UNDERSTAND THEIR ROLES IN TODAY'S COMPLEX SOCIETY.

FOUNDAR AND CHAIRMAN MESSAGE:

It is with great pleasure and immense pride that I welcome you to our college. As principal, I, DR. Parashuram K Rawal, bring over 21 years of personal experience in education to lead this institution. This experience is the bedrock of our college's philosophy and our long, successful history. For many years, we have been a beacon of academic excellence, and our students' outstanding results are a testament to our commitment. Our core mission has always been steadfast: to bring exceptional science education to all deserving students, with a special and heartfelt importance placed on empowering our rural youth. We believe talent is everywhere, and our purpose is to nurture it. At our college, we provide a disciplined, supportive, and holistic environment. We are not just preparing students for exams; we are forging confident, well-rounded individuals and the leaders of tomorrow. We are thrilled to partner with you on this journey. Let us work together students, parents, and faculty-to continue this remarkable legacy of success.

FACILITIES

- SCHOLARSHIP FOR MERITORIOUS STUDENTS
- LUXURIOUS CAMPUS
- SMART CLASS ROOM
- EXPERIENCED AND KNOWLEDGEABLE FACULTY MEMBERS
- WELL EQUIPPED LABORATORIES
- COMPUTER LAB WITH LATEST TECHNOLOGY
- EXCELLENT HOSTEL FOR BOYS AND GIRLS
- CAREER GUIDANCE FROM ACHIEVERS
- WEEKLY TESTS
- BIOMETRIC ATTENDANCE
- UV R.O. DRINKING WATER
- CCTV SURVEILLANCE SYSTEM
- SOLAR WATER HEATER
- 24 HOURS ELECTRICITY
- SOLAR ELECTRIC PANELS

OUR HOSTEL RULES

- The hostel has been built in a beautiful and peaceful environment to facilitate the student's education, creating good atmosphere.
- O along with a clean and tasty food system, many programs are organized for the physical development of students, including games, yoga screening of ethical films, and counselling by experts.
- The children's routine begins at 6:00 am with prayers to mother SARASWATI and ends at 11:00 pm.
- Students will be given a separate smart pay-phone card to talk to their parents.
- Allowed to visit students in the hostel only on the last Sunday of every month. There is parents are no time in between. Parents and students are requested to strictly follow this rule.
- Students staying in the hostel are strictly prohibited from using any electronic devices, including mobile phones. Once found in the possession of a student, they will not be returned.
- You cannot vacate the hostel in the middle of the academic year. If you do, you must vacate at the end of the academic year.
- Students should behave politely in the hostel. Based on their polite behaviour, the hostel arrangement will be continued for the second year.
- When returning home during vacation, you must arrive on the scheduled day. If you arrive late, you will be fined.

COLLEGE PHOTOS

HOSPITAL PHOTOS

HOSPITAL FACILITIES

- Personalised diet and fasting therapy
 - a. Diet for diabetes
 - b. Diet for hypertension
 - c. Diet for PCOD/PCOS
 - d. Diet for cancer
 - e. Diet for arthritis
 - f. Diet for weight loss
 - g. Diet for child health and growth
 - h. Diet for healthy life style
 - i. Diet for de-addiction
- Manipulative therapy
 - a. Full body massage
 - b. Partial massage
 - c. Deep tissue massage
 - d. Powder massage
 - e. Bamboo massage
 - f. Udwarthana
 - g. Aromatherapy massage
 - h. Sports massage
 - i. Shirodhara
 - j. Aroma oil massage
 - k. Stress relief massage (dhara - massage -steam)
 - l. Herbal oil massage
 - m. Olive oil massage
 - n. Badam oil massage
 - o. Sandal oil massage
 - p. Head massage
 - q. Vibro massage
 - r. Fruit massage
 - s. Baby massage
- Hydrotherapy
 - a. Full immersion bath

- b. Hip bath
- c. Spinal hip bath
- d. Spinal bath
- e. Spinal spray
- f. Sauna bath / sauna with ozone
- g. Steam bath / steam bath with ozone therapy
- h. Thermal packs-arm Pk, Leg Pk, Chers Pk, abdomen Pk, Knee Pk, Throat Pk.
- i. Arm and foot bath
- j. Deluxe hydro massage
- k. Gastro-hepatic pack
- l. Kidney pack
- m. Enema
- n. Kidney pack
- o. Hole body pack
- p. Jalanethi / suthranethi
- q. Vamana kriya
- Physiotherapy
 - a. Spinal traction
 - b. Vacuum and deep heat therapy
 - c. Exercise therapy
 - d. Ultrasound therapy
 - e. Interferential therapy
 - f. Tens
 - g. Moist heat pack
 - h. Infrared therapy
 - i. Sports injury rehabilitation
 - j. Spinal cord injury rehabilitation
 - k. Stroke and cerebral palsy rehabilitation
- Acupuncture and acupressure
 1. Acupressure for body pains
 2. Acupressure for easy delivery
 3. Electronic acupuncture
 4. Solar plexus balancing

mud therapy, ganji turmeric bath, reflexology and cupping therapy, yoga therapy and counselling.

- Panchakarma procedures
 - a. Sarvanga abhayang with swedana
 - b. Sthanika abhyangas with swedana
 - c. Patra pinda sweda
 - d. Shastika shali pinda sweda
 - e. Valuka sweda
 - f. Snigda atasi sweda
 - g. Ruksha atasi sweda

- h. Shiro pichu (tala dharana)
- i. Kati basti/greeva basti / janu basti
- j. Shirodhara
- k. Pidichill
- l. Udwarthana
- m. Shirobasti
- n. Akshi tarpana
- o. Dhooma pana
- p. Vamana
- q. Vireshana
- r. Yoga basti
- s. Kala basti
- t. Karmabasti
- u. Matrabasti / uttarabasti
- v. Nasya (marsha / navana / pidana)
- w. Mukhalepa
- x. Leech application
- y. Siraveda
- z. Karnapoorana
- aa. Soap water enema
- bb. Lepam (sarvadinika, sthanika)
- cc. Sadyo vamana / sadyo virechana
- dd. Swarnabindu prashan

Individualised treatment for

- a. Obesity
- b. Diabetes
- c. Asthma
- d. Arthritis
- e. Spinal problems (spondylitis) RSI
- f. Hypertension
- g. Migraine
- h. Gastritis
- i. Insomnia (sleeplessness)
- j. Depression
- k. Digestive disorder, IBS
- l. Stress management
- m. Eye disorders

Yoga

- Yoga daily classes to keep fit
- Yoga for pregnant women
- Relaxation and meditation
- Pranayama and yoga nidra

- Therapeutical yoga
- Shankha prakshalana kriya (intestinal cleaning)
- Special pranayama, bandhas mudras and kriyas

Herbal packs

1. Mud pack
2. Herbal ganji pack
3. Whole body mud bath
4. Chest pack
5. Abdominal pack
6. Eye mud pack
7. Castor oil pack
8. Facials
9. Skin care herbal pack

Simple guidelines for good health

- Drink one or two glasses of warm water early in the morning. Practice yogasanas and pranayama / exercise according to your convenience.
- Give importance to the movement of bowels daily. Oil massage once a month keeps skin and joints healthy.
- Meditation or prayer twice a day reduces mental stress and improves concentration.
- Maintain correct posture while working; relax your spine now and then. Blink your eyes while watching TV, working with laptop / computers.
- Be calm during meals. Chew well and eat slowly. Avoid watching TV during meals. Rest a while after food.
- Drink water half an hour before and one hour after food and drink 8 to 10 glasses of water in a day. Drink minimum water during meals.
- Two meals a day is healthy. If required take seasonal fresh fruits in between. Night meals should be light and better taken two or three hours before going to bed.
- Use red low polished rice and whole wheat atta instead of white polished rice and white flour. Millets are healthier.
- Let the vegetables be more in quantity than the cereals.
- Fast for a day once a fortnight on water, lime juice, diluted fresh fruit / vegetable juices.
- Yoga, acupressure and naturopathy methods eliminate the cause in diseases without side effects and promote ones health. Don't run after palliative drugs for simple diseases. Adopt naturopathy treatments and help the vital force to work.

AROGYA YOGPEETH FOUNDATION®
 SUSHEELADEVI NATUROPATHY AND YOGIC SCIENCES MEDICAL COLLEGE,
 HOSPITAL AND RESEARCH CENTER.
 INDIVIDUALIZED HOLISTIC HEALTH TREATMENTS

To overcome health problems and maintain good health

AROGYA YOGPEETH FOUNDATION ®

PROSPECTUS

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Email: chaitanya.rawal5@gmail.com arogyayogpeeth2017@gmail.com

Mobile numbers: 08353200151, 8956575838, 9880976151, 8861326857.

Web: susheeladevinaturopathyhospitals.com

Facebook: susheeladevi naturapathy center