

DR JYOTSNA GOVINDAN

Personal information:

Address and contact:	Mylamkodath Mana Thiruvegappura p.o. Pattambi, Palakkad 679304 9495547806
Date of birth	16/07/1985
Marital status	Married
Spouse	Dr Jithesh M. K. Physician, Arya Vaidya Sala, Kottakkal
Children	Devi M. J

Registration:

Travancore Cochin Medical Council (TCMC)- 11127

Educational: formal

MS (Ay) Shalyathantra- Samanya	Kerala university of Health Sciences
BAMS	Kerala university
Yoga instructor course (YIC) certificate	S- VYASA deemed to be university

Personal experience:

Private practice	From 2011- 2014
Associate professor in Shalyathantra dept, Ashtamgam Ayurveda chikitsalayam and vidyapeedham	From 2018- till present.

Achievements:

- Second Rank in Final Year MS Salyathantra examination under KUHS in 2018
- 2nd Rank in Best Thesis in Ayurveda competition conducted by KUHS (2015-2018 batch)

National level achievements:

- Second prize in national level paper presentation competition-Samavarthana- conducted by VPSV Ayurveda college Kottakkal in 2016
- First prize in national level paper presentation competition – Samavarthana- conducted by VPSV Ayurveda college kottakkal- 2017.

Publications :

1. M.K.Jithesh, G. Jyotsna, “A thought into the action of Agnikarma”, Aryavaidyan, Vol.XXX,No.2,2016,Nov, Aryavaidyasala Kottakkal.
2. G. Jyotsna, P. P. Purushothaman, M. K. Jithesh, “A critical overview on Samprapthi of Parikarthika (fissure- in- ano): Aryavaidyan Vol XXXII, No. 4, May- July 2019, Aryavaidya Sala Kottakkal.
3. M. K Jithesh, M. Mitradas, G. Jyotsna, “Samana chikitsa in Trigeminal Neuralgia- A case series”: Accepted to be published in Journal of Research and Education in Indian Medicine.

Research work:

PG dissertation was on “Ayurvedic Management of Anterior cruciate ligament injuries of knee in sports person.”