NATIONAL WORKSHOP ON
MARMA CHIKITSA

FIRST LIVE DEMONSTRATION WORKSHOP
30th and 31st August, 2019

ORGANIZED BY
PG DEPARTMENT OF SHALYA TANTRA
NATIONAL INSTITUTE OF AYURVEDA, JAIPUR

VENUE:
NATIONAL INSTITUTE OF AYURVEDA
(Ministry of AYUSH, Govt. of India)
Jorawar Singh Gate, Amer Road, Jaipur–302002
E mail: nia-rj@nic.in Website – http://nia.nic.in

Prof. P. Hemantha Kumar
Head & Organizing Chairman

Prof. Sanjeev Sharma
Director

Dr. Sunil Joshi
Internationally Renowned
Marma Expert
ABOUT OUR INSTITUTION

National Institute of Ayurveda is an apex Institute of the Ministry of AYUSH, Government of India for promoting the growth and development of Ayurveda as a model Institute for evolving high standards of Teaching, Training, Research and Patient Care activities with incomparable academic standards in the field of Ayurveda at Under Graduate, Post-Graduate, Post-Doctoral, DAN & P and Certificate levels and also to invoke scientific outlook to the knowledge of Ayurvedic System of Medicine.

Post-graduate Department of ShalyaTantra is dealing with surgical aspects of the system through imparting quality patient care, teaching, hand to hand surgical training and various research activities. The department has its own OPD (General Shalya, Anorectal, Orthopedic & Marma Chikitsa), IPD, Minor Operation theatre (Sastra Karma, Kshara Karma, Kshara Sutra, Agnikarma & Raktamokshana Units), Endoscopy unit and Major Operation theatre.

Dear Doctor,

We extend our cordial invitation to participate in the National Workshop on Marma Chikitsa with Live demonstration on Various disorders, organised by PG Department of Shalya Tantra, National Institute of Ayurveda, Jaipur on 30th and 31st August, 2019.

Marma Science is an immediate, natural, non-invasive and cost effective mode of healing. It is the art of treating certain vital points to rechannel the prana. There are several changes in the body's biochemistry and can unfold radical, chemical change in one's makeup after manipulating the marma points. Stimulation of these inner pharmacy pathways indicates the body to produce assured neurochemicals that rectifies the body and mind.

The workshop will provide common platform for exchange of ideas among the experts and scholars with active participation through live demonstrations, discussions, interactive sessions and guest lectures.

Marma Chikitsa will be performed for the following diseases -

- Headache
- Migraine
- Cervical Spondylosis
- Low Backache
- Sciatica
- Frozen Shoulder
- Tennis Elbow
- Osteoarthritis
- Rheumatoid arthritis

- Stress
- Anxiety
- Depression
- Insomnia
- Hypertension
- Diabetes mellitus
- Cerebral Palsy
- Post-polio Paresis
- Delayed Milestone disorders
- Life style disorders

Note – Demonstration of cases depend upon availability of patients at the time of workshop
Registration details:
Who Can Participate
✦ Practitioners/Professionals (Graduates/Post Graduates) ✦ Ph.D/PG Scholars/Interns/UG students

Registration fee:

<table>
<thead>
<tr>
<th>Delegates</th>
<th>Up to 15th August, 2019</th>
<th>Before 25th August, 2019</th>
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<tbody>
<tr>
<td></td>
<td>2500/-</td>
<td>3000/-</td>
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Note:
✦ We expect about 300 delegates to remain present at the workshop, we request to you to confirm your presence as soon as possible to avoid any inconvenience.
✦ All delegates are expected to attend all the sessions on both days.
✦ Registration fee includes Conference Kit, Certificate, Two breakfast & Two Lunch (Excluding accommodation).
✦ Cancellation of the registration is not possible.
✦ No spot Registration.
✦ Registration fees will be accepted only through RTGS//NEFT/Online transaction.

ABSTRACTS
Delegates may send 5 mins Innovative and Practical Oral presentation regarding Marma Chikitsa through Email up to 10th August, 2019. For more information, please contact

Organizing Chairman- Prof. P. Hemantha Kumar – 9414056362
Email –deptofshalyatantria@gmail.com

Co-ordinators: Dr. Ashok Kumar - 9649180572, Dr. Narinder Singh - 9549370912
Dr. B. Swapna - 9799025141, Dr. Manorma Singh - 7414810997

PROGRAMME SCHEDULE

30th August, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.00 - 9.30</td>
<td>Registration &amp; Breakfast</td>
</tr>
<tr>
<td>9.30 – 10.00</td>
<td>Inauguration &amp; Dhanwantari Vandana</td>
</tr>
<tr>
<td>10.00 – 11.00</td>
<td>Interaction to Marma Science and Marma Therapy (Universally Sustainable Medical system)</td>
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<tr>
<td>11.00 – 12.00</td>
<td>Identification of Marma Points of Head, Back and Front.</td>
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<tr>
<td>12.00 – 13.00</td>
<td>Oral Presentations</td>
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<tr>
<td>13.00 – 14.00</td>
<td>Lunch</td>
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<tr>
<td>14.00 – 16.00</td>
<td>Practical training for Identification of Marma points and techniques in Head, Back and Front</td>
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31st August, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.00 - 9.00</td>
<td>Breakfast</td>
</tr>
<tr>
<td>9.00 – 10.00</td>
<td>Marma Yoga Technique Demonstration</td>
</tr>
<tr>
<td>10.00 – 12.00</td>
<td>Management of different diseases through Marma therapy</td>
</tr>
<tr>
<td>12.00 – 12.30</td>
<td>Frozen shoulder with Marma Chikitsa-Prof. P. Hemantha Kumar</td>
</tr>
<tr>
<td>12.30 – 13.00</td>
<td>Discussion</td>
</tr>
<tr>
<td>13.00 – 14.00</td>
<td>Lunch</td>
</tr>
<tr>
<td>14.00 – 15.00</td>
<td>Practical training of Marma therapy</td>
</tr>
<tr>
<td>15.00 – 17.00</td>
<td>Marma therapy medical camp for patients (treatment session)</td>
</tr>
<tr>
<td>17.00 – 17.30</td>
<td>Valedictory session</td>
</tr>
</tbody>
</table>
Chief Patron
Shri Shripad Yesso Naik
Honorable Minister of AYUSH, Govt. of India

Patron
Shri Vaidya Rajesh Kotecha
Honorable Secretary, Ministry of AYUSH, Govt. of India

Patron
Prof. Sanjeev Sharma
Director, NIA, Jaipur

Organizing Chairman
Prof. P. Hemantha Kumar
Head, PG Dept. of Shalya Tantra, NIA, Jaipur.

Organizing Secretaries
Dr. Ashok Kumar
Dr. Narinder Singh
Dr. B. Swapna
Dr. Manorma Singh

STEERING COMMITTEE
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Prof. Ram Kisore Joshi
Prof. Mita Kotecha
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Prof. Kedal Lal Meena
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Dr. Gopesh Mangal
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REGISTRATION FORM

PLEASE FILL IN CAPITAL LETTERS ONLY

Name: ____________________________

Qualification: ____________________ Registration Number: ________________________________

Address: __________________________

City: ___________________________ Pincode: __________ State: ____________________________

Email: ___________________________

Whatsapp Mobile number: __________________________

PAYMENT DETAILS

Mode of Payment: RTGS □ NEFT □

No: ___________________________ Date: __________ Bank: ___________________________

Branch: __________________________ Amount: __________ In Words: ______________________

Signature of the Delegate

<table>
<thead>
<tr>
<th>Account Name</th>
<th>DIRECTOR (SHALYA TANTRA), NIA, JAIPUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beneficiary Bank Name</td>
<td>CENTRAL BANK OF INDIA</td>
</tr>
<tr>
<td>Branch</td>
<td>NATIONAL INSTITUTE OF AYURVEDA, Jaipur</td>
</tr>
<tr>
<td>Account Number</td>
<td>3762008944</td>
</tr>
<tr>
<td>IFSC Code</td>
<td>CBIN0283634</td>
</tr>
</tbody>
</table>

Brochure and Registration form available on NIA website.
Send the filled registration form with payment details on E-mail –deptofshalyatantrania@gmail.com