



अखिल भारतीय आयुर्वेद संस्थान, गोवा ALL INDIA INSTITUTE OF AYURVEDA, GOA



(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of Ayush, Govt. of India)

Satellite Institute of All India Institute of Ayurveda, New Delhi

We Cordially Invite You

3 Days National Workshop on Marma Sharir

27th to 29th September 2026

ORGANIZED BY

Department of Rachana Sharir

All India Institute of Ayurveda, Goa



About the Workshop

The Department of Rachana Sharir, All India Institute of Ayurveda, Goa, is organizing a focused 3-Day National Workshop on Marma Sharir, designed to strengthen the understanding and practical application of the classical concept of Marma in contemporary clinical and academic settings.

The workshop will integrate classical Ayurvedic concepts of Marma Sharir with clinical application, practical identification of Marma points, establishment of a Marma laboratory, and Marma stimulation techniques.

The programme is intended to provide participants with an opportunity for interactive learning, demonstrations, practical training and expert guidance.



About the Guest Speaker



Prof. Sunil Kumar Joshi

Ayurveda Academician, Clinician & International Expert in Marma Sharir

Prof. Sunil Kumar Joshi is a distinguished Ayurveda academician, clinician, researcher, and internationally recognized expert in Marma Sharir and Marma Chikitsa. Born on 15 August 1958, he completed BAMS in 1981 and MD (Ayurveda) in Shalya Tantra in 1986 from FOA IMS BHU Varanasi.

With 37 years of professional experience, he has served as Medical Officer, Assistant Professor, Associate Professor, Professor, Dean, Principal/Director, and Vice Chancellor of Uttarakhand Ayurved University, Dehradun, and Doon University, Dehradun.

He has authored 12 books and published 50+ research papers in journals and periodicals. He has participated in numerous national and international conferences and visited several countries for the promotion of Marma Science and Marma Therapy.

He is the Founder President of Mrityunjay Mission (Foundation for Vedic Medical Sciences) and Jan Chetna.

Objectives & Outcomes

Learning Objectives

Participants will be able to:

- Understand the fundamental concepts and clinical significance of Marma Sharir.
- Appreciate the importance of Marma in clinical practice.
- Identify and demonstrate the anatomical locations of important Marma points.
- Understand the principles involved in establishing a Marma Lab.
- Learn basic requirements for a functional Marma Lab.
- Understand different approaches to Marma stimulation techniques.
- Develop practical skills through demonstrations and supervised hands-on sessions.
- Correlate classical descriptions of Marma with practical anatomical and clinical perspectives.

Learning Outcomes

By the end of the workshop, participants will:

- Demonstrate improved understanding of Marma Sharir.
- Recognize clinically important Marma points and their anatomical locations.
- Understand the practical requirements for establishing a Marma Lab.
- Gain hands-on exposure to Marma identification and stimulation techniques.
- Develop confidence in applying Marma concepts in academic and clinical settings.
- Integrate classical Marma concepts with practical clinical understanding.

Workshop Highlights

- | | |
|---|---|
| ✓ Expert lectures and interactive academic sessions | ✓ Demonstration of Marma stimulation techniques |
| ✓ Clinical application of Marma Sharir | ✓ Practical and hands-on training |
| ✓ Demonstration of Marma point identification | ✓ Expert faculty mentoring |
| ✓ Establishment and functioning of a Marma Lab | ✓ Interactive discussion and clinical correlation |



Workshop Participation Details

WORKSHOP DATES 27th - 29th September 2026	DAILY TIMING 9 AM onwards	SEAT AVAILABILITY 20 Candidates
---	-------------------------------------	---

Eligibility

Participation is limited to 20 candidates only to ensure quality hands-on training.

- 1 **Postgraduate scholars and faculty members** of the Rachana Sharir and Shalya Tantra Departments are eligible to participate.
- 2 **Selection will be made on a first-come, first-served basis.** Candidates who register first will be considered for selection.
- 3 After completion of registration, **a final list of 20 selected candidates** (as per Point No. 2) will be prepared. All selected candidates will be informed via email, after which they must proceed to pay the registration fee.



Schedule & Registration

DATE

TOPIC

27th to 29th September 2026 Establishment of Marma lab and Marma stimulation techniques for faculty and PG scholars (both external and internal)

ORGANIZING CHAIRMAN

Prof. (Dr.) Sujata Kadam

Dean (Academic & Administration), AIIA Goa

Registration Details

WORKSHOP FEE

Rs. 5000/- per candidate

**(NO TA/DA OR ACCOMMODATION
WILL BE PROVIDED BY THE
INSTITUTE)**

LAST DATE FOR REGISTRATION

5th September 2026

FOR MORE DETAILS CONTACT

Organizing Secretary **Dr. Ashutosh Kumar Yadav**
7007931268

Co-Organizing Secretary **Dr. Swati Bedekar**
9881693240
Dr. Dattu Bandapalle N.
9881833437

Co-Ordinator **Dr. Thrijil Krishnan EM**
9809336870
Dr. Kishan Singh
9480384586

EMAIL

rachanaaiiagoo@gmail.com

WEBSITE

<https://aiiagoo.org>

REGISTRATION LINK

<https://forms.gle/8Fn5E3aciabAfwXK8>*Scan the QR code to register*

For any assistance or recommendation of nearby hotels/lodges, feel free to reach out to the coordinators.