

Yashwant Ayurvedic College PGT & RC Kodoli
Department of Swasthavritta & Yoga

Report of Value added course
For UG Students (Third Year BAMS) & PG Swasthavritta & Yoga Students
On
Basic course of Marma Therapy

Date - 25.03.2022

To,
The Dean,
Yashwant Ayurvedic College P.G.T. & R.C. Kodoli

Subject: - To submit a report of “Basic course of Marma Therapy ” workshop under value added course for UG & PG students organized by Swasthavritta & Yoga Department , Yashwant Ayurvedic College P.G.T. & R.C. Kodoli.

Respected Sir,

With the above cited subject I am thankful to you for giving permission to arrange the workshop to us. The 2 days two workshops on “Basic course of Marma Therapy” under value added course were successfully conducted by Swasthavritta & Yoga Department for UG & PG students of our Institute from 21/03/2022 to 22/03/2022 Batch A & 23/03/2022 to 24/03/2022 Batch B . Programme schedule was of total 15 sessions with duration of 60 minutes each for both the batches.

Details of workshop are as follows:-

Day first was started with Registration & Pre-test which was conducted by Dr. Abhijeet A. Mane Patil the coordinator of workshop & Associated Professor of Dept. Swasthavritta & Yoga. First session started with Inauguration Programme in which chief guest were Dean Dr. M. M. Godbole , NAAC Coordinator Dr. L. B. Patil , Academic Incharge DR. S. G. Kulkarni, HOD Swasthavritta & Yoga Department Dr. K. K. Jadhav & Guest Speaker Dr. Suhas Shah & Dr. Monika Shah.

Dr. Kalpana Jadhav H.O.D Swasthavritta & Yoga Dept. welcomed all the dignities & participants and gave the information & purpose about the two days workshop. Respected Dean Sir addressed the participants & congratulated to all staff of Swasthavritta Dept. for organizing the workshop. He expressed the gratitude towards the guest speaker. Anchoring of whole inaugural programme was done by Dept. P.G. student Dr. Pradnyarani A. Mangaonkar

In Morning session of workshop three lectures were arranged for day first. In which first

lecture was of Dr. Kalpana Jadhav H.O.D Swasthavritta & Yoga Dept. on Introduction of Marma Therapy. Second lecture was of Dr.A.T.Vipra Asso.Professor Dept.of Rachana Sharir on the topic Distribution & Description of Marma points in the human body. He delivered a good lecture on different types of Marma situated in body & their identification on human body. Third lecture was also of Dr. A. T.Vipra on the topic Applied Aspect of Marma in which he explained the importance of Marma according to maintenance of health and also in disease condition especially during any injury at Marma place.

Post Lunch session was with two lectures. It was started with the lecture of Dr. M. M. Godbole sir Dean Yashawant Ayurvedic Collge P.G.T & R.C .Kodoli. He deliver lecture on topic Energy points of yoga & Ayurveda in which he explained the correlation between energy points of yoga & Marma point in Ayurveda in detail very nicely. Next lecture was conducted by guest speaker Dr. Suhas Shah M.S.[Ortho] & Dr. Monika Shah [Radiologist] from Mumbai. Both of them jointly delivered lecture & practical demonstration on topic Marma Chikitsa-Background, Sciences Of Marma Therapy, Reliability & How it works. In this lecture they gave all basic information of Marma Therapy & its utilization.

In last session after the Tea Break two lectures were arranged. Both lectures were conducted by Dr. Suhas Shah & Dr. Monika Shah. Topics were 1) Marma Points of Extremities Identification Techniques & uses. 2) Marma Points of Back & Hip Identification Techniques & uses. Both the lectures were very interesting due to its practical demonstration.

Day second was stared with prelaunch session having four lectures. First lecture was of Dr. L.B Patil sir Professor Dept. Of Dravyaguna Vidyan and his topic was Marma & Viddha Therapy on cervical Spondilosis. He explained the similarities & differences between Marma & Viddha therapy very nicely also the techniques of viddha therapy in detail. He had also conducted the exercises and group activity. Next lecture was conducted by Dr. Vaibhav Magar sir Assistance Prof. Dept. of Shalyatnatra. He delivered a wonderful lecture on the topic Effect of Trauma on Vital Points (Marma).

After that next session was continued by Dr. Suhas Shah & Dr. Monika Shah with two lectures 1) Marma Points of Abdomen & Chest Identification, Techniques & Uses & 2) Marma Points of Head, Neck & Face Identification, Techniques & Uses. Both the lectures were very informative & very nicely conducted with practical approach by doing demonstration on participants.

In post lunch session two lectures were arranged. First lecture was conducted by Dr. Suhas Shah & Dr. Monika Shah on Different Techniques, Benefits of Therapy , Supportive Therapy, How to avoid side effects in Marma Therapy . In this lecture both of them explained the various techniques of Marma Therapy. Also they displaced the various instruments which are used in Marma Therapy and

given information about how to use these instruments. Last lecture was also conducted by Dr. Suhas Shah & Dr. Monika Shah on Treatment Demo for various Disorders .It was very interactive session due to actual demonstration on patient with showing miracle results. In all the lectures delivered by Mr. & Mrs. Shah , they shared their experiences in their practice of Marma Therapy with audio- video of patients & because of that the sessions conducted by them were very interesting.

After tea break interactive Question & Answer session was conducted in which queries & doubts of participants were solved by Dr. Suhas Shah, Dr. Monika Shah & Dr. Kalpana Jadhav. Feedback & Post Test were completed by Dr. Abhijeet A. Mane Patil.

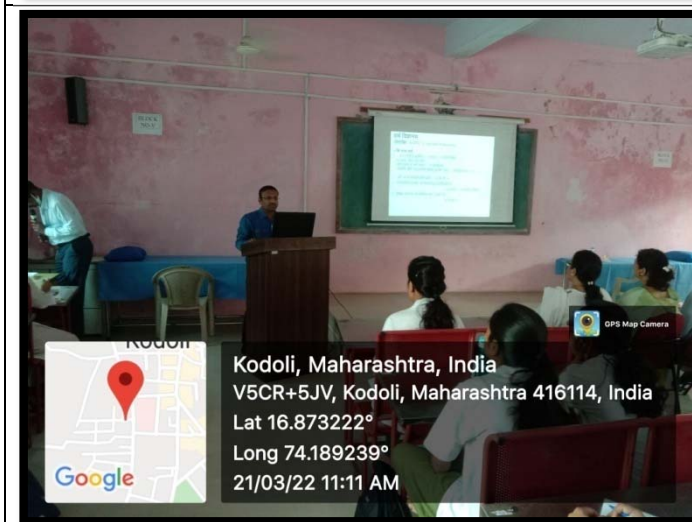
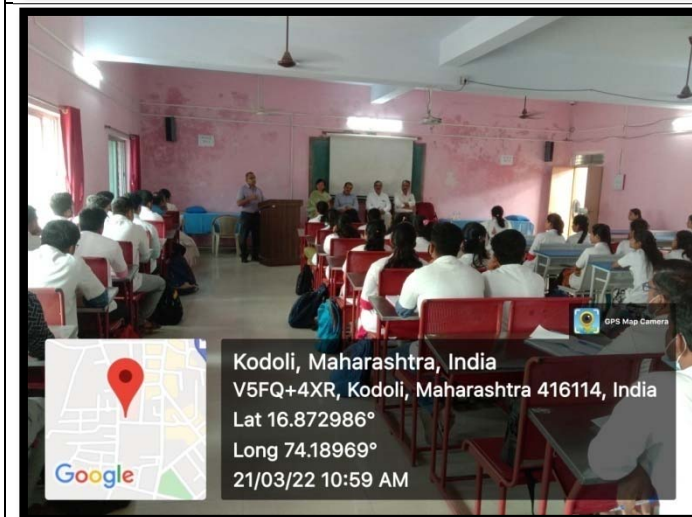
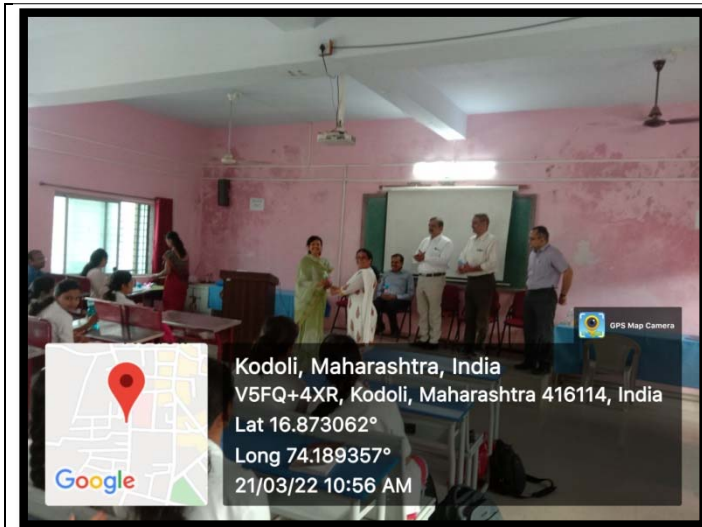
Day second was ended with Valedictory function conducted by Dr. Pradnyarani A. Mangaonkar. In which Dr. M. M. Godbole Sir had guided the delegates. Also he appreciated to HOD & Dept. staff of Swasthavritta & Yoga for good organization of the workshop. Vote of thanks was given by Dr. A. A. Mane Patil.

Same schedule was adopted for both the Batches A & B. For Batch A - Total 41 Third Year B.A.M.S students & 09 Swasthavritta P.G .students have participated & For Batch B - Total 49 Third Year B.A.M.S students & 05 Swasthavritta P.G .students have participated.

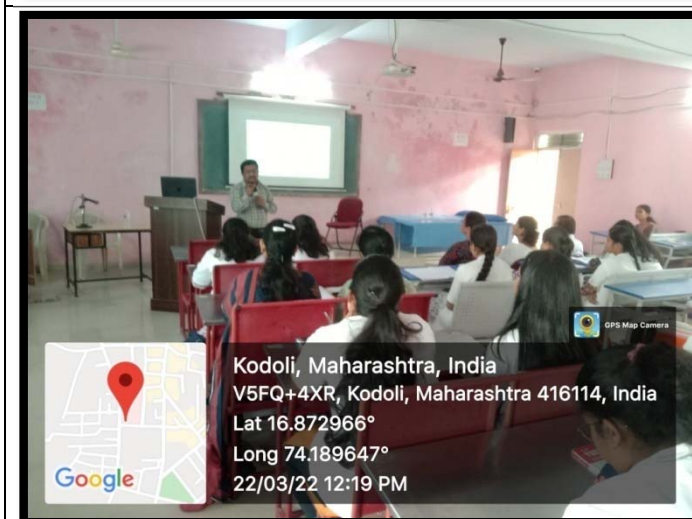
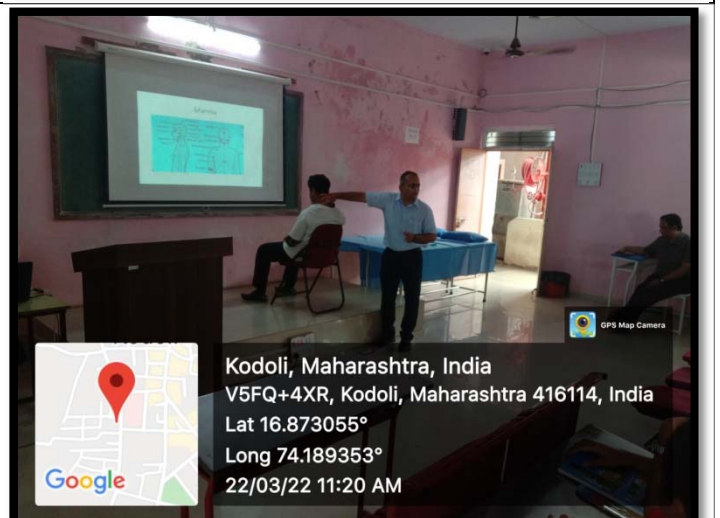
Overall the workshop was successful. It was a nice experience to work with all the resource persons. We are thankful to Dean Dr. M. M. Godbole Sir for their guidance to make a workshop successful.

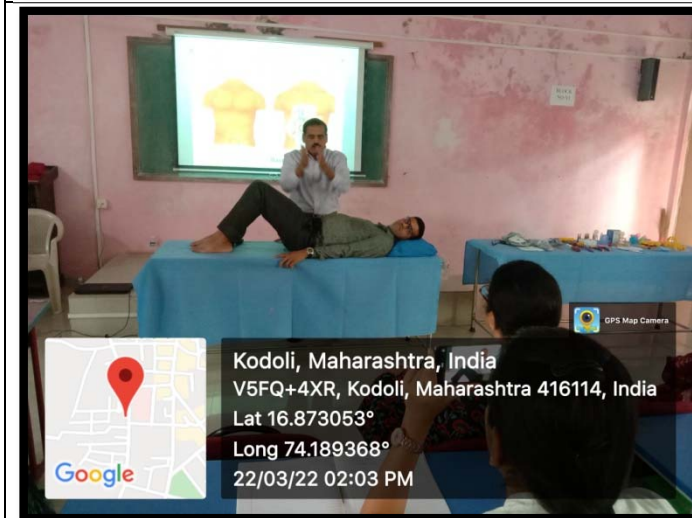
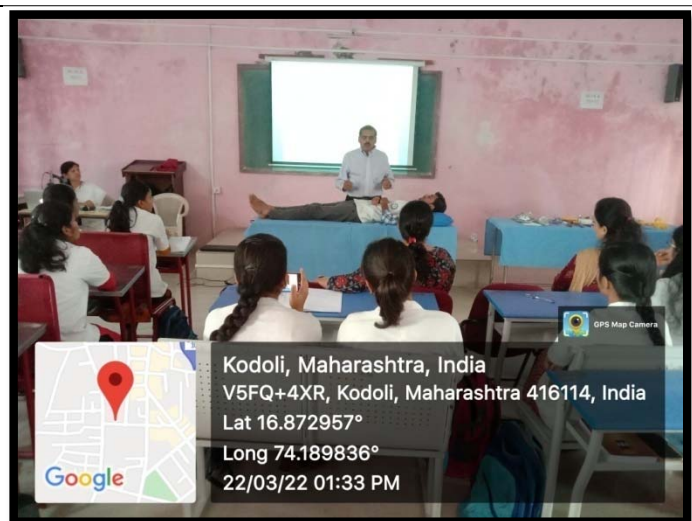
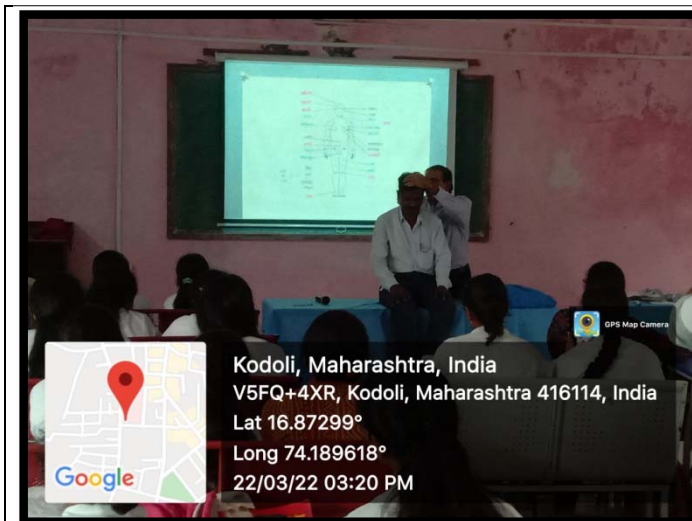
Thanking you!

Name of Course - Basic Course of Marm Therapy
Batch - A
Date of Programme – 21/03/2022 To 22/03/2022



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Name of Course - Basic Course of Marm Therapy

Batch - B

Date of Programme – 23/03/2022 To 24/03/2022

