

About Workshop

MARMAS ARE PRANA - ENERGY OF HUMAN BODY.

Marmas are vital points of the human body and are considered the seats of Prana (life energy). In other words, the Prana of the human body is believed to reside within the Marmas.

The normal and balanced state of Marmas sustains life, while injury, dysfunction, or abnormal stimulation of these vital points may result in severe pain, disability, paralysis (partial or complete), or even death.

According to Ayurveda, Marma is a vital anatomical site where muscles (Mamsa), blood vessels (Sira), nerves (Snayu), bones (Asthi), and joints (Sandhi) converge. Classical Ayurvedic texts authored by Acharya Sushruta, described a total of 107 Marma points in the human body.

Marma Chikitsa is a specialized therapeutic approach aimed at restoring the normal function of these vital points.

Workshop Outcome Marma Chikitsa Training

1. Clear understanding of the classical concept, classification, and clinical importance of Marma.
2. Improved insight into the role of Marma in disease, pain, and emergency conditions.
3. Hands-on training in identification, palpation, and stimulation of major Marma points.
4. Application of Marma Chikitsa in pain, musculoskeletal, neurological, and stress-related disorders.
5. Awareness of Marma Chikitsa as supportive therapy in emergency conditions.
6. Integration of Marma Chikitsa with Panchakarma, Yoga, physiotherapy, and modern care.

About VAP

Vishwa Ayurved Parishad is the largest non-governmental organization working in the field of Ayurveda globally.

Vishwa Ayurveda Parishad (VAP) was established in the year 1997 to reinstate the glory of Ayurveda in the present era and to facilitate the acceptance & recognition for Ayurveda across the country and the globe.

VAP is in a relentless effort to provide a credible platform to the scholars & followers of Ayurveda in order to enhance the potential and authenticity of the science to wider audience globally.

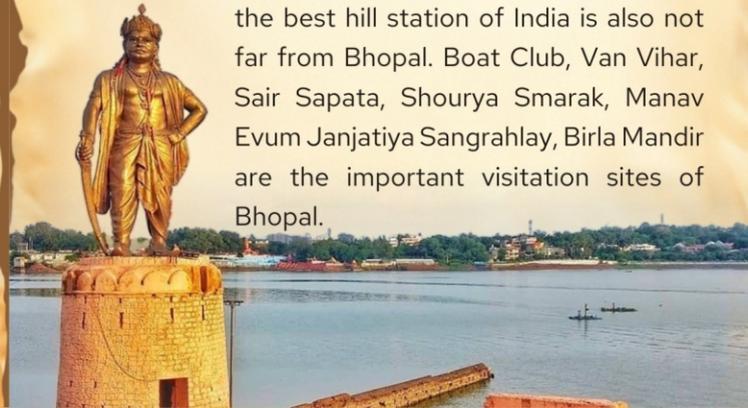
About Bhopal

According to folklore, Bhopal was founded by the Parmar Dynasty King Bhoj. Bhopal originally known as BHOJPAL.

A large lake was constructed by king Bhoj in Bhopal, which is now known as Bada Talab. Bhopal is also known as "**City of Lakes**" for its various natural and artificial lakes. It is one of the greenest cities in India. Bhopal is the capital of Madhya Pradesh and well connected to all over country through railway, roads & Air.

Ujjain, Omkareshwar, Bhojpur, Sanchi, Vidisha, Indore, Maheshwar etc. and many cities of historical importance are situated nearby to the Bhopal.

Panchmarhi a well-known and one of the best hill station of India is also not far from Bhopal. Boat Club, Van Vihar, Sair Sapata, Shourya Smarak, Manav Evum Janjatiya Sangrahalay, Birla Mandir are the important visitation sites of Bhopal.

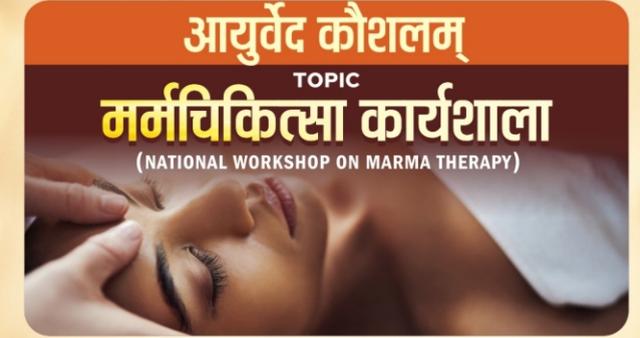


**VISHWA
AYURVEDA
PARISHAD**
MADHYA PRADESH



PRESENTS

SUPPORTED BY: NCISM, NEW DELHI
DEPARTMENT OF AYUSH, MADHYA PRADESH



18th & 19th, APRIL 2026
(SATURDAY AND SUNDAY)

**Venue - Manas Bhawan,
Near Polytechnic Chouraha, Bhopal (M.P.)**



ORGANIZED BY
Vishwa Ayurveda Parishad
MADHYA PRADESH

LINK FOR REGISTRATION

<https://forms.gle/GAMMp2TW7ny4QE69A>



FOR ANY QUERY (WORKSHOP) PLEASE CONTACT
7000797030, 9713022201, 9407064053
E-mail: vishwaayurvedparishadmp@gmail.com

Patrons



Vd. Govindsahay Shukla
Vice Chancellor
Dr. S.R.K.Rajasthan Ayurveda
University, Jodhpur



Shri Inder Singh Parmar
Hon'ble AYUSH, Higher Education,
Technical Education Minister,
Govt. of M.P.



Prof. Mahesh Vyas
President
Vishwa Ayurved Parishad



Vd. K.K. Dwivedi
Member BOA, NCISM,
New Delhi



Vd. R.K. Gupta
President
VAP Madhya Pradesh

Renowned Speaker



PROF. SUNIL JOSHI

International Marma Specialist
Ex. V.C. Uttarakhand Ayurveda University,
Dehradun, Uttarakhand

National Committee VAP

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| Vd. Shriram Chaturvedi | SAM Ayurved College, Bhopal |
| Vd. Anoop Chaturvedi | PAMC&H, Bhopal |
| Vd. L.S. Panigrahy | NRI IAMS & AH, Bhopal |
| Vd. Arun Uttam Rao Wankhede | School of Ayurveda, Sehore |
| Vd. Anil Kumar Shukla | MAMCH & RC, Bhopal |

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| Jabalpur | Vd. Pankaj Mishra, Vd. Akash Gupta |
| Indore | Vd. Dinesh Malviya, Vd. Akhilesh Shukla |
| Gwalior | Vd. Rahul Gupta |
| Ujjain | Vd. Ashish Sharma |
| Burhanpur | Vd. Sachin Chauhan |
| Ratlam | Vd. Vinita Patil |
| Betul | Vd. Amit Shrivastava |

Registration Committee

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| Convener: | Vd. Nisha Bhalerao |
| Co-convener: | Vd. Rajendra Singh Patel Vd. Prateek Singh Thakur |

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| Co-convener: | Vd. Neha Mishra, Vd. Amita Sharma |

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| Convener: | Vd. Pramendra Raghuvanshi |
| Co-convener: | Vd. Darpan Gangli |

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| Convener: | Vd. Sachin Khedikar, |
| Co-convener: | Vd. Shailesh Jain |

Transportation & Accomodation Committees

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| Convener: | Vd. Shriram Chaturvedi |
| Co-convener: | Vd. Deepak Raghuvanshi |

Food Committee

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| Convener: | Vd. Varsha Wanjari |
| Co-convener: | Vd. Swati Vyas Vd. Shraddha Saraf |

Media & Publication

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|--------------|--|
| Convener: | Vd. Priyanka Hajare |
| Co-convener: | Vd. Deepika Lahari, Vd. Rishabh Dwivedi |

REGISTRATION FEES DETAILS

| Type of Participants | *VAP Member | Non-VAP Member |
|---|-------------|----------------|
| Faculty / Medical Officer Private Practioners, PhD., PG Scholars | 2000/-* | 2400/- |
| UG Scholars Interns | 1600/-* | 2000/- |
| Spot registration for all Category : | 2500/- | - |

LAST DATE OF REGISTRATION 25th MARCH 2026

It includes Breakfast, Lunch and High Tea for 2 days without accommodation.

Note: Only 300 Seats Available on first come first serve basis

*VAP Members must attach their VAP Life time membership certificate in Google Form to avail the Concession.

<https://share.google/Q2zQWp6FYL2hG7flb>

[Click here](#)

BANK DETAILS

| | |
|--------------|--|
| ACCOUNT NAME | - VISHWA AYURVED PARISHAD |
| BANK NAME | - BANK OF INDIA T.T. NAGAR BRANCH, BHOPAL |
| A/C | - 900110110009420 |
| IFSC | - BKID0009001 |



SCAN QR FOR REGISTRATION