

Bharatiya Sanskriti Darshan Trust's
AYURVED MAHA VIDYALAYA

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PRINCIPAL:
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Ph.D(Ayurved)

O. No. : BSDT/RS/13/2023
DATE :- 09/08/2023

Activity Organized Report

Date - 18/07/2023

Academic Year – 2023

Name of the Activity organized	Workshop on Marma Chikitsa.
Guest Speaker	Vd. Thakre Demendrakumar G. Marma Chikitsa and Pain Management Expert Associate Professor @ M.S. Ayurvedic Medical College, Kudwa, Gondia.
Name of the Chief-guest	Dr. Kulkarni Anand B. Principal Professor in Department of Agadtantra
Conducted by	Department of Rachana Sharir (PG)
Name of the co-ordinator of the Activity	Vd. Shinde Priyanka A. Reader & HOD in Dept. of Rachana Sharir
Name of assistant co-ordinators	Vd. Dhawale Suvarna M. Vd. Joshi Seema D. Vd. Takawale Soniya P.
Place of Activity	Auditorium, Panchkarma building
Participants	UG & PG students and Faculty
No. of participants	Students – 78 Staff members – 11
Objective of the Activity	1. To locate the exact anatomical position of marma points. 2. To understand the methods of stimulation of Marma.
Description of the Activity	As a part of Silver Jubilee Year celebration of BSDT's Ayurved



	<p>Mahavidyalaya, PG Department of Rachana Sharir had organized a 'Workshop on Marma Chikitsa' on 18th July 2023. The inauguration of the workshop was done by Dhanwantari Pujan at the hands of our Hon'ble Principal and Chief-guest Dr.Anand Kulkarni at 11am. Dhanwantari Pujan was followed by a beautifully sung Dhanwantari stavan by Vd. Soniya Takawale. Vd.Demendrakumar Thakre, an expert in Marma Chikitsa and Pain Management was introduced as Guest speaker for this workshop by Vd. Priyanka Shinde. Marma Chikitsa, also known as Marma Point Stimulation Therapy helps to restore the mental and physical health by activation of specific points.</p> <p>Our guest speaker elaborated the concepts of Marma Chikitsa and then demonstrated the points to be activated with specific technique. The demonstration was done for disease conditions, as well as for healthy individuals. He was assisted by Vd. Gaurav Dhanduke from 'Ayuaesthetics Institue' for demonstration. Vd.Dhanduke mainly emphasized on Self Marma Stimulation technique. The lecture and live demonstration was quite informative and engaging for UG & PG students, Interns and Faculty members.</p> <p>The workshop was anchored by PG student Vd. Sayli Jadhav. Vote of thanks was given by PG student Vd.Vaibhav Billari. The speaker was felicitated at the hands of Vd. Prabhatai Godbole. The workshop ended with Pasayadan sung by Vd.Soniya Takawale.</p>
<p>Outcome of the Activity</p>	<ol style="list-style-type: none"> 1. Participants learnt to locate and stimulate Marma points. 2. Application of Marma Chikitsa technique for Self Marma Therapy, Emergencies management, Diagnosis and Treatment was also explained.

Priyanka

Workshop Co-ordinator

AB Kulkarni

PRINCIPAL

