



NATIONAL SEMINAR ON MARMA MARMAGYAN

A HOLISTIC APPROACH TO MARMA

12 December, 2025

(Last Date for Registration : 15th November, 2025)

:: Venue ::

Govt. Auto. Ashtang Ayurved College & Hospital

Lokmanya Nagar, Keshar Bagh Road, Indore (M.P.) India

College - 0731-4960037, 2472767, Hospital -2473767, 3512623

[email : rachanasharirashtang@gmail.com](mailto:rachanasharirashtang@gmail.com)

[web : www.gaacindore.edu.in](http://www.gaacindore.edu.in)



Convener :

Dr. AJITPAL SINGH CHAUHAN

I/c Principal, Govt. Auto. Ashtang Ayurved College & Hospital,
Indore. (M.P.) Mob.: 94066 53321

Co-Organising Secretary

Dr. Surbhi Milan Jain

I/C Associate Professor

Dept. of Rachana Sharira

Govt. Auto. Ashtang Ayurved

College & Hospital, Indore. (M.P.)

Mob.: 94073 52235

Co-Organising Secretary

Dr. Akhlesh Bhargava

I/C Professor & HOD

Dept. of Shalya Tantra

Govt. Auto. Ashtang Ayurved

College & Hospital, Indore. (M.P.)

Mob.: 90393 58305

Organising Secretary

Dr. Pradeep Chouhan

I/C Professor & HOD

Dept. of Rachana Sharira

Govt. Auto. Ashtang Ayurved

College & Hospital, Indore. (M.P.)

Mob.: 94247 07647

Co-Organising Secretary : **Dr. Priyanka Jat**, *Lecturer, Dept. of Rachana Sharira*

Govt. Auto. Ashtang Ayurved College & Hospital, Indore. (M.P.) Mob.: 97529 95931

Steering Board

Dr. S.K. Nayak (*Professor & HOD*) - *Dept. of Shalakyia Tantra*

Dr. S.K. Das Adhikari (*Professor & HOD*) - *Dept. of Kaay Chikitsa*

Dr. Dharmendra Sharma (*Asso. Professor & HOD*) - *Dept. of Kaumar Bhritya evam Shishu Rog*

Dr. Vimal Kumar Arora (*Asso. Professor & HOD*) - *Dept. of Ras Shastra*

Dr. Dinesh Singh Gour (*Asso. Professor & HOD*) - *Dept. of Shalakyia Tantra*

Dr. Shailesh Shukl (*Asso. Professor & HOD*) - *Dept. of Samhita Siddhant*

Dr. Dinesh Malviya (*Asso. Professor & HOD*) - *Dept. of Kriya Sharir*

BLESSING PATRONAGE

Shri Mangubhai Patel, Hon'ble Governor of Madhya Pradesh
Shri Pratap Rao Jadhav, Hon'ble Cabinet Minister, Ministry of Ayush, Govt. of India
Dr. Mohan Yadav, Hon'ble Chief Minister, Govt. of M.P.
Shri Indar Singh Parmar, Hon'ble Minister of State, Ministry of Ayush & Higher Education, Govt. of M.P.
Shri Kailash Vijayvargiya, Hon'ble Cabinet Minister, Urban Development, Govt. of M.P.
Shri Tulsiram Silawat, Hon'ble Cabinet Minister, Water Resources Ministry, Govt. of M.P.
Shri Shankar Lalwani, Hon'ble Member of Parliament, Govt. of India
Shri Pushyamitra Bhargav, Hon'ble Mayor, Indore Municipal Corporation, Indore
Smt. Malini Laxman Singh Gour, Hon'ble M.L.A., Indore M.P.
Shri D. P. Ahuja, IAS, Principal Secretary, Ayush Ministry Govt. of M.P.
Mrs. R. Uma Maheshwary, IAS, Commissioner, Ayush Ministry Govt. of M.P.
Dr. Sudam Khade, IAS, Commissioner (President, Autonomous Body), Indore (M.P.)
Shri Sanjay Kumar Mishra, IAS, Additional Secretary, Ayush Ministry Govt. of M.P.
Smt. Ranjana Devda, Deputy Secretary, Ayush ministry, Govt. of M.P.
Dr. Ashok Khandelwal, Vice-Chancellor, MPMSU, Jabalpur

ADVISORY BOARD

Dr. Umesh Shukla, Principal, Pt. Khushilal Sharma, Govt. Ayurved College, Bhopal (M.P.)
Dr. Jageshwar Chourasiya, Principal, Govt. Dhanwantari Ayurved College, Ujjain (M.P.)
Dr. Deepak Kulshreshtha, Principal, Govt. Ayurved College, Rewa (M.P.)
Dr. Mahesh Sharma, Principal, Govt. Ayurved College, Gwalior (M.P.)
Dr. L. L. Ahirwal, Principal, Govt. Ayurved College, Jabalpur (M.P.)
Dr. Shushrut Kanojiya, Member of NCISM, New Delhi
Dr. Reeta Marwah, Professor & HOD, Pt. Khushilal Sharma, Govt. Ayurved College, Bhopal (M.P.)
Dr. O. P. Diwedi, Professor & HOD, Govt. Ayurved College Rewa (M.P.)
Dr. Yogesh Wane, I/C Professor & HOD, Govt. Ayurved College Ujjain (M.P.)

M.P. AYUSH ADVISORY BOARD

Dr. R. K. Gupta, Professor, Directorate of Ayush, Govt. of M.P.
Dr. Pankaj Gupta, Deputy Director, Directorate of Ayush, Govt. of M.P.
Dr. Hemant Soni, Professor, Directorate of Ayush, Govt. of M.P.
Dr. Nidhi Gupta, Deputy Director, Directorate of Ayush, Govt. of M.P.
Dr. Vandana Borana, Assistant Director, Directorate of Ayush, Govt. of M.P.
Dr. Rajeev Mishra, Deputy Director, Directorate of Ayush, Govt. of M.P.
Dr. Gopal Krishna Dhakad, Drug Inspector, Directorate of Ayush, Govt. of M.P.
Dr. Vipin Tomar, Deputy Director, Directorate of Ayush, Govt. of M.P.
Dr. Himmat Singh Dawar, Licensing Officer, Directorate of Ayush, Govt. of M.P.
Dr. Kirti Rathore, O.S.D., Directorate of Ayush, Govt. of M.P.
Dr. Praveen Raghuvanshi, Drug Inspector, Directorate of Ayush, Govt. of M.P.
Dr. Deepak Thakur, AMO, Directorate of Ayush, Govt. of M.P.
Shri Hemant Bhargare, Finance Officer, Directorate of Ayush, Govt. of M.P.

PREAMBLE

It gives us great pleasure to share that Government Autonomous Ashtang Ayurved College, Indore is celebrating its National Seminar. This institute started its journey in 1921 as Brahma Charya Ashram Trust which was established by Param Pujya Swami Dwaraka Duttaji Maharaj in Indore (The Nagari of Maa Ahilya). The Govt. of M.P. took over this institution on 12 December 1972 and the institution was named as Government Ashtang Ayurved College, Indore. The institute has completed its glorious 53 years in service of Ayurveda under Govt. of Madhya Pradesh and during this period institute produced, the scholars who are rendering their services to the public in different fields like Ayurveda, politics, industry in the state and the country as well.

The institute is going to celebrate the foundation day of Institute in grand style, Governing body of the institute has planned to organize national seminar on Marma.

Marma refers to vital energy point of the body where physical, mental and emotional aspects intersect. It is 2000 year old traditional powerful healing science.

In this seminar you will go through into the profound benefits of Marma therapy, learning evidence based techniques for addressing specific ailments as outlined in Ayurveda classics.

AREA OF FOCUS

“MARMAGYAN” A Holistic approach to Marma

- | | |
|---|---|
| v Introduction of Marma | v Marma chikitsa for pain management |
| v Holistic approach of Marma | v Marma chikitsa for sports injury & sports fitness |
| v Anatomy & Physiology of Marma point both Ayurveda & Modern View | v Marma for women's health |
| v Marma Chikitsa for stress, Anxiety, depression & Others Mental health | v Surgical approach for Marma |



SCIENTIFIC SESSION

DATE : 12th DECEMBER, 2025

Registration & Breakfast - 9.00 to 9.45am

SESSION-I 9.45 am to 11.15 am

Tea Break
11.15 pm to 11.30 pm

SESSION-II 11.30 am to 01.00 pm

Lunch Break
1 pm to 2 pm

SESSION-III 2 pm to 03.30 pm

Tea Break
3.30 pm to 3.45 pm

SESSION-IV 3.45 pm to 05.00 pm

Valediction 5 pm

Hi Tea - after the Valediction

FORMAT OF COMPLETE RESEARCH PAPER OR ARTICLE

SUBMISSION DEADLINE : 15-11-2025 WITH REGISTRATION FORM

- 1. Title :** Font size 16pt. Times New Roman
- 2. Keywords :** not more than 5
- 3. Material & Methods**
- 4. Result & Discussion :**
- 5. Conclusions :**
- 6. References : Examples**

Email for submission on : rachanasharirashtang@gmail.com

- 7.** Name of author/co-author, Qualification, Designation, Phone No., Postal & email address must be placed at first.
- 8.** The authors are requested to send their complete paper in MS-WORD text format file (.Doc or .doc X) in A4 size through email on rachanasharirashtang@gmail.com
- 9. Fonts preferred:-**
 - English Times New Roman 12pt. with line spacing 1.5
 - Hindi Krutidev 010 14pt. with line spacing 1.5
- 10.** The authors must submit their complete Papers before **15th November, 2025.** (with registration Form)

Note - 1. Author should submit a certificate on original work copyright

CRITERIA FOR SELECTION OF PAPERS/LECTURES

A. For presentation -

- 1.** Paper /Lecture must be unpublished, exclusive, skillful & pioneer for teachers & students.
- 2.** Presentation Max.05 min..
- 3.** Only original work with Certificate is acceptable.

- Note -**
- 1.** Please bring a hard copy of the presentable PPT to avoid inconvenience.
 - 2.** The committee has power/ jurisdiction to edit the subject matter prior to its presentation/ publication.
 - 3.** The author will be responsible for any Plagiarism.

INSTRUCTIONS FOR REGISTRATION :

- Registration form (PDF) can be downloaded from website of college : www.gaacindore.edu.in or link for registration : <https://forms.gle/BbSWXWWyPsavJFWSA>
 - Registration form duly filled in and signature should be e-mailed in PDF format with attached fee transaction slip on or before **15th November, 2025** by 5pm. to rachanasharirashtang@gmail.com or sent by Registered / Speed Post or courier to the Organizing Secretary of Conference, Govt. Auto. Ashtang Ayurved College, Lokmanya Nagar, Indore-452 009 (M.P.), India.
 - In case of e-transaction, the transaction ID must be filled & attach (Soft/Hard copy).
- * If **Google form** is filled with transaction detail attached, no need to send hard copy Google Form. <https://forms.gle/BbSWXWWyPsavJFWSA>

REGISTRATION FEE

Faculty / Medical Officer	Rs. 2000/-	Before 15th November,2025
Ph.D. & P.G. Scholar	Rs. 1500/-	Before 15th November,2025
UG Students	Rs. 1000/-	Before 15th November,2025

No TA/DA
will be given.

Govt. Auto. Ashtang Ayurved College & Hospital

Lokmanya Nagar, Keshar Bagh Road, Indore-452009 Madhya Pradesh, INDIA

National Seminar on Marma MARMAGYAN A Holistic Approach to Marma

email : rachanasharirashtang@gmail.com web : www.gaacindore.edu.in

12 December, 2025

(Last Date for Registration : 15th November, 2025)

Link for registration :

<https://forms.gle/BbSWXWWyPsavJFWSA>

PASSPORT
SIZE
SIGNED
PHOTO

Full Name

Designation

Institute/Hospital

Address for Correspondence :

Contact No. :

Mobile (Whatsapp No.)

Aadhar / Pan / Driving Lic. (Attach ID Proof)

e-mail

Title of the paper

Mode of Payment Net Banking -

(In favour of Pradhanacharya, Govt. Ashtang Ayu. College, Indore.

SBI A/C no.: 53002524917 - IFSC code : SBIN0030344)

Transaction Ref. No. :

Receipt No.

Bank Name :

Amount Rs.:

Amount Rs.: (in words)

Signature & Date



एक कदम स्वच्छता की ओर

Govt. Auto. Ashtang Ayurved College & Hospital

Lokmanya Nagar, Keshar Bagh Road, Indore-452009 Madhya Pradesh, INDIA

National Seminar on Marma MARMAGYAN A Holistic Approach to Marma

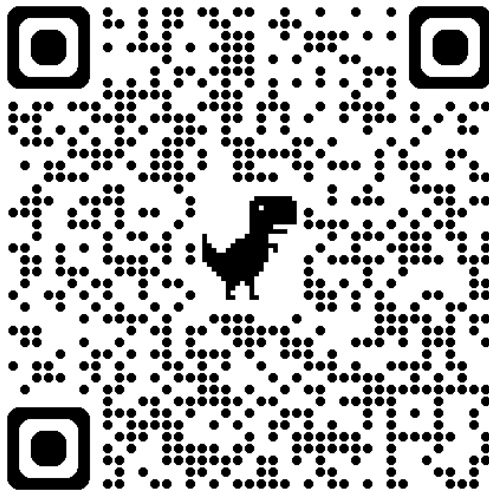
email : rachanasharirashtang@gmail.com web : www.gaacindore.edu.in

12 December, 2025

(Last Date for Registration : 15th November, 2025)

Link for registration : <https://forms.gle/BbSWXWWyPsavJFWSA>

*To register for the seminar
“MARMAGYAN”,
please scan the QR code
to access the Google Form.*



<https://forms.gle/BbSWXWWyPsavJFWSA>

