



Mrityunjay Mission

(Foundation for Vedic Medical Sciences)

Nandipuram, Gandikhata,
Haridwar (Uttarakhand)

22nd International Marma Science and Marma Therapy Training Programme

21-25 November 2024

Inaugural Session

11:00 A.M. to 1:00 P.M.

Deep Prajwalan & Guru Pujana

Welcome of Guests

Inaugural Speech

Prof. Sunil Kumar Joshi

Blessings of Distinguished Guests

Vote of Thank

Shantipath and Closing

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Time (IST)	21 (Thursday) November 2024/ Day 1
09:00- 11:00 AM	Registration
11:00- 01:00 PM	Inaugural Session
01:00- 02:00 PM	Lunch Break
02:00- 03:30 PM	Introduction of Marma Science and Marma Therapy
03:30- 05:30 PM	Measurement of Human body, Vedic Anatomy with Practical Demonstration.

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Time (IST)	22 (Friday) November 2024/ Day 2
07:30- 09:30 AM	Achar Samhita/ Session of Self Marma Therapy
09:30- 10:00 AM	Break Fast
10:00- 12:00 PM	Fundamental Principles of Ayurveda and relation with Marma Therapy
12:00- 01:00 PM	Marma Points of Head and neck
01:00- 02:00 PM	Lunch Break
02:00- 03:30 PM	Introduction of Marma Points in reference to the umbilicus

	(Importance of Nabhi in Marma science)
03:30- 05:30 PM	Practical Training of Head Marma
05:30 PM	Return to the Hotels

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Time (IST)	23 (Saturday) November 2024/ Day 3
07:30- 09:00 AM	Achar Samhita/ Session of Marma Pranasana
09:00- 10:00 AM	Break Fast
10:00- 12:00 PM	Marma Points of upper and lower extreme
12:00- 01:00 PM	Marma Points of back and Abdomen
01:00- 02:00 PM	Lunch Break
02:00- 03:30 PM	Management of different diseases with Marma Therapy
03:30- 05:30 PM	Practical Training of upper and lower extremities
05:30 PM	Return to the Hotels

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Time (IST)	24 (Sunday) November 2024/ Day 4
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07:30- 09:00 AM	Achar Samhita/ Session of Self Marma Pranasana with prakriti assessment
09:00- 10:00 AM	Break Fast
10:00- 12:00 PM	Marma Points of back and Abdomen
12:00- 01:00 PM	Spinal disorder and management through Marma therapy
01:00- 02:00 PM	Lunch Break
02:00- 03:30 PM	Marma and Yoga
03:30- 05:30 PM	Practical Training of Back and abdomen
05:30 PM	Return to the Hotels

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Time (IST)	25 (Monday) November 2024/ Day 5
07:30- 09:30 AM	Achar Samhita and Herbal Medicine Preparation
09:30- 10:00 AM	Break Fast
10:00- 12:00 PM	Marma Therapy in different brain lesions.
12:00- 01:00 PM	Question and Answer Sessions
01:00- 02:00 PM	Valedictory and Certificate distribution
02:00 PM	Lunch Break