

**REGIONAL AYURVEDA RESEARCH INSTITUTE
RANIKHET**

Regional Ayurveda Research Institute (RARI) is a premier Institute for research on medicinal plants of North-West Himalayan region of India. The total land of the premises is 0.602 hectare and situated in between 29°36.877'N and 79°-24.277'E at an elevation of 5506 feet. The Institute has its own excellent building with the total built-up area of 2560.17 Sq. meter. Institute has two medicinal plant gardens at Ranikhet & Chamba and a Musk Deer Research Centre at Mehruri, Bageshwar.

Mandate of the Institute:

- *Medico-Ethno-Botanical Survey of Sub Himalayan areas.*
- *Documentation of Ethno-medical practices and remedial property of different plants used by the tribes of Uttarakhand.*
- *Demonstrative Medicinal Plants Garden.*
- *Musk Deer Breeding.*
- *Healthcare services through Out Patient Department (OPD) & Panchakarma.*

Collaboration

- *MOU was signed between RARI, CCRAS - Ranikhet and Kumaun University Nainital (Uttarakhand) for academic and research activities.*
- *MOU was signed between RARI, CCRAS - Ranikhet and Uttarakhand Ayurveda University Dehradun (Uttarakhand) for research activities.*

Recognition

- *The institute herbarium has been recognized by New York Botanical Gardena with the allotted ACRONYM of "RKT".*

Achievements at a Glance since Inception

- *The Institute has been certified with NABH Ayush Entry Level Centre.*
- *Explored 42 forest divisions covering approxmately 54,000 sq. km. area that accounts about 25% of Western Himalaya from Tarai-Bhabar belt to alpine zones.*
- *The institute has a collection of more than sixty thousands herbarium specimens representing different families, genera and species of Angiosperms, Gymnosperms and Pteridophytes.*
- *Identified many Shilajeet bearing spots in Kumaon and Garhwal regions of Himalya.*
- *New records made on occurrence of Indian Ginseng (Panax pseudoginseng Wall and an Orchid (Diplomeris hirsuta Lindl) from Western Himalaya.*
- *Plants like Wallichia densiflora Mart and Phrynium placentarium (Lour) Merr considered diminished for about a century have been noticed and collected.*
- *Saffron has been successfully cultivated in non habitat area of Ranikhet and monograph was published.*
- *More than 550 medicinal folk claim has been collected.*
- *Herbal wealth of Uttarakhand has been compiled in two volumes and published.*
- *Monograph on Saffron has been published.*



**Training Workshop
on
MARMA CHIKITSA**

Date: 16.02.2023 & 17.02.2023

Objective

- *Recapitulation of applied aspect of Marma, the vital areas of the body in clinical practice.*
- *Marma Chikitsa is recently being practiced as an effective therapeutic procedure in various painful disease conditions like lumbar pain, radiating leg pain, rheumatoid arthritis, knee joint pain, cervical spondylosis, headache, etc.*
- *Marma therapy is proven effective and safe in pain management, can improve the quality of life of patients.*
- *The adverse effects of analgesics and other such pharmacological interventions may be avoided through Marma therapy.*

Programme Schedule

Day – 01 (16.02.2023)	
Time	Topics
10:00AM - 11:00AM	Inaugural Ceremony
11:00AM - 11:45AM	Lecture - "Applied Anatomy regarding Marma Therapy"
11:45AM- 12:00PM	High Tea
12:00PM- 01:00PM	Hands on Training- Marma Therapy
01:00PM- 02:00PM	Lunch
02:00PM- 03:00PM	Lecture- "Clinical application of Marma Therapy"
03:00PM- 04:00PM	Hands on Training- Marma Therapy
04:00PM- 04:30PM	Discussion

Day – 02 (17.02.2023)	
Time	Topics
10:30AM - 12:00AM	Lecture- "Recent Advances on Marma Therapy"
12:00PM - 12:15PM	High Tea
12:15AM- 01:15PM	Hands on Training- Marma Therapy
01:15PM- 02:00PM	Lunch
02:00PM- 03:00PM	Hands on Training- Marma Therapy
03:00PM- 04:00PM	Feedback & Valedictory Session



वसुधैव कुटुम्बकम्

ONE EARTH • ONE FAMILY • ONE FUTURE

Organizing Committee

Chairperson

Dr. Achintya Mitra
Assistant Director In-charge
Mobile No. 9836727927

Co-Chairperson

Dr. Gajendra Rao
Research Officer (Bot.)
Mobile No. 9423051622

Convener

Dr. Deepshikha Arya
Research Officer (Bot.)
Mobile No. 9456321176

Organizing Secretary

Dr. Tarun Kumar
Research Officer (Ay.)
Mobile No. 9990167451

Sub-Committees

Stage Committee

Technical Committee

Food & Hospitality Committee

Registration & Reception Committee

Accommodation & Transport Committee

Media Publicity & Social Media Committee

Cultural Committee

Contact Details

Email: rrihf-tarikhet@gov.in
rrihf.tarikhet@gmail.com

Registration details

1. Participation is free of cost but prior registration is mandatory before 11.02.2023.
2. To register kindly fill the Google registration form.
3. Maximum Number of trainees: 50
4. No TA/DA and accommodation will be provided to the participants by the Institute. If needed guidance will be provided for the accommodation.
5. Certificates will be awarded to the participants after successful completion of the programme.
6. Full attendance is mandatory for obtaining participation certificate.

Who can apply (eligibility):

Ayush Practitioners/ Doctors enrolled in the State/ Central Register of Indian System of Medicines.

Training Workshop

on

MARMA CHIKITSA

Title- Hands on Training on “Recent Advances of Marma Therapy, a Non Invasive Therapeutic approach in Ayurveda.”

Date: 16.02.2023 & 17.02.2023

Google Form Link

<https://forms.gle/p3KfDrXRSjdVZXFR7>



From:

Organizing Committee

Training Workshop

on

MARMA CHIKITSA

Date: 16.02.2023 & 17.02.2023

Chief Patron



Prof. Rabinarayan Acharya
Director General
Central Council for Research
in Ayurvedic Sciences
Ministry of Ayush
Govt. of India



Dr. Sunil Kumar Joshi
Honorable Vice Chancellor
Uttarakhand Ayurved University
Harrawala Dehradun



Dr. Binod Joshi
M.D. Ayurveda IPGTRA Jamnagar
Guru RAV Ministry of Ayush
Govt. Of India

Speakers



Venue

Regional Ayurveda Research Institute
Ranikhet

Organized by

Regional Ayurveda Research Institute
(RARI, Ranikhet)

(NABH Accreditation for Ayush Entry Level Centre)
P.O. Ganiadholi (Ranikhet)- 263645 Dist. Almora
Uttarakhand