

PROGRAMME SCHEDULE

CME on




ANCIENT WISDOM AND SCIENTIFIC APPROACHES OF SIDDHAR YOGA MARUTHUVAM

For Teachers



Date: 22.09.2025 to 27.09.2025

Venue: Agathiyar Arangam, NIS

RESOURCE PERSON/TOPIC

S. No	Resource persons	Topics	Date /Time
1	Dr.S.Shanthi Director, R&D, Jothi Siddha Clinic, Temple of Consciousness, Arutperumjothi Nagar, Aliyaru -642101.	 Scientific approach of SKY <i>in yoga maruthuvam</i> .	22.09.2025 – Morning session 1 10 am to 11.30 am
			Yoga Demonstration 22.09.2025 – Morning session 2 11.45am to 1.15 pm
2	Dr.PL.Balasubramanian Assistant professor, Department of Siddha medicine, Tamil University, Thanjavur - 613010.	 History and scientific approaches of <i>Yogam</i> in <i>Siddha</i> system of medicine.	22.09.2025 – Afternoon session 1 1.45pm to 3.15 pm
			Yoga Demonstration 22.09.2025 – Afternoon session 2 3.30pm to 5.00 pm
3	Dr.B.Rajalakshmi Medical Officer (Siddha), Health and wellness centre, Reddiarpalayam, Directorate of Ayush, Govt of Puducherry.	 Therapeutic approaches of <i>Siddhar yogam</i> in the Management of Type 2 Diabetes Mellitus	23.09.2025 – Morning session 1 10 am to 11.30 am
			Yoga Demonstration 23.09.2025 – Morning session 2 11.45am to 1.15 pm

4	Dr.D.Periyasami Associate professor, HOD (i/c), Department of Varma Maruthuvam, National Institute of Siddha, Chennai - 47		Rejuvenation modalities in <i>Siddhar yogam</i> The concepts of <i>Varmam</i> used in <i>Siddhar yogam</i>	23.09.2025 – Afternoon session 1 1.45pm to 3.15 pm
			Yoga Demonstration	23.09.2025 – Afternoon session 2 3.30pm to 5.00 pm
5	Dr.V.Duraisami Professor and Head, Department of Yoga, Tamilnadu Physical Education and Sports University, Melakottaiyur, Chennai - 127.		Role of Yogic practices in physical and mental well-being	24.09.2025 – Morning session 1 10 am to 11.30 am
			Yoga Demonstration	24.09.2025 – Morning session 2 11.45am to 1.15 pm
6	Dr.S.Kumar Domain Expert (Siddha), Central Council for Research in Siddha, Tambaram Sanatorium, Chennai - 47.		Ancient wisdom and scientific approaches of <i>Pranayamam</i>	24.09.2025 – Afternoon session 1 1.45pm to 3.15 pm
			Yoga Demonstration	24.09.2025 – Afternoon session 2 3.30pm to 5.00 pm
7	Dr.R .Vetrivendan Siddha Medical Officer, Government Hospital, Vembadithalam, Salem		Principles and practice of <i>Siddhar yogam</i> in the management of various diseases	25.09.2025 – Morning session 1 10 am to 11.30 am
			Yoga Demonstration	25.09.2025 – Morning session 2 11.45am to 1.15 pm

8	Dr.Shashikant Founder & Director, IM WELL Pvt. Ltd, (Integrative Medicine & Wellness Company), Bengaluru, Karnataka - 560049.		"Medical <i>Yoga</i> & <i>Mudra Yoga</i> for Siddha Doctors"	25.09.2025 – Afternoon session 1 1.45pm to 3.15pm
			Yoga Demonstration	25.09.2025 Afternoon session 2 3.30pm to 5.00 pm
9	Dr.M.V.Mahadevan Associate Professor, H.O.D (i/c), Department of Pura Maruthuvam, National Institute of Siddha, Chennai - 47.		Management of Common Psychiatric Conditions through <i>Siddhar Yogam</i>	26.09.2025 – Morning session 1 10 am to 11.30 am
			Yoga Demonstration	26.09.2025 – Morning session 2 11.45am to 1.15 pm
10	Dr. Ananda Balayogi Bhavanani Director, Institute of Salutogenesis and Complementary Medicine (ISCM) & Professor of Yoga Therapy at Sri Balaji Vidyapeeth, Pillayarkuppam, Pondicherry.		The role of yoga in cognitive function and personality development	26.09.2025 – Afternoon session 1 1.45pm to 3.15 pm
			Yoga Demonstration	26.09.2025 – Afternoon session 2 3.30pm to 5.00 pm
11	Dr.S.Paechiyammal Resident Medical officer, National Institute of Siddha, Chennai - 47.		The significance of <i>Yoga muthiraigal</i> and <i>Dhyanam</i> for general wellbeing	27.09.2025 – Morning session 1 9 am to 10.30 am
			Yoga Demonstration	27.09.2025 – Morning session 2 10.45 am to 12.15 pm

12	Dr.R.Praveena Domain Expert (Siddha), Central Council For Research In Siddha, Ministry of Ayush, Govt.of.India, Tambaram Sanatorium, Chennai - 47.		Therapeutic precautions of Yoga in clinical practice	27.09.2025 – Afternoon session 1 12.45 pm to 2.15 pm
			Research Challenges and opportunities in <i>Siddhar Yoga</i> <i>Maruthuvam</i>	27.09.2025 – Afternoon session 2 2.30 pm to 4.00 pm

