

SWAMI RAMA HIMALAYAN UNIVERSITY
SCHOOL OF YOGA SCIENCES, DEHRADUN

**A COMPREHENSIVE REVIEW
REPORT ON THE FIVE-DAY
INTENSIVE WORKSHOP ON
“ACUPRESSURE THERAPEUTICS
AND PAIN MANAGEMENT”**

Date of Event:	May 26 to May 30, 2026
Venue:	Nagarjun Hall-VI, Swami Rama Himalayan University, Dehradun
Convener:	Dr. Rudra Bhandari (Principal, SYS)
Workshop Coordinator:	Dr. Shivom
Coordinating Team:	Dr. Garima Jaiswal, Dr. Ankit Sharma
Speaker:	Dr. Archana Dubey and Mr. Koushal Lodhi
Report Compilation Committee:	Ms. Muskan Kapoor, Ms. Diya Pokhriyal, Mr. Saurabh Singh Sindhwal, Ms. Lancy Sharma, Ms. Bhawna Jha (PhD Scholars)

Principal
09.06.2026

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1. EXECUTIVE SUMMARY AND BACKGROUND

The School of Yoga Sciences at Swami Rama Himalayan University organized a highly successful, historic, and comprehensive five-day national workshop on "Acupressure Therapeutics and Pain Management" from May 26 to May 30, 2026. Given the escalating global demand for holistic health protocols and advanced management strategies for both acute and chronic pain, this program sought to establish an integrative paradigm. Combining the timeless principles of traditional Yoga Sciences with classical Acupressure and ancient Marma science, the workshop highlighted non-invasive pathways to address complex clinical symptoms without adverse side effects. The pedagogical structure aimed to equip final-year undergraduate, postgraduate, and doctoral scholars with systematic theoretical models and direct clinical application skills.

The workshop achieved a record registration of 86 active participants, consisting of 72 meritorious academic delegates (comprising final-year B.Sc. and M.Sc. Yoga Science / Therapy students alongside active PhD researchers) and 13 esteemed institutional faculty members. The academic schedule was organized around rigorous 8-hour daily sessions, translating into 40 core contact hours of structural learning. The instructional distribution was strategically divided into 60% theoretical exposition focusing on pathomechanisms, historical lineages, and structural anatomy and 40% direct hands-on clinical practical drills and interactive point-location sessions.

1.1. Grand Inaugural Ceremony and Day 1 Structural Roadmap

In complete alignment with classical Indian academic customs and spiritual traditions, the milestone national workshop commenced with a sacred ceremonial invocation. The dignitaries, faculty members, and researchers collectively engaged in the collective chanting of the Gayatri Mantra. The group resonance of this foundational invocation filled the entirely packed Nagarjun Hall with highly contemplative, positive, and receptive spiritual energy. Following the invocation, Prof. Rudra Bhandari, Principal of the School of Yoga Sciences, delivered the official welcome and inaugural address. He underscored the clinical relevance of traditional therapeutic modalities in countering contemporary lifestyle disorders and emphasized that integrating acupressure within standard yogic protocols represents a timely and vital development in complementary medicine.

Immediately following the inaugural protocol, the main organizer and Workshop Coordinator, Dr. Shivom, presented a highly detailed structural roadmap of the five-day curriculum. He outlined the daily technical divisions, horary cycle integration, evaluation criteria, and the overarching academic and clinical learning objectives, motivating the attendees for the upcoming interactive modules. Dr. Garima Jaiswal served efficiently as

the Master of Ceremonies, ensuring a fluid, dignified, and flawless transition throughout the introductory protocols and the primary technical sessions.

1.2. Workshop Resource Persons and Academic Facilitators

To deliver the highest tier of technical instruction and practical competence, the university invited highly respected clinical experts. A defining operational feature of this intensive workshop was that all core academic lectures, pathomechanisms, meridian mappings, and clinical clinical diagnostics were taught exclusively by the primary expert speaker. In accordance with updated pedagogical guidelines, topics originally slated under secondary external designations (such as Internal Resource Person-3) were fully integrated into the primary specialist's curriculum to ensure a streamlined and high-quality learning flow:

- **Dr. Archana Dubey (Primary Expert Speaker):** A renowned authority in Traditional Chinese Medicine (TCM), ancient Marma science, neurology, and human structural anatomy. Dr. Dubey assumed complete instructional responsibility across all five days, steering advanced theoretical discussions, meridian charting, horary cycle analysis, and clinical diagnostic practicals.
- **Shri Koushal Lodhi (Assistant Expert):** Well-versed in human sensory mapping, musculoskeletal frameworks, and applied anatomy. Shri Lodhi functioned as the primary technical assistant to Dr. Archana Dubey, facilitating live clinical demonstrations and providing direct, individualized support to participants during point-location practicals across all five days.

Important Administrative & Technical Protocols: To enforce academic accountability and meet institutional standards, strict pre-session and post-session attendance registers were executed daily. The comprehensive visual documentation and media coverage of the entire five-day proceedings were managed by Mr. Ishan and Mr. Shubham.

2. DETAILED CHRONOLOGICAL TECHNICAL PROCEEDINGS

The academic progression of the workshop combined traditional oriental paradigms with contemporary western biomedical science. Dr. Archana Dubey systematically expounded upon the clinical applications of energy distribution systems, which were systematically documented by the student report committee across each successive day.

2.1. Day 1 (26/05/2026): Foundational Theories, Epistemology, and Historical Lineage

Following the conclusion of the formal opening ceremony, the initial technical session established the definitive clinical definition of acupressure as a non-invasive, holistic intervention designed to leverage the body's intrinsic self-regulatory mechanisms. Dr. Archana Dubey traced its historical lineage back over 5,000 years, establishing its evolutionary and physiological convergence with the 107 vital energy nodes (Marma points) documented in classical texts such as the Vashistha Samhita, 劇 Ashtanga Hridaya, and the Valmiki Ramayana. Historical distribution vectors show that this medical knowledge travelled from India to China via Buddhist Monks, subsequently influencing Western clinical traditions through Zone Therapy.

The session examined the Yin-Yang paradigm through the philosophical lens of Ardhanarishvara and Purusha-Prakriti, representing dynamic homeostatic balance. Yin represents the anterior, continuous visceral structures (where deficiency correlates to dull, chronic pain pathways), whereas Yang represents the posterior, intermittent structures (where hyperactivity manifests as acute, sharp, and severe pain). The structural schematic presented introduced the 12 primary meridians and 2 central regulatory vessel pathways, encapsulating 361 classical acupoints. Modern physiological validations were established utilizing the Gate Control Theory of Pain and neurophysiological models. This report module was compiled by Ms. Muskan Kapoor (PhD Scholar).

2.2. Day 2 (27/05/2026): Energy Meridians and Clinical Pain Classification Matrix

The second day advanced directly to meridian pathophysiology and point diagnostics. Dr. Archana Dubey, assisted closely by Shri Koushal Lodhi, provided detailed clinical expositions of organ-system pathways and key regulatory points, mapping out how vital energy (Qi) flow obstructions translate into physical disorders. This day's session was compiled by Ms. Diya Pokhriyal (PhD Scholar).

Meridian System Network	Core Regulatory Acupoints	Clinical Manifestations & Pathological Indicators
Lung (LU) & Large Intestine (LI)	LU9, LI4	Respiratory distress, chronic cough, thoracic constriction, physical fatigue, constipation, abdominal

		bloating, and compromised immune response.
Spleen / Pancreas (SP)	SP3	Emesis, metabolic/digestive insufficiency, peptic ulceration, metabolic obesity, labial dryness, diaphragmatic spasms, and muscular hypotonia.
Heart (H)	H7	Affective instability, speech impediments (stuttering), vasomotor flushes, glossal discoloration, peripheral edema, and psychological codependency.
Urinary Bladder (UB) & Kidney (K)	UB64, K3	Acute lumbar distress, urinary frequency, chronic exhaustion, and cognitive/attentional deficits.
Pericardium (P) & Triple Warmer (TW)	P7, TW4	Cardioprotective regulation, psychosomatic homeostatic balancing, and metabolic regulation across the three visceral cavities (Burners).

The afternoon session integrated Western medical classifications, stratifying pain into acute, chronic, somatic, and visceral typologies. Associated autonomic and behavioral presentations such as tachycardia, hypertension, diaphoresis, pupillary dilation, guarding behavior, and general restlessness were evaluated from an integrative diagnostic perspective, matching subjective pain scales with objective physiological signs.

2.3. Day 3 (28/05/2026): Psychophysiology of Pain and Spinal Architecture

During the third intermediate day, Dr. Archana Dubey established the deep psychophysiological connection between mental states, emotional stress, and somatic pain using the Five-Element Theory. She noted that long-term chronic pain cannot be resolved without mitigating underlying emotional stressors. Specific organs were mapped to emotional states: the Liver controls anger (overactivity elevates cholesterol synthesis and dims the skin); the Heart processes joy (imbalance triggers erratic laughing or depression); the Lungs manage grief (chronic sorrow drops blood oxygenation); the Stomach reacts directly to anxiety and stress ('Worry, Hurry, and Curry'); and the Kidney processes fear, where depletion triggers sudden panic attacks and an acidic internal environment. In spinal therapeutics, Dr. Dubey demonstrated the clinical distinction between the Inner Line (used to reset internal visceral functions) and the Outer Line (which acts as a drainage channel to flush out lymphatic toxins), mapping out precise sensory coordinates with the active assistance of Shri Koushal Lodhi. This module was compiled by Mr. Saurabh Singh Sindhwal (PhD Scholar).

3. ADVANCED PRACTICAL APPLICATION, CLINICAL RECOVERY AND EVALUATION

3.1. Day 4 (29/05/2026): Nutritional Biochemistry and Emergency Clinical Care

The fourth day focused heavily on connecting internal nutritional biochemistry with structural musculoskeletal pain. Dr. Archana Dubey highlighted the vital roles of Vitamin D3 (bone density, immune defense) and Vitamin B12 (nervous system health), detailing how dual deficiencies lead to chronic bone aches, muscular stiffness, and peripheral limb numbness. In emergency therapeutics, Dr. Dubey presented documented clinical case studies showing how precise point pressure stabilizes acute cholelithiasis (gallbladder stone) pain and cardiac patients during emergency transport. Practical training featured live demonstrations of 'pumping' pressure techniques on points LI-11, LI-3, and LV-3 for immediate panic attack mitigation, alongside therapeutic tracks for complex lifestyle disorders like PCOD and Type-2 Diabetes. This section was compiled by Ms. Lancy Sharma (PhD Scholar).

3.2. Day 5 (30/05/2026): Rehearsal, Applied Clinical Practicals, and Organ Clock Theory

The final instructional day was fully dedicated to comprehensive review, practical evaluation, and structural revision. Dr. Archana Dubey introduced the classical Organ Clock Theory, detailing the 2-hour peak metabolic efficiency windows for individual organs (e.g., Lungs: 03:00–05:00 hrs; Stomach: 07:00–09:00 hrs). She explained how physical inactivity causes lymphatic stasis, which contributes to chronic systemic fatigue, and advocated for daily movement as a simple regulatory habit. Under the guidance of the expert team, all delegates participated in practical point-location and stimulation drills. This session was compiled by Ms. Bhawna Jha (PhD Scholar).

3.3. Institutional Outreach and Direct Clinical Relief Outcomes

A distinguishing feature of this workshop was its direct clinical outreach component. During the afternoon practical labs, multiple teaching and non-teaching staff members from various university departments were invited to serve as clinical subjects. Dr. Archana Dubey, with the active technical assistance of Shri Koushal Lodhi, performed live clinical interventions for conditions such as lower back pain (LBP), severe sciatica, cervical spondylitis, and acute gastrointestinal distress. The staff recipients reported immediate, visible symptomatic relief and significant improvements in structural mobility, which were recorded by the research scholars for clinical review.

3.4. Rigorous Academic Assessment (Quiz Competition)

To gauge the retention of theoretical principles and practical point-location skills, an objective evaluation quiz was administered on the final afternoon. The test covered meridian pathways, anatomical point location, horary cycle applications, and pain management protocols. The results demonstrated an outstanding level of comprehension among the participants.

4. VALEDICTORY CEREMONY AND FORMAL CLOSING

The formal valedictory proceedings commenced at 15:30 hrs on the final afternoon, attended by university senior management, organizing members, and distinguished guests.

4.1. Dignitary Keynotes and Strategic Management Perspectives

- **Prof. Taruna Gautam (Adviser to the Honorable President):** Served as the Chief Guest. In her keynote address, she commended the School of Yoga Sciences for the initiative, stating that advancing evidence-based traditional healing methods is an institutional priority that helps equip students with self-reliant clinical skills.
- **Prof. Ritvik Dubey (Principal, School of Management):** Attended as Special Guest. He discussed the value of integrating systematic management frameworks into holistic health programs, highlighting the workshop as an excellent value-added addition to the curriculum.
- **Prof. Rudra Bhandari (Principal, School of Yoga Sciences):** Presided over the session. He congratulated the participants and emphasized the importance of applying these non-invasive skills to community health and welfare.

4.2. Merit Awards and Certification Distribution

Based on the performance metrics of the academic assessment quiz, the Top 10 Performers were called to the dais and honored with special tokens of appreciation (chocolates) and certificates of merit by the Chief Guest. Following this, formal certificates of participation were awarded to all 72 delegates and 13 faculty members who met the strict attendance requirements.

4.3. Formal Expression of Gratitude and Valediction via Shanti Patha

The final phase of the ceremony was led by the Workshop Coordinator, Dr. Shivom, who presented the formal Vote of Thanks. He summarized the five-day academic progression and acknowledged the contributions that led to its success.

First and foremost, Dr. Shivom extended his profound professional gratitude to the invited expert speakers, Dr. Archana Dubey and Mr. Koushal Lodhi, commending their comprehensive instructional delivery and the highly efficient, skillful conduct of their respective sessions. He then expressed sincere appreciation to Prof. Rudra Bhandari, Principal of the School of Yoga Science, acknowledging his invaluable guidance, visionary supervision, and constant mentorship throughout the planning and execution of the event. Moving forward, he expressed deep gratitude to Prof. Taruna Gautam (Advisor to the Honorable President) and Prof. Ritvik Dubey (Principal, School of Management) for their esteemed presence and for gracefully distributing the certificates to the participants. A special note of thanks was directed toward his faculty coordinating colleagues, Dr. Garima Jaiswal and Dr. Ankit Sharma, alongside the dedicated team of PhD Scholars Ms. Muskan Kapoor, Ms. Diya Pokhriyal, Mr. Saurabh Singh Sindhwal, Ms. Lancy Sharma, and Ms. Bhawna Jha whom he lauded as an exceptional support team whose seamless administrative and documentation work was pivotal to the workshop's success. Furthermore, he acknowledged the crucial technical contributions of Mr. Ishan and Mr. Shubham, thanking them for their dedicated efforts in covering the entire five-day event.

through meticulous photography and media documentation. In conclusion, Dr. Shivom conveyed his heartfelt gratitude to all the participants for their active engagement and enthusiastic learning throughout the program.

In accordance with traditional protocols, the national workshop concluded with the collective chanting of the *Shanti Patha*, dedicating the program's success to global peace, health, and holistic well-being.

4.4. Event Matrix and Comprehensive Statistical Reference Table

Parameter / Operational Metric	Recorded Statistics / Nominated Officials
Total Registered Student Delegates	72 Participants (B.Sc., M.Sc., and PhD Research Scholars)
Total Faculty Attendance	13 Members (Including Prof. Rudra Bhandari - Principal, Dr. Subodh Saurabh Singh - Vice-Principal, Dr. Shivom, Dr. Garima Jaiswal, Dr. Ankit Sharma, Dr. Somlata Jha, Dr. Sandeep Singh, Dr. Saloni Malik, Dr. Rahul Baluni, Mr. Vijendra Dwivedi, Ms. Anuradha, and Ms. Kajal Pal)
Workshop Coordinator	Dr. Shivom
Coordinating Committee	Dr. Garima Jaiswal, Dr. Ankit Sharma
Invited Expert Resource Person	Dr. Archana Dubey (Sole instructional lead across all technical sessions)
Assistant Expert Facilitator	Shri Koushal Lodhi
Media & Photographic Documentation	Mr. Ishan, Mr. Shubham
Academic Merit Awardees (Quiz)	10 Participants (Honored with formal merit certificates and appreciation tokens)









