

ABOUT NIT

National Institute of Technology (formerly known as Regional Engineering College) Tiruchirappalli is one among the premier Institutions of India and is well known for its high standards in teaching and research. It offers 10 undergraduate and 23 postgraduate programs in disciplines spanning Engineering, Architecture and Management. It has been declared as an Institute of National Importance by the Government of India under NIT Act. According to the Ministry of Human Resources Development, NIRF 2020, NIT Trichy has been ranked as the 1st NIT among all the NITs and 9th among all the engineering institutes in India.

ABOUT THE CENTRE

The Centre for Indian Knowledge Systems (IKS) at NIT Tiruchirappalli is committed to bringing India's rich intellectual and cultural heritage into contemporary technical education, in alignment with the National Education Policy (NEP) 2020. The Centre promotes interdisciplinary learning, research, and indigenous innovation, connecting traditional knowledge systems with modern scientific and technological frameworks —providing a platform for students, faculty, researchers, and practitioners to engage with India's knowledge heritage.

ABOUT THE WORKSHOP

This workshop introduces Ancient Siddhars Nature Aligned (ASNA) Mudras — a traditional hand-gesture practice rooted in the knowledge traditions of the Siddhars, attributed to the teachings of Siddhar Agastya Muni. Participants will explore how specific mudras, traditionally understood to regulate Pranashakthi (vital energy), are associated with physical and mental wellbeing, and will gain an introduction to the theory, principles, and practical application of ASNA Mudras within the Siddha tradition.

There is significant scope for bridging Siddha and Indian Knowledge Systems (IKS) with contemporary research through scientific investigation, evidence generation, systematic documentation, and interdisciplinary approaches. The initiative seeks to encourage researchers to critically explore and validate traditional knowledge using modern scientific methodologies and emerging technologies, fostering evidence-based insights and innovation while preserving and advancing India's rich knowledge heritage.

RESOURCE PERSONS

Shrividhyani S Kanniah

Correspondent, SKARI

Dr. S. Thamarai Selvi

Retd. Professor, Anna University

Dr. V. Ganesh

Orthopaedic Surgeon

Ms. Radha Srinivasan

CSR Consultant

The resource persons are associated with the Siddharkal Kottam Academy and Research Institute (SKARI), Human Mirror Trust.

One Day Workshop

on

A TRADITIONAL SIDDHARS APPROACH TO MUDRAS FOR NATURAL WELL-BEING

August 21st, 2026



ORGANISED BY

**Centre for Indian Knowledge
Systems (IKS)**

National Institute of Technology Tiruchirappalli

IN ASSOCIATION WITH

**SKARI, Human Mirror Trust,
Papanasam - 627425**



SPONSOR

**IIT Madras Pravartak
Chennai**





Patron

Dr. G. Aghila
Director, NITT

Chief Guest

Dr. M. J. Shankar Raman
CEO, IITM Pravartak

Guest of Honour

Dr. Deepak Paramashivan
Coordinator, Centre for IKS, IIT Madras

Coordinator

Dr. N. Ramasubramanian
Professor, CSE, NITT
Coordinator, Centre for IKS, NITT

Co-coordinator

Ms. Radha Srinivasan
SKARI, Human Mirror Trust

VENUE

GJCH Conference Hall,
National Institute of Technology Tiruchirappalli.
Tiruchirappalli – 620015.

ABOUT SKARI

Siddharkal Kottam Academy and Research Institute (SKARI), Human Mirror Trust, a non-profit organization is engaged in the preservation, research, development, and contemporary adaptation of the knowledge traditions of the Siddhars. It has published patent for Pirandai Neer (Corona Medicine) and obtained copyright for ASNA Mudras. SKARI's activities include research and development in areas such as:

- Research on Panchaboothas and Pancheekaranam (Quintipulation)
- AI-based assessment of ASNA Mudras
- Research on molecular composition of herbal medicines
- Device development for
 - Identification of Nadis
 - Identification and study of breath patterns
 - Exploration of energy levels in the Nadis
 - Panchabhootha Chromotherapy
- Development of AI-driven tool for palmistry
- Research on Shrividhya Tantras to stimulate the 72000 nadis enhancing positive vibrations

**"A JOURNEY FROM ANCIENT WISDOM
TO CONTEMPORARY RESEARCH
FOR SOCIETAL WELL-BEING"**

**LEARN • PRACTISE • QUESTION • RESEARCH •
INNOVATE • PRESERVE**

REGISTRATION

The registration is free of cost for all the participants. However, the applicants need to fill a Google form using the link or QR code given below to register and attend the workshop. Seats are limited and will be on a first-come first-serve basis.

Google form Link: <https://forms.gle/AmUoG6oqvXSULf8t6>
Last Date: 20/08/2026



WHO CAN REGISTER?

The workshop is open to:

- **Students**
- **Research Scholars**
- **Faculty Members**
- **Alumni**

It will be particularly relevant to participants interested in pursuing interdisciplinary research connecting Indian Knowledge Systems with science, technology, healthcare, engineering, artificial intelligence, and other contemporary disciplines.

Individuals interested in practicing mudras for personal well-being and holistic health are also welcome to participate in the workshop.

For any queries, please contact:

E-mail: 406121052@nitt.edu
Contact No.: +91 94774 82163