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| Course Title | Varma Kalai for OSH: Workplace Pain Relief | Course Fee | In-House RM7,200 (20Pax) Public RM720/pax |
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INTRODUCTION

The Bridge Between Industrial Safety and Human Heritage

This 5-Hour Competency-Based Training (CBT) is an advanced intervention designed for the modern Malaysian workforce, from the factory floor and construction site to the research lab and corporate office. While traditional OSH focuses on external hazards, we focus on the internal biological cost of labor. Whether it is the repetitive strain of assembly lines, the heavy lifting of site work, the static posture of lab technicians, or the "Tech Neck" of office professionals, physical pain is a universal risk. We provide a non-invasive, drug-free "Reset" that restores worker mobility and prevents long-term musculoskeletal disability.

COURSE OBJECTIVE

Eliminating Pain, Enhancing Operational Longevity

By the end of this session, participants will be able to:

1. **Early Warning Detection:** Recognize the early physiological "warning signals" of Musculoskeletal Disorders (MSDs) before they escalate into medical leave or chronic disability.
2. **Immediate Pain Suppression:** Execute specific, self-applied Varma "Reset" protocols to instantly alleviate acute tension in the **Lower Back, Shoulders, and Extremities**.
3. **Bio-mechanical Priming:** Use "Varma Bracing" techniques to protect the spine and joints during repetitive lifting, standing, or load-bearing tasks.
4. **Neural Recovery:** Implement 90-second recovery micro-breaks to restore blood flow and mental focus, reducing the "Fatigue-Gap" that leads to human error.
5. **Differentiated Pain Logic:** Understand the difference between **Mechanical Strain** (Muscle) and **Neural Blockage** (Varma/Nadi) to apply the correct self-care intervention.

WHO SHOULD ATTEND

- **Front-Line Personnel:** Factory operators, site workers, cleaners, and security guards.
- **Technical Specialists:** Lab technicians, engineers, and healthcare workers.
- **Corporate & Support Teams:** HR, Finance, and Administrative staff.
- **Strategic Leadership:** Managers and Directors seeking to reduce insurance premiums and "Presenteeism."

PREREQUISITES

- **Attire:** Comfortable, loose-fitting clothing or standard-issue work uniforms (ensuring ease of movement for shoulder and knee access).
- **Tools:** Personal notebook and pen for technical notes.
- **Hydration:** A water bottle is highly recommended to assist in the "Metabolic Flush" following the Varma stimulation.
- **Mindset:** No prior medical or technical knowledge is required, only a willingness to explore a new dimension of physical safety.

TRAINING METHODOLOGY

The 30/70 High-Impact Clinical Model

Our methodology is engineered for rapid skill acquisition, moving beyond traditional classroom lectures to ensure every participant; from the site engineer to the factory operator, attains "Muscle Memory" competency.

- **Interactive Theory (30%):** We provide a clinical breakdown of human anatomy, the nervous system, and the specific "Industrial Load" placed on the body in different work environments.
- **Live Clinical Demonstrations:** Every module begins with a live demonstration by the **Varma Master**, showcasing the immediate physiological "Reset" of muscle tension and neural blockages.
- **Guided Practical Application (70%):** Participants engage in supervised, hands-on practice. Under the direct guidance of our Subject Matter Experts (SMEs), staff learn the exact pressure, angle, and timing required to safely activate their own internal relief points.
- **Competency Verification:** The session concludes with a practical "Skills Check" to ensure every participant is confident and safe to apply these techniques on the shop floor, in the lab, or at the office.

COURSE OUTLINE

A Universal Framework for Workforce Recovery

MODULE A: FUNDAMENTALS OF VARMA KALAI & OSH INTEGRATION

- **The Heritage of Resilience:** An introduction to the ancient Siddha Varma lineage and its transition into modern industrial safety.
- **The OSH Framework:** Understanding Musculoskeletal Disorders (MSDs) as a critical operational risk.
- **Mastery & Safety:** Establishing the clinical protocols for "Point Selection", ensuring every participant understands the safety boundaries of self-application.

MODULE B: BIO-MECHANICAL ASSESSMENT & MAPPING

- **Industry-Specific Load Mapping:** Identifying how different roles (e.g., reaching on an assembly line, standing on a security detail, or sitting at a desk) create unique "Neural Knots."
- **The "Pain-Signal" Audit:** Learning to detect early warning signs of joint compression and nerve fatigue before they lead to injury or downtime.

MODULE C: PRACTICAL APPLICATION: THE UPPER BODY RESET

- **Cervical (Neck) & Cranial Release:** Targeted protocols to eliminate "Tech Neck" for office staff and "Helmet Fatigue" for site engineers.
- **Shoulder & Trapezius Decompression:** Essential relief for workers involved in repetitive reaching, overhead manual labor, or heavy lifting.
- **Wrist & Forearm (Carpal Tunnel) Defense:** Precision techniques for lab technicians, typists, and factory operators performing fine-motor tasks.

MODULE D: PRACTICAL APPLICATION: LOWER BODY & CORE STABILITY

- **Lumbar (Lower Back) Restoration:** Decompressing the spine for those who spend long hours standing (Security/Cleaners) or in sedentary roles (Drivers/Finance).
- **Knee & Ankle Circulation:** Improving joint mobility and "Bio-mechanical Bracing" for site personnel working on uneven terrain or concrete factory floors.

MODULE E: INTERGRATION: SUSTAINING THE WELLNESS CULTURE

- **The 90-Second Micro-Break:** Designing a recovery schedule that fits seamlessly into high-intensity production or corporate cycles.
- **Sustained Performance:** Building a peer-led "Recovery Culture" to ensure these techniques are used daily to maintain long-term physical sustainability.

COURSE FEE

- **IN-HOUSE CORPORATE TRAINING:**
 - RM 7,200 (Flat Rate for up to 20 Pax)
- **PUBLIC WORKSHOP RATE:**
 - RM 750 per Participant
- **HRD CORP STATUS:**
 - 100% Claimable (SBL-Khas Scheme)
- **INCLUSIONS:**
 - Comprehensive Training Manuals, Digital Pain-Relief Guide, & Certificate of Participation

TRAINER PROFILE

Lead Facilitator: Raajashri Vegnishwar Nair

Corporate Wellness Strategist & HRD Corp Certified Trainer

Raajashri specialises in bridging the gap between high-performance corporate operations and holistic human physiology. An MBA holder and former academic at Sunway University, he understands the "Economic Cost of Pain" in a business environment.

- **Expertise:** Corporate Resilience Strategy, Mental Health First Aid, and OSH Ergonomics.
- **Role:** Translating Siddha Varma Science into actionable, competency-based protocols that meet modern OSH mandates and drive corporate ROI.
- **Accreditation:** HRD Corp TTT Certified, MBA (Global Business).

Clinical Specialist: Master Varen Kartik

A renowned authority in traditional Siddha Varma Science, Master Varen provides the clinical backbone of the program. With years of experience as a resident specialist at the prestigious Banjaran Hotsprings Retreat, his expertise in nerve manipulation and bio-mechanical resets is unparalleled.

- **Expertise:** Chronic Pain Management, Neuro-muscular Junction Stimulation, and Nadi (Neural) Restoration.
- **Role:** Direct clinical supervision and live demonstration of the "90-Second Reset" protocols.
- **Track Record:** Successfully treated thousands of patients and professionals for chronic musculoskeletal disorders.