



Workshop on Traditional Siddha Varma Bone Setting Practices



Third Year - Module - I

01. Name of the Organization : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. Date : 28th February & 01st March 2025
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure - 1
05. Participants : 20 Nos. Annexure - 2
06. Photo Gallery : Annexure - 3
07. Communication Method :
 - Interactive sessions
 - Live Demonstration
 - Varma Silambam & Kalari



Annexure - I
Programme Schedule
1st day 28-02-2025 (Friday)

09.00 a.m. to 10.00 a.m	-	Registration
10.00 a.m. to 10.15 a.m	-	Inaguration i) Lighting the lamp – Dr. Muthusanthi ii) Prayer – Ragupathy iii) Introductory Remarks - Dr. Muthusanthi
10.15 a.m. to 11.15 a.m.	-	Session - I Varma Pulse Diagnosis and Saram (Vai. Nagalingaraja)
11.15 a.m to 11.30 a.m	-	Tea Break
11.30 a.m to 01.00 p.m	-	Session - II Varma Pulse Diagnosis and Saram (Vai. Nagalingaraja)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 04.00 p.m	-	Session - III Varma medicines (Vai. Nagalingaraja)
04.00 p.m to 04.15 p.m	-	Tea Break
04.15p.m to 05.15 p.m	-	Session - IV Varma medicines (Vai. Nagalingaraja)
05.15 p.m to 07.30 p.m	-	Session - V Varma Silambam (Rajesram Aasan)
07.30p.m to 08.30 p.m	-	Dinner
09.30 p.m	-	Switch off

2nd day 01-03-2025 (Saturday)

05.30 a.m. to 07.30 a.m.	-	Session - VI Varma Yoga & Varma kalari, Varma Silambam (Rajeshram Aasan)
07.30 a.m to 08.30 a.m	-	Ablution
08.30 a.m. to 09.30 a.m.	-	Breakfast
9.30.00 a.m to 11.30 a.m	-	Session - VII Pancha varma Mudichu & massage techniques for sciatica and calcaneal pain (Rajesram)
11.30 a.m to 11.45 a.m	-	Tea Break
11.45 a.m to 01.30 p.m		Session – VIII Pancha varma Mudichu & massage techniques for sciatica and calcaneal pain (Rajesram)
1.30 p.m to 02.30 p.m	-	Lunch & Rest
02.30 p.m to 03.45 p.m	-	Session – IX Aathara chakra Varmangal (Dr. Kumaresan)
04.00 p.m	-	Concluding



Annexure - II
Total No. of Participants: 20



**Workshop on
Traditional Siddha Varma Bone Setting Practices
Third Year - Part -I**

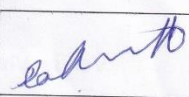
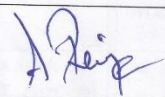
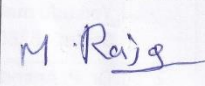
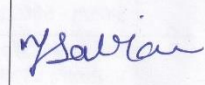
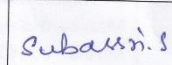
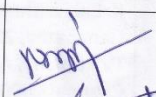
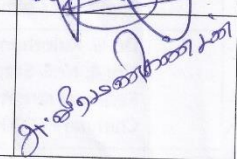


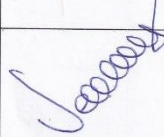
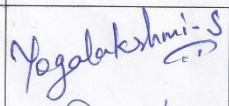
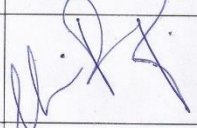
Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai

Date: 28-02-2025 to 01-03-2025 (Friday, Saturday)

Participants list

S.No	Name and Address	Email/Phone no	Signature
1	P.K. Asok kumar, S/o. A.P.Krishnan 1st Cross, Thiru nagar Yercadu main road Salem - 636007	Pkakumar.csi@mail.com 9514422216	<i>P. K. Asok Kumar</i>
2	Dr. P. Anand , S/o. Pasupathi Nathan No- 4, Kurinji street Kaspa puram , Chennai - 600126	anand.jeny@gmail.com 9585958583	
3	M. Amal, S/o. Madhali Muthu 421,5 th Cross, Chinnappan halli Bangalore - 560037	crownamalraj@gmail.com 9741003615	<i>M. Amal</i>
4	S. Ambika, W/o.K. Satheesh D.No:644, Govinda Samy Street Salem - 636016	9791334638	<i>S. Ambika</i>
5	US. Arjun, S/o. Unnikrishnan V. Rudra VTNRA C- 41 VT Nagar, Manikanteswaram - P.O Manikanteswaram, Thiruvananthapuram Kerala - 695013	Usarjun37@gmail.com 9946682255	
6	Mrs. V. Amana, W/o. Velu No: 38/1, Ponmana chammal street MGR Nagar, Chennai - 600078	9962132540	<i>V. Amana</i>
7	K. Balakrishnan, S/o . Kulanthai Ganapathy, 22/983, 53 street TVS Colony, Anna nagar west extention Chennai - 600101	suntex11@gmail.com 9080527772	<i>K. Balakrishnan</i>
8	N. Gopalakrishnan, S/o. Nataraj 4/112B, Karuvelan kadu Sammanda palayam - P.O Somanur, Coimbatore - 641668	gopalin82@gmail.com 9042306001	<i>N. Gopalakrishnan</i>
9	Dr. G. Kulothungan, S/o. M.Ganapathy No: 4, New State Bank colony Kennedy street, WestTambaram Chennai - 600045	kuloth23@gmail.com 8884799177	<i>G. Kulothungan</i>

S.No	Name and Address	Email/Phone no	Signature
10	G. Mohankumar, S/o. Gopal 4116-A, Annasalai - 2 Chinnakollapatty, Salem - 8	mkarch@gmail.com 9894647361	
11	K. Prabhu, S/o. V. Kanagaraj No - 1/5, Thanthai periyar nagar street Vinayaga nagar, Polichalur Chennai - 600074	kaizenf2f@gmail.com 9952077033	
12	A.Raja,S/o. Abdul majeeth 1/228, Chekkadi street Samayanallur, Madurai - 625402	rajatce@gmail.com 9043021550	
13	M. Raja, S/o. A. Mani No - 195, David javel street Kathir vedu, Chennai - 600066	raysidh@gmail.com 9884649364	
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15	A.Sekar,S/o. M. Appadurai Plot no : 3, School cross street Thirumullai voyal, Chennai - 62	sekara24665@gmail.com 9171306564	
16	K. Sairam, S/o. S. Karuna moorthy 267A, First main road 23 rd cross street, Mathur MMDA, Manali Chennai - 68	Sagiramg1985@gmail.com 9940402669	
17	S. Subassri, D/o. Santharam 7/5 A, South Car Street Dindigul - 624001	Subassri.s@gmail.com 7200652304	
18	N. Sivakumar, S/o. S. Neelakandan 54-B, Green Garden Thirumalai nagar, Hosur - 635109	transsiva@gmail.com 9842923899	
19	N. Siddeswaran 19A, Veera pandia kattabomman street Chitlapakkam, Chennai - 600064	siddeswarannarasimhan@gmail.com 8754403610	
20	B. Simon paul, S/o. B. Kondaiah No: 16, 24 th Cross Street TP. Chathram, Shenoy nagar Chennai - 30	bsimonpaulbca@gmail.com 9176225254	
21	A.Veera manikandan S./o.R. Ariramachandran 2/55A, Pillayar kovil street South karunkulam, Tirunelveli District 627114	Veeramanikandan536@gmail.com 8973291831	

S.No	Name and Address	Email/Phone no	Signature
22	A.Venkatesan, S/o. A. Archunan 345/2, Sathananda samy madam street Sathananda puram, Perungulathur Chennai - 63	alaralven@gmail.com 9710690535 9025793586	
23	E. Vijay, S/o. Egamparam 110, Thiruganasambantham street Alala sundaram, Acharpuram – P.O, Sirhali – T.K, Mayiladuthurai District	athrivijay@gmail.com 8610194675	
24	Mrs. P.Vijayalakshmi, W/o. A. Prakash No: 8/5, Thiruvengadaiah 2 nd street Villivakkam, Chennai - 49	8754419527	
25	S. Yogalakshmi, D/o. Santharam 7/5 A, South Car Street Dindigul - 624001	Yogalakshmi.ece@gmail.com 8778454084	
26	Dr. Haripriya kurup, W/o. C. Ravi No: 203, Rasi Complex, M.R.K Salai Indra nagar, Neyveli - 607801	Physio2fitness@gmail.com 8270476422 9655452565	
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Annexure - III
Photo Gallery



Lighting the Lamp - Dr.Muthusanthi



Introductory Remarks - Dr.Muthusanthi



Varma Pulse Diagnosis and Saram - Vai.Nagalingaraja



Pancha Varma Mudichi & Massage techniques for Sciatica and Calcaneal pain
- Vai.Rajesh Ram



Aathara Chakra Varmam - Dr.Kumaresan

