



Workshop on Traditional Siddha Varma Bone Setting Practices

Third Year - Module VI

- 01. Name of the Organisation :** Varma Research and Resource Center,
Vivekananda Kendra - Nardep,
Kanyakumari.
- 02. Date :** 21th& 22th February -2025
- 03. Venue :** TRC, Anjaneyapuram
- 04. Programme schedule :** Annexure 1
- 05. Participants :** 27 Nos. Annexure 2
- 06. Photo Gallery :** Annexure - 3
- 07. Communication Method :** Interactive sessions
Medicine Preparation
Varma Silambam



Annexure - II
Programme Schedule
1st day (21-02-2025 - Friday)

09.30 a.m. to 10.30 a.m	-	Registration
10.30 a.m. to 10.45 a.m	-	Inaguration i) Lighting the lamp – Dr. Kumaresan ii) Prayer – Dr. P.T. Sughunan iii) Introductiory note - Dr. Muthu santhi
11.45 a.m. to 11.00 a.m.	-	Tea Break
11.00 a.m to 01.00 p.m	-	Session - I Varma Massage Practical (Dr. Muthu santhi/ Dr. Kumaresan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.30 p.m to 07.15 p.m	-	Session - II VRM & Kanyakumari Visit
07.30p.m to 08.30 p.m	-	Dinner
09.30 p.m	-	Switch off

2nd day (22-02-2025 - Saturday)

05.30 a.m. to 07.30 a.m.	-	Session - III 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 10.00 a.m	-	Session - IV Varma points identification - Exam
10.00 a.m to 11.30 a.m	-	Session – V Special Varma Massage- Interaction (Dr. Kumaresan)
11.30 a.m to 11.45 a.m	-	Tea Break
11.45 a.m to 1.00 p.m	-	Session -VI Special Varma Massage - Interaction (Dr. Kumaresan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 04.00 p.m	-	Session – VII Group Discussion
04.00 p.m	-	Concluding



Annexure - II

Total No of Participants : 28



Traditional Siddha Varmam Bone Setting Practices Third Year - Part - VI

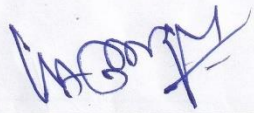
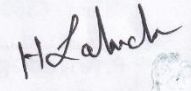
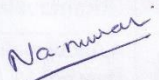
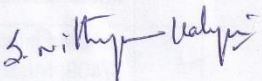


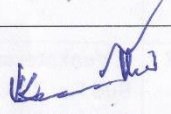
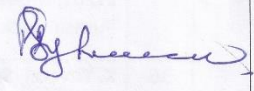
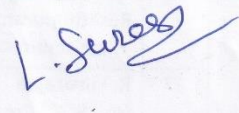
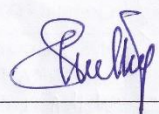
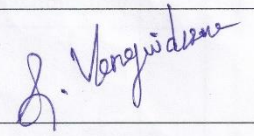
Venue: Vivekananda Kendra - nardep, TRC, Anjaneyapuram, Kalluvilai

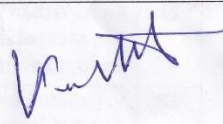
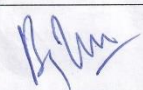
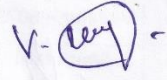
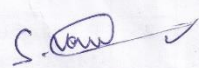
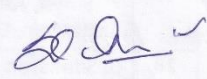
Date: February -21st & 22nd (Friday, Saturday) 2025

Participants list

S.no	Name and Address	Mobile /email	Signature
1	S. Ashwin No:818, 5 th cross 9 th Main HRBRth Bik, Kalyan nagar Bangalore - 560043	suryaswins@gmail.com 9986213769	
2	M. Arulmozhi, W/o. Sivasubramaniyam 3-1-73/1c, B chetty road Priya Garden, Kannan kurichi Salem - 636008	mekala.sks@gmail.com 9994730346	M. Arulmozhi
3	P. Arivazhagan, S/o. J. Pandiyar 91, Rajaji street, Kombai – 625522 Uthamapalayam – T.K, Theni District	9364444211	P. Arivazhagan
4	A.Abdul malick, S/o. Abubacker New no -11, Arcot road Kodambakkam, Chennai – 24	ias_114@yahoo.com 9841802457	
5	A.Abdul jaleel, S/o. N. Abdul Rahim 3/408, Mudhukulathur Road Paramakudi, Ramanathapuram – 623707	jaleel.acu@gmail.com 8807224995 8667013982	A. Abdul jaleel
6	Smt. N. Banumathi W/o. Natrayan velusami 429, cheran Jeeva nagar, Palani - 624601	9597455216	
7	Smt. Devitha kumari C/o. G. Gandherva Sri Guru Arul Illam 18/27, Appu street Nungambakkam, Chennai - 34	devithakumari@gmail.com sridevifoodproducts@gmail.com 9789815641 9043933911	
8	A.Ganesh giri S/O. R. Ariramachandran 2/55A, Karungulam kaspas north, South karungulam, Tirunelveli District- 627114	9965183795 giri27121994@gmail.com	A. Ganesh giri
9	P. Ganesan, S/o. Palanisamy 97, Devangapuram, Navab thottam Woraiyur, Trichy - 620003	pganesan57679@gmail.com 9443191789	P. Ganesan

S.no	Name and Address	Mobile /email	Signature
10	Dr. G. Jayasurya #237, Cosmoswellness zone Brindavan extension -1 st stage Mysure - 20	<u>Jayasuryag730@gmail.com</u> 9481028308	
11	V.A. Jothimani B. 43, TNHB Quarters Chathira rettiyapatti – P.O Madurai Road, Virudhunagar - 626001	9487599862	
12	N.Jeyaraman 3/2,VOC street Kaleeswaran patti - P.O Pollachi, Coimbatore district - 642006	8637671438 9976902709	
13	P.Karunanithi, S/o. Ponniah 5-62, Kannan puthur Chenbagaraman puthoor - P.O Kanyakumari District - 629301	<u>pkarunanithi@gmail.com</u> 9486799205	
14	H. Lakshmi Narayanan, S/o. A. Haridas C1102, Harmony Block Xs Real Helios city OMR, Padur, Chennai - 603103	emailtolnh@gmail.com 9994374429	
15	NA. Murali, S/o. Narayanan KrishnaClassic B1, 2 nd floor, ¾ Seethammal Colony 1 st Cross street, Teynampet, Chennai - 600018	<u>namfitness@ymail.com</u> 9841590919	
16	Dr. Nithyakalyani No: 64/30 Kuppu muthu street, Chepakkam Triplicane, Chennai - 600005	nithyakalyani.s03@gmail.com 9600160601	
17	J. Nirmala 378, Maruthi nagar Teachers colony, Rajapalayam – 626117	9626346915	
18	R. Nasrul Huq, S/o. P. Rafique Ahmed 41/381, Selli Amman koil street Sheik Abdullah nagar Alwarthirunagar, Chennai – 600087	<u>nazumech@gmail.com</u> 9940449754	
19	V. Ramani 19, Block - 1, 2 nd floor Garuda AVENO, Melur road Srirangam - 6, Trichy	9842443566	
20	N. Rubesh kumar Rubini Apartment Bangalow medu, Mettupalayam Coimbatore	<u>Rubesh.roopesh@gmail.com</u> 7010056617 9597731771(W)	

S.no	Name and Address	Mobile /email	Signature
21	Ramanathan . K.R 51 , Meenakshi nagar Porur, Chennai - 600110	ayyansiddha@gmail.com 9444478269	
22	V. Ranjith kumar, S/o. R. Velmurugan 610, Subramaniyapuram colony 13 th street, Sivakasi East Virudhunagar District – 626189	eeestarranjith@gmail.com 7871658363 9944715774	
23	A.RameshBabu No: 6B, R.K Moorthy Nagar Vadalur – 607303, Cuddalore District	7010202702	
24	R. Senthil vel Kannan, S/o. Ramakrishnan, 6A , Opp of S.I. Quarters ,Police Quarters Tirupuvanam, Sivagangai District	9751261242	
25	P.T. Sughunan, S/o. Karunakaran 145, Ganapathy & co Building Near - Kalaimadu silai Chennimalai road, Erode – 638001	9443063023 9715527753	
26	L.Suresh, S/o. S. Loganathan 1/20A, Ellaiyamman kovil street Melakkandai village, Zamin Endathur – P.O Maduranthakam - T.K Chengalpattu District – 603311	sureshpavinju@gmail.com 9787622819	
27	P. Sumathi No: 18, 2 nd floor, Elite Appartment 7 th Street, Ashtalakshmi Nagar Alapakkam, Chennai - 600116	Sumathipandian05@gmail.com 7358589088	
28	B. Sankaran No - 77, Madhan kovil street Sankaran kovil - 627756 Tirunelveli District	9500173752	
29	S. Venguidessane, S/o. Sivanessan 95, Main Road, Koravalli medu Manapet - P.O, Bahour - commune Puducherry – 607402	venguidessanesiva@gmail.com 9791920107 8344244644	
30	K.P. Vijayaraghavan, S/o. K. Padmanaban 1/11 85 - 7, II nd street Om sakthi Nagar Ramnathapuram - 623503	vijay.raghavan.04@gmail.com 8695355215, 9976958086	
31	R. Vijayasekar S/o. Rathinam No: 5, Janakaraj Street, Nehru nagar Saligramam, Chennai - 600093	9514142009	

S.no	Name and Address	Mobile /email	Signature
32	L. Venkatesan Bud No: 2/36, N.No – 92 Keezh othavadai street(Pillayar kovil street), Palayanoor via & Post Vellore District - 632512	9566013555	
33	Vadamalai, S/o. K. Narayanasamy No: 37, 18 th street G.K.M. Colony, Chennai - 600082	vadamalai6563@gmail.com 9445424328	
34	V. Vinayaga moorthy, S/O. K. Velu Sri Gokula Ayurveda vaidyasala H - 21, Near SBI Bank, Avalapalli, HUDCO , Bangalore Road, Housur – 635109	srigokulaayurveda@gmail.com 9789481182	
35	S. Vanitha, W/o. L. Subburayalu 22/61, Mookathal street Purasaiwackam, Chennai - 600007	vanithasubburayalu@gmail.com 9840485594	
36	K. Yuvaraj, S/o. Kanniyappan No - 90, Pillayar kovil street Rasathupuram., Kil visharam Melvisaram - P.O , Ranipet District - 632509	8973769266	
37	R. Yuvarajan No - 5, 8 th Cross street Bharathidasan Nagar, Alapakkam Chennai - 600116	9841226315	
38	N. Selva mathu, S/o. S. Narayanan 23c/16-1A, Rayal Nagar Weavers colony Road, Nagercoil - 629003	selvamathu@hotmail.com 9791087574	
39	Iliyaz, s/O. Abdul Rahuman 26/32, Thangal street Virugambakkam, Chennai -600092	Iliyaz2017@gmail.com 9600011011	

Annexure - III
Photo Gallery



Lighting the Lamp - Dr.Kumaresan



Introductory Note - Dr.Muthu Santhi



Varma Massage Practical - Dr.Kumaresan



Varma points Identification - Exam



Special Varma Massage Interaction - Dr.Kumaresan