



Workshop on Traditional Siddha Varma Bone Setting Practices



First Year - Module - III

01. **Name of the Organization** : Varma Research and Resource Center
Vivekananda Kendra - NARDEP
Kanyakumari
02. **Date** : 27th June 2025
03. **Venue** : TRC, Anjaneyapuram
04. **Programme Schedule** : Annexure 1
05. **Participants** : 24 Nos. Annexure 2
06. **Photo Gallery** : Annexure 3
07. **Communication Method** :
 - Interactive sessions
 - Live Demonstration
 - Varma Silambam & Kalari



Annexure - I
Programme Schedule
1st day 27-06-2025 (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.P.K.Ashok Kumar ii. Prayer - Shanmugam
10.15 a.m to 11.15 a.m	-	Session - I Overview of Thoduvarmam (Dr.P.K.Asok Kumar)
11.15 a.m to 11.30 a.m	-	Tea Break
11.30 a.m to 01.00 p.m	-	Session - II Overview of Thoduvarmam (Dr.P.K.Asok Kumar)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 a.m to 03.00 p.m	-	Session – III Basics of Siddha Medicine (Dr. Muthu Santhi)
03.00 p.m to 04.00 p.m	-	Session – IV Identification of varma points (Dr. Kumaresan)
04.00 p.m to 04.15 p.m	-	Tea Break
04.15 p.m to 05.30 p.m	-	Session – V Varma Orthopaedics - Introduction (Vai.Karunanithi)
05.30 p.m to 07.30 p.m	-	Session – VI Varma Silambam (Rajeshram Aasan)
07.30 p.m to 08.30 p.m	-	Dinner
09.30 p.m	-	Switch Off

2nd day 28-06-2025 (Saturday)

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|------------------------|---|---|
| 06.30 a.m to 07.30 a.m | - | Ablution |
| 07.30 a.m to 08.30 a.m | - | Breakfast |
| 08.45 a.m to 09.00 a.m | - | Vivekanandapuram Visit |
| 10.00 a.m to 01.00 p.m | - | Session – VI
Graduation Ceremony – Course Completers |
| 01.00 p.m | - | Concluding Session |



Annexure - II
Total No. of Participants: 24



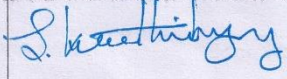
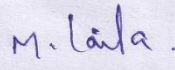
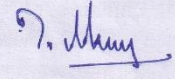
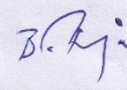
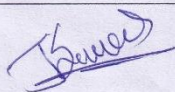
Traditional Siddha Varmam Bone Setting Practices
First Year - Part -III

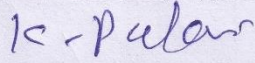
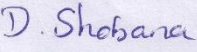
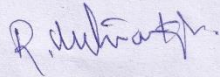
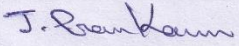
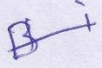
Venue: Vivekananda Kendra – TRC, Anjaneyapuram, Kalluvilai
Date: - 2025, June, 27, 28(Friday, Saturday)



Participants list

S.no	Name and Address	Mobile /email	Signature
1	D.Antony Adimai, S/o. M. Dhasan Anbiam – 2, Enayam puthenthurai K.K. District- 629193	<u>Antoantony141@gmail.co</u> <u>m</u> 9488773028	
2	E.Baalakrishnan, S/o.P. Ethiraj 7 B, Sri Ambal Dhanalakshmi Nagar, Kuppathumedu, Soranchery P.O Chennai - 600072	<u>baalakrishnane@gmail.com</u> <u>9841676677</u>	
3	V. Chidambara Nathan No – 13/28, Uyilady street Agastheeswaram & Post – 629701	<u>9894720158</u>	
4	Dr. S.R. Govindan, S/o. Raman 5/118, South kadu, C.N. Palayam - P.O Salem - 6361104	<u>Srgovindhan1923374145@</u> <u>gmail.com</u> 7845418679	
5	G.Ganesan Plot 1 A, Nakkeeran Street, G.S.Nagar, Ramapuram, Chennai – 600089	<u>ganesang74@gmail.com</u> <u>9840129523</u>	
6	H.Harrish Peppiteo Henry Asok Polytherapy Clinic Thirunagar, Salem - 7	<u>Peppiteo7@gmail.com</u> 8220366728	
7	Hari KS <i>Hari K S</i> 205, Hari complex, Shiva thottam Jarikondalam patty, Salem - 636010	<u>hariks200501@gmail.com</u> 9161612129	
8	Jayaramji S 1/94, Perumalpuram Kottaram - P.O – 629703 Kanyakumari District	 9080816538	
9	Kathirvel, S/o. Vellingiri 5/76, Ashok nagar East street Kavundampalayam Coimbatore - 641030	 9943069678	
10	M. Kalimuthu, S/o. Muniyasamy 2/143, Kaliyamman kovil street Muthusamypuram, Tuticorin - 628905	<u>mkalimuthu1818@gmail.c</u> <u>om</u> 8946095685	

S.no	Name and Address	Mobile /email	Signature
11	Krishnamoorthy, Dharmalingam 32, Dhanpandi street, Chinnavedampatti , Coimbatore-641049	9944933553	
12	S. Karthickeyan, S/o. B. Subramaniyan 21/18 – Sidden street, Gugai Salem - 636006	9944324748 784530927091	
13	A.Krishnan, S/o. M. Arjunan 72, Thedeer Nagar, Seelanaickenpatty Salem - 636201	917911098340	
14	Dr. M. Laila 2/137, Arisana colony Thiyaganur South, Thiyaganur – P.O Salem district	8637636519	
15	T. Murugesan, S/o. K. Thangavel 119/1A, Kamarajar street Salem - 636006	9894855832	
16	J. Nagaraja C/o. P. Jagadesan SKB Nagar, Therukupalayam Pallipalayam - P.O – 638008 Namakal District	aalavapoojastors@gmail.com 9043302766	
17	Dr. M. Rajaram Narayanan S/o. N. Mailerum perumal 2/3, TNHB Flats, Sector – 1 Maduravoyal , Chennai - 600095	drmrjaram21@gmail.com 9884448821	
18	B.Raja, S/o. A. Balusamy 22/45, Muthuramalingam street, Erikarai, Gandhi nagar east Tambaram, Chennai - 600059	9840280858	
19	C. Ramesh Guruvarajapalayam & P.O Anaicut - T.K, Vellore District -632107	8838033661	
20	Suresh Babu KPT, S/o. Kari Kuttadam padath, Nirmaruthur - P.O Tirur, Malappuram District	9946736728	
21	R.Sivakumar, S/o.M.Ramasamy chettiar 196/6, Aalamarathukadu Salem - 636103	drskrsivakumar@gmail.com * 9942912369	
22	Smt. Suba lakshmi No- 6, First cross extension Rainbow Nagar Near Thumber Nagathamman kovil Pudhucherry - 605011	9884714778	

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23	C. Sathish, S/o. Chandrasekaran 375/2, Middle Street Pacharappalayam, Kurinjipadi- T.K Kilur & P.O., Cuddalore - 607302	8508948063	
24	R. Subramaniyan, S/o. C. Ravi 432/B3, VKV Phase - 9, Somayanur Thadagam Road, Coimbatore - 641106	9047095008	
25	K.Palani, P. Krishnan 247/11, Coolam pillai kadu, Salem - 6	6381491223	
26	K. Gobika Kadathur, Nambiyur, Erode	6381016225	
27	D. Shobana Erode	9952624716	
28	R. Krishnan paramasivan Tenkasi	9994862002	
29	Udayakumar Anantharao Chennai	9677266859	
30	R. Muthu venkatesan Krishnagiri	9750192229	
31	Dr. M. Sundararaman Villupuram	8508833821	
32	R. Vadivel Sivagangai	8526794128	
33	N. Suresh Tiruvannamalai	7845682954	
34	J. Prabu Kannan 17/42, Bala Gandhi Road Guga Salem - 636006	9659355504	
35	L. Bhavani 16/47 Atham Sf, Royapuram, Chennai - 13	9940302438	
36	Deepu Krishnan Velammakudi - H Nellikuzhi - P.O Kothamangalam, Ernakulam	9495928240	

S.no	Name and Address	Mobile /email	Signature
37.	Vicky Abishek 93-Bzhai Mariamman Kovil St Lethin St. Kogapalayam Pondicherry - 605013.	9786955233	Abishek.



Annexure - III
Photo Gallery



Lighting the Lamp - Dr.P.K.Asok Kumar



Overview of Thoduvarmam - Dr.P.K.Asok Kumar



Basics of Siddha Medicine - Dr.Muthu Santhi



Identification of Varma Points - Dr.Kumaresan



Varma Orthopaedics - Introduction - Vai.Karunanithi



Demonstration of Varma Orthopaedics - Vai.Karunanithi

