



Workshop on Traditional Siddha Varma Bone Setting Practices



Third Year - Module - III

01. Name of the Organization : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. Date : 18th and 19th July 2025
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 22 Nos. Annexure 2
06. Photo Gallery : Annexure 3
07. Communication Method :
- Interactive sessions
 - Live Demonstration
 - Varma Medicine Preparation
 - Varma Silambam & Kalari



Annexure - I
Programme Schedule
1st day 18-07-2025 (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 – Vai. Mani Aasan ii) Prayer – C.Vijayaragavan iii) Introductiory note - Dr. Muthu santhi
10.15 a.m. to 11.15 a.m.	-	Session - I Varma emergency care (Vai. Mani Aasan)
11.15 a.m to 11.30 a.m	-	Tea Break
11.30 a.m to 01.00 p.m	-	Session - II Varma emergency care (Vai. Mani Aasan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 04.00 p.m	-	Session - III Overview of Padu varmam (Dr. Kumaresan)
04.00 p.m to 04.15 p.m	-	Tea Break
04.15p.m to 05.30 p.m	-	Session – IV Overview of Padu varmam (Dr. Kumaresan)
05.30 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 19-07-2025 (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 Thodu Varmam - Continuation (Vai. Nagalinga raja)
11.30 a.m to 11.45 a.m	-	Tea Break
11.45 a.m to 01.30 p.m		Session – VIII Thodu Varmam - Continuation (Vai. Nagalinga raja)
1.30 p.m to 02.30 p.m	-	Lunch & Rest
02.30 p.m to 03.45 p.m	-	Session – IX Varma medicine Preparation (Vai. Nagalinga raja)
04.00 p.m	-	Concluding



Annexure - II
Total No. of Participants -22



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

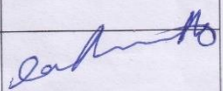
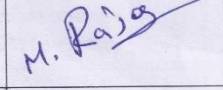
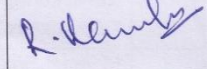
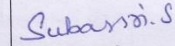
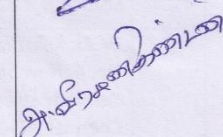


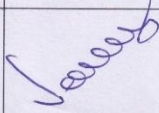
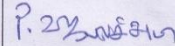
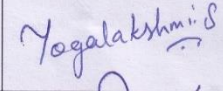
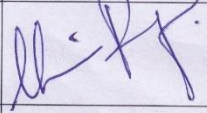
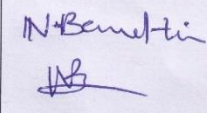
Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai

Date: 18-07-2025 to 19-07-2025 (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	
2	Dr. P. Anand, S/o. Pasupathi Nathan No- 4, Kurinji street Kaspa puram, Chennai - 600126	anand.ienvy@gmail.com 9585958583	
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5	US. Arjun, S/o. Unnikrishnan V. Rudra VTNR 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 - 500078	9962132540	
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9	Dr. G. Kulothungan, S/o. M.Ganapathy No: 4, New State Bank colony Kennedy street, WestTambaram Chennai - 600045	kuloth23@gmail.com 8884799177	

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	
14	R. Raveendran, S/o. K.K. Ramaiah 5, Annai parasakthi nagar Kadappa Road, Kolathur, Chennai - 99	Kkctv2020@gmail.com 7305313096	
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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	
27	Smt. N. Banumathi W/o. Natrayan velusami 429, cheran Jeeva nagar, Palani - 624601	9597455216	
28	R. Senthil vel Kannan S/o. Ramakrishnan, 6A , Opp of S.I. Quarters , Police Quarters, Tirupuvanam, Sivagangai District	9751261242	
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Annexure - III
Photo Gallery



Lighting the lamp - Mani Aasan



Prayer - Shri.Vijayaragavan



Introductory Remarks - Dr.Muthusanthi



Varma Emergency Care - Mani Aasan



Overview of Padu Varmam – Dr.Kumaresan



Varma Silambam – Rajeshram Aasan



Thodu Varmam - Vai.Nagalinga Raja



During Varma Medicine Preparation